

Celebration of Litha and Summer Solstice

June 21, 2022



The Summer Solstice, also called Litha, is an important celebration of light and warmth and an occasion for rejoicing. With the fullness of the light of the sun, new life has emerged and come into bloom, the early fruits of the field have been harvested and enjoyed. It is a time to be aware of God as Fullness of Life and Light and of Christ as Light and Love of the world.

The Solstice is a day to see the Creator in everyone and in all of creation. It's a day to appreciate the Divine all around you. Yes, even in the midst of the light and darkness that is so evident in our country and world today where violence is creating turmoil in our hearts. Summer is a time for deep breathing, slowing down, for intergenerational gatherings. It's a time for renewal and a renewed commitment to God, to Creation, and to our deeper selves. Summer reminds us that there is hope and joy in the world, that the light within us can spread and inspire others. We can nurture others, just as the Sun nurtures us.

Create a prayer space with a yellow-colored cloth, candles, summer herbs and flowers

Opening Prayer: Adapted from *The Circle of Life* by Joyce Rupp and Macrina Wiederkehr

Treat yourself to a few deep breaths following each petition.

May you breathe in the beauty of summer with its power of transformation. May this beauty permeate all that feels un-beautiful in you.

May you seek and find spaces of repose during these summer months. May these moments refresh and restore the tired places within you.

May you be open to times of celebration and recreation that are so much a part of summer. May you find happiness in these times of play and leisure.

May your eyes see the wonders of summer's colors. May these colors delight you and entice you into contemplation and joy.

May you feel the energy of summer rains penetrating thirsty gardens, dry gardens, lawns, and farmlands. May these rains remind you that your inner thirst needs quenching and may your inner self be refreshed, restored, and renewed.

May you savor the fresh produce that comes to your table and enjoy the fruits of summer's bounty, and may you enjoy unexpected beauty as you travel the roads on summer vacation.

Scripture: Genesis 1, from *Celtic Treasure* by John Philip Newell

"On the fourth day God said, 'Let there be lights in the heavens.' So, the wind carried fire on its wings and scattered light through the skies. There was a great light to rule the day and a gentler light to rule the night. And there were glittering galaxies beyond number. The sun, the moon and the stars moved in harmony. They guided the seasons. They marked the days and the years. They shone on earth as signs of heaven. God saw that it was good. And there was evening and morning, creation's fourth day."

Reflection

Creation offers excellent material for prayer. Go outside, listen to the birdsong, have a good look around. What catches your eyes, moves your heart? What speaks to you of beauty? What kind of growth is taking place in your heart? Listen for your gentle inner voice, are you sensing fullness or barren land in need of watering?

Song

Litha (Summer Solstice Song) from Lisa Thiel's Album, *Circle of The Seasons*

<https://www.youtube.com/watch?v=yGINTJgyA4k>

I am the fire that burns within your soul
I am the Holy light that fills and makes you whole
I am the Flame within, that never dies
I am the sun that will ever arise

Power of the Sun, we honor you this night
We leap across the fire to keep our spirits bright
Power of the Sun, fire in the night
We leave behind, that which blinds, to restore our sight

I am the fire that clears away the old
I am the holy light that guides you to your soul
I am the Flame of Love for which you yearn
I am the sun that will always return

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Closing : A Celtic Blessing

Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the gentle night to you
Moon and stars pour their healing light on you
Deep peace of Christ
Of Christ the light of the world to you

Deep peace of Christ to you.

For your additional reflection

A *Vision* by Wendell Berry: <https://linkedinspirit.net/a-vision-wendell-berry/>

Read more about the Celtic Prayer Circle at Mercy by the Sea:
<https://www.mercybythesea.org/programs-and-retreats/celtic-prayer-circle/>