



Ord Brighideach

Imbolc Blessings

(And Lammas Blessings for our members in the south)

Hello, it is my wish that Brigid brings each of you joy, hope and good health on her special day.

This month marks two years since I began my journey as Abbess with all of you. It brings me such joy to be here with all of you and I hope to continue serving this community as best and for as long as I possibly can.

As of today we have 223 members that tend her flame and this newsletter goes out to over 500 individuals. Our community has definitely grown and flourished over the past two years and I'm looking forward to even more growth in the future.

As most of you know I am always adding to our website. My goal is to make it an incredible resource for all those drawn to Brigid, so please remember if you find something you feel is of value, please share it with me, so that I may add it to our site.

I do know that the majority voted for



Fabulous mural of St. Brigid on the side of Mc Hughs chemist at the corner of The Square and Station Road. Artist [Mister_copy](#).
— at [Kildare Town](#).

me to post daily for the vigils and I do apologize that I am not always on top of that, I will try to do better with the daily posts. My goal for this year is to find more balance in my life, so I will try to schedule posts weekly for all of you.



An Imbolc Journey

As some of you may have noticed I started creating on our website The Wheel of The Year with Brighid. The following will most likely be added to that page but I first wanted to share it with all of you here.

A few weeks back this shamanic journey came to me in a dream and it's so very fitting for Imbolc. Imbolc is a time for clearing away the old, to make way for the new. This isn't just for physical items, it's the clearing of the mind too. In order for us to evolve spiritually we must clear away the past that no longer serves us. Often times we have unresolved issues with others that we have never gotten the chance to address. Perhaps that person is no longer in your life, maybe by distance, loss of contact, death or maybe its someone you truly don't feel safe with, yet in order to find closure you still need to speak the truth.

This journey has been so powerful for me, that I felt the need to share. It gives you the opportunity to get the closure needed to move on and clear the mind.

Start by creating sacred space in whatever manor feels right for you.

Now close your eyes and take a few deep breaths centering and grounding yourself. Call in Brighid, your ancestors and guides. The next step is to call in the Higher self of the person you have the unresolved issue with. Now you are in a safe place to

speak. Perhaps you're trying to understand a past breakup, or you have someone that you hurt and want to apologize. Leave the scene play out. Allow your higher self to speak to theirs. Remember Brighid, your ancestors and guides are there with you to help and comfort you through the journey. Feel Brighid wrap you in her mantle as the conversation takes place.

Once you feel you have said all that you needed too its time to cut the cords that connect you to this person. Visualize you both cutting the cords, truly see it, feel it, know it. Now visualize yourself pulling the last of the cord from your energetic body and through it into the flame of a fire.

Then ask Brighid to fill the void that is now within you with her sacred flame of inspiration and love. Last thank the person you have called on in this journey, express your gratitude and send them away with love and best wishes. And then notice in the up coming days just how much lighter you feel mentally.

2024 Brighid's Cloak

I couldn't be more proud of this years cloak. We have doubled the size from last year even through there were only 4 of us that participated. A special thanks to Sandra, Penny and Erin J for all of their hard work. They all had their squares sent to me early enough so that I was able to not only sew them all together with mine, but also crochet a nice border around the entire cloak. All together we had 65 squares. I can't wait to see who will be the lucky winner today.



For next year I am lifting the no wool requirement. (I'll be updating that on the website too.) Originally someone suggested about allergies. However after much thought I feel it's more important to allow those that are volunteering their time and

thought, I feel it's more important to allow those that are valuing their time and expense to be able to work with whatever type of yarn they feel most comfortable with. If by chance the winner is allergic to wool, they can just gift the cloak to someone they love. I will also be adding sample patterns for the squares in the next few months to the website so those that need a little guidance will then have it. I love that this is becoming a beautiful tradition for us and I have a feeling next year is going to be really spectacular.



Artwork by Elke Campforts

Thoughts From Our Abbess

Last week I was reading a book by a mentor of mine. In it she mentioned how important nature is to replenish our energy. Of course this is nothing new, this is why many of us follow the wheel of the year and the seasons.

However it really got me thinking about my own transformation, that truly began to develop once we bough this home surrounded by nature.

Before we moved here to our home, I would find myself at times short tempered, and there were some triggers that would make me feel so insecure. I also had a deep feeling of not belonging. Of course these issues came from trauma I had experienced years before when I was constantly in flight or fight mode. My body had been so depleted, physically I had numerous health issues and mentally I was in such a fog. I had a hard time finishing projects that I started. The smallest tasks were overwhelming to me. I felt like my ability to memorize things were gone. Although I was living a beautiful life, after years of struggle I just couldn't seem to replenish the energy that I once had and that I felt I should have. Then we moved here.

Instantly I felt the bond with the trees that surrounds our home. I spend a majority of the year barefoot outside, till the cold is just to much. I've learned about the trees and plants around me, and have connected deeply with them. I adore watching all of the wild life and most of all I love

of the wild life and most of all I love watching the night sky. I even love watching the bats at twilight and I use to have such a fear of them. Summer is always a lot of fun in the sun with our pool and walks in the forest.

We've planted fruit trees and a garden and it brings me such joy tending to them. Once fall comes we spend time around the fire pit reading till late in the evening.

I am no longer short tempered. It's amazing how I am able to calm myself and pause before I react. Those triggers I once had experienced are completely gone. My insecurities have pretty much vanished and the feeling of not belonging is completely gone, because here I have found my home, where I truly belong; with my husband, the trees, the flowers, plants, animals and land spirits. My memory has really improved. I love to constantly find new things to learn. I now complete all things I start and my health, although not perfect has drastically improved. In my soul, I know that all of these changes have happened because of my reconnection with nature.

I realize that not everyone can just pick up and move but I truly believe it's important to make time in our busy lives to sit with our backs up against a tree, to smell the flowers, to feel the wind blow through our hair and enjoy the warmth of the sun upon our faces.

Take time to put your hands into the moist soil of Mother Nature. Take your shoes off and walk barefoot, truly connecting and feeling her energy being absorbed into your body. I've even found shoes with copper that allows me to ground to the earth when I'm unable to be barefoot, like my hikes in the forest. Take time to lay under the stars, but most of all reconnect with nature and allow it to replenish all the energy that has been depleted in your body.

Updates

Newsletters

Last year I had been trying to send the newsletter following the pagan holidays.

However I realized that because we have members that come to us following Brigid as Saint, this just didn't feel right. So I decided our newsletters will now be quarterly. So be on the lookout for newsletters in your email on February 1st, May 1st, August 1st. and November 1st.

With that stated I would love to have members also write part of our newsletters.

So if you have a special story of Brigid, how you found her, or should I say how she found you. I would love for you to share. A poem, art, anything you can think of that you would like included in our newsletter just send it to my email @brighidsflamekeepers@gmail.com. I really want this to be a group newsletter, not just my thoughts. We have so many talented and incredible writers in our group and it would be a blessing to have you submit your work for all of us.

Website

Just like the newsletter I still would love to have our website be a group effort. The pages where we have all of your quotes, altars, art and poetry are my favorite pages. So please continue to send me these lovely offerings for our website. I know there are many new members, so if you would like to be included on these pages please get in touch.

Also last newsletter I mentioned about adding our locations to the flame keepers page. A few did get in touch with me, but for those that didn't I would really appreciate if you could reach out with that information.

If you have visited any of her sacred sites, especially her wells that are not as well known and have pictures I would love to add those to the map of the holy wells.

I'm going to ask just one more time for someone from the old days of Ord Brighideach to perhaps submit something about Kim Diane and her time with Ord Brighideach for our tribute page to her. I never got the pleasure of speaking with her, I came along after she was gone. However I feel it's so important to pay tribute to our founder. Without her we wouldn't be here today.

Last I ask for you to just take a minute to look over the website. As mentioned above if you think of something that you would like added, please get in touch. I truly want our website to be a great resource for all seeking to learn about Brigid, both as Goddess and Saint.

Brightest Blessings,

Tracy Lynn

PS: Please forgive any grammar or spelling mistakes, once again I was rushing to make sure this went out and didn't have time for someone to check things over.

Writing is definitely not my thing, which is another reason I would love to have others write in our newsletters and website too.

Ord Brighideach, Her Sacred Flame Of Inspiration, Pittsburgh, PA, USA

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