Tending Your Flame
Ritual Kit

Brigid’s Grove

A gift for the Creative Spirit Circle
May the Moon bless you,
May the earth embrace you,
May the waters quench your thirst
and make you grow,
May the sun shine down upon you,
May the winds blow upon you
and make you strong,
May there always be more than enough.
Blessed be.

—Caren Catterall
in SageWoman magazine (2002)
I dream of a sacred fire
where a family circles,
arms linked
as one.
Shared dream,
shared blessing,
of family, spirit, hearth, and home.
Light the fire
with the children.
Sing with your partner.
Create a temple
of your hearts,
hands,
and bodies.

Supplies:
- Bowl of water + sea salt and essential oils of your choice
- Additional dish of sea salt or a bell, rattle, or drum
- Journal or printable journal page from this kit
- Womanrunes or other divination cards
Invocation
I stand in the center of the wheel, Goddess, and I ask for your guidance, your essence, and your blessings.

I turn to the East and call it in. Cool air. Fresh breath of wisdom. A sigh of release and freedom. The whisper of poetry on the wind.

I turn to South and call it in. The brightness of new ideas. The warmth of the sun. The fiery forge of transformation. The heat of my own skin.

I turn to the West and call it in. The rainfall. The sweep of the river. The healing waters of her well. The swift hum of blood in my veins.

I turn to the North and call it in. The solidness of stone. The grand arc of the trees against the sky. The steady heart of the sacred oak. The anchoring of my own feet on this beautiful ground.

Read Brigid Prayer (included on page 7)

Offer yourself a body blessing:

Using water that has had sea salt and your favorite essential oil added to it:

- Bless my eyes that I may have clarity of vision.
- Bless my mouth that I may speak the truth.
- Bless my ears that I may hear wisely.
- Bless my hands that I may make things of beauty.
- Bless my heart that I may be filled with love.
- Bless my center that I may be in touch with the creative energy of the universe.
- Bless my legs that I may feel the power of my own strength.
- Bless my feet that I may walk on my own true path.

Optional: House Blessing
Use the water or dry sprinkles of salt. Or, ring a bell, shake a rattle, or beat a drum in the four directions (East, South, West, and North), in the four corners of the home, in each room, and then stand in the center and reach up to the ceiling and then down to touch the floor.

- Bless the corners of this place
- Joy and peace it does embrace.
- Cleanse this house and fill with cheer
Goodness, love, and kindness dwell here.
(if you have children, encourage them to get as raucous as they wish with their cheering and goodwill!)

_by the power of our love_
_by the strength of our circle_
_this home is blessed!_

Do a project:
- Create prayer flags—then take outside and hang in an oak tree!
- Make an intention candle [see tutorial].
- Do a midwinter card reading using the enclosed Flame card layout with Womanrunes or your other cards.
- Journal on the themes of this ritual using your companion journal page.
- Make bookmarks using the Brigid Prayer bookmark templates. Print on cardstock and, after coloring, sandwich between two pieces of clear contact paper to laminate/protect them for ongoing use.
- Listen to the Transformation Meditation included in the companion resources. What is being transformed in Brigid’s forge fire?
- Enjoy a feast and a “Fire and Ice” trifle.

Read aloud:

_Honor the air present in every breath,_
_witness the flame sacred in the heart._
_Feel the pulse of the waters within,_
_stand firm in the earth that supports._
_For with these things,_
_we are the spirit of the world._
_May we do the holy work._
_May we be the holy hands._

--Lora Dziemiela in _Sisters Singing_, p. 29

Other possibilities:
- A meditation to read aloud: [http://erinsjournal.com/guided-meditation-for-brigid](http://erinsjournal.com/guided-meditation-for-brigid)
- Listen to two favorite Brigid songs:
  - Brighid by Kellianna: [https://www.youtube.com/watch?v=6F_gV8QnP10](https://www.youtube.com/watch?v=6F_gV8QnP10)
  - Bridget’s Song by Celia: [https://www.youtube.com/watch?v=XxeTnU_qmhE](https://www.youtube.com/watch?v=XxeTnU_qmhE)
  - Or, a whole playlist.
Recipes

Fire and Ice trifle recipe

- Angel food cake or pound cake, prepared and torn or cut into one inch pieces (I use a mix)
- Frozen raspberries and/or strawberries
- Vanilla pudding or custard (see additional recipe or use a mix)
- Optional: whipped cream to top

Scatter cake on the bottom of a glass dish and then scatter on berries and spoon on custard. Continue to alternate layers of each until the dish is full and your ingredients are gone. Top with whipped cream immediately before serving, if desired.

Homemade custard:

- 2/3 c. sugar
- 4 TB cornstarch
- ¼ ts salt
- 3 c. milk
- 4 egg yolks, slightly beaten
- 4 ts vanilla

Mix sugar, cornstarch, and salt in saucepan. Mix milk and egg yolks separately, gradually stir into sugar mixture. Cook over medium heat, stirring constantly until mixture thickens and boils. Boil and stir for one minute, remove from heat. Stir in vanilla and let cool.

“I know the lore of tree and stone,
I know the power of words,
and the silence in which magic is born...”

--Lunea Weatherstone, Tending Brigid’s Flame
Brigid Prayer

Brigid
of the Sacred Oak.

Brigid
of the Sacred Flame.

Sacred smith
shape our lives
in the cauldron of destiny.

Ignite our creativity
forge our passions.
Spill forth
in the language of poetry
falling leaves
and hot metal.

Brigid
Sacred Guardian
Keeper of flame,
hope and hearts.

Enliven our work
guide our steps
inspire our message.

Thank you.

Brigid is a Triple Goddess of Fire: the fire of poetic inspiration and creative voice, the fire of health and fertility, and the fire of metalwork and crafts. Brigid was an ancient Irish goddess later syncretized into the Christian saint Brigit. Her abbey was referred to as the Church of the Sacred Oak, the word for which later evolved into modern day Kildare. Her sacred wells are usually located near sacred oak trees, sometimes referred to as “clootie” trees, in which pilgrims hang prayers, blessings, wishes, and requests for healing.
Tending Your Flame Mandala

This powerful mandala can be used in multiple ways:

- To color and enjoy as a calming, meditative artistic project just for fun.
- In combination with your “Core Desired Feelings” for 2018 (see DanielleLaPorte.com for more on CDFs). You might write your CDFs on the goddesses or around the edges of circle.
- In combination with Womanrunes, intentionally selected or intuitively drawn—you may wish to draw the rune symbols on the goddesses or around the border of the mandala.
- In combination with other oracle card decks—you may do a reading for the month for yourself and add keywords and insights to the mandala.
- To metaphorically “hang” your prayers upon as pilgrims to Brigid’s sacred sites do upon “clootie trees.”
- As a personal meditation and reminder of what you need to tend your flame—I chose to write the things I know I need to “tend my flame” around the upper edge of the circle between the arms of the goddesses.
- As a grid with crystals and mini goddesses for healing, intention, or other purposes.
Brigid’s Day Journal Page

(freewrite first responses):

What purpose calls your name?

________________________________
________________________________

What seed are you breathing hope into

________________________________
________________________________
________________________________

As you pause in darkness what does your body have to tell you?

________________________________
________________________________
________________________________

What do your dreams have to tell you?

________________________________
________________________________
________________________________

What does the frozen ground have to tell you?

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________________________________
________________________________

How can you tend your flame?

________________________________
________________________________
________________________________

What song can only be sung by you?

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________________________________
________________________________

What path have your feet found?

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________________________________
________________________________

What promise are you keeping?

________________________________
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________________________________

Time for your light to shine from within the sheltering dark.
The Flame

(First remove Flame card from deck)

1. **Kindling:** What needs my attention now? How am I feeding my flame, my passion, my energy?

2. **Igniting:** What lights me up? What helps me grow? How do I access my inner warrior?

3. **Tending:** What do I need to grow in my power, to tend my inner fire, to fan the flames of my passions?
Prayer to Brigid

Hope and hearts.
Keeper of flame
Sacred Guardian
Brigid

and hot metal.
Falling leaves
in the language of poetry
Spill forth
forge our passions.
Ignite our creativity
in the cauldron of destiny.
Shape our lives
Sacred smith
Brigid

of the Sacred Oak.
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Brigid

of the Sacred Oak.
Brigid

Prayer to Brigid
Everyday Magic

To dive deeper into your personal power as well as everyday magic and co-creation, you are welcome to join our ongoing circle, Everyday Magic. This international circle is a co-creative magical alchemy of private ritual, guided experiences, community connection, and sacred witnessing. We welcome you to join us: Everyday Magic.

Come join the Circle!

Membership in the Creative Spirit Circle is FREE and packed with beautiful, bountiful resources, including:

- a free Womanrunes e-course
- Calamoondala mini-course
- weekly virtual circles in our Facebook group
- Red Tent resources
- blessing posters and mandalas
- access to Divine Imperfections sculptures
- monthly Creative Spirit Circle Journal filled with resources such as ceremony outlines, articles, book recommendations, sneak peeks, and special freebies.

Claim your place in the Circle: brigidsgrove.com/come-join-the-circle
Red Tent Initiation Program

Following the spiral path of maiden, mother, and crone...

This online course is both a powerful, personal experience AND a training in facilitating transformative women’s circles. You will listen to your deep self, access your inner wisdom and prepare to step into circle as guardian and guide for other women who are hungering for depth, connection, restoration, and renewal in today’s busy world.

Practical Priestessing

Do you feel that divine hum of resonance in your bones when you hear the word Priestess? Do you want to learn tools, resources, and rituals for practical priestessing?

This is a comprehensive priestess initiation program for women called to vocational priestess work.

www.brigidsgrove.com/practicalpriestessing

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- brigidsgrove.etsy.com
- twitter.com/brigidsgrove
- Creative Spirit Circle Facebook Group: facebook.com/groups/brigidsgrovecreativespiritcircle
About the author:

Molly has been “gathering the women” to circle, sing, celebrate, and share since 2008. She plans and facilitates women’s circles, Red Tents, seasonal retreats and rituals, Pink Tent mother-daughter circles, and family ceremonies in rural Missouri and teaches online courses in Red Tent facilitation and Practical Priestessing.

Molly is a priestess who holds MSW, M.Div, and D.Min degrees. She wrote her dissertation about contemporary priestessing in the U.S.

Molly is the author of Womanrunes, Earthprayer, and The Red Tent Resource Kit. She writes about women’s circles, nature, practical priestessing, creativity, family ritual, and the goddess at Brigid’s Grove.

About Brigid’s Grove:

Molly and Mark co-create original goddess sculptures, goddess pendants, and ceremony kits at brigidsgrove.com (and etsy!). They publish Womanrunes and the accompanying oracle deck, based on the work of Shekhinah Mountainwater.

Brigid's Grove integrates Molly's priestess work with our family's shared interests in ceremony, art, gemstones, metalwork, nature, everyday magic, and intentional, creative living.

Brigid is the Irish triple goddess of smithcraft, poetry, and midwifery. She is also a Christian saint associated with midwives, birthing mothers, and infants.