Leaving of the Ego

Upon entering this space, we are all equals. Please leave your ego behind as you join us as equals.

Opening Meditation

As we gather together, let us ground ourselves in the earth, and seek our centers.

Close your eyes and open your spirits.

Draw your focus inward. Breathe slowly and deeply. Turn aside all distractions.

Be aware of your body, of your breath, of your heart beating in your chest.

With each breath, relax your body. Make yourself comfortable. Move and adjust your body as needed to feel balanced and at ease. Release the tension in your head, your neck. Relax your shoulders, your arms. Let your stomach soften and relax. Adjust your position until your spine feels comfortably aligned. Release the tension in your hips, relax your legs, your feet. Feel any aches and pains fade away. Be at ease.

Be aware of your spirit, your inner self.

Observe your thoughts, your feelings. Let them wash over you, through you. Let them settle as you continue to breathe slowly and deeply. With each breath, set aside the many worries and cares that fill your mind. Focus on the calm and peace of this moment. Feel safe and protected.

Be aware of the earth beneath you.

Feel yourself firmly anchored to the earth, to the planet that supports you, in body and spirit. Focus on your connection to the earth. Feel the tug of gravity, drawing you close, binding you to the earth. Be aware of the substance of the planet – the soil and the water and the air that comprise our world. Be aware of these elements within yourself: the earth that makes up your flesh, the water that flows in your blood, the breath that fills your lungs. Feel the magic of that connection – the power that links you to the larger whole.

Be aware of the spirits around you. Feel your connection to the other beings that support you, in body and spirit.

Be aware of the web of life that surrounds you: the beings that inhabit this world with you. Feel your connection to the plants and animals and others that you depend on for life – for food, for shelter, for the very air you breathe. They are a part of you. You are a part of them. Feel the magic of that connection – the power that intertwines your life with the greater web of all life.

Be aware of your ancestors, of their role in shaping who you are. Feel their presence in your life – their history and teachings living on in your memory, their legacy moving

forward through your words and deeds. They are a part of you. You are a part of them. Feel the magic of that connection – the power that connects you to the past, to your own history and the history of all humanity.

Be aware of the deities, of their role in the shaping of the world and civilization. Feel their presence in your life – their guidance and support and power. They call to you and invite you to learn from them. They gain power from your love, and in turn, they grant you the power to shape the world through your words and deeds. They are a part of you, and you are a part of them. Feel the magic of that connection – the power to create something new and wonderful.

Be aware of the others gathered here. Feel their presence in this sacred space. They are here in common purpose with you, to celebrate and strengthen their connection to the earth, to the spirits of land, to the ancestors, the deities, and to one another.

As we gather in common purpose, let us do so with full awareness of the connections we share and the power it grants us.

As you breathe, deeply and slowly, focus once again on this place, this moment, where we come together in fellowship and worship, and when you are ready, open your eyes.

Honoring the Earth Mother

We gather here today for the celebration of the Summer Solstice. First though, we honor the Earth that we stand upon. Earth Mother, we call to you. You who surrounds and supports us. You who feeds and nourishes us. You who shelters and provides a home to live in. You are why we are here. Without you, we could not survive. Without you, we would not be. Today, we honor you, love you, and respect you. We all will work to make you healthy. Now, as a token of our appreciation, we give you these offerings. Earth Mother, accept our offerings!

Statement of Purpose

Today, we're celebrating the summer solstice. The sun is at her fullest power. The crops have mostly been planted, and the growing season is starting to go full ahead. We're starting to get some of the first fruits of the year like strawberries and blueberries. So, today, we're celebrating the longest day and the life giving light and warmth. Today we do that through Sumbel!

Recreate the Sacred Center

officiant makes offerings during the appropriate sections of the text.

As we gather here, in the center are our hallows, our sacred center, each with its role in the cosmos.

We start with focusing on the well, our connection to the underworlds This is our way to the Ancestors and all who are found in those realms. To the well, we offer silver. With this offering, we connect our well to all the wells in the world, making our well `the` well.

We now focus on the fire, our connection the the upper-worlds. This is our way to the Deities and all who are found in those realms. To the fire, we offer incense. With this offering, we connect our fire to all the fires in the world, making our fire `the` fire.

Finally, we focus on the tree, our pathway between all the worlds. This is our road to travel to the realms of the Deities and the Ancestors, and all beings found outside our realm. We join this tree with the well through the waters of the well. We join this tree with the fire through the smoke of the incense. As we join this tree to the well and fire, our tree becomes `the` tree and our path.

Outsiders

Outsiders! You who stand against our purposes for this rite. You who only wish to cause mischief and harm. You who are beyond the light of our work. We ask you today to not disturb us as we do our work. We recognize you and your role in our lives. If you do not disturb us, we will make you this offering of beer when our rites are over.

Purification

Officiants will sprinkle the congregation with water and smudge with incense while the following is spoken

As we gather here in this place, let us once again focus on our ritual purity. Wash yourselves with the waters from the well, washing away all your cares and all your worries. Smudge yourself with the incense from the fire, to join us all in ritual. As we do this washing and smudging, see our circle become cleaner and purer until we are all here as one.

Description of how the Sumbel works

The Sumbel will be four rounds. Everyone will have their own drink of choice, and will be given an opportunity to speak each round. You do not have to speak, you may just raise your cup and say hail instead. The first round will be to the Ancestors. The second will be to the Land Spirits. The third will be to the Deities. The fourth round will be open where you can make the traditional toasts, boasts, and oaths.

A word on oaths. We view oaths as binding between you and the beings, but also between you and all those who witness the oath. The oath-takers wyrd and all those who witness it are bound together. It is up to the the oath-taker to fulfill the oath, but it also up to those who witness the oath to support them in fulfilling it. All oaths will be challenged, and a high price will be set if the oath is not fulfilled, and the oath-taker will be held accountable.

Round 1, Ancestors

Let us now hail the Ancestors!

Round 2, Land Spirits

Let us now hail the Land Spirits!

Round 3, Deities

Let us now hail the Deities!

Round 4, Open

Let us now share our toasts, boasts, and take any necessary oaths!

Shared Meal

Behold this loaf of bread. With this loaf, we share a meal with the Land Spirits. As we tear this loaf in half, one half goes to them and the other will be shared between us.

Bread is passed around for all to eat

Blessing of the Waters

We have made our offerings to all of the spirits. We have honored the Land Spirits and called to them to celebrate the life of this earth and turn the wheel towards summer. We call to all we have honored today to bless these waters. Fill them with the powers of their blessings in return for our offerings. Spirits, give us the waters! Behold the blessed waters!

Waters are passed around for all to drink

Thanking the Beings

Thanking the Deities

Deities! We have made offerings to you and you have given blessings in return. For all you have done for us, Deities, we thank you.

Thanking the Land Spirits

Land Spirits! We have made offerings to you and you have given blessings in return For all you have done for us, Land Spirits, we thank you.

Thanking the Ancestors

Ancestors! We have made offerings to you and you have given blessings in return. For all you have done for us, Ancestors, we thank you.

Acknowledging the Outsiders

Outsiders! At the opening of this rite, we asked that you leave us to work in peace. You have done so. We will honor our end of the bargain and pour you the beer we offered you earlier.

Thanking the Earth Mother

Earth Mother! We have given to you, and we have honored you. For all that you have done for us both today and throughout our days, Earth Mother, we thank you.

Closing Meditation

As we conclude our ritual, let us once again seek our centers and ground ourselves.

With spirits open, close your eyes.

Breathe slowly and deeply. Draw your focus inward.

Feel the threads that connect you to the others gathered here today – threads of common purpose and devotion, of fellowship and mutual caring.

Feel the threads that connect you to the deities – threads of power and faith, of wisdom and trust.

Feel the threads that connect you to the ancestors – threads of lineage and history, of lore and memory.

Feel the threads that connect you to the spirits of the land – threads of life and sustenance, of beauty and wonder.

Feel the threads that connect you to the earth – threads of life and sustenance, lineage and history, power and faith, love and existence itself.

As you feel these connections, know them to be ever present. But for now, relax your focus of these bindings. Let your awareness of them soften, but never fade as you go

about your daily lives. As you breathe, deeply and slowly, focus once again on this place, this moment, as we prepare to go forth into the world, and when you are ready, open your eyes.

And so the rite is finished, go now in wisdom and peace.