

Dear Screech Owls,

I am excited that we will soon embark on our Twilight adventure together! The wonderful Kim Hopkins will be assisting me in running the clan this year, and it should be great.

Please Bring:

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

A song you learned as a child, or a favorite chant round or short song to share. If it is about a season or nature or for ritual, so much 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.

And perhaps:

7-day Candle (those big ones they sell at the grocery store sometimes, if you can find one) to light and warm our clan space.

Tea and honey (non caffeinated is best for the voice: chamomile, ginger, throat coat, slippery elm).

A small water bottle (and perhaps a small thermos for you to carry your tea).

A big thermos dedicated to hot water that you might have that the clan could use for the weekend???

A pillow or cushion (we have some already) or backjack if you need it. Or milk crate if you need to sit off the ground (we'll have walls to lean on). I'll try to bring some milk crates.

Blanket (that you don't mind being on the floor)

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.

On Friday the progression will be dinner, Opening Circle, Clan time, Releasing Fire. Dress warmly if it is cool!

Clan Time: We will do our first piece of work together as a clan after the opening circle, so please be ready to gather with the Screech Owls as the opening circle breaks up. We will go to our clan cabin at that time, so if you are late or lose track of us at that time, check in registration and they should know where our clan cabin is.

Fire Releasing: 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.

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 and Kim