



TODAY'S TOPIC:

Mabon

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

How do you give thanks?

Lesson

Learning about Mabon

Materials (Optional)

Things to Prepare

Today's Goal

- Paper and Pen/Colors
- Optional: collect items to build a Mabon altar

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Interfaith recognition with emphasis on gratitude.

SHARE: The first day of fall, or the Autumnal Equinox, happens when day and night are equal, meaning there is an equal amount of daylight and darkness in one day. After that day, a transition begins where the daylight gets shorter and the nights longer. Has anyone noticed that it is darker in the morning?

DISCUSS: What types of changes start to happen in the fall? Some ideas: Plants start to lose their leaves. Weather cools off, starts to get wetter. Different fruits and vegetables are available.

SHARE: Many cultures consider this transition, the start of fall, the Autumnal Equinox, a time to celebrate. What are some holidays and festivals that you might celebrate in the fall? Harvest festival, Halloween, Thanksgiving.

SHARE: There is a cool fall pagan festival called Mabon (may-bon). You may have heard of the winter solstice or summer solstice. This is like that, but for fall.

People who celebrate Mabon consider fall to be:

- a time to complete projects and clear out old stuff to get ready for winter
- a time to rest after many months spent growing food and harvesting the crops
- a time to honor the change of seasons and the days getting shorter and the darkness longer

There are many ways to celebrate Mabon including:

- Picking apples (a symbol of the season)
- Enjoying a feast made from the final harvests with family and friends
- Creating an altar, filled with symbols of the season and the best picks of the harvest

ACTIVITY: Build a Mabon Altar – Suggestions: corn, wheat, squash, apples, leaves, acorns, scarecrows, pumpkins. For each item you add, say something you are grateful for.

ASK: What is your favorite part of the altar? What does it represent? How did it feel to build this altar?

DISCUSS: We gave ourselves a chance to say some things we are grateful for out loud. When we take time to celebrate things we are grateful for, we create space for even more great things. What we are thinking about multiplies and comes back to us.

ACTIVITY: Gratitude list – Make a list of things you are grateful for. How many can you name. Give yourself a challenge – 10, 25, 100?

AFFIRMATION – I celebrate change with gratitude! repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .