



## **INTRODUCTORY Circle Template – Online**

You are now ready to begin your first Moon Mná Circle. This is an introductory gathering with no Goddess led 'Rite/Blessing/Sacred Practise' but spaciousness for you and the women to become familiar with the traditions around which these will be based in your future Circles. Exciting times ahead!

This Template is a suggested Running Order and Time Management plan for your Introductory Theme Online Circle. Please use this document in conjunction with the Foundation Circle Template where you have a guideline script for sections such as the Cleanse, Fire and Water Ceremony explanations etc.

### **Things to consider a few days before the Circle**

Be conscious of holding your Moon Mná Circle and take time to meditate/spend quiet time with your Moon Mná Guide/es. This is important to do as you begin to collect items for your Moon Mná Lunar Kit and extras you require for your Circle.

\*A seasonal flower/s for the Cleanse.

\*Both Fire and Water Ceremony items.

### **Time Management**

The time period of the Circle from beginning to end is based on the three hour period 7pm-10pm for 9-15 women. If you have a smaller group of 3, then adjust the time accordingly. It will be up to you to decide when to hold this your first Circle. Usually evenings are best when the women are home from work and their children settled. You will need to factor in time for set up and wrap up, probably an hour before and a half an hour afterwards.

**FOR these sections please refer to the FOUNDATION Circle Template and adapt accordingly.**

### **6.00pm Venue Preparation**

Open Sacred Space privately in your home, particularly calling in your Moon Mná Guides and whatever protection method you use (for example Guardian Angels wings, Arch Angel Michael, Organic Armour etc) to help you prepare calmly and thoroughly. Have your Lunar Kit items and your Centrepiece/Altar Cloth laid out with everything to hand by your computer. It is a good idea to be conscious of what is on the wall behind you, lighting and of course privacy from the family/housemates/pets. I usually turn on my camera checking my Zoom Link and testing the 'look' of the 'frame'. I like to wear a fancy top/dress and a little make-up so I feel more feminine. It is your choice on how you look, be comfortable as well as presentable. If you are inclined to have a shiny face then a pat of translucent powder from any chemist will work well. Leave enough time to settle yourself before your Zoom Call starts.

### **6.45pm Registration and Tea**

Check everyone can hear you asking them to practise 'unmuting' and 'muting' themselves in turn.

### **7.00pm Fáilte/Welcome**

Give a brief introduction to the Moon Mná Circle concept similar to your Intention for the whole Course which you sent to me at the end of the 13 insightful questions you filled in previously. Below in italics is a suggested script to explain but please remember to 'translate' this into your own words.

*"You are all very welcome to this Introductory Evening on this \_\_\_\_ Moon (i.e. Full/Half/Dark), let us begin by creating a safe place known as Opening Sacred Space as a Moon Mná Tuatha ('Tu-ha') meaning Tribe of Moon Women in Gaelic."*

### **7.05pm Opening Sacred Space**

Remember to face the screen but nod in the Direction you are opening. Also invite the women to call in any spiritual helpers/Deities they may have privately when you are calling in the last Direction - Sacred Centre.

### **7.15pm Hand Casting a Safe and Confidential Circle**

Refer back to the video and Foundation Circle Template notes on this. Invite the women to do this energetically by holding up their hands, thumbs facing upwards, then turning both thumbs to the left and reaching out as if holding the hand of the woman to the right and the left. Remind them to relax their hands by their sides and tap into the energy they feel as consciously everyone ‘tunes’ in together. This is quite palpable. Allow at least 2 minutes for this.

### **7.20pm Cleansing**

For your first Introductory Evening, I suggest using a flower/s in season for the Cleanse item. Explain what a Cleanse is first (go back to your Circle Template notes to recap). Now you have a choice: either you offer the Cleanse by bringing the flower/s close to the screen camera energetically inviting the women to release whatever they wish to let go and welcome in what they have now created space for. Alternatively, you could invite them to bring their own flower and talk them through a Self-Cleanse. If so, remind them to gift the flowers back to the Earth later that evening or the next day.

### **7.35pm Theme Introduction**

For your Introductory Evening as there is no Goddess led Rite/Blessing/Sacred Practise, instead you will be sharing what a Moon Mná Women’s Celtic Circle is in more detail, perhaps the story of how I started it and how you felt called to begin the training. You could begin like this:

*“Our Introductory Theme this month invites us to gather together in a confidential Circle of like hearted women for the classic traditions of a Women’s Celtic Circle led by me. In future months we will add in Themes relating to being a woman in today’s modern world and the Irish Celtic Goddesses are the guardians and guides of these.”*

### **7.45pm Talking Full Woman or Symbol/Stick**

For your Introductory Circle invite the women to say their name and why they felt called to a Moon Mná Celtic Circle.

Hold up your Talking Full Woman and go first with something like:

*“Is mise (‘Iss Meh-sah’) meaning ‘I am’ in Gaelic, \_\_\_\_ your Name (or in English or in Spanish or whatever your first language is) and I felt called to learn to host a Circle as I yearned to be with like hearted women...”*

Remember the women will copy you so make sure you keep to 3 minutes or less. If you have a small Circle there is a lovely opportunity to have a longer in-depth 5 minute sharing here.

### **8.00pm FIRE CEREMONY AND CHANT**

For your Introductory Evening, as there is no Theme, you have plenty of time to offer both a Fire and a Water Ceremony. This is the only month you will do this – all other times you will choose either a Fire OR a Water Ceremony. Invite the women to let go and welcome in whatever they wish in relation to being a woman for the Fire Ceremony using the Chant from the Foundation Theme video. Record this Chant on your phone and play it as you prepare for the Fire Ceremony so everyone can hear it.

**Chant words:** *“I am an old woman, I am a young woman, I am a new woman, Ancient as before.”*

### **8.30pm WATER CEREMONY**

This time invite the women to let go and welcome in something in relation to their Moontime flow for the Water Ceremony i.e. cramps, moodiness, tiredness to ease, flow and peace. You may play music this time or you may decide to use the same Chant so that you and the women will be really familiar with it – your choice.

### **9.00pm SOLO JOURNALING**

After the Fire and Water Ceremonies invite the women to journal privately. Give out paper and pens and offer 10 minutes to write down their experiences. Play some soft relaxing music. This will give you time to glance at your notes and plan the final hour.

### **9.10pm Group Share**

At your Introductory Circle you will have time left (as there is no Theme), so I recommend you now have a Group Share. There is where you open up the conversation to all the women have experienced during the Opening Sacred Space, Cleanse, Fire and Water Ceremonies. No need to use your Talking Full Woman here, let the conversation flow naturally inviting each woman to speak for about 2/3 minutes when she feels called to (not one after the other unless you particularly prefer that).

Depending on the size of your group, you may either choose to have a collective Group Share or if familiar with Zoom Breakout Rooms, you can assign them in pairs to share their experiences - as much or as little as is comfortable. You need to tick the Assign Breakout Rooms when you set up the Zoom link (you can choose to do this randomly i.e. the computer decides who is matched with who OR you can assign them i.e. Mary is with Brenda etc. There is an option for both). Practise setting this up before your Circle.

### **9.35pm Soul Moment**

### **9.45pm Uncasting the Circle, Closing Sacred Space and Gratitude**

### **9.55pm Notices and Photographs**

This is a good time to take a photo of the group in their Zoom 'Squares' asking for permission as not all women may want to be on your social media page. Take another of your Centrepiece Cloth and do share with your tribal sisters on our private Facebook page too.

### **10.00pm Close Venue/Zoom Meeting**

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Please remember to refer to your Foundation Circle Template for the above sections and adapt accordingly, remembering to put any suggested script into your own words.

Also you do not need nor indeed can know all the answers!

## **Synopsis of your Introduction Circle**

Fáilte Welcome

Brief introduction to a Moon Mná Women's Celtic Circle

Opening Sacred Space (you on your own or invite the women too – your choice.)

Handcasting your safe and confidential Circle

Cleanse with a seasonal flower

Introduction to why women gather under the Moon, the history of Moon Mná

Talking Full Woman

Fire Ceremony

Water Ceremony

Group Share

Soul Moment

Closing Sacred Space

Uncast your Circle

Notices and Photos and Wrap Up

**Enjoy this immense opportunity to host like hearted women who yearn  
to honour the Divine Feminine.**

