



The Summer Solstice: Celebrating the Journey of the Sun from May Day to Harvest

John Matthews

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The Summer Solstice brings together sun myths, legends, and ceremonies from around the world that honor the sun as the source of human life. Many ancient cultures worshipped the sun. From the Inca temples of South America, to Native American petroglyphs, and Celtic rituals, cultures have celebrated the beginning of each new day and new season as a time of cultural and personal renewal. Today, we still come together on May Day, at Midsummer, and at harvest festivals, just as our ancestors did. The Summer Solstice shows you how to connect to the past and appreciate the present through activities and simple celebrations to enjoy with family and friends. You'll find meditations and recipes, instructions for a Midsummer feast and a Harvest Home supper, to help you celebrate the turning of the seasons in ways that are both meaningful and fun.

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