

## Blessings to YOU on this Feast of Brigit February 1, 2012



The first day of February is Brigit's Day, a major feast of the Celtic year. Brigit inherited the name and characteristics of the goddess, Brigit, whose feast was at Imbolc, February 1<sup>st</sup>. She was said to "breathe life into the mouth of the dead winter." She is an ancient role model for women today.

### **Brigit's Table Grace**

from St. Brigit's Monastery in Kildare, Ireland

I should like a great lake of finest ale  
for all the people.  
I should like a table of the choicest foods  
for the family of heaven.  
Let the ale be made from the fruits of faith,  
and the food be for giving love.  
I should welcome the poor to my feast,  
for they are God's children.  
I should welcome the sick to my feast  
for they are God's joy.  
Let the poor sit with Sophia at the highest place  
and the sick dance with the angels.  
Bless the poor, bless the sick,  
bless our human race.  
Bless our food, bless our drink, all homes,  
O God embrace.

**Mark your calendar for a Brigit Ritual!**

# "Reclaiming our Herstory through Brigit of Ireland"

with Dr. Mary Condren, Director of Woman Spirit Ireland

Thursday, February 23, 2012, 7:30pm – 9pm (EST)

Join us for an in-house and phone-in guided meditation on Brigit -- the fusion female figure of divinity from Old Europe -- with songs, poetry, music, and stories from Ireland. Gather with friends or by yourself with a little drop of honey, a bowl of milk, and a little bread.

If you wish, gather some precious pieces of cloth that remind you of your female lineage, to plait and braid into a crios (kriss), the ancient umbilical symbol of birth, life, and regeneration. You can use it for healing, for transitions, and for remembering.

To join in by phone, email [waterstaff@waterwomensalliance.org](mailto:waterstaff@waterwomensalliance.org) for the number and instructions.

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