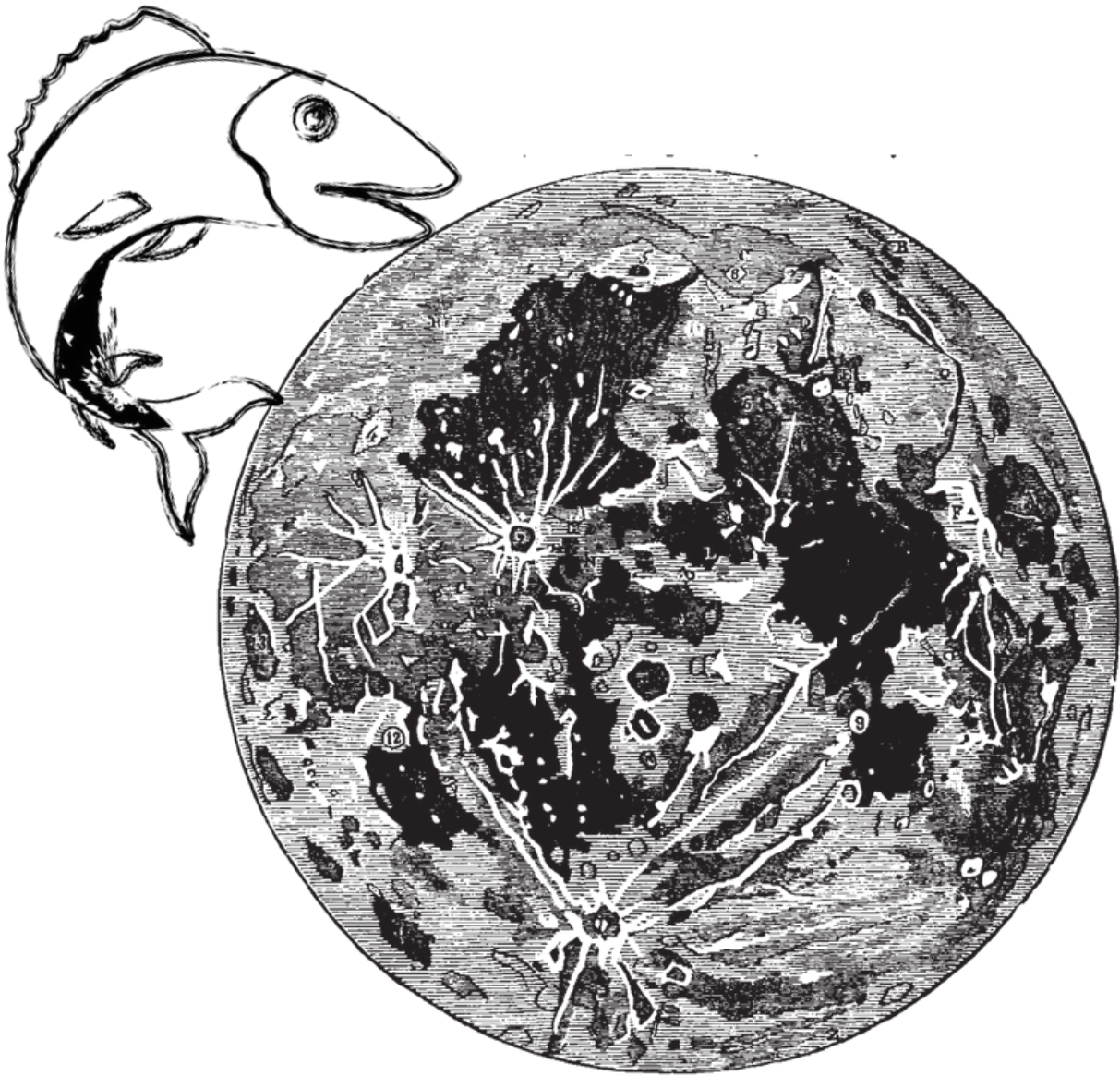


A u t u m n

W a t e r

# The Sturgeon Moon



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# The Sturgeon Moon

As the dog days of summer began to give way to cooler temperatures, the Algonquin fishing tribes converged on the great lakes and other major bodies of water to fish for sturgeon: massive, prehistoric fish that can grow to more than 12 feet long. Because these fish were such an important part of the tribes' survival, August's full moon came to be known as the Full Sturgeon Moon.

Tribes who lived farther south knew it as the Full Red Moon because the sultry haze of late summer made the moon appear reddish in color. It was also called the Green Corn Moon or the Grain Moon because late summer signified the beginning of the harvest when food was put away for the cold months ahead.

For fishing communities, fish mean much more than food. It provides them with much more than simple protein and nutrients. Fish play a major role in ceremonial traditions, forming and sustaining important ties between families and individuals and signifying their spiritual ties to the natural world

The ancient Celts and many American Indigenous people called the lunar phase that fell on the cusp of summer and fall the Corn Moon. This was when the grains were ripe in the field and ready to be harvested. Europeans would have used it in reference to wheat or barley.

Other names for this Full Moon include Wheat Cut Moon, Moon When All Things Ripen, and Blueberry Moon, and Barley Moon.

# Celebration Ideas

This cycle reminds us to honor ancient wisdom.

- Visit bodies of water such as rivers, lakes, streams, and ponds.
- Learn about aquatic plants and animals.
- Honor the cycle of death and rebirth as the grain come close to harvest.
- Cook with all types of grains and grasses like oats, millet, amaranth, corn, etc.
- Weave grassed to make baskets, mats, or other practical artwork.
- This is a time for harvesting and gathering.
- Take stock of what will carry you through winter and what you need to make up for in savings.
- Late-blooming flowers are a great addition to magic and decorations. Sunflowers make a special appearance here.
- Summer and late summer foods such as corn, squash, and stone fruit are great for celebration feasts or preserving.

## Sources

Sophia Center for Goddess Study Priestess Training Class handouts by Dr. Candace Kant, Professor of History

Full Moon Feast: Food and the Hunger for Connection by Jessica Prentice

Stepping Into Ourselves: An anthology of Writings on Priestesses by Anne Key & Candace Kant

The Old Farmer's Almanac

...and various other sources collect over 20 years. Some are printed, some are handwritten, while others are scribbled on a napkin. I've had many teachers over the years and many of my biggest inspirations came from simple conversations and gatherings rather than formal lessons or rituals. Because of this, I may not always have every source of information but if you recognize something, I would be happy to include and/or link to the original source.