

~ 21 JUNE ~

The Prayer of Midsummer

*Sun-stone's kiss, midsummer pleasure,
Welcome all and some.
At the hele-stone sing and gather,
Every blessed one.*

—CAITLIN MATTHEWS, "Midsummer Blessing"

On this, the longest day of the year, an annual miracle occurs. At dawn, the first rays of the sun touch the hele-stone, the solitary sighting stone that stands outside the great circle of Stonehenge. The miracle of the longest day is celebrated by peoples all over the world as the time of greatest light and blessedness. Tonight we will have the shortest night, the least darkness of the year, as the sun climbs to its zenith in the heavens.

At midday, stand in the sunlight, which (unless you are very far north or very far south of the equator) will be directly overhead. Check to see where, if anywhere, your shadow is. Most people will find that there is scant shadow at all. All living creatures cast shadows; it is only spirits who have none. This is the nearest we can come to resembling spirits in this reality. Become attuned to the midsummer sun. Absorb the warmth and blessedness, and in return hold in your heart those who lack the blessing of light. Do not make any prayer for things to be changed one way or another; just hold these places and beings in your heart and let the sun shine upon them. Come back to awareness of your own time and place, and give thanks for the longest day.

It is traditional to make a bonfire at twilight and stay up late dancing, singing, and making merry with the community. If you cannot do this, light a candle and make your own blessing for all beings on this happy day.

Commune with the longest day and shortest night, adapting the suggestions above to your own needs and those of your community.