



You are invited to a Celtic Spirituality Mini Retreat on
THE SPIRIT OF LUGHNASA

Saturday, August 7, 2010
3:00 - 4:30 p.m.

All Saints Parish
1773 Beacon Street
Brookline, MA 02445-4214



The ancient Irish festival of Lughnasa is one of the important "quarter feasts" celebrated with parallels among many Celtic peoples since ancient times. Like other pre-Christian holidays, the coming of Christianity seems to have transformed rather than destroyed these ancient festivals of the Gaelic people. Lughnasa marks the beginning of the harvest in Ireland, and had many beautiful customs and traditions that continued in interesting forms into our own time. The retreat will be led by Harvard Divinity School graduate **Kieran Conroy**, who will share the history and themes of Lughnasa and its sister-celebrations in Scotland and other places of Celtic influence. His presentation will be illustrated with photographs from his trip to Ireland where he researched Celtic festivals, folklore, and holy places. He will lead participants in exploring how Lughnasa might inform our spirituality today.

All are invited to the retreat at 3:00 pm and to the **Celtic Holy Eucharist at 5:00 pm**, where the preacher will be Kieran Conroy. Following the service all are invited to the **Celtic potluck appetizer social hour at 6:00 pm**. Please bring a dish to share. Kieran suggests that people bring foods associated with Lughnasa, such as berry, potato, fish, chicken, cabbage, and Irish bacon dishes or family favorites that honor the spirit of generosity and sharing. No fee, but free will donations are accepted.



Kieran Conroy



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