

Gather & Grow: Lammas



RIVER CITY
RAINBOW COLLECTIVE

invites you to

?Gather & Grow

A series of intentional community potlucks that center connection and our place in time, inspired by the Pagan Wheel of the Year.

?Address

July 27th, 5p-8p

Universalist Unitarian Church of Peoria

3000 W Richwoods Blvd, Peoria, IL 61604

?Dishes

Please bring a dish to share! Drinks, plates, and utensils will be provided.

Important! Bring a small piece of paper with all the ingredients on your dish on it, so that it can sit next to your dish. This will help protect those with allergies.

Lammas meals celebrate the first harvest with hearty, rustic dishes made from grains, seasonal vegetables, and preserved goods. Fresh-baked breads, roasted corn, zucchini, root vegetables, and fruit crisps reflect the abundance of late summer. Foods like grain bowls, stews, and shared platters embody the themes of nourishment, transformation, and gratitude. Drinks such as herbal teas, mead, cider, or kombucha honor the fruits of the land and the labor that brought them forth.

?Themes

Lammas is associated with some themes that are central to this place in time. Consider what your answers would be and as those around your table what their answers are!

First Harvest

Celebrating the beginning of the grain harvest, especially wheat and barley.

Ask yourself and those at your table: *What have you been cultivating within yourself this year? What early signs of growth or change are beginning to show?*

Gratitude and Abundance

Giving thanks for the fruits of the earth and the work that brought them forth. Sit quietly and reflect on the emotional, spiritual, or personal abundance in your life. What within you feels full, rich, or deeply sustaining right now?

Ask yourself and those at your table: *What in your life feels full or sustaining right now? Where are you noticing abundance—in your relationships, spirit, or sense of self?*

Sacrifice and Renewal

Acknowledging that the harvest requires the "death" of the grain for life to continue.

Ask yourself and those at your table: *What are you ready to let go of in order to make space for something new? What inner pattern or belief has served its purpose?*

Transition

Marking the shift from summer's peak toward the decline into autumn.

Ask yourself and those at your table: *Where are you in your personal season right now? Are you feeling growth, rest, change, or something else entirely... and how can you honor that truth? Here are some themes and reflective actions to help set the intention for the evening, you're encouraged to ask these questions around your table and be prepared to be asked as well.*

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