

# Transfiguration

Date: 6th August

## The First Fruits of the Harvest

August is the start of the harvest season in the Northern Hemisphere, and the fruit-fruits of the harvest are traditionally brought to Liturgy at this time to be blessed. In England, this is called [Lammass](#) or Loaf-Mass because people bring a decorative bread, often designed to look like a sheaf of wheat. I use the [Hot Cross Buns](#) recipe for a sweet, fruit-studded loaf. In the OCA tradition,



## Liturgy

Take your first-fruits offering to Liturgy to be blessed, and share it with others afterwards.

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