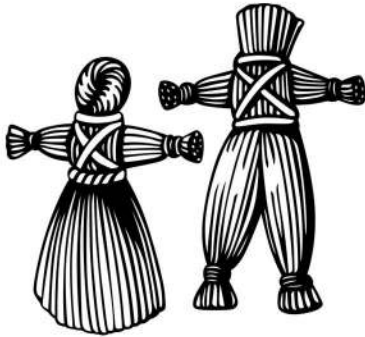


# Lughnasadh



Straw dolls

The name Lughnasadh comes from the word Lugh, the solar deity to whom this feast is dedicated and “nasad” meaning assembly in Old Irish.

**When is Lughnasadh?** Halfway between the summer solstice and the fall equinox: August 1st (Northern hemisphere) or February 2nd (Southern).

**It is also known as Lammass**, meaning loaf-mass and its a celebration of the annual wheat harvest. With the first harvest festival of the year comes abundance and a farewell to the Sun.

## Lughnasadh Ideas

Traditionally, loaves of bread were baked from the first grain harvest and laid on the altars as offerings. Its significance as the first harvest comes from the seeds that will ensure prosperity in the next crops.

**Make a doll with straw** that will represent the Sun God. He will keep you company during the year and protect your home. The next Lughnasadh, burn your doll as a sign that a cycle is complete.

**Circle dancing:** Dances that follow the direction of the Sun were performed by ancient Celts to strengthen the power of the Sun.

**Share a meal** or gather with family, friends, colleagues.

## Correspondences

**Colors:** Green, golden, brown, yellow for the abundance of the fields.

**Food & Drinks:** Bread, corn, blackberry, apples, pears, acorns, all grains and locally grown produce. Cider, beer, water, seasonal fruit juice.

**Crystals:** Amber, tiger's eye quartz, or any brown or green stones.

**Herbs & Flowers:** Basil, grains, garlic, cinnamon, sunflower, poppy, rose.

**Symbols:** Cornucopia, Rowan cross, ribbons, corn, straw, fire, oak tree.