

Autumn 2007

Dear Screech Owls,

I am excited that we will soon embark on our Twilight adventure together!

Please Bring:

Walking or hiking shoes or boots. We will be doing some hiking/being in the woods.

7-day Candle to light and warm our clan space.

A song you learned as a child, to share.

If you like, a favorite chant round or short song to share. If it is about a season or nature or for ritual, so much the better. If you have a written copy, so much better the better.

Push pins, twine, duct tape, twinkle lights, tarp, sheets, blankets, small nails etc. Items from the usual Pagan tool kit to make our clan space cozy.

Please Prepare:

Walk some, to get your body moving and open.

Sing and breathe deeply – to prepare your muscles for the weekend. Never clench or tense your face or throat. Don't push your voice: Open your throat instead.

Listen/connect with critters and plants and beings. You can even do this in your car with the trees and birds in a pinch.

Spend some moments outside at night. Breathe, open, notice, listen, give gratitude....

Avoid cheese/milk if this helps to clear your voice (as it does mine).

Get plenty of sleep the week before Twilight (yeah, I know, but try!).

Dream.

Remember to think about/prepare to release something that is in your way (or blocking you, or that you are done with, or that you need to move on from...) for the Fire Releasing circle on Friday night. The Fire Releasing is a great opportunity to transform something for yourself. **We will meet after that circle as a group to do a piece of work too, so please be ready to gather with the Screech Owls nearby (I'll tell you where at the opening circle.)**

Feel free to contact me with questions at sarah@earthspirit.com, knowing that I only check my email a couple of times per week. Or call me at 413-634-8062.

I look forward to seeing you and being with you soon. Enjoy the coming of autumn!

Sarah