



The Mermaid Wave Journal

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Stephanie's Corner

By Stephanie Leon Neal

A Note to Our Readers



Stephanie will not be writing for this edition, as she is currently under the weather. We send her our warmest wishes for a speedy recovery and hope she takes all the time she needs to rest and heal.

She promises to return as soon as she is able, and we look forward to welcoming her back in the next edition. Until then, please join us in wishing her well!

Voices From the Sea

By Rv Silas Mimir AP~

A Lammas Message from Yemaya, Great Mother of the Boundless Sea

Beloved Child of the Tide,

The fields upon the land have begun to bow beneath the weight of their harvest. Golden grain bends in humility, not weakness. It has fulfilled its purpose, and in giving itself, it ensures that life continues.

Look upon the wheat, and then look upon the sea.

Though my waters bear no fields of barley, I too know the mystery of harvest.

Every wave that reaches the shore has traveled farther than you can imagine. It has gathered whispers from distant islands, tears from grieving hearts, songs from joyful souls, and dreams cast upon moonlit waters. Nothing enters my embrace unchanged, and nothing given in love is ever truly lost.

So I ask you:

What have you cultivated since the Wheel last began its turning?

Not what have you accumulated.

Not what have you accomplished to earn the admiration of others.

But what within you has ripened?

Has your compassion grown deeper?

Has your courage become steadier?

Have your wounds become places where wisdom now lives?

These are the true fruits of the soul.

Many believe harvest is measured by abundance that can be counted. Yet the richest harvest cannot be gathered in baskets. It is found in quiet forgiveness, unexpected resilience, generous kindness, and the gentle certainty that you have become more fully yourself than you were yesterday.

Do not overlook these gifts simply because they cannot be held in your hands.

Lammas is also a season of sacred offering.

The grain does not cling to the stalk.

The fruit does not refuse the hand that gathers it.

Even the tide releases each shell it has carefully polished, trusting another wave will continue the work.

You, too, are being invited to release something.

Perhaps it is an old fear that has long outlived its purpose.

Perhaps it is the endless striving to prove your worth.

Perhaps it is the version of yourself that survived a difficult season but no longer needs to lead your life.

Release is not defeat.

It is the wisdom of knowing when your spirit has outgrown its former shores.

As the days slowly begin to shorten, do not mourn the fading light. Instead, become grateful for all that the light has revealed. Every season offers its own

medicine. The blazing Sun teaches you how to grow. The gathering twilight teaches you how to trust.

Neither is greater than the other.

Like the tides, they belong to the same eternal rhythm.

This harvest, gather more than blessings.

Gather moments of laughter.

Gather friendships that nourish your spirit.

Gather memories that remind you who you are.

Gather the quiet miracles that happen each day but are so easily overlooked.

Store them within your heart as carefully as your ancestors stored grain against the coming winter. They will sustain you when the winds grow colder and the nights grow longer.

Know this, beloved:

You have not come this far by your strength alone.

You have been carried by unseen currents.

By prayers you thought were unanswered.

By ancestors whose names have become waves.

By spirits who walked beside you while asking for no recognition.

By Love itself, flowing endlessly through the great waters of existence.

When you stand upon the shore this Lammas, offer your gratitude—not because your life is perfect, but because your soul continues to grow.

The greatest harvest has never been found in the field.

It has always been found in the heart willing to love again, to trust again, and to rise with every returning tide.

I have watched you become.

I will continue to watch you become.

And I rejoice in every wave of your unfolding.

With endless love,

Yemaya, Great Mother of the Boundless Sea

Whispers From the Sea

By Rv Stacey Blair AP~

Find a comfortable place where you can sit or lie down without interruption. If you wish, light a golden candle or place a piece of bread, a stalk of wheat, or a small bowl of grain nearby as a symbol of the first harvest.

Close your eyes.

Take a slow, deep breath in through your nose... and gently exhale through your mouth.

Again, inhale deeply, filling your lungs with fresh, golden light...

Exhale, releasing tension from your body.

With each breath, allow yourself to become more relaxed.

Feel the weight of your body supported by the Earth beneath you.

Imagine roots gently extending from the base of your spine and the soles of your feet, reaching deep into the warm, fertile soil. Feel yourself grounded, steady, and connected to the endless wisdom of the Earth.

Now imagine yourself standing at the edge of a sunlit field.

Tall stalks of golden grain sway gently in the warm summer breeze.

The sky is a brilliant blue, and the afternoon sun wraps you in comforting warmth.

You begin to walk through the field.

With every step, notice the abundance surrounding you.

Every stalk represents effort, patience, hope, and growth.

This is the first harvest—a reminder that every seed planted with care eventually bears fruit.

Pause for a moment and reflect.

What seeds have you planted in your own life this year?

Perhaps they were dreams...

New habits...

Relationships...

Creative projects...

Acts of kindness...

Or moments of personal growth.

Without judgment, simply notice what has begun to flourish.

Take a deep breath and silently say:

"I honor the work I have done. I celebrate every step of my journey."

Ahead, you discover a rustic wooden table overflowing with the gifts of the season.

Fresh bread.

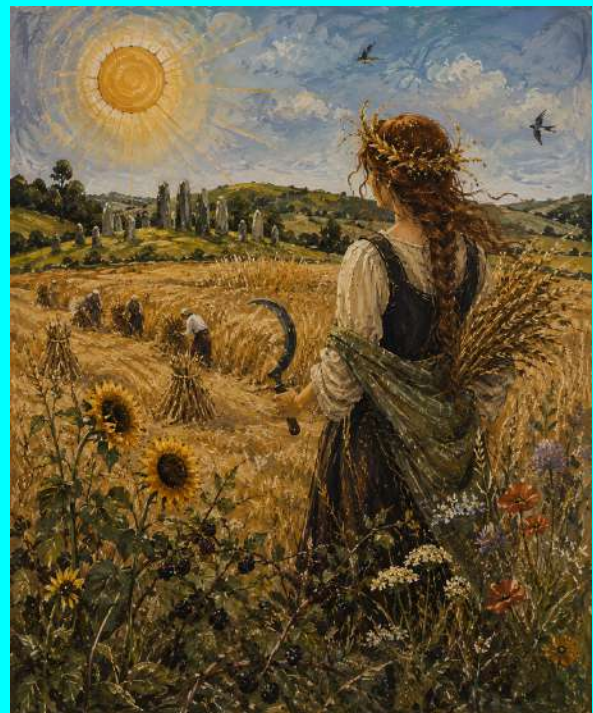
Golden honey.

Ripened berries.

Apples.

Bundles of fragrant herbs.

Each gift represents one blessing in your life.



Approach the table slowly.

Choose one gift that calls to you.

Hold it gently in your hands.

Ask yourself:

What blessing am I most grateful for today?

Allow the answer to arise naturally.

Take a few quiet breaths, filling your heart with gratitude.

Feel that gratitude becoming a warm golden light within your chest.

With every inhale, the light grows brighter.

With every exhale, it spreads throughout your entire body.

Now look beyond the table.

You notice a woven harvest basket waiting for you.

This basket is for anything you are ready to release.

Perhaps it is fear.

Self-doubt.

Old expectations.

Regret.

Fatigue.

Anything that has completed its purpose.

One by one, gently place these burdens into the basket.

As each one leaves your hands, feel yourself becoming lighter.

There is no need to carry what no longer nourishes your spirit.

Watch as the Earth lovingly transforms these offerings into fertile soil for future growth.

Nothing is wasted.

Everything becomes part of a new beginning.

Now lift your gaze once more to the golden field.

The setting sun paints the sky with shades of amber, crimson, and gold.

A soft breeze carries a quiet message:

"Honor what you have grown. Trust what is still becoming."

Allow those words to settle into your heart.

Take one final look across the harvest fields.

Notice how abundant they are.

Notice that you, too, are abundant.

Even if every dream has not yet ripened, you are growing.

You are learning.

You are becoming.

Take three slow, deep breaths.

With the first breath, breathe in gratitude.

With the second, breathe in confidence.

With the third, breathe in hope for the season ahead.

Begin to notice the surface beneath you.

Feel your fingers and toes.

Gently roll your shoulders.

When you are ready, slowly open your eyes.

Carry the warmth of the harvest, the peace of the Earth, and the wisdom of Lammas with you.

May you always recognize the abundance already present in your life, and may every seed you continue to plant grow in its own perfect season.

Blessed Lammas.

Deep Sea Inspirations

By Rev. Bradley Quisenberry Foster/Fosterberry

The Harvest Mystery

Three came walking from the west.
A king with crown of burning wheat
A wizard cloaked in midnight ash
A rogue with soil still on his feet
They found the god where barley grows
His skin like sun, his breath like bread
They spoke no word of mercy's weight
They raised the blade and bowed his head
The king said, "For the crown, we cut"
The mage said, "For the truth, we bind"
The rogue said, "For the hunger, we bleed"
And they left no golden stalk behind
The goddess stood in autumn's dress
Red and gold, it brushed the ground
She wept, she mourned, she grieved the loss



Then laid her palms upon the mound
She whispered, "This is how it must be
The harvest aches before it feeds
Without the death, the wheel stands still
The seed forgets its sacred needs"
A tremble stirred beneath the soil
A hiss, a coil, a sudden gleam
A snake emerged from root and bone
And slithered slow into the dream
It rose in scales of emerald fire
Then shimmered, shed, and shimmered still
Its spine uncoiled in silent grace
Until its shape began to spill
Into a peacock, proud and wide
A thousand eyes upon its plume
Each feather bore a silent truth
That beauty rises from the tomb
Then came the wind, then came the hush
The color drained, the silence deepened
The bird grew still, its feathers turned
Its gleam became a shadowed beacon
A vulture lifted from the earth
Its wings the dusk, its cry the toll
It circled once above the field
And carried off the barley's soul
The children rose from where he fell
One held a thread, one held a blade
The third unspooled the breath of time
The fates were born in harvest shade
The three who struck now wander still
Their crowns are rust, their cloaks are torn
They whisper through the barley rows
The ghosts of men who birthed the corn
The goddess watched, then turned away
And left her gown where blood had pooled
For from that red, the poppies bloomed
And from her grief, the ground was ruled
So stand you here with open hands
And do not fear the cycle's call
Without the death, no seed can bloom

Without the fall, no rise at all

The Bread Blessing

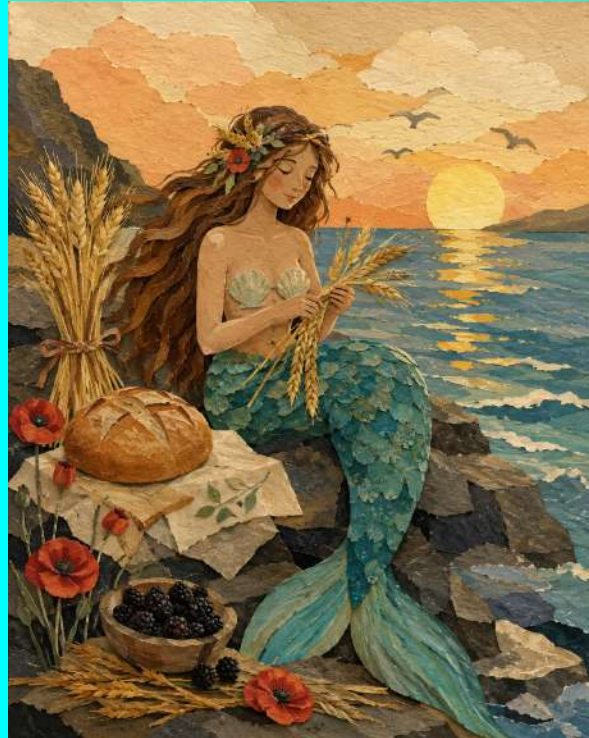
Grain to bread
Seed to flame
Wheel of Life
Ever the same

Fields of gold
Sun on high
Nothing truly
Comes to die

What is given
Will return
As the Wheel
Forever turns

Lammas bless us
Heart and hand
With grateful souls
We bless this land

So mote it be.



May your forge burn bright,

Rev Bradley Quisenberry Foster/Fosterberry

Hand Made Projects

Lammas, also known as Lughnasadh, marks the beginning of the harvest season. It is a time to honor the abundance of the Earth, express gratitude for our blessings, and prepare for the slower seasons ahead. A handcrafted harvest wreath is a

beautiful way to bring the spirit of Lammas into your home while reflecting on the fruits of your own life's journey.

Materials

- A grapevine wreath or embroidery hoop (10–14 inches)
- Dried wheat stalks or ornamental grasses
- Dried lavender
- Rosemary sprigs
- Small dried flowers such as yarrow, statice, or strawflowers
- Preserved eucalyptus (optional)
- Raffia, twine, or jute cord
- Floral wire
- Wire cutters
- Hot glue gun (optional)
- Ribbon in gold, rust, deep green, or burgundy
- Small wooden charm or unfinished wood disc (optional)
- Acrylic paint or wood-burning tool (optional)

Step 1: Set Your Intention

Before you begin, take a quiet moment to reflect.

Ask yourself:

What am I most grateful for this season?

What personal growth am I celebrating?

What do I hope to harvest in the months ahead?

Hold these intentions in your heart as you create your wreath.

Step 2: Build Your Base

Lay your wreath on a flat surface.

Arrange bundles of wheat around one side of the wreath, securing each bundle with floral wire or twine. The golden wheat symbolizes abundance, prosperity, and the blessings of the harvest.

Leave part of the wreath exposed for a natural, balanced appearance.

Step 3: Add Herbs and Flowers

Layer rosemary among the wheat to represent remembrance and resilience.

Tuck in sprigs of lavender for peace, healing, and calm.

Add colorful dried flowers to represent the beauty and diversity of life's blessings.

Allow some stems to overlap naturally to create movement and texture.

Step 4: Create a Harvest Charm

If using a wooden disc, decorate it with a meaningful word such as:

Gratitude
Abundance
Harvest
Growth
Balance
Blessings
Courage



Attach the charm to the center or bottom of the wreath using twine.

Step 5: Finish with Ribbon

Tie a generous bow using ribbon in seasonal colors.

Hang several strands of raffia beneath the bow for a rustic harvest feel.

If desired, weave in small dried seed heads or tiny cinnamon sticks for additional texture and fragrance.

Blessing Your Wreath

When your wreath is complete, hold it gently and say:

"With grateful hands I welcome the harvest.

May this home be filled with abundance,
May gratitude guide my heart,
May every ending become the seed of a beautiful beginning.
As the Wheel turns, so do I.
Blessed Be."

Take a deep breath and admire your work.

Remember that every stem, flower, and ribbon tells part of your own story—one of growth, resilience, gratitude, and hope.

Display Ideas

Hang your wreath on your front door to welcome guests with the spirit of the harvest.

Display it above your seasonal altar alongside candles, fresh bread, apples, sunflowers, and a bowl of grain.

You can also place it indoors as a reminder that abundance isn't measured only by what we gather, but by the love, wisdom, and gratitude we cultivate throughout the year.

A Sustainable Touch

When the season has passed, save any reusable ribbons or decorations. Natural materials such as wheat, herbs, and dried flowers can be composted or respectfully returned to the Earth, honoring the cycle of growth, harvest, rest, and renewal that Lammas celebrates.

Dabblings of a Green Witch

Herb of the Season: Rosemary

The Herb of Remembrance, Protection, and Harvest Blessings

Although Cathy couldn't join us for this edition, we wanted to continue celebrating the wisdom of the green world by highlighting one of the most treasured herbs of the season—rosemary.

For centuries, rosemary (*Salvia rosmarinus*) has been cherished in kitchens, apothecaries, and gardens alike. With its fragrant evergreen needles and resilient nature, it has become a symbol of remembrance, clarity, protection, and enduring love. Around Lammas, rosemary reminds us to honor the harvest—not only of our gardens but also of our experiences, achievements, and personal growth.

In the Garden

Rosemary thrives in full sun with well-drained soil and prefers to dry out between waterings. Once established, it is remarkably drought-tolerant and rewards gardeners with aromatic foliage throughout much of the year.

Even if you don't have a garden, a sunny windowsill is often enough to keep a healthy rosemary plant thriving indoors.

Traditional Uses

For generations, herbalists have appreciated rosemary for its many traditional uses, including:

- Supporting memory and concentration
- Invigorating the senses with its uplifting aroma
- Adding flavor to breads, roasted vegetables, soups, and herbal oils
- Creating fragrant wreaths, sachets, and seasonal decorations

While rosemary has a long history in traditional herbal practices, it should not replace professional medical advice or treatment.

Lammas Correspondences

Element: Fire

Planet: Sun

Energy: Protection, remembrance, purification, abundance, confidence

Harvest Symbolism: Gratitude, perseverance, and honoring the work that has brought us to this season.

A Simple Harvest Blessing

Hold a small sprig of rosemary between your hands and take three slow breaths.

As you breathe, quietly say:

"May my heart remember every blessing.
May my hands honor every harvest.
May gratitude guide my path through every season."

Place the rosemary on your altar, tuck it into a harvest wreath, or simply keep it near your workspace as a reminder of the abundance already present in your life.

Kitchen Inspiration

Fresh rosemary adds wonderful flavor to:

Rustic herb bread
Roasted potatoes
Honey butter
Lemonade
Olive oil dipping blends
Grilled vegetables

A little goes a long way—its bold, woodsy flavor is both comforting and unmistakably tied to the warmth of late summer.

Green Witch's Tip

After harvesting rosemary, hang small bundles upside down in a cool, dry place. Once fully dried, strip the leaves from the stems and store them in an airtight glass jar away from heat and sunlight. Properly stored, dried rosemary will retain much of its fragrance and flavor for months, ready to bring a touch of summer's abundance to your kitchen and herbal crafts throughout the year.

May your Lammas be filled with gratitude, good company, nourishing food, and the simple joy of gathering the gifts the Earth has so generously provided.

Baking With Herbs

Celebrate Lammas with the Flavors of the First Harvest

Lammas, also known as Lughnasadh, marks the beginning of the harvest season—a time when fields of grain turn golden, herb gardens are at their peak, and kitchens fill with the comforting aromas of freshly baked bread and pastries. Across many traditions, baking at Lammas is an act of gratitude, honoring the abundance of the Earth and the hands that have nurtured it.

These Herb & Honey Harvest Scones combine fragrant garden herbs with sweet local honey to create a rustic treat that is perfect for breakfast, afternoon tea, or a harvest gathering. The herbs add a subtle savory note that pairs beautifully with butter, fruit preserves, or a drizzle of extra honey.

Herb & Honey Harvest Scones

Ingredients

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon sea salt
- 2 tablespoons granulated sugar
- 6 tablespoons cold unsalted butter, cubed
- 2 tablespoons finely chopped fresh rosemary
- 1 tablespoon finely chopped fresh thyme
- 1 tablespoon finely chopped fresh lemon balm (optional)
- 1 tablespoon local honey
- ⅔ cup heavy cream
- 1 large egg
- Extra cream for brushing
- Coarse sugar (optional)

Directions

Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.

In a large bowl, whisk together the flour, baking powder, salt, and sugar.

Cut the cold butter into the flour mixture until it resembles coarse crumbs.

Stir in the chopped herbs.

In a separate bowl, whisk together the cream, egg, and honey.

Pour the wet ingredients into the dry ingredients and stir just until a soft dough forms. Avoid overmixing.

Turn the dough onto a lightly floured surface and gently pat it into a circle about 1 inch thick.

Cut into eight wedges and place them on the prepared baking sheet. Brush the tops with cream and sprinkle with coarse sugar if desired. Bake for 18–22 minutes, or until the scones are lightly golden.

Allow to cool slightly before serving.

Serving Suggestions

Enjoy warm with:

Fresh butter
Lavender honey
Blackberry preserves
Homemade herb butter
Clotted cream
A cup of herbal tea

These scones also make a beautiful addition to a Lammas altar feast or harvest brunch.

Baker's Herbal Notes

Rosemary lends a warm, woody aroma that symbolizes remembrance and gratitude.

Thyme has long been associated with courage and vitality, bringing a gentle earthiness to baked goods.

Lemon balm offers a hint of citrus brightness and has traditionally been valued for its uplifting qualities.

Together, these herbs create a balanced flavor that reflects the abundance and warmth of the harvest season.

A Harvest Kitchen Blessing

Before placing your scones in the oven, pause for a moment and offer a simple blessing:

"May these humble ingredients nourish body and spirit.

May every loaf, every crumb, and every shared meal remind us of the abundance that surrounds us.

With grateful hearts, we celebrate the first harvest.

Blessed Lammas."

Whether shared with family, friends, or enjoyed during a quiet moment of reflection, these Herb & Honey Harvest Scones are a delicious reminder that the simplest ingredients—grown with care and prepared with love—often create the most meaningful traditions.

Happy baking, and Blessed Lammas!

Tea Time With The Wave

A Cup of Gratitude: A Lammas Harvest Tea

As the golden fields sway beneath the late summer sun, Lammas—also known as Lughnasadh—invites us to pause and give thanks for the first harvest. It is a celebration of abundance, hard work, and the simple joys that nourish both body and spirit. While fresh bread often takes center stage during Lammas festivities, a comforting cup of herbal tea offers another beautiful way to honor the season.

This blend brings together herbs traditionally enjoyed in late summer, creating a warm, fragrant infusion that pairs perfectly with fresh-baked bread, scones, or a quiet moment of reflection.

Lammas Harvest Tea Blend

Makes approximately 12–15 cups of tea

Ingredients

- 2 tablespoons dried lemon balm
- 2 tablespoons dried chamomile flowers
- 1 tablespoon dried peppermint
- 1 tablespoon dried rose petals
- 1 tablespoon dried calendula petals
- 1 teaspoon dried rosemary

- 1 teaspoon dried lavender buds (optional)

To Prepare

Combine all of the herbs in a clean glass jar and mix gently.

Store the blend in an airtight container away from direct sunlight.

To brew, place 1–2 teaspoons of the tea blend into a tea infuser or teapot.

Pour 8 ounces of freshly boiled water over the herbs.

Cover and steep for 5–7 minutes.

Strain and enjoy.

For a touch of harvest sweetness, stir in a spoonful of local honey after the tea has cooled slightly.

Why These Herbs?

Each herb reflects the spirit of Lammas and the abundance of the season:

Lemon Balm offers a bright, citrusy flavor and has traditionally been associated with joy and renewal.

Chamomile brings gentle floral notes that encourage relaxation and peaceful reflection.

Peppermint adds freshness and balances the sweetness of the blend.

Rose Petals symbolize gratitude, love, and appreciation for life's blessings.

Calendula contributes cheerful golden color, reflecting the warmth of the late summer sun.

Rosemary provides an earthy, aromatic depth and has long been connected with remembrance and gratitude.

Lavender adds a calming floral finish that complements the blend beautifully.

A Lammas Tea Ritual

Before taking your first sip, cradle the warm cup in your hands.

Close your eyes and take a slow breath.

Notice the comforting aroma rising with the steam.

As you inhale, reflect on one blessing you have received this season.

As you exhale, release any worry or burden you no longer wish to carry.

Silently repeat:

"With gratitude I receive the gifts of the Earth.

With an open heart I welcome abundance.

May I share my harvest with kindness and joy."

Sip slowly, allowing the warmth of the tea to remind you that nourishment comes not only from food, but from gratitude, connection, and mindful moments.

Green Witch's Tip

Harvest herbs on a dry morning after the dew has evaporated but before the heat of the afternoon sun. Dry them in small bundles or on drying screens in a cool, well-ventilated space away from direct sunlight. Properly dried herbs retain their color, aroma, and flavor, making them perfect for creating seasonal tea blends throughout the year.

A Gentle Reminder

While many culinary herbs are traditionally enjoyed as teas, they may not be suitable for everyone. If you are pregnant, nursing, taking medications, or have a medical condition, consult a qualified healthcare professional before using herbal preparations.

May every cup remind you of the abundance that surrounds you, the seeds you've nurtured, and the harvest still to come.

Blessed Lammas!

Demeter's Apothecary

Lammas, or Lughnasadh, marks the first harvest—a season of abundance, gratitude, and preparation. While baskets overflow with grains, fruits, and vegetables, herb gardens are also reaching their peak. This makes Lammas the perfect time to preserve the gifts of the garden for the months ahead.

For generations, herbalists have gathered and dried herbs during late summer, carefully storing them to use throughout autumn and winter. Creating a home apothecary is more than filling jars with dried plants—it's a practice of mindfulness, self-sufficiency, and honoring the rhythms of nature.

Herbs to Gather at Lammas

Many culinary and garden herbs are ready for harvesting during this season. Consider preserving:

Rosemary

Known for its fragrant evergreen leaves, rosemary is wonderful for culinary use, herbal sachets, infused oils, and aromatic wreaths.

Lemon Balm

This bright, lemony herb dries beautifully for herbal teas and fragrant potpourri.

Chamomile

Delicate chamomile flowers can be harvested once fully open and dried for soothing herbal infusions.

Lavender

Gather flower spikes just as the blossoms begin to open. Lavender is perfect for sachets, bath blends, and home fragrance.

Calendula

Harvest flowers often throughout the season to encourage continued blooming. Dry the petals for teas, bath blends, and infused oils.

Thyme

One of the easiest herbs to preserve, thyme retains much of its flavor and aroma when dried.

Drying Your Harvest

Proper drying helps preserve an herb's color, fragrance, and quality.

Harvest on a dry morning after the dew has evaporated.

Remove damaged or wilted leaves.

Gather herbs into small bundles and secure them with twine.

Hang upside down in a cool, dry, well-ventilated room away from direct sunlight.

Herbs are ready when leaves crumble easily between your fingers.

Store dried herbs in clean glass jars with tight-fitting lids and label each jar with the herb's name and harvest date.

A Simple Herbal Bath Blend

Celebrate the abundance of Lammas with this relaxing botanical bath blend.

Ingredients

- ½ cup dried calendula petals
- ½ cup dried chamomile flowers
- ¼ cup dried lavender
- 2 tablespoons dried rosemary

1 cup Epsom salt (optional)

Mix the herbs and store them in a glass jar.

To use, place a handful of the blend into a reusable muslin bag or cloth sachet and steep it in warm bathwater for 10–15 minutes before soaking.

The fragrant herbs create a beautiful seasonal bathing ritual while helping to transform an ordinary bath into a peaceful moment of reflection.

Label Your Apothecary

Beautiful labels not only keep your shelves organized but also help you remember when each herb was harvested.

Include:

Herb name

Harvest date

Location grown (optional)

Intended use (tea, culinary, bath, craft, etc.)

Over time, your shelves will become a living record of each growing season.

Apothecary Wisdom

One of the greatest lessons of Lammas is that today's abundance becomes tomorrow's nourishment.

Every carefully dried herb, every labeled jar, and every handmade preparation is an investment in future comfort. Whether it's a cup of herbal tea on a snowy afternoon or a fragrant bath after a long day, the work you do during the harvest season continues to offer its gifts long after summer has faded.

A Note of Care

Homemade herbal preparations are intended for culinary, aromatic, or traditional wellness purposes and are not a substitute for professional medical advice or treatment. Always positively identify plants before harvesting, use herbs from trusted sources, and discontinue use if irritation or an allergic reaction occurs.

As you fill your shelves this Lammas, may your apothecary become more than a collection of jars. May it become a reflection of gratitude, patience, and the timeless wisdom found in working with the gifts of the Earth—one harvest at a time.

Blessed Lammas!

Magical Animals

By Rev. Catherine Dragoni

Magickal Animals – Skunk

This year the wildlife center has received an unusually large number of skunks. Most of these have been babies. Babies were found with no mother nearby. In this circumstance, our advice is to leave the babies where they are, if they are in a safe place, and wait and see if mom comes back to them. After a day, if mom does not show, we take them in. Other litters were brought in after mom was hit by a car. Or, a homeowner trapped and relocated an animal from their property (which is illegal in our state), only to discover the babies a few days later.



We reared several litters, hand-feeding them with specialized wildlife formula around the clock. Nothing is sweeter than a baby skunk! Wildlife babies grow quickly, and they were weaned to a diet of fruits, vegetables, and simple protein sources. They were then transferred to outdoor enclosures to re-adapt to being outside, decrease direct human contact, and to prepare for release to a safe, wild environment.

This past week I got to release a litter of six skunks to a local land trust property. Amazingly, the animals were transferred to carriers, transported, and released without anyone getting seriously sprayed. There was a little “poofing” (think skunk fart), and my vehicle did smell a little punky for a day or so, but nothing a little Fabreze couldn’t cure.

In the wild, skunks are most active during the twilight hours. In the spring and summer, a variety of insects comprise the majority of their diet. Those grubs in your lawn? Let a skunk take a few of them out for you. They are omnivores and scavengers – they will feed on dead carcasses, small fish, and eggs of ground-nesting birds. Their claws help them dig and break apart rotting logs to get at the insects within.

A skunk's spray is its chief defensive mechanism. The spray's odor is strong enough to ward off potential attackers as large as bears. Muscles are located next to the scent glands, which allow them to spray with significant accuracy, from a distance of 10 feet.

Skunks have enough spray for five or six sprays, and require a week to ten days to replenish that supply. Characteristically, skunks will send warnings before they spray: hissing, stomping, and raising their tail.

Despite their powerful spray, skunks are not aggressive. They are peaceful animals, wanting to mind their own business and forage where they may. But they will defend themselves. They show us how to have self-respect and self-confidence, and how to effectively communicate when our space is being invaded in an unwanted way. So they symbolize self-awareness and protection.



The pattern of each skunk's striping is unique – no two skunks are the same. You don't need to conform to have a valued place in this world. Go your own way and be your true self, even in the face of criticism. Skunks are resilient survivors. When you face judgement from others, keep moving forward with confidence. As the skunk relies on its instincts to navigate in the dark, the skunk urges you to listen to your intuition. Let your inner voice guide you through uncertain times and murky places.

There are worse things you could be compared to. Skunks may be stinky at times, but not many creatures mess with them as a result. On the other hand, they are soft and sweet and peaceful, navigating this world with their own grace.

Totally Tarot

By Rv Silas Mimir AP~

The First Harvest: Reading the Tides of Lammas

The sea teaches us something the fields have always known.

Before every harvest, there was patience.

Before every overflowing basket, there were unseen roots.

Before every wave reached the shore, it traveled thousands of miles across the deep.

Lammas, also known as Lughnasadh, is the First Harvest. It is the sacred pause between planting dreams and gathering their rewards. While many imagine golden wheat fields beneath the summer sun, I cannot help but see another harvest—the treasures the ocean returns after months of tides, storms, and quiet transformation.

A shell polished smooth.

A piece of sea glass born from brokenness.

A message carried ashore at exactly the right moment.

The ocean never rushes its harvest.

Neither should you.

This is a season of gratitude, honest reflection, and recognizing that your growth deserves to be celebrated—even if the journey isn't finished yet.

The Tarot's Harvest

Several cards naturally rise with the energy of Lammas. Together they remind us that abundance is about much more than possessions.

The Empress reminds us that what we lovingly nurture inevitably grows.

The Nine of Pentacles celebrates independence, confidence, and enjoying the fruits of your labor.

The Six of Wands honors victories that once seemed impossible.

Strength reminds us that true power comes through compassion, patience, and gentle persistence rather than force.

The Wheel of Fortune teaches that every season changes. The harvest arrives because life continues to move in sacred cycles.

Lammas asks an important question:

What have you already accomplished that you've forgotten to celebrate?

Sea witches often focus on the next tide before appreciating the one that carried us safely home.

This sabbat reminds us to stop.

To breathe.

To say "thank you."

The Ocean Harvest Tarot Spread

This seven-card spread helps you recognize the blessings already surrounding you while preparing for the next season.

Arrange the cards like a seashell opening toward the sea.

[7]

[5] [6]

[3] [1] [4]

[2]

Card One — The Pearl

What blessing have I already earned?

Card Two — The Deep Current

What unseen work has been happening beneath the surface?

Card Three — The Gift I've Forgotten

What accomplishment deserves recognition?

Card Four — The Next Tide

Where is abundance beginning to flow?

Card Five — The Storm That Strengthened Me

What challenge became my greatest teacher?

Card Six — The Harvest to Share

How can I use my gifts to nourish my community?

Card Seven — The Ocean's Promise

What blessing awaits if I continue trusting my path?

Take your time with each card.

Lammas readings are less about prediction and more about recognition.

The Sea Glass Harvest Spell

This simple tarot ritual combines the abundance of Lammas with the wisdom of the sea.

You Will Need

- Your favorite tarot deck
- One gold, yellow, or white candle
- A bowl of seawater (or water with sea salt)
- A piece of sea glass or a favorite shell
- A small piece of paper
- A pen

The Ritual

Light your candle and place the bowl of water beside it.

Hold your shell or sea glass while shuffling your tarot deck. As you shuffle, think about everything that has quietly grown in your life over the past year.

Draw three cards.

Card One: What am I harvesting?

Card Two: What blessing have I overlooked?

Card Three: What seeds should I plant next?

Write three things you are genuinely grateful for—especially something about yourself.

Fold the paper and place it beneath the shell or sea glass.

Dip your fingertips into the water and gently touch your forehead, heart, and palms.

Speak aloud:

*"By wave and wind, by sun and sea,
I honor every part of me.
What I have nurtured now returns.
What I have learned forever burns.
Like the tides, abundance flows.
With gratitude, my spirit grows."*

Leave the shell beside the candle until it safely burns out.

Carry the shell or sea glass with you during the Lammas season as a reminder that abundance often arrives quietly.

A Message from the Sea

Many people believe abundance begins when they finally have enough.

The ocean disagrees.

Abundance begins the moment you notice what has already arrived.

You have survived storms that once felt impossible.

*You have learned lessons your younger self could never have imagined.
You have loved, lost, healed, grown, and continued moving with the tide.
That is your harvest.
Celebrate it.
The sea never apologizes for its abundance.
It gives without counting every wave.
May you learn to receive your blessings with the same open heart.
Until the next tide,*

— **Silas the Sea Witch**

Special Events

All times are Eastern Standard Time

August 2026 — The Season of the First Harvest

August arrives carrying the golden blessings of the harvest season. It is a time when seeds planted earlier in the year begin to reveal their rewards, reminding us to pause in gratitude for the growth, wisdom, and abundance we have cultivated.

August 1 — Lughnasadh / Lammas (First Harvest)

A celebration honoring Lugh, the gifts of craftsmanship, skill, and the abundance of the Earth. This sacred harvest festival invites us to recognize our accomplishments and give thanks for the fruits of our labor. (Southern Hemisphere: Imbolc.)



August 5 — Celtic Tree Month of Hazel Begins

The Hazel tree brings the energies of wisdom, inspiration, creativity, and poetic insight. This is a powerful time for learning, reflection, and seeking deeper understanding.

August 12 — New Moon in Leo

A time to renew our intentions with courage, creativity, and purpose. The energy of Leo encourages us to refine our goals, embrace our personal gifts, and dedicate ourselves to meaningful service.

August 12 — Total Solar Eclipse (Blood Moon)

This rare celestial event will be visible across the Arctic Ocean, northeast Greenland, Iceland, and the Iberian Peninsula, including Spain and Portugal. A powerful reminder of the ever-changing rhythms of the cosmos.

August 23 — Vulcanalia

An ancient Roman festival honoring Vulcan, the god of fire and craftsmanship. Traditionally celebrated with offerings and rituals for protection from destructive flames, this day reminds us to honor fire as both a creative and transformative force.

August 28 — Full Sturgeon Moon in Pisces

A deeply intuitive and compassionate moon, encouraging emotional healing, spiritual reflection, and connection with the unseen realms. Pisces invites us to soften boundaries and listen to the wisdom of the heart.

August 28 — Partial Lunar Eclipse

Visible across North and South America, Europe, and Africa, this lunar event offers a moment for reflection, release, and transformation.

September 2026 — The Season of Balance

September brings the turning of the Wheel toward autumn, when light and darkness stand in equal measure. This is a season of balance, gratitude, and preparation as we gather the final gifts of the growing season and begin our journey inward.

September 2 — Celtic Tree Month of Vine Begins

The Vine represents prophecy, celebration, sacred inspiration, cycles, and transformation. Its energy encourages us to embrace joy, creativity, and the mysteries revealed through experience.

September 11 — New Moon in Virgo

A time for organization, healing, and renewal. Virgo's discerning energy helps us restore balance, nurture our well-being, and bring sacred order to our lives.

September 21 — International Day of Peace

A global observance dedicated to harmony, reconciliation, and the shared intention of creating a more peaceful world.

September 23 — Mabon (Autumn Equinox)

The second harvest festival and a celebration of balance, gratitude, and abundance. As day and night stand equal, we honor the gifts of the Earth and reflect on the blessings gathered throughout the year.
(Southern Hemisphere: Ostara.)

As summer fades into autumn, may these seasonal markers offer moments of reflection, celebration, and connection with the natural world. May we honor each turning of the Wheel with gratitude for the lessons, blessings, and transformations each season brings.

Partnerships

Be sure to visit these partners and show some love!!

Customized Sigils: Round \$5, Square \$7. Contact Salena Murdock at murdocksam1@yahoo.com.



Winifred's Garden - Tea, Candles & Apothecary

Born in 1918, Winifred was taught to love and use natural plants. This tradition continues with Winifred's Garden.

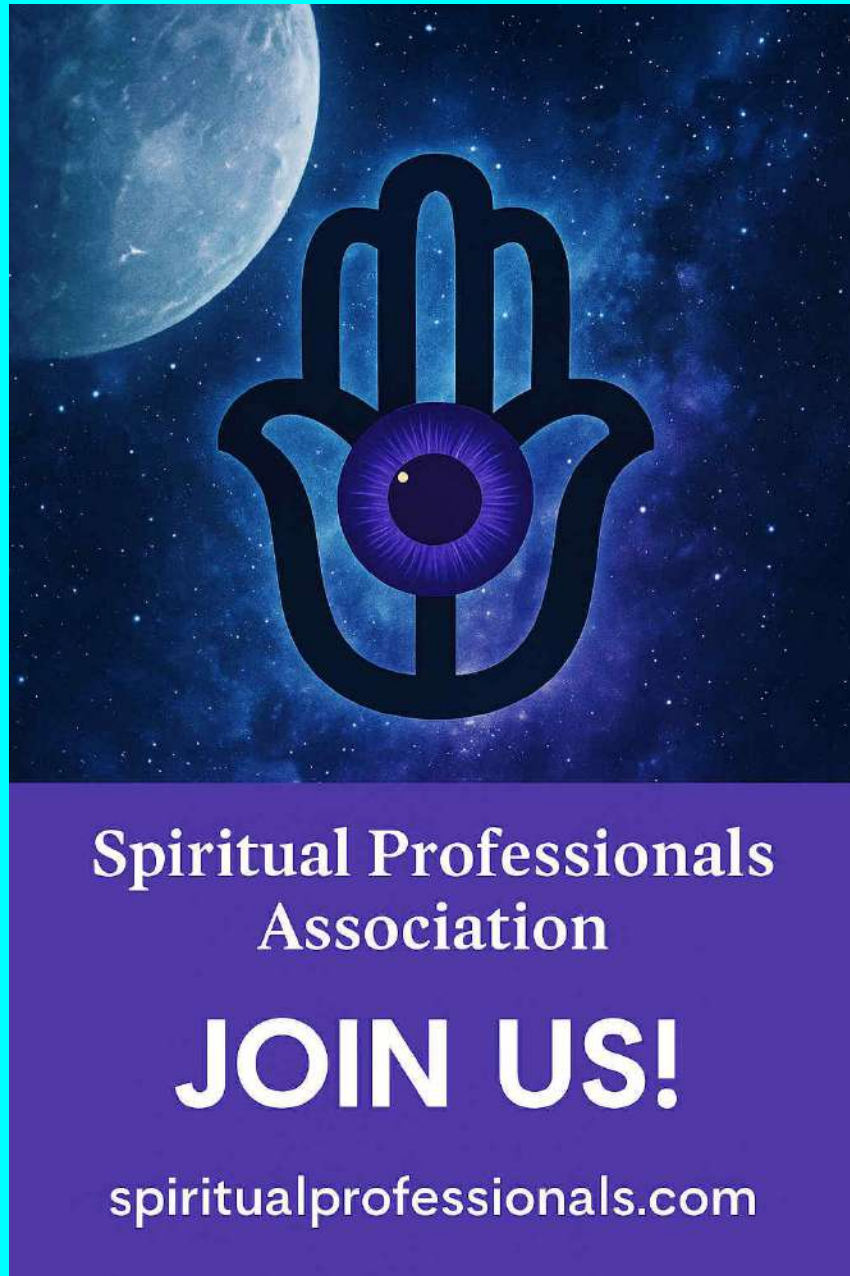
We are a female-run, small-batch, handcrafted herbal company. We formulate all products with the highest quality ingredients and promise to always deliver products that are as natural as possible. We also guarantee to source our raw materials from trusted suppliers. Come through the gate and enjoy a relaxing afternoon of tea and shopping. We can be found on Facebook and Instagram.

Silas the Sea Witch LLC



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