

# Mystery of the Sabbats

The Lore of the Season Vol. V

## Lammas

aka. Lughnasadh

August 1.2025



A Season of Harvest

## The Lore of Lammas



Another turn of the Great Wheel and the first harvest is upon us. This Sabbat is known as Lammas or Lughnassadh depending on where and how it is celebrated. Lammas is derived from the words “loaf mass” and refers to the harvesting of the grains, preparation and baking of bread in celebration of the gifts of the season. The God may take the form of the Green Man, the Harvest King or Grain Father. Lughnassadh gives honor to the Celtic Solar God, Lugh and his cycle of waxing and waning energy. It is his willing sacrifice that ensures that this and the subsequent harvests will be prolific in their bounty. Regardless of what title is given to this Sabbat the themes of gathering what has come to peak, the sacrificing of what must be offered for continued survival and the carrying forward of what has been purposefully selected are prevalent.

As we continue through the cycle of the Wheel, two more harvests will occur in the process of breaking down what has been planted and subsequently allowed to grow. The second occurs at the Autumnal Equinox (sometimes called Mabon) and the third and final at Samhain. Looking at this triune cycle we see the energy of excess, balance and last vestiges giving way to decay and the composting for new growth. The first harvest offers the abundance of overflow for selection and the need to thin out what could soon overcrowd. The second, a weighing and balancing of what is coming into readiness and the third a final clearing away and gathering of anything that had been overlooked and remains. This harvest is also marked by death and the necessary slaying of the healthiest livestock for the meat to be kept for the long winter months ahead.

The time of the Lammas harvest marks the end of the growing season and if successful, is blessed by overflowing baskets of summer vegetables and fruit; setting into motion what will hopefully be the standard for the remaining gatherings. Grains are in abundance and at their peak, the sheaves of golds and browns awaiting the scythe of reaping. The tempting aromas of freshly baked bread and fruit pies call us in from field and orchard. And, as we gather this abundance to ourselves and our loved ones, the great sacrifice of all that is left behind or cut too early is transparent to us.

This cutting down of what is ready for the taking offers us the opportunity to clear the way for those things that will be newly planted after the frost of winter holds their seeds in slumber. This time of the harvest allows us to feast on what will nourish and sustain us in the darkened months ahead. This harvest offers us choice to carefully select only those products that have reached the peak fullness of their energy as we cut away what stands in our path. However, none of this can be achieved without the necessary sacrifice of what no longer serves and will decay and wither if left to stand. And, it is this point of sacrifice that is celebrated and honored in the Great Wheel of our own cycle.

In the cycle of the God and Goddess Lammas also represents the union of the sun and earth in their forms as the Sun God Lugh and the Mother Grain Goddess. It is the sun that has enlivened the earth and brought the fullness of their union to be harvested. And, now that his solar energy is waning, the God must also serve as the willing sacrifice transformed as the sheaf of wheat to be cut down and offered by the Harvest Mother so none will go hungry. This aspect of sacrifice is honored in the gathering of oats, wheat and barley. The baking of the traditional Bread Man from the dough of the newly cut wheat is a way of consuming the energy of the harvest, gifted by the living spirit of the God now transformed into the harvested grain. The cycle of death and renewal is acknowledged by the seeds that remain from what was harvested and will be used to plant anew in the Spring. And, we become the living essence of sun and earth, God and Goddess.

We can also think of this ending of the growing cycle and the waning of the sun as we set to the task of harvesting what has waxed in form as the necessary place of neutrality and pause before action is begun again. Within this space of neutrality is held the intention of sorting, picking and gathering of what is sustainable and what is not. It often also means allowing the course of this process to move in an organic and supportive way. In other words, not resisting what is part of the natural cycle of our own planting and reaping.

This time of the year is an invitation to harvest what you have planted in your work and your life, both spiritually and mundanely. It is the time to stand fearlessly and with great care scrupulously cut away what no longer serves and will not sustain you through the time of turning within and the continued waning of the year. The tricky thing about sacrifice is that for most people the idea of sacrifice usually pertains to something that they willingly give up. There is the implied choice in the matter and although sacrifice can be disruptive and emotionally charged deep down there was still the ability to choose what the sacrifice would be. The sacrifice I am referring to implies neither choice nor selection. But definitely requires faith that all will be resolved in a productive manner if you are willing to surrender to what must be. Sacrifice in its refined form is the release of something that you ultimately want to cling to, whether negative or positive in its form despite the negative impact that you THINK it will leave.

The courage that is needed is one that will allow the sacrifice of what you are least expecting to be removed so that your inner fields may be readied for new growth. And, the further requirement is that of offering up gratitude both for what has filled you and for what has been taken away. The energy of gratitude is one that is magnetic in receipt and release. It attracts those things to you for which you are able to show more gratitude. This in its own way is sacrificial in nature as well. It requires that you see the gift in what is experienced in your life (even when it does not appear to be a gift) and offer up your own energy in acknowledgement.

So, as you celebrate this turning of the Wheel in whatever way is in keeping with your path and as you eat heartily of what the season brings, give pause to remember what remains in the fields that will serve as compost for Spring's planting. For without its sacrifice the harvest would not yield such sweet gifts at the next turning.

## Intentions and Affirmations of Lammas



Blessings of the grain

Blessings of the harvest

Cut down the grain – Cleave through the harvest

Feel your power grow in the power of release.

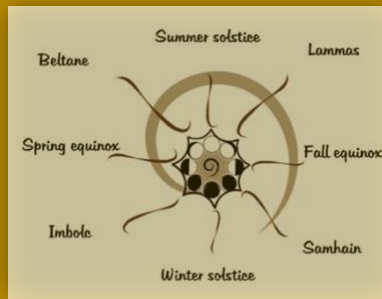
### STATEMENT OF EMPOWERMENT FOR IMBOLC

Quinn, CMP

**“Cleanse my energy! Protect my magick! Bless my spirit!**

**I offer to you (deity of your choosing) gratitude for a bountiful season!”**

## What Has Been Spoken In Sacred Space Will Guide Your Way Through the Great Wheel



We invite you to return to these Statements of Power at the start of each turn of the Great Wheel. Use them as spaces of renewal, reminder and action for 2025, and beyond. Many Blessings from Coven of the Mystic Path, ASW..

### The Light Half of the Year



**YULE** (*Robin F.*)

#### STATEMENT OF EMPOWERMENT

“I reach into the darkness and claim the Spark of the Divine that shines brilliantly within me, and has but to be called and I become the Torch of Hope, Clarity and Haven for those who cannot see their brilliance.”

**IMBOLC** (*Laurie K.*)

#### STATEMENT OF EMPOWERMENT

“I awaken the light within me and allow it to shine forth, illuminating the possibilities for growth as I embrace the promise of new beginnings.”

**OSTARA** (*Nancy P.*)

#### STATEMENT OF EMPOWERMENT

“ I choose to embrace the blessing of a new beginning.”

**BELTANE** (*John B.*)

#### STATEMENT OF EMPOWERMENT

“I am the ecstatic dance about to reach my point, my cone of power.  
I am manifesting everything I could ever need.  
I am growing to my fullest potential.



## The Dark Half of the Year



**LITHA/MIDSUMMER** (Susan R.)

### STATEMENT OF EMPOWERMENT

“Cleanse my energy! Protect my magick! Bless my spirit! I offer to you (deity of your choosing) gratitude for a bountiful season!”

**LAMMAS** (Quinn)

### STATEMENT OF EMPOWERMENT

I am the Power of Beauty. May my eyes behold Beauty within and without.  
I am the Power of Love. May the Light of my Love illuminate the darkness.  
I am the Power of Honor. I move forward unwavering with vigilant integrity.  
I am the Power of Courage. I am the revolution and I fight the brutal battles of service for change.  
I am the Power of Truth. I move forward in and from my Highest self.  
May these Powers Awaken in me.

**MABON** (Brian)

### STATEMENT OF EMPOWERMENT

“ I hold the balance of light and dark within me. My life overflows with abundance and for this I give thanks.  
I release what no longer serves me to make room for growth and transformation as the Wheel of the Year continues to turn. So mote it be!”

**SAMHAIN** (Sandie)

### STATEMENT OF EMPOWERMENT

A Prayer for the Dead by Byron Ballard

You have come to the end of this pathway In a journey to which we bear witness. You have come to the end of a pathway That is barred with a gate and a door. May this door open swiftly and silently. May this gate give you a moment's grace In which to rest your spirit before you venture through. We stand here with you, as your companions, As your family, for you are beloved. But, for now, we must remain here. We cannot go with you to this old land. Not yet.

For you will see the Ancestors. You will see the Beloved Dead. You will walk among the Divine Beings That guide and nurture us all. You go to dwell in the lands Of summer and of apples where we dance forever youthful, forever free. We can hear the music in the mist, The drums that echo our sad hearts. We can see your bright eyes and your smile.

And so we open the gate. We push back the door. We hold the gate open. We glance through the doorway, And with love and grief and wonder We watch you walk through. Hail the Traveler! All those remembered in love, in honor, Live on. Farewell, O best loved. O fairest, Farewell.

## Recipes for the Season

More recipes... <https://www.learnreligions.com/recipes-for-the-lammas-sabbat-4140665>

### Barley Mushroom Soup



Barley is one of the grains honored in harvest folklore throughout history, especially around Lammas. You can either make this soup right before meal time, or get it started early in the day, and allow it to simmer for a few hours.

#### Ingredients

- 5 C. vegetable broth
- 1 C. barley, uncooked
- ½ lb. mushrooms (use morels or enoki for a woodsy flavor)
- ½ C. onion, diced
- ½ C. fresh carrots, chopped
- ½ C. celery, chopped
- 2 cloves fresh garlic, minced
- Salt and pepper to taste

#### Directions

Bring the vegetable broth to a low rolling boil on the stove and then reduce heat. Add the mushrooms, onions, carrots and celery, and allow to simmer for ten minutes. Add the barley and garlic, cover and simmer for another hour. Add salt and pepper, seasoning to taste. Top with fresh croutons and chives, if you've got them handy. Serve as a side dish at your Lammas celebration, accompanied by a nice soft chunk of buttered bread!



## Lamma Colcannon



Although Colcannon is traditionally eaten for St. Patrick's Day in March, the use of fresh potatoes and cabbage makes it a perfect harvest meal. You can eliminate the bacon for a vegetarian option. Serve up a pot of Colcannon for your Lughnasadh celebrations!

### Ingredients

- 3 lbs potatoes, washed and peeled
- 1 small head cabbage, washed and finely chopped
- 2 sticks butter (use the real thing, not margarine)
- 1 1/2 C. cream or milk
- 1/2 lb. bacon, cooked and diced
- 4 leeks, chopped
- Salt and pepper

### Directions

Steam the potatoes until they are soft, and then drain and rinse. Place them back in the pot and mash thoroughly, so you remove all the lumpy bits. Gradually add one stick butter, in small pieces, stirring into the potatoes so that it melts. Add the milk in and mix.

While you're working with the potatoes, boil the cabbage. Some people like to use the potato water, and that's fine. Once it's soft, about 8 minutes, drain and add into the potatoes. Add the second stick of butter—again, put it in using small pieces so that it melts and coats all the cabbage. Add bacon and leeks. Simmer for about half an hour, and then season with salt and pepper to taste. Serve with hearty bread.

## Lammas Fry Bread



In parts of the British Isles, the Lammas festival was celebrated with the baking of a cake made from the first harvested grains. Keep in mind that although the word “cake” conjures up images of sweet baked goods, originally it was used to mean any baked item made from grains, so your cake, or fry bread, can be either sweet or savory, depending on your preference. In other words, it can be similar to a traditional sweet cake, or it can be more bread-like. The choice is up to you.

Typically, the Lammas cake was made from oats, and was baked and then fried or toasted, and sometimes topped with freshly churned cream butter. However, recipes vary from one region to the next, because the ingredients and methods were based upon what was handy and available. The recipe below skips the baking step altogether and just goes straight into a skillet for frying. This will give you four to six cakes, depending on how large you make them.

If you’re eating gluten free, you can use a combination of gluten-free baking flour and oats, and a bit of flaxseed meal to give your cakes a nice oaty taste without worries about unpleasant side effects. Obviously, if you don’t have to concern yourself with gluten, you can still use this recipe, and enjoy it!

### INGREDIENTS

- 2 C. all-purpose baking flour
- 1/2 C. oats
- 1/2 C. golden flaxseed meal
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. xanthan gum
- 1/2 teaspoon salt
- 1/2 C. butter, chilled and cubed
- 1 1/2 C. cold water (you may need a little bit more or less, so add it gradually and use your best judgment)
- oil for frying

### DIRECTIONS

Combine all of your dry ingredients together and mix well. Add in the butter – it helps if you have a pastry blender, but it’s not required. Finally, mix in the water, blending until you have a thick, stuff dough. Roll it

into a ball, and allow your dough to sit in the fridge for half an hour or so. Although you don't necessarily have to do this, and can probably skip it if you're in a hurry, it does help to keep the dough from separating when you're frying it.

Heat your oil in a fry pan – if you've got cast iron, use it, because the result can be amazing. Divide your dough into equal portions – you'll get around six from this recipe, but you can make them smaller or larger – and roll them out in flour to flatten them. Don't make them too thin, or they'll end up crispier rather than soft. Mine are usually around half an inch thick.

Once your oil is hot, add a cake into the skillet – it's best to just do them one at a time and add additional oil as you go. Fry it until it's golden brown on the bottom, and then flip it over to do the other side. You may notice it gets a little puffy in places – that's okay! After your cakes are cooked on both sides, remove them from the oil and place them on a paper towel to cool.

Serve these with your Lammas harvest feast. You can top them with fresh basil pesto, or just spread with a bit of sweet cream butter. You can also dunk them in Barley Mushroom Soup, or serve them up as a side for Colcannon – the possibilities are endless!

## **Blackberry Cobbler**



At Lammas, blackberries are ripe and ready for picking. Go out and gather a bucketful and make a delicious blackberry cobbler for your summer celebrations!

### **Ingredients**

- 1 C sugar
- 1/3 C stick butter, softened
- 2 C flour
- 2 tsp baking powder
- 1 C milk
- 1 tsp salt
- 4 C fresh blackberries
- 2 Tbs sugar
- 1/2 tsp cinnamon
- 2 C boiling water

### Directions

Preheat oven to 350 degrees.

Cream together sugar and butter until light and fluffy. Add in the flour, baking powder, milk and salt. Blend until creamy, and spread into a greased 12 x 8" baking pan. Pour blackberries over batter, and sprinkle with remaining sugar and cinnamon. Pour boiling water over the top, and then bake for 45 minutes or until golden brown. Serve warm with a scoop of vanilla ice cream, or with fresh cream.

## Non-Edible Recipes

### Lammas Incense Blend – for Leo

<https://www.patheos.com/blogs/witchonfire/2019/06/lammas-incense-recipe-fiery-leo-magick/>

- 1 part Powdered Cinnamon Bark: Sun, Fire, Leo
- 1 part Powdered Oak Bark: Sun, Fire
- 3 parts Powdered Copal Resin: Leo, Fire, Sun
- 1 part Juniper Berry and/or Leaf Tips: Leo, Fire, Sun
- 1 part Rosemary Leaf: Leo, Fire, Sun
- 1 part Orange Peel: Fire, Sun, Summer fruits!
- Optional: 3 drops each of any essential oil you would like to add, Cinnamon, Rosemary, Orange are easy to find.
- 3 chips of Sunstone or Red Aventurine
- 1 tsp or more, as needed, honey to bind: Sun, earth, bees!

In this case, “1 part” might just need to be a heaping teaspoon, to make enough over-all for use in just one personal Lammas rite, with a little extra. But if you have a big event planned, and want copious smoke thrown on a bonfire, then 1 part might need to be tablespoon, or you can go up from there. Adjust amount of honey accordingly. Store your blend in glass jar that seals tightly, and preferably of a darker color, shielding the blend from sunlight. A jar opening larger than a small spoon is helpful, so you can easily scoop it out, and clean it later. I like 4 oz mason jars for my personal use.

### Preparation:

Set the stage for your work. Dedicate a stretch of counter-space or a table top. Nothing fancy is required, just some functional place near your herb cabinet that is orderly, clean and gives you a sense of purpose. Consider using only natural materials such as wood, metal, glass or earthenware to prepare and store your herbal blends. This need not be your altar, but a candle sets the mood and opens the space for spiritual business. Use color correspondence to deepen the symbolism. For Lammas Work, I like to utilize the color red. But you make sure to select whatever means “Summer” to you.

### **Lammas Oil**

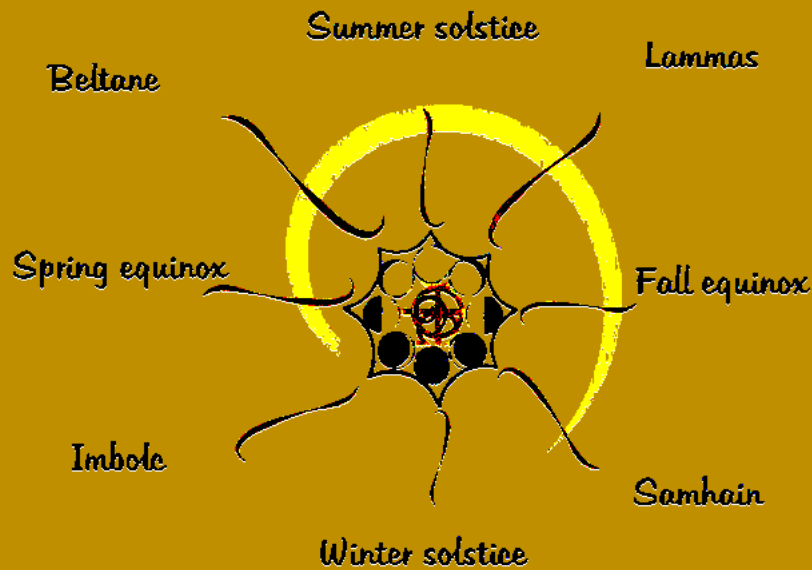


**Use this oil to anoint attendees of your Lammas ritual. You can also use this oil any time that you want to awaken the insights and mysteries of Lammas. This oil activates the magical energies of giving, prosperity, abundance, and riches.**

- vegetable glycerin
- 5 drops patchouli essential oil
- 2 drops rosemary essential oil
- Pinch of dried oak (powdered or chipped wood) or dried oats (such as rolled oats for oatmeal)

Find a one-ounce bottle. Fill the bottle halfway with vegetable glycerin. Add plain water until the bottle is three-quarters full. Add your essential oils. Add dry ingredients. Close the lid, and shake the bottle. You can use this magical oil immediately.

# Mystery of the Sabbats 2025



**Hosted by  
Coven of the Mystic Path, ASW**

***A Year of Personal Empowerment, Community and Safe Harbor***

Coven of the Mystic Path, ASW  
[www.covenofthemysticpath.com](http://www.covenofthemysticpath.com)



We hope you will join us on this journey of transformation as we honor the Sabbats of the Great Wheel. Our next open celebration is:

**Celebration of Astrological Samhain**

**November 1, 2025**

**Gather @ 5:00pm**