

ABITHA'S APOTHECARY

CLASSES AND EVENTS

July

7 th Runes 101	7:30p	\$10 (\$25 for 3)
10 th Drawing Your Spiritual Self	4pm	Donation
14 th Runes 201	7:30p	\$10 (\$25 for 3)
16 th Nob Hill SummerFest Psychic Fair	11a-10:30p	
21 st Runes 301	7:30p	\$10 (\$25 for 3)
22 nd Kitchen Witchery	7:30p	\$10
27 th Working with Fairies	7:30p	\$10
31 st Lughnasadh Ritual	4pm	Free

August

4 th Palmistry I	-7:30p	\$10 (\$15 for 2)
11 th Palmistry II	-7:30p	\$10 (\$15 for 2)
13 th Psychic Fair	11a-7p	
17 th Candle & Color Magic	7:30p	\$10
23 rd Hindu Pantheon I	7:30p	\$10 (\$15 for 2)
30 th Hindu Pantheon II	7:30p	\$10 (\$15 for 2)

CHECK OUT **ABITHAS.US**
FOR MORE INFO

LUGHNASADH / LAMMAS

JULY 31ST –AUGUST 1ST

At Lammas, sometimes called Lughnasadh, it's time to celebrate the first harvest of the year, and recognize that the hot summer days will soon come to an end. The plants of spring wither and drop seeds to ensure future crops. Grains are ready to be harvested and the fruits are ripe for picking. We can give thanks for the food on our tables. Lughnasadh means the funeral games of Lugh (pronounced Loo), referring to Lugh, the sun god. However, the funeral is not his own, but the funeral games he hosts in honor of his foster-mother Tailte. For that reason, the traditional Tailtean craft fairs and Tailtean marriages (which last for a year and a day) are also celebrated at this time.

As autumn begins, the Celtic Sun God enters his

old age, but is not yet dead. The God symbolically loses some of his strength as the Sun rises farther in the South each day and the nights grow longer.

The Christian religion adopted this theme and called it 'Lammas', meaning 'loaf-mass', a time when newly baked loaves of bread are placed on the altar. An alternative date around August 5 (Old Lammas), when the sun reaches 15 degrees Leo, is sometimes employed by Covens.

Traditional Foods:
Apples, Grains, Breads and Berries.

Herbs and Flowers:
All Grains, Grapes, Heather, Blackberries, Sloe, Crab Apples, Pears.

Incense:
Aloes, Rose, Sandalwood.

Sacred Gemstone:
Carnelian.

Special Activities:
As summer passes, many Pagans celebrate this time to remember its warmth and bounty in a celebrated feast shared with family or Coven members. Save and plant the seeds from the fruits consumed during the feast or ritual. If they sprout, grow the plant or tree with love and as a symbol of your connection with the Lord and Lady. Walk through the fields and orchards or spend time along springs, creeks, rivers, ponds and lakes reflecting on the bounty and love of the Lord and Lady.

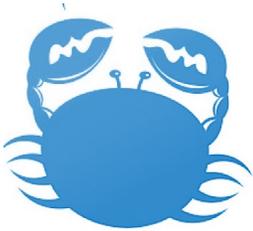
Blessed Be!

Route 66 Summerfest 2016!

Save the date! The City of Albuquerque, Nob Hill Main Street and the New Mexico Jazz Festival invite you to the annual Route 66 Summerfest spanning one mile of Nob Hill on Saturday, July 16, 2016 from 2-10:30 p.m. Central Avenue will be filled with live music and entertainment, the Route 66 Summerfest Car Show, Neon Cruise, free kids' activities at the Kids' Zone and Youth Central, food trucks, The Mother Road Artisan Market, Cork & Tap (beer and wine garden) and more!

<http://www.cabq.gov/culturalservices/things-to-do/annual-events/summerfest/route-66-summerfest>

Abitha's will be open from 11a– 11p on July 16th. Join us for our "Coney Island Freak Show" Psychic Fair ~ reading is will \$1 per minute!! (Reg. \$1.50 per min.)



Feelings may get intense around the New Moon on July 4, and good things can come from it all. If someone suddenly comes to you with a problem, put your friend at ease. The Full Moon on July 19 is packed with romance and wonder. You may think that you're not in the mood or not interested, but that isn't true. You're always ready to respond to a show of affection or appreciation. Give yourself a chance and see if you think it's for real. The Moon enters Cancer on July 30. Consider improving or modifying home affairs now.

Relax with your favorite, most intimate peeps at the July 4 New Moon. Keep an eye on your pets, though, and avoid any silly, small mishaps around the house. The holiday can be both safe and spectacular. Pamper yourself and be more health conscious during the July 19 Full Moon. Sleep in, eat better, and don't burn the candle at both ends all the time. You'll feel great and be more bright-eyed and energetic. Treat any little health concern instantly and don't waste energy with worry. The Sun enters Leo on July 22. If listless, you may spark back to life now.



Lammas Harvest

(Lyrics by Arnon Clark / Music The Mingaulay Boat Song -trad.)
(written at Kaleidoscope Fest, Lammas 98)

Chorus – Now is Lammas, Summer Harvest
Bind the sheaves tight and carry the grain home.
Feed the children, all the family
Food and plenty throughout the fall.

Call it Lammas, Lugh or Lughnasadh, but gather closely the first fruits of harvest.
We've no fear now, of want or famine, by the love of the God and Goddess.

As the long days all grow shorter, and the Horned One, He wanes and weakens,
We have plenty, and good eating, through His dying to live again.

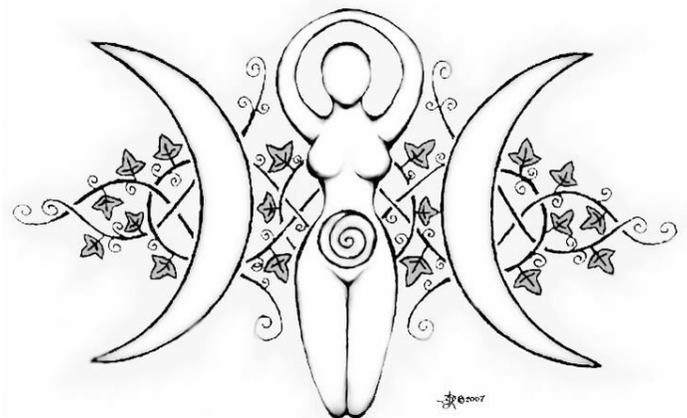
-Chorus

As the sun sets, so the moon will rise. Praise the Lady and light the fire.
From Her body, and His sacrifice, comes our harvest and our lives.

Join your voices, spirits and your hearts. Bring your love now, and join together.
For the harvest it is gathered, and the time for the dance is come.

-Chorus (repeat)

(alternately, the chorus may be inserted between each stanza, rather than every second one)



New Moon: July 4, 5:01 A.M.

First Quarter: July 11, 6:52 P.M.

Full Moon: July 19, 4:56 P.M.

Last Quarter: July 26, 5:00 P.M.



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Registration opens July 18th~ <http://chamisa.org/mmm/>

Save the Date, September 8th – 11th