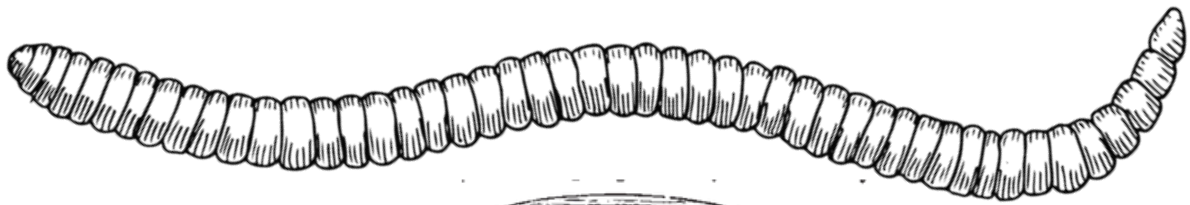


Spring

Air

# The Worm Moon



**All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic, or mechanical, including photocopying, recording or by any information storage and retrieval system, without permission in written form from Lacey Burbage. Reviewers may quote brief passages.**

# The Worm Moon

March's full moon is known as the Worm Moon. It is usually the Full Moon closest to the Vernal Equinox. Outside we may notice that the ground begins to soften, snow melts or rain falls and earthworms begin to appear. This invites birds to feed as roots begin to push their way deep down into the earth, and sprigs of green can be seen emerging through the soil. It's also known as The Crow Moon or Fulcrum Moon which signifies that crows appear at the end of winter. Or, The Full Crust Moon, after the crust which forms on top of the snow as it melts and refreezes. While Sap Moon or Sugar Moon marks the time for harvesting maple syrup from maple tree saps.

Food around this time for those living off the land would have been fresh, but still unstable. As planting this year's crops had just begun, there would have only been a few winter plants still providing food and very little left from last year's harvest. Hunting would have been discouraged and people would have needed to rely on sweet but hardy foods to provide energy. In the North, when the sap was running, it was time to head to the nearest sugar bush to begin tapping trees, collecting the sap, and pouring it into a large pot for sugaring. While all northern trees produce sap, the sugar maple inspired the name of this moon as the Sap Moon or Sugar Moon. Maple sap runs from the first sign of thaw until the first buds appear on the trees --about four to six weeks. To Northern American Indigenous cultures (who were the first people to harvest maple sap), tapping maple trees is an annual ritual.

Other names are Lenten Moon, derived from Germanic languages and means "Spring", and has also given name to the Christian Lent period before the Easter celebrations. And The Chaste Moon refers to the purity of the Spring season.

# The Worm Moon

February's moon has been called the Storm Moon, Ice Moon, or Snow Moon in the Northern parts of the Northern Hemisphere because it is often the coldest month that saw a lot of snow.

Sometimes called the Hunger Moon, Bone Moon, Little Famine Moon, Full Bony Moon, or Big Winter Moon because the first two full moons of the new year were difficult times when food resources were low, the days were short and the land had little to offer.

Also called the Suckerfish Moon as it is taught that the sucker gave up its life for the Ojibwe in the month of February. Called also The Horning Moon or Wild Moon because of the animal associations during this time. Solmonath (Anglo-Saxon name for the month of February), Red & Cleansing Moon, and the Quickening Moon which is the moment during pregnancy when the baby is first felt to move. Much like the earth that has been dormant until now, in the Northern hemisphere, we begin to see and feel the quickening of the earth waking.

Whether it is snowy, stormy, or clear blue skies where you live, chances are that you will notice a subtle change in nature around this time of year. This is a month when new life is beginning but still lies dormant. Pregnant animals, due in the spring, begin to feel the quickening of their unborn young. The earth itself is quickening, as seeds and bulbs far beneath the soil begin their journey towards the light. The farmers start planting crops for their gardens. The long sleepy winter is finally ending and the earth is in its early awakening to the longer days in the warmth of the sun. We can dream and hope, and set goals for ourselves. Accept responsibility for mistakes made in the past, and move on. Magical workings this month should focus on personal achievements and advancement.

# Celebration Ideas

This cycle reminds us to stop and take notice of the changes happening all around us, even under our feet. As above, so below.

- Start a garden.
- Plant plants that were started as seedlings inside weather permitting. Or, start seeds inside.
- Start a compost or better yet, vermicompost.
- Start setting out an offering for mother nature every morning. Birdseed, compost, a cup of water, or even a song.
- Notice the early spring rains and watch as the worms climb up from the ground. Go around and rescue any that don't make it back underground in time.
- Get up early and see if you can watch early birds catching worms.
- This is a great time to start a new morning routine.
- Cleansings or blessings are especially popular this time of year.

## 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.