



*Bay of St. Lawrence is named for St. Lawrence, a venerated saint of the Roman Catholic Church entrusted with church treasures, including at one time the Holy Grail, and martyred for defiance of Rome's governmental authority. His response to an edict to turn over church riches to Rome was to distribute as much to the poor as possible. He is said to have presented to the Roman authorities the poor, the crippled, the blind and the suffering as the true treasures of the Church.*



# Bay of St. Lawrence

helps in preparing & creating a beautiful, warm protected nest

The mountains here rise with the morning sun out of a gentle summer sea.  
Club moss, wild strawberries and native grasses  
take you to the fragrant edge of cliffs...  
like walking on pillowed earth, rocking your footsteps all the while,  
inviting you down to rest in a bed of green.  
The wind here blows salty sea breath into your face  
as the summer sun reminds the hardy few who find their home in this lonely outpost  
that life is prosperous and full.

Life is, indeed, prosperous and full,  
and the Bay of St. Lawrence essence,  
made at sunrise on the tip of Nova Scotia & the very end of the St. Lawrence Seaway,  
encourages us to take the bounty of the present and preserve it for our future.  
The essence reminds us to do our work,  
to make hay while the sun shines,  
to provide for colder days ahead.  
As balmy and beautiful as this bay appears this morning,  
the few residents living here  
drink in this solstice gift to hold them through the dark, windy winter by the sea.

The Bay of St. Lawrence essence  
supports a natural feeling that propels us to settle down,  
come in, hug close to the fire, gather up supplies,  
save our money and bring our family together in our cozy nest.  
The essence helps one to recognize blessings as they appear  
while encouraging one to gather in the fruit  
and spend some time and energy preparing the harvest for the future.  
Nature gives us both summer and winter.  
If we live as though summer bounty and sun will continue forever,  
the cold, barren winter may offer us only struggle and hardship.

The Bay of St. Lawrence essence supports the sense within us  
to build a good warm nest,  
to fill our pantries,  
to batten down the shutters.  
Good nesting instincts reflect good self-esteem and true nurturing of others.  
This wise essence supports us in filling our nest with treasures and pleasures ~  
building the house of our dreams,  
creating the space to allow us to come inward, to rest, to create  
and to enjoy the beauty of the cold from the comfort of a warm, centered home  
that is held and protected by the Good Mother who guards us all.

