



Michaelmas 2021-Dragon Bread



Thanks to everyone who participated in our afterschool Michaelmas gathering yesterday. A special thanks goes out to Mandy and all the teachers for organizing the party. Here are some scenes in the classroom as the students face the “dragon loaf.” On the next page I have included a piece by Laurie Clark on the Michaelmas tradition for anyone interested in a deeper dive.



The Archangel Michael is known in many different cultures and faiths. The name Michael in Hebrew means: "Who is like God?" He is mentioned three times in the book of Daniel, he is also recognized in the Koran and in the New Testament. Michael is known as the protector and leader against the forces of evil. The Archangel Michael is a spiritual figure; in artistic renderings, he is often standing on a dragon-like figure with a sword and shield in hand. He does not slay the dragon, but keeps it under control. The higher self of the human being reminds the lower self (the dragon) to live a moral life and arouse the eternal self. Michael's countenance is full of sunlight, his gaze is positive, and his sword is made of cosmic meteoric iron. Meteoric Iron has homeopathic qualities that invigorate and enliven our blood, reviving our will forces. We can inwardly picture that the shooting stars that come from Michael's sword falling to earth are the meteoric iron that are spiritual seeds and awaken our higher selves, giving us renewed direction for our lives. With the tremendous challenges that Covid has brought, this festival is of great importance. Michael gives us the courage to meet the trials of our time and the confidence to look towards the future without apprehension and the will to persevere. This heavenly figure of



Michael encourages us to act with courage and imbue all that we do thoughtfully with great care. As the sunlight decreases and the nights grow long, our hearts can hold an inner light; standing in equanimity in the face of the trials that await us. How can we bring the essence of Michaelmas to the children in our care, especially during this pandemic? The children have experienced disruption in their lives and though little children are very resilient, they have encountered trauma. Stories of bravery that portray how one can call on their own inner power, overcoming the dark forces and fear to help others and bring goodness to the people on the earth can be told. A theme of protection can be a very helpful motif during this time. Making a shield that the children can sand and polish, decorated with the heavenly stars could be a potent way to bring the image of protection. A shield is something that protects us from danger and the heavenly stars represent the spiritual light that always accompanies us on our earth journey. Michaelmas is a festival that encourages the human being to find strength, courage, the will to accomplish the deeds that await us, and most importantly to do this with love. The seeds in the human heart are ripening, carrying hope with new forces of will into the future.