



# The Controversial Cauldron

*Mabon 2009*

*Edition 2:2 ~ Sponsored by Controverscial.com*

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Cornucopia—Original Art by Patricia J. Martin © 2008



## Welcome to the Email Witches Newsletter

Email Witches is a pagan friendly email group attracting people from all walks of life, from all spectrums of society and from all around the world. Most are individuals seeking a personal practical religion that can be adapted to their own needs and criteria, and Wicca is a wonderfully diverse religion that meets these needs. Email Witches, a Yahoo! Group, is set up as a place where those of same interest can meet, discuss, share and gain more information about their chosen paths. All visitors to my website Controverscial.com are welcome, so feel free to join us and make new friends.

### *Best Wishes*

<http://www.controverscial.com/>

[http://groups.yahoo.com/group/Email\\_Witches/](http://groups.yahoo.com/group/Email_Witches/)



### *Group Information:*

- Members: 711
- Founded: Jul 17, 2002
- Language: English
- Representing:

Argentina, Australia, Bulgaria, Canada, Costa Rica, England, France, Greenland, Hawaii, Hungary, India, Jamaica, Italy, Kuwait, Mexico, New Zealand, The Netherlands, Nigeria, Nova Scotia, Panama, the Philippines, Peru, South Africa, Scotland, Slovenia, the USA and Wales.

# Welcome Mabon

*By George Knowles*

**M**abon, the Autumn Equinox is one of the lesser Sabbats in the Witches' annual calendar. In the Northern Hemisphere it normally falls between the 21st-23rd September, and this year 2009 it lands on the 22nd. In the Southern Hemisphere the equivalent Sabbat is Ostara the Spring Equinox. During the last Sabbat at Lammas (1st August), we celebrated the first of the three autumnal harvests, and now as days and nights become equal and darkness overtakes light, we celebrate the second harvest.

Mabon can be pronounced in various ways: May-bun, May-bone, Mah-boon or Mah-bawn, and is commonly known by a variety of names: The Second Harvest, Harvest of First Fruits, Wine Harvest, Feast of Avalon, Festival of Dionysus, Michaelmas, Harvest Home and Cornucopia. The druids of old celebrated the Autumn Equinox as "Mea'n Fo'mhair" in which they honoured the Green Man as the God of the Forest by offering libations to trees. According to the Celtic tree calendar, Mabon is represented by the Vine (2nd Sept – 29th Sept), and the season (23rd Sept-22nd Dec) by the White Poplar (Aspen).

While the waning sun still hovers in the sky and crops continue to be gathered, it's a rush against time to reap in the harvest before the cold winter winds overtake us. After completing the corn harvest started at Lammas, the farmer turns his attention to grapes from vines, apples from orchards, nuts, berries and other essential fruits and vegetables. As days become shorter his efforts to complete the harvest are aided by the light of the full moon, and for this reason the full moon closest to Mabon is known as the "Harvest Moon".

Another name for this moon is the "Wine Moon", for when the grapes and apples are harvested, the grapes are

pressed into wine and apples made into cider. Both are favoured drinks of the season. The grapevine in particular was considered sacred by early Pagans and reached a height in popularity during the eighth century BCE. The followers of Dionysus/Bacchus, the gods of wine and inspiration, honoured the grape vine as a symbol of rebirth and transformation.

In addition to harvesting the crops, many other things need to be accomplished for our continued survival. Seeds of renewal for the following years plantings need to be separated and stored ready for re-use. Contained within them is the mystery of Life in Death, the spirit of nature in the guise of the "Corn King". He was sacrificed at Lammas and now sleeps awaiting his re-birth and return in the spring. As summer draws to an end and winter approaches on the wind, nature withdraws its bounty and begins its period of rest. Leaves fall from trees, flowers wither and die, and birds begin their migrations to warmer climates. Mabon is also the start of the hunting season, and time to check the livestock (herd animals and poultry) and decide which are ready for the winter slaughter.

A harvest supper known as Harvest Home is traditional at this time. It is a time when friends and family all gather together to rest and appreciate the fruits of their labour. The home is decorated with autumn coloured leaves, wheat sheaves, corn stalks and cornucopias filled with seasonal fruits and nuts. The table is set and filled with such delights as hot stews, roast meat, poultry, pork pies, hams, bread, potato cakes and vegetables, followed by custards pies, cakes, fresh fruit and tarts. Typical fruits of this time are apples, grapes, hazelnuts, pears and peaches, all washed down with copious helpings of wine, ale and cider.

More information about Mabon and its many associations are covered in detail in a previous issue of this newsletter, which can be downloaded free from: [www.4shared.com/file/63323838/63799506/Mabon\\_2008.html](http://www.4shared.com/file/63323838/63799506/Mabon_2008.html)

Here's wishing you all a blessed Mabon holiday.





# Mabon Ritual

**By Crone**

*Use fall colors for altar cloth and candles: dark red, orange, gold, brown, rust. Include a spray of colored leaves, acorns, and pinecones. Add a cornucopia of fruit and vegetables, and a chalice of red wine or dark grape juice. (If indoors, have a small libation bowl.) Use goddess and god figures of your choice. Create similar smaller altars at direction points with a small bowl if indoors. Or place a candle and bowl at each of the four corners of your altar.*

*Centering and grounding. Focus on the altar with its bounty as you say:*

"I come in a spirit of joyful thanksgiving.  
I am blessed in knowing that I have enough.  
I am blessed in knowing that abundance is simply more than enough.  
I am blessed in my ability to share my abundance with those less blessed."

*Use a wand, athame, or sturdy twig full of fall leaves or acorn clusters to cast the Circle, walking in a deosil (clockwise) direction with this chant:*

"My sacred Circle now I cast,  
Thankful for the harvest past."

*Invoking the Directions and the Goddess and the God:*

*Move to or face each direction, lighting a candle there, then the center with these words:*

"Be with me East, bright spirit of Air.  
Bless me with knowledge, a gift so fair.

Be with me South, with your spirit of passion.  
A dimming of Fire is now what I fashion.

Be with me West, your Waters run clear.  
Emotions to balance at this time of year.

Be with me North, the Earth firm and grounded.

Guide me to follow the path that was founded.

Gracious Lady as now you age  
I move into a darker stage.  
Please join me as I celebrate  
Before the calm that will not wait.

My thanks for the harvest I offer to you

At this second harvest I give you what's due.

In thanks I am festive on this special day

Knowing the sun now is moving away.

The days and nights are equal and then

I ask you to help me find balance again.

Gracious Lord your time draws nigh  
As the sun sinks deeper in the sky.

Please join my Circle as thanks I give  
And as I seek balance each day that I live.

The harvest is in and stored away  
And my vow is to honor you day by day.

I am between the worlds,  
Beyond the bounds of time,  
Where day and night,  
Birth and death,  
Joy and sorrow,  
Meet as one."

## Magickal Working:

*Mabon is the second harvest, a festival of thanksgiving, a time of balance, and a time for drawing back in preparation for the dark months ahead. Focus on the abundance you have now, balancing that with possible hard times ahead, and sharing it with those less blessed. Take up the chalice and sip saying:*

"I know that where I place my attention, there my energy will go as well.

I know that as I focus on my worthiness of this harvest,  
I acknowledge my empowerment through the goddess and the god."

*Pause to think about your own harvest—whatever gain, strength, prosperity you have brought into your life. Pour a bit of the wine onto the ground or into the libation bowl.*

"Lady and Lord, I share with you

what I have,  
as I thank you for my abundance."

*Move to the East altar. Sip from the chalice and focus on gifts of the mind you have received and that you can share with others. Pour a bit of the wine onto the ground or into the bowl, thanking the goddess and god for their gifts of the mind and pondering how you will share them.*

*Move to the South altar. Repeat to the South your tribute to the East, this time focusing on your gifts of creativity and how to share them.*

*Move to the West altar. Repeat the tribute, focusing on your gifts of the heart and how to share them.*

*Move to the North altar. Repeat the tribute, focusing on your material gifts and how to share them.*

*Return to the main altar and place your chalice on it. You have acknowledged gifts of your mind, your creativity, your heart, and your material gifts and you have considered how to share them. On this journey you have learned that true balance is in giving as you receive. Chant these words:*

"In thanks for blessings from above,  
I share my gifts as an act of love."

## Opening the Circle:

"North and South and East and West  
All by Mother Earth are blessed.  
I thank you for your presence here  
As I go through the ending year.  
My thanks for the insights you've given me  
In finding a balance that I can see.

Lady and Lord, my thanks to you  
For helping me focus on what is true.  
Balance and prosperity  
Begin within, with you in me."

*Take up the twig, athame or wand with which you cast the Circle, and open it by walking around widdershins (counter clockwise) with these words:*

"The Circle is open but unbroken.  
May the peace of the goddess and the strength of the god  
Be ever with me.  
So mote it be and Blessed be."

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Crone is an active member of the UU (CUUP's) and has been a member of Email Witches since 2004

# Legacy

## On Destructive Philosophies

By Ardriana Cahill

It has become a warning in our community that we do not challenge the beliefs of others. We say that if your beliefs are good for you then, you should be allowed to believe as you like. That tenet is fine as long as the other guy's beliefs are not making our national or world policies. I believe that philosophy is more than a gathering of ideas. I think they are all manner of justifications for bad choices.

Scientists have been struggling for decades to enlighten a resistant world culture about the dangers of humans abusing the earth. Unfortunately, I don't think the ultimate struggle will be found in the science argument. Largely, the science is getting stronger and more evidential every day. The earth is in trouble and the evidence is mounting on where humans are responsible.

One example of the thousands of scientific studies fell very close to home. It illustrates that despite some philosophy's high opinions of mankind, we don't fully understand how nature works and thus we are not the best judges of how nature can be safely employed.

My son, Mark spent six months in an African rain forest to prove that clear cutting the forest would in fact, kill the forest entirely. The model that the government was using to justify the clear cutting was an American model based on the belief that reforestation would happen with seeds being carried on the winds to other locations. Mark was part of the study that proved to this government that the rationale for clear cutting this particular forest was faulty. This forest grew because the plant seeds were eaten by animals and spread through their droppings. Simply put: no trees, no animals. No animals, no seeds. No seeds, no trees. The wind played no part.

So why is there still so much conflict in the definitions of global warming and earth exploitation? I think the real fight for ecological awareness about the role we play in nature will not be a scientific one, but a philosophical one.

Inherent in science debates are the deep-rooted themes in belief systems that set humans apart and above nature as either caretakers or masters thereof. Many of the world's sacred texts describe this segregated thinking that divides us from nature completely. Nature is a thing to conquer. Nature is a thing to serve us. Nature is a thing to ignore in the name of spirituality. Humankind is granted by religious creation a god-like stature that divorces us from nature in order to plunder it with a clear conscience. Nature is base, crude and vulgar; a thing to be tamed or even punished.

Philosophy schools us on how to fight the war we have with the natural world outside, as well as, the one within ourselves. Whenever the material and the spiritual are at odds, the material must be suppressed. This philosophy endorses the idea that our material selves are disposable. We are here only to shed our material dross to enter the perfection of the spiritual. This disposable philosophy creeps into every human decision about how we use the earth.

Community thinking based on this philosophy detaches us from our natural origins and thus abdicates us from our responsibility to our elders; all that came before us. We see ourselves at the top of the eco-order instead of a member deeply embedded within the entire ecosystem.

As eco-conscious people, we are up against these "top down" philosophies that create false authority in our god-like ability to conclude whenever, wherever, whatever we decide to do, if it benefits humans, it is always good and right to do. Swimming pools on a hot summer day are a delight, but not to the rivers that no longer reach the sea due to their slow death. The convenience to drive your five-seat car to work by yourself is a luxurious self-indulgence but a waste of finite resources. The egocentric reductive belief that humankind is the center of the universe and must survive at all costs...may end up spending earth's resources until nothing survives.

Then again, if heaven is the ultimate goal of a philosophy, what is the incentive to protect the earth? As a pagan community we need to more than just go out and hug a tree. We need to protest any philosophy that endorses our right to waste our resources and destroy the earth's diversity in the name of human progress. We need to acknowledge that one's right to believe whatever they like is limited to the control over their individual self. We need to speak out when that philosophy extends beyond oneself and begins to make policy filled with prejudices that we all may not share.

Pagans are uniquely equipped to challenge these philosophies that endorse reductive thinking that separates man from nature and threatens both with extinction.

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Ardriana Cahill lives in Western USA and is a Hereditary Witch, den of Clan McCormick and a Kell of Brigid since 1998. She has been a member of EW since 2004.



# *Candle Scrying – The Art of Reading the Candle Flames.*

By SilkyRose

Candle Scrying, divination using candles, is specifically the art of watching and reading a candle's flames. What follows is my guide to how to read the candle and the candles flames. Remember there is no right or wrong in magick; it's all about what works best for you.

You can test your candle magick power first by trying to make the candle's flames quicken and lengthen then brighten and glow.

## **Strong Flame:**

The power you are calling is beginning to manifest itself; it shows strength in the user. Someone you are trying to communicate with from afar is picking up your message from the communication you are sending out if your trying to contact someone, or the reverse.

## **Weak Flame:**

This could mean strong opposition to you or the spell you are currently working on, if you're working on one. The best thing to do is watch this flame or just start over and try your spell again at some later date. You can figure this out on a case by case basis. A low smoldering candle flame can spell the signs of coming trouble for you, your family or whom ever you are doing magick for. This is like the ring around the moon.

## **Jumping Flame:**

This indicates that your emotions are not calm or the other person that you are working magick for if there is another. Or a spirit guide is trying to communicate with you and tell you something. Is there something you're trying to ask? This could be an answer if you're seeking one. Is there energy that is not being properly channeled for the task that you're doing? Take your tarot cards and clarify your answer if you're seeking an answer to a question, or tell the person who you are doing magic for to calm themselves and let the candle talk, or ask them to pick a card. You must calm yourself if you are alone as you may be rushing the candle if you're not seeking an answer to a specific question.

## **Rainbow Flames:**

There are a full variety of colors in flames. Red is a

warning or passion (see candle color chart below what candles to use depending on the sort of divination or reading you're going to try to do). Yellow is a very special energy, orange is positive and blue is loving light like the Madonna candle if you would have an easy time to remember it that way. Blue flame is loving light all around you or the subject or the spell/task or question of the topic you're looking at. White and hot brilliant white is a blessing and very positive. If the candle is tall, slender and very white, your answer is helpful, peaceful and healing or positive. If the candle energies are there and working, and they are very strong, it's time then to ask your questions.

If you're using glass candles, when they have burned out look into the glass for signs, similar to reading tea leaves, and read them from the etchings on the glass sides. What can you see?

I hope this guide helps you when you're doing your candle magic. You will develop your own system of reading the candles flames as you will with other techniques of scrying, divination and other types of magick. Everyone develops a systems that works well for them. Use your inner senses to intuit what the candles are saying? You can use one candle or many. I have a whole altar of candles, one of each color to represent each of the aspects as seen below in the easy candle color chart. This way you can study and see how things are going in each of the areas. Make sure your candles are in a safe place from children and pets. When I had my cat I used to put mine on a piece of marble on top of my refrigerator if I wished them to burn the whole way down. You can also stand them in water in low bowls. If you're going to burn the whole candle down, and you have to leave, the ones to burn down are the glass chimney type not the tall taper candles.

## ***Easy Candle Magick Color Chart***

**Red** - Protection, passion, strength, and creativity.

**Pink** - Love, to seek a mate, encourage friendship.

**Green** - Abundance, luck, green god & goddess or fertility.

**Blue** - healing, sleeping issues, blessing, healing of the heart, in particular regarding issues of loss. I think of this as the lady or the Madonna candle.

**Purple** - Spiritual matters, psychic, divination, other levels, & astral projection.

**Yellow** - Goddess strength, mental activities, & study enlightenment.

**Black** - The "Self," protection, dispelling of negativity.

**White** - peace, this candle may be used for all purposes.

May all your candles be blessed and your inner ear and eye be open to the communication within the flames.

**SilkyRose is an Artist/Photographer, Dancer, Eclectic Witch.  
She has been a member of Email Witches since 2006**

## On The Rocks

# Obsidian ~ The Wizard Stone

### by Pari

As the weakened Sun begins to slide into its long seasonal sleep here in the Northern Hemisphere, there is no better stone than Obsidian to accompany us through the spectral nights of Autumn and protect and guide us through the trials of Winter!

A lustrous rock, rich in silica and born of volcanic origin, Obsidian is a type of natural glass, formed when lava is rapidly cooled. It can be found all over the world wherever volcanic activity has occurred, but most notable deposits are located in Obsidian Cliffs, Wyoming, and in Utah, Nevada, Arizona and California in the U.S., and Mexico, Italy, Iceland and Scotland worldwide.



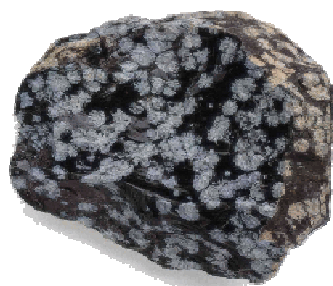
**Apache Tears**

Obsidian's color is most often a vitreous (glassy) jet black or very dark brown which is due to Iron and Magnesium inclusions, but it can also be found in dark green or gray. Small naturally rounded water-tumbled pieces that often exhibit conchoidal markings are called Apache Tears, named after a sorrowful event when Apache tribe women wept at the base of the cliff that their husbands had been driven over to their death during an ambush. It is said that whoever carries the Apache Tears stone will never know deep sorrow, for it has been wept for them already.



**Sheen Obsidian**

Other colors of Obsidian can occur when small bubbles of air become trapped within Obsidian's layers just before cooling. In this case it can create what is known as Sheen Obsidian - these can be in hues of red (containing Hematite), blue, purple, gold, or even a full rainbow sheen.



**Snowflake Obsidian**

Obsidian containing small white inclusions of Cristobalite is called Snowflake Obsidian. Larger pieces of Obsidian appear opaque, but thinner specimens show that it is actually translucent when held up to the light. The word "obsidian" derives from the Latin "obsidianus," a misprint of "obsianus (lapis)". According to Pliny, the stone was named after the prominent ancient Roman, Obsius, who was credited with finding it in what is now Ethiopia.

Obsidian is of Granite or Rhyolite composition and has the same chemical formula as Quartz, but lacks any crystalline structure and is amorphous, thus registering only a medium hardness of 5 to 5.5 on the Mohs Scale. For this reason and because it can be shaped easily, it was often used by Native Americans to make arrowheads and spear points, for when broken or cut, it has a razor-sharp edge. Prior to that, artifacts reveal it was used during the Stone Age to make knives and other tools. Incas utilized it for constructing weapons, mirrors, masks and jewelry, while the Mayans once carved idols of their god Tetzcatlipoca from this veritable black beauty. Incidentally, the name Tetzcatlipoca means "shining mirror," so Obsidian was likely beloved by or chosen to mimic the god's attributes. The Mayans also used polished Obsidian as "magic mirrors", a divining tool.



**Obsidian Arrowheads**

Many considered this useful stone to be a powerful talisman that enhanced psychic ability, and many a Shaman used it in ritual along with carrying it on their person. Later in time, black Obsidian was much sought after for use as scrying mirrors. During the Elizabethan Era, the famous magician, alchemist, mathematician and astrologer, Dr. John Dee, is said to have utilized an Obsidian scrying mirror.

As we look to Autumn and begin preparing for Winter - the time of deep reflection - Obsidian can be of great help within our inner sanctum and in showing us just what is possible. As a scrying tool and because of its deep mirroring ability, this shiny Fire and Earth stone is known as the "Stone of



Prophecy" and is excellent for peering into its depths to detect the past, present and future. But it wasn't simply the dark and mysterious reflective physical characteristics of Obsidian that made it one of the better surfaces for gazing into; this stone is also rich in metaphysical wonders. Not only is it known to enhance clairvoyance by promoting acute awareness of what needs fixing, it provides clear guidance on much needed remedies. It is also an excellent stone for grounding, meditation and protection, and provides a strong shield against all forms of negativity. It will even transform an area or situation into a more positive one. It cools anger and frustration while at the same time creating the impetus for change.

For physical healing, Obsidian has been known to dissolve blockages and banish stagnation of any kind. It can ease aches and pains, lessen phobias and relieve stress, depression or grief, and can generally bring clarity to the cause of a disease while working to dismantle it. Whatever it is used for, Obsidian can be counted on to be a very blunt and to-the-point stone. It increases one's psychic ability, making it appear even stronger in the answers it provides. It has the uncanny and sometimes unsettling ability to dig deep into the shadows, bringing forth great insight and knowledge, both personal and worldly on things which could and should be made better. Obsidian is like a truth serum; you will not be able to delude yourself when in its presence. This volcanic stone can cut the ties that bind. It is a projective stone, and its ruling planet is Saturn.

I would say the ancients knew what they were doing. For, beyond their practical uses of the stone...in the task of mask-making, it can be seen as Obsidian's power to shield and protect us as we take the journey within. In the task of weapon-making, it coincides with Obsidian's ability (both physically and metaphysically) to cut to the chase and swiftly slice directly through to the core of an issue, as we hunt for that which will spiritually sustain us. As a tool and divining device, it blends with Obsidian's usefulness in allowing us greater access to the Ancestors, the spirit world and Akashic records.

This Mabon, and beyond, let the depths of the Obsidian mirror give back to you what wisdom awaits to be found!



This was the mirror used by the Elizabethan mathematician, astrologer and magician, Dr. John Dee (1527-1608). Together with a small smoky quartz crystal ball (also known as a shew-stone), these are just a few of the many polished, translucent and reflective objects that he used as tools for his occult research. Those shown above are on display at the British Museum in London.

The mirror is made of highly polished Obsidian (volcanic glass) and was one of many objects brought back to Europe after the conquest of Mexico by the Spanish conquistador Hernán (Ferdinand) Cortés during 1527 - 1530. Obsidian was sacred to Tezcatlipoca, an Aztec "Sky God" associated with Kings, Warriors and Sorcerers, and whose name can be translated as "Smoking Mirror". The Aztec priests used mirrors for divination and conjuring up visions. Dee had a particular interest in divination, and from 1583 worked with Edward Kelly as his medium. Kelly used both the mirror and the crystal ball to see visions of 'Angels' who communicated by pointing at squares transcribed by Dee containing letters and symbols.

**"Obsidian is effective when carried or used in protective rituals. One involves surrounding a white candle with four Obsidian arrowheads that each point to one of the directions. This sets up aggressive energies which guard the place in which it is set up."**

**from "Cunningham's Encyclopedia of Crystal, Gem & Metal Magic" by Scott Cunningham**

## Sources:

<http://www.galleries.com/minerals/mineralo/obsidian/obsidian.htm>

"Stones Alive!" by Twintreess

"The Illustrated Directory of Healing Crystals" by Cassandra Eason  
Obsidian, itself.

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Pari lives on the East Coast, USA and is a Shamanic Witch. She has been a member of EW since 2002.

<http://www.peacefulpaths.com>

## The Pagan Kitchen by OwlOak

Greetings Folks....Another Turn-of-the-Wheel and Mabon is upon us. Here in Western Mass., USA days are getting shorter and cooler and folks are gleaning their gardens of the last of the frost sensitive bounty. The trees have started to turn colors, which leads me to believe we will be having a lot of snow and a late spring.

Since this Sabbat is the second harvest of the typical three here are recipes to reflect the grain, the last of the summer fruit, and a very fine family recipe for using up those inevitable green tomatoes.

The first recipe is one that can be used as a breakfast treat or snack:

### Breakfast Cookies

Submitted by AuroraRose



AuroraRose said this recipe was inspired by one she found on [www.tasteofhome.com](http://www.tasteofhome.com) and which she tweaked to meet her family's tastes.

#### Ingredients:

1/2 cup butter, softened  
1/2 cup chunky peanut butter  
1 cup packed brown sugar  
1 egg  
3 tablespoons milk  
1 teaspoon vanilla extract  
1 cup old-fashioned oats  
3/4 cup whole wheat flour  
1/2 cup nonfat dry milk powder  
1/4 cup toasted wheat germ  
1/2 teaspoon salt  
1/4 teaspoon baking soda  
1/4 teaspoon baking powder  
1 cup golden raisins  
3 tablespoons sesame seeds (toasted)

#### Directions:

In a large bowl, cream the butter, peanut butter and brown sugar until light and fluffy. Beat in the egg, milk and vanilla. Combine the oats, flour, milk powder, wheat germ, salt, baking soda and baking powder. Gradually add to creamed mixture and mix well. Stir in raisins.

Drop by 1/4 cupfuls 4 in. apart onto a greased baking sheet. Flatten into 3-in. circles. Sprinkle with sesame seeds. Bake at 375° for 10-12 minutes or until edges are lightly browned. Cool for 5 minutes before removing to a wire rack.

Yield: 1 dozen.

The second recipe is one for a fabulous peach pie:

### Witch's Best Peach and Custard Pie

By SilkyRose



Preheat oven to 375 F.

#### Ingredients:

1 cup flour  
1/4 teaspoon salt  
2 tablespoons sugar  
1/2 teaspoon baking powder  
1/4 cup butter (can use margarine)  
2 cups fresh peaches, sliced and skins removed  
1/3 cup sugar  
1 teaspoon Cinnamon  
1 egg  
1 cup cream or canned evaporated milk  
Six easy steps:

#### Directions:

- (1) In your bowl you combine flour, sugar, salt, & the baking powder, then cut in the butter/margarine until mixture is crumbly with two table forks, then press this mix into the bottom and sides of 10" baking dish pressing onto sides too.
- (2) Place sliced peaches onto this crust.
- (3) Mix cinnamon and sugar and sprinkle over peaches.
- (4) Bake for 15 minutes.
- (5) Remove from oven.
- (6) Mix egg and cream or canned evaporated milk until frothy and pour over peaches.
- (7) Return to oven for 30 minutes, or until custard is set.
- (8) Remove from oven and allow to cool on a wire rack.

Makes servings for 9 witchy guests.



And the final recipe is for sweet sliced green tomato pickle. I have to say I grew up on these. They go great as a side dish or eaten alone with sliced bread and butter. I always get requests for the recipe and any extra jars of them that I am willing to part with.

## Gram Little's Sliced Green Tomato Pickles

By OwlOak



The nice thing about this recipe is that “the amounts are approximations” and not cast in stone, and that it can be easily scaled up or down depending on the amounts of produce and spices you have on hand. The measurements are mine, based upon observation as Gram made them. Gram was of the old school of cooking where she would say some of this and some of that. If she was short or long on one or more of the major ingredients she put in what she had. Now I'll admit that no two batches ever turned out exactly the same, but I will solemnly swear that each and every one was delicious. Enjoy!

### Ingredients:

4-6lbs Green Tomatoes – washed and stem ends removed\*  
 6 Large Yellow Onions – peeled\*  
 ½ Cup Salt  
 Cups White Vinegar  
 6 Green Peppers - seeded and diced into ½ in. pieces  
 3 Sweet Red Peppers – seeded and diced into ½ in. pieces  
 1 TBS. Mustard Seed  
 1 TBS. Whole Cloves  
 1 Stick Cinnamon – broken into pieces  
 1 TBS. Powdered Ginger  
 ½ TBS. Celery Seed  
 1/2 Cups White Sugar, or 2 ¼ Cups Honey \*\*  
 6-1 Pint or 3-1 Quart canning jars, lids, and locking rings - sterilized  
 Cheesecloth and thread, or string  
 1 very large enamel or stainless steel pot with lid. (I use my enameled water bath canning pot because I usually double or triple the batch)

### Directions:

Slice the tomatoes and onions into rounds about 1/8 inch thick. I use a mandolin – that's the flat surfaced slicer with adjustable blades that almost everyone has and almost everyone never uses. <G>

Combine the sliced tomatoes and onions in the pot and sprinkle with the salt and mix well. Let stand overnight, then drain and rinse the mixture to remove the salt.

Make a spice bag with the whole cloves and cinnamon.

Place the vinegar, sugar, mustard seed, ginger, and celery seed in a large enamel or stainless steel pot and heat to boil. When the sugar has dissolved add the diced red and green peppers. Then add the tomatoes and onions and reduce to a simmer.

Place the spice bag in the pot, cover and simmer for about 1 hour, or until the tomatoes are transparent, being sure to stir the mixture frequently to insure that all is cooked and doesn't burn.

Turn off the heat, remove the spice bag and transfer the hot mixture to the sterilized jars leaving ½ inch headspace. Process in a hot water bath for 10 minutes for the pints, and 15 minutes for the quarts.

Any extra can be either processed or chilled in the fridge for an early taste of what's on the shelf, keeping in mind that as with all pickles, the longer they sit the better they taste.

\* The measurement is not critical. I usually figure about 1 pound of tomatoes per pint, and double that for quarts. The same goes for the onions. Depending on their size it's 1 per pint and 2 per quart.

\*\* When using Honey a couple of things need to be remembered. Honey is much sweeter than sugar so use ½ as much honey as you would sugar. Also the sugar in honey breaks down very quickly from high heat and causes a brown discoloring so add the honey as the very last step by stirring it into the mixture just before transferring the mixture to the jars.

Yield – about 6 pints or 3 quarts

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Well folks, there you have it, some great goodies for a great holiday. Until next issue, from my Circle to yours....a very happy, safe and joyous Mabon.

Huggs & B\*B ~ OwlOak

© 2009 James Rancourt, aka OwlOak  
 OwlOak lives in New England, USA and is a Wiccan High Priest.  
 He has been an EW member since 2003.

## **Break Down and Break Through** (The disenchantment and rediscovery of a metaphysical path)

By Tamra L. Consbruck

*"I must learn to love the fool in me; the one who feels too much, talks too much, takes too many chances, wins sometimes and loses often, lacks self-control, loves and hates, hurts and gets hurt, promises and breaks promises, laughs and cries."*

(Theodore Rubin, "Love Me, Love My Fool", 1976)

Most people can relate to the term, "Autopilot". It describes a mechanical system which guides a vehicle without the control of a human being. This term is also used to describe when the human body performs without self-awareness. It may sound a little scary, but it happens all the time. For example, if we take the same route to work every morning, after a while we reach a point where we no longer need to think about the drive. We just do it. One moment we are climbing behind the wheel in front of our home, and the next we find ourselves safely parked in front of our workplace without having given the drive any thought. When this happens it is usually a warning sign for us to slow down and center ourselves.

Sometimes autopilot is a welcomed state when we are too exhausted to focus on some mundane task that needs to be finished. Everyone reading this has, or will experience autopilot at least a dozen times in their lives; but rarely do we hear of the active pursuit of it. I have been slowly learning to maintain this state for longer increments my entire life, without giving thought to any possible consequences.

My predisposition in developing this ability came about progressively, in reaction to extensive disquieting circumstances during my childhood. But we, as children, adjust to our environments by developing the skills we need to either survive or thrive in our environments, regardless of conditions. "Kids are resilient." Words I have heard so very often over the years.

By the time I reached my teens I had a pretty solid foundation on which to develop a more concentrated component of "autopilot". In psychology this tool of survival has a name; Dissociation. I was learning, however inadvertently, to disconnect from the more painful parts of my existence without sacrificing my ability to function. I was learning how to

protect myself, *and* the people around me, from my accumulative neutralizing emotions which were surely toxic.

In more recent years I discovered and experimented with Basic Metaphysics, which I adjusted to fit my needs. This philosophy seemed to advocate not only removing myself from my toxic emotions, but stopping them from ever coming into existence. I learned about the Law of Attraction, which I interpreted at the time as not feeling negative emotions at all; period. The moment I sensed a negative emotion, I simply pushed away from it before it could contaminate my process of thought. Call it whatever you want; denial, dissociation, metaphysics, or a conglomeration of all three; this philosophical, psychological, metaphysical Frankenstein hybrid has shielded me from many dark debilitating situations. The downside to this façade of logic is that it can anesthetize us from our conscious participation in our lives. When we are asleep at the wheel, even on an average short term basis, there is always a strong possibility we will, at some point, trip over our own feet and possibly crack our metaphorical skulls.

Long before my father became ill, my role as caretaker was already ingrained and in practice. I've always had an innate, unavoidable ability to feel another's pain-- usually on an emotional level, although on rare occasions, on the physical. This "Gift" had a very annoying habit of resurrecting my personal long buried emo-monsters, which in turn would attempt to consume my sanity like zombies do brains. Herein lays the hidden driving force behind my compassion. By calming another's pain, I was prohibiting my own from infiltrating my consciousness. And those people in pain were drawn to me as if I magically called them to me.

By the 1990's I was in the process of convincing



myself that I was learning, living, and therefore teaching unconditional love. I had touched upon a tentative connection to a universal source; that energy we are all born from and return to. I began to ask of, and later to expect the universal energy source to give me the strength, compassion and ability to function efficiently as a servant to those in pain. My endeavors included feeding a handful of homeless people on State Street, collecting and distributing caps, gloves and scarves in the winter season, rescuing strays, both animal and human, all while continuously thanking the universe for my abilities. I had learned the secret to feeling good about myself. As long as I am helping someone in need, I have a purpose. I am valuable. As long as I don't have to focus on my own toxic emotions, I'll do my best to protect you from yours. As an Empath, I could distract myself with another's suffering. The bottom line is, though I had yet to realize it, all the miniscule good deeds I have committed over the years were for all intents and purposes, a form of self-preservation.

But as thorough as I was in my self-analysis, however, I was missing something. Buried beneath my compassionate, metaphysical spirituality was this ingrained belief that I was unworthy. No matter how much time, energy and work we put into the practice of mind over matter, if there is any doubt lurking within, even on a subconscious level that we don't deserve to be happy; the energy empowered by these doubts creates a self-fulfilling prophecy. The Law of Attraction is much more than positive thinking, speaking, and taking action. It is the all-powerful emotion and ingrained belief behind them, or in my case, the emo-monsters buried beneath.

Recently my dysfunctional ancestry began to slowly claim the lives of our older members, so I took on the responsibility of caretaker, and later, hospice duties for my father first, then my grandmother, and presently my mother. I was living and breathing my own blend of spiritual, pagan-flavored metaphysics. I followed a strict routine. I chanted daily in the shower to the "God/Goddess/ Creator" (Taking no chances.) for strength, wisdom, and ability to care for each of my loved ones in turn. I had a daily list of things I gratefully thanked the universe for;

things I had, as well as things I was yet to have, as if they were already in my possession. I was on my game; doing it, living it, seeing it all around me; and I was patting myself on the back for a job well done. As long as there was someone in need; someone whose life I valued more than my own, I was spared from making any decisions for me on my own behalf. I was much too busy paying it forward.

Negative thoughts and emotions were very destructive and simply not acceptable; and so went them all, much of the good along with the bad. But I was too engrossed in my duties to notice. I was in the moment; sure that I was learning the lessons I came here to learn. I am the caretaker. Whether I chose this role willingly, or not, my spiritual hybrid Frankenstein delivered in me what I needed to keep to my path. I may never have been able to take on so much for so long without it. In fact, shortly after my dad died and while still caring for grandmother, I instinctually required from the universe that I continue to have the strength and ability to give my mom at least as much attention as I gave my father. Low and behold, she was literally delivered to my front door. My current charge is a great example of the monumental importance of focusing specifically on exactly what we request from the universal source. There is a familiar saying, "Be careful what you wish for, because you just might get it." In the world of metaphysics, it couldn't be truer.

While I responsibly continued to carry out my duties, one year became three, and then five and time kept ticking on. Inevitably fatigue and burnout began to seep in and set up residence. My hold on things began to slip. I was running on autopilot. My attention to my daily metaphysical practices subtly faded out, and in its place grew worry, and panic, and grief, and resentment. I had dropped the ball. As I continued to drag myself from one responsibility to the next, it dawned on me that I was beginning to feel...everything.

In hindsight, I can clearly see the one very crucial ingredient that was missing from my practices. What little self-perceptions I had, never even belonged to me. All my positive feelings for myself were based solely on the perceptions and feedback from others. I've been

hiding behind "The evolution of my soul" and my "metaphysical spirituality" as a means to justify all the things I have given up over the years-- all the things that could have made me happy, but believed I was too unworthy to reach for.

Finally my best friend shared with me a blunt and honest observation that delivered with it the power to shatter what little was left of my spiritual façade. I just turned 45. I have been taking care of and making decisions my entire adult life based on other people's health, happiness and safety, going even so far as protecting them from myself.

"It is way past time you snap out of it and start putting yourself and your own happiness first, *sista!*" (A term of endearment between us.) She continued to point out that, maybe, I had 25 years left in this life to discover and experience what makes me healthy, happy and safe.

"Don't you think you deserve it? Don't you deserve your own compassionate love?"

There it was; the main and most crucial ingredient to a healthy, healing, successfully abundant metaphysical existence; self love. My metaphysical practices have proven to attract and deliver to me a response to every feeling, thought, and word emanating from within me. In my dysfunctional state of being, I had made a

couple of substantial mistakes. Dissociation does not delete our emo-monsters from existence; it only hides them away, keeping us from processing them and working through them. Only then can we let them go. Emotions, whether good or negative, is active energy. Without our acknowledgement of negative emotional energy, we cannot go on to build a foundation of self-love. Objective attention is the key, not denial.

We are all energy vibrating at different levels of frequency through our emotions. These emotions are our link to the manifestation of our desires. The darker the emotion, the farther we drift away from our heart's true desires, while we attract only darker, low frequency energies back to us. Through self love we can embrace these darker emotions, feel them and move through them. And we can change their direction. The more positive our energy, the stronger is our power of manifestation. Among all of our various emotions, love is believed to vibrate at the highest frequency. So love is the key to manifesting our most wonderful dreams and desires. Loving ourselves is the most crucial ingredient to our successful practice of the law of attraction. Love yourself, take care of yourself, forgive yourself, and all that emanates from within you will attract only more love.

What have you got to lose?

© August 7th 2009 Tamra L. Consbruck

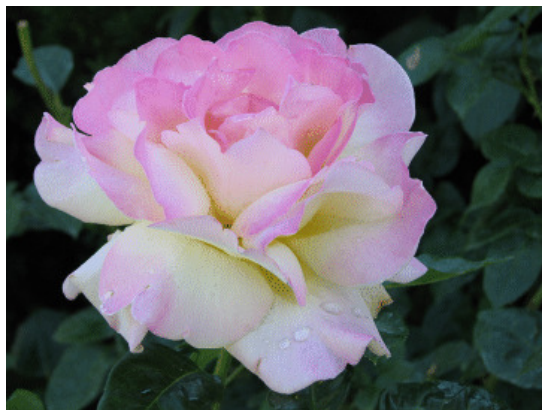
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## *Nature's Glory*

### *Photo's from our members*



Crockery Bay, Australia © Graham D. Furnell



Rose © SilkyRose



# Poppet Magick

Written and compiled by George Knowles

A poppet is a life-like figure or doll made to represent a person or animal and is used in ritual, magic and spell-craft to effect change through the application of sympathetic or imitative magic (see Sir James George Frazer below).

Sympathetic magic works on the principles of “similarity” and “associated contact” (i.e. *like attracts and effects like*). It is based on the belief that someone or something can be magically affected by doing something to an object in one place that represents a person or thing in another place. To achieve this a poppet is made as a representation of a person or thing and contains items associated with or belonging to that same person or thing. Once made and magically charged, any action performed upon the poppet, is thought to cause or effect a similar reaction on the person or object it represents.

The use of poppets in witchcraft and magic is an age-old practice, but their potential uses have long been closely guarded secrets, and as such, there are an abundance of myths, folklore and superstition surrounding their use. For example, in more recent times poppets have been negatively aligned with the Voodoo Dolls of Haiti, which through popular fantasy fiction portrayed in films and on T.V., are commonly associated with malicious intent - revenge, hate or evil. In actuality, today poppets are more likely to be used for protection, prosperity, luck, love, health and happiness. However, as and when a need has been identified, they can also be used for banishing and binding to prevent harm.

When used in ritual poppets can also represent various aspects of the Goddess and God. For example at Lammas (1<sup>st</sup> August), Corn Dollies are made from the last cut sheaves of corn and fashioned into stick like figures which represent the Sacrificial God in his guise of John Barleycorn the “Spirit of the Corn”. These are then

ritually burned and their ashes spread or buried in the fields. Many believed that with the cutting of the last sheaves of corn, the “Spirit of the Corn” retreated into the soil, to sleep there throughout the winter awaiting his rebirth in the coming spring. In a similar ritual at Imbolc (1<sup>st</sup> February), Bridie Dolls are made to represent Brigit (also known as Bride) the maiden Goddess of Fertility. Again these are ritually burned, but their ashes are mixed with the new seeds and are ploughed into the ground in the hope that the “Spirit of the Corn” (the God) will awaken and ensure the next harvest.

The use of poppets and dolls in magic date back to ancient times and occurrences of their use have been found in India, Babylonia (Chaldea), Mesopotamia, Egypt, Greece and Rome. In ancient Greece for instance, poppets called “Kolossoi” were typically used to bind deities for defensive purposes to protect one’s village, home and family. Today binding spells are commonly used and targeted at specific individuals to stop or prevent them from harming others. The ancient Greeks however used binding to secure deity protection for public as well as private defence. For example, the spirit of Ares, the God of War would be bound in a poppet, which was then placed in the village square to ward off invading enemies, thus preventing war. Similarly other protective deities could be bound and the poppet buried near the home to protect buildings and family.

During the witch hysteria of the 17<sup>th</sup> century, at the infamous



*Poppet Dolls © SilkyRose*



*Poppet Dolls © SilkyRose*



*Corn Dollies made by Tamra L. Consbruck  
© 2008*

trial of the Lancashire Witches in 1612, Old Mother Demdike confessed and described the quickest way to murder someone by witchcraft as: *"...to make a Picture of clay, like unto the shape of the person whom they mean to kill, and dry it thoroughly: and when they would have them to be ill in any one place more than another; then take a Thorn or a Pin, and prick it in that part of the body to consume away, then take that part of the Picture, and burn it. And when they would have the whole body to consume away, then take the remnant of said Picture and burn it: and so thereupon by that means, the body shall die."*

In more recent histories, when African slaves were forced to leave their homes and sold into labour on American plantations, many brought with them small religious artefacts similar to a poppet doll called a "fetish". A fetish is commonly a statue or object containing magical power, used to protect the owner from evil spirits or to control the owner's destiny. In tribal Africa, these beliefs are incorporated into expressive figures that acquire their power through ritualistic carving and consecration. In addition, special herbs, sacrificial offerings and magical words are used to increase its power or appease its spirit. Some fetishes are hollowed out to hold herbs and other magical substances, while others are adorned with special charms and talismans to ward off evil and protect the owners. However, fearing the power such beliefs had on the lives of their slaves, any slave found in possession of a fetish was likely to be killed by his owner, or at the very least have the skin removed from his back by whipping.

Poppets can be be fashioned from all kinds of materials, such as: carved roots, grasses, grain stalks, corn husks, fruit, wood, paper, mud, wax, clay, metal or lead, all formed into a human shape. These can then be dressed in simply made clothes and stuffed with a variety herbs, stones and other



***Bakongo fetish of the Congo***



***A bound fetish from West Africa***



***Poppet Doll © SilkyRose***



***Poppet Doll © SilkyRose***

magical items needed to effect the purpose of the spell or work. Ideally personal items associated with the person the poppet is intended for, should be included in its preparation i.e. it could be dressed in material taken from clothing once worn by the person, a sample of handwriting or a photograph, personal items such as a lock of hair or nail clippings, and even bodily fluids such as blood, semen or saliva. The important thing is to create a link between the poppet and the intended recipient of the spell or work.

Poppets can be as simple or as elaborate as you like, but as they are generally made to represent another person, care should be taken to learn all you can about them, before you determine the need and purpose of your intent. Do you need to curse, heal, harm or bind??? While the possibilities are endless, just like in any spell work, you'll need to set a goal and the means of achieving it. Some believed that the more work you put into preparing your spell, or the more complex it is, the stronger and more potent your focus and intent will be.

Like any ritual tool, once made, the poppet needs to be consecrated, named and dedicated to the work in hand, then infused with personal energy to bring into force your intentions. Sometimes this is be done by breathing life into the poppets mouth through a straw. In this way the poppet takes on a magical life of its own, which activates the spell or working.

Depending on the type of spell being worked, be it to curse, heal, harm or bind, various actions are performed on the poppet to cause a similar effect on the recipient. It can be pierced with pins, nails or other sharp objects to cause pain, cooled with water or heated with fire to cure a fever, or bound with cords to restrict movement. Once the spell or work is done, or success has been achieved, the poppet needs to be dismantled and ingredients used disposed of in an appropriate way, making sure that any link between it and what it represented is completely destroyed.



Finally, the late Sir James George Frazer (1854-1941) describes the use of sympathetic or imitative magic in his now classic book: *The Golden Bough: a Study in Magic and Religion* (first published in 1890):



**Sir James George Frazer**

*“Perhaps the most familiar application of the principle that like produces like is the attempt which has been made by many peoples in many ages to injure or destroy an enemy by injuring or destroying an image of him, in the belief that, just as the image suffers, so does the man, and that when it perishes he must die. A few instances out of many may be given to prove at once the wide diffusion of the practice over the world and its remarkable persistence through the ages. For thousands of years ago it was known to the sorcerers of ancient India, Babylon, and Egypt, as well as of Greece and Rome, and at this day it is still resorted to by cunning and malignant savages in Australia, Africa, and Scotland. Thus the North American Indians, we are told, believe that by drawing the figure of a person in sand, ashes, or clay, or by considering any object as his body, and then pricking it with a sharp stick or doing it any other injury, they inflict a corresponding injury on the person represented. For example, when an Ojebway Indian desires to work evil on any one, he makes a little wooden*

*image of his enemy and runs a needle into its head or heart, or he shoots an arrow into it, believing that wherever the needle pierces or the arrow strikes the image, his foe will the same instant be seized with a sharp pain in the corresponding part of his body; but if he intends to kill the person outright, he burns or buries the puppet, uttering certain magic words as he does so. The Peruvian Indians molded images of fat mixed with grain to imitate the persons whom they disliked or feared, and then burned the effigy on the road where the intended victim was to pass. This they called “burning his soul.””*

**End.**

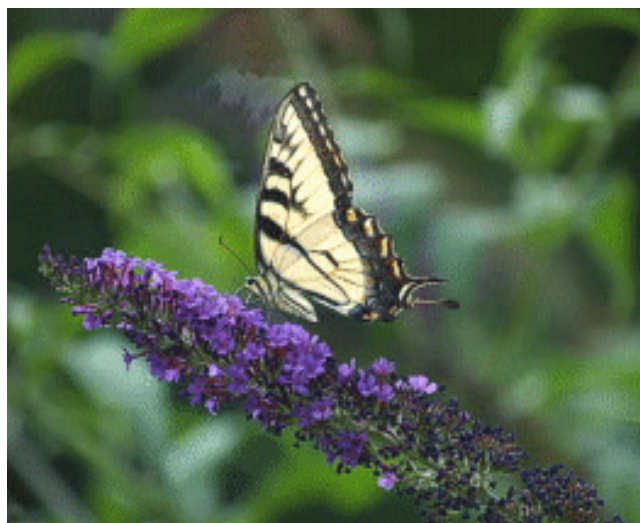
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## *Nature's Glory*

### *Photo's from our members*



**Butterfly © Patricia J. Martin**



**Golden Eagle © Lyric MoonShadow**

## Mabon Rune:

### GEBO

The rune “Gebo” literally means “gift” or “exchange”.

Ancient Nordic tradition had a highly held belief in “a gift given, a gift received”.

Customarily, the gift was of equal or greater value. As such, a gift also denoted sacrifice and generous reciprocity.



Among its other meanings are:

Marriage  
Relationships  
Partnerships  
Sacrifice

Drawing this rune indicates a time of giving. Additionally, this month is a good time to build romantic, cordial, or business relationships; as well as maintaining existing ones. However, as the above principle states, a gift must be given. This gift does not have to be a physical object. In order to approach new people, we must sacrifice our comfort zone, our personal space and allow people into our lives. In order to meet new people we must step out and be the first to greet

In order to attain your desires, a sacrifice or gift must be given.

#### **Romantic Relationships:**

If you are currently in a romantic relationship, this is a good time to reaffirm your admiration to your loved one. This does not have to be a trip to your local jewelry store or anything like that. Your sacrifice of time and effort to display your affection toward your partner is the truest gift from the heart. If you and your honey are thinking of perhaps taking things to the next step, this would be a good month to dedicate yourself to one another in mind and spirit.

#### **Business Relationships:**

This month provides ample opportunity to go out and seek advancements in the workplace.

If you are unemployed, this is a good time to physically go out and check up on hiring locations in person. If you are currently employed and seek to advance yourself in the workplace, this is a good time to strengthen the ties with upper management. However, sacrifice is once again required on your part. You will have to do more than just see yourself in that position, you will have to show it through your own actions.

#### **Metaphysical Relationships:**

Individuals who engage in communication with entities (i.e. deities, angels, spirits, ancestors, etc...) should take time this month to venerate them with offerings. Knowledge and wisdom are earned, never given. Offerings should not necessarily consist of mere incense and libation; personal promises fulfilled to the Gods are just as good, if not more.

#### **Personal Relationship:**

Lastly and most importantly, we must enhance the relationship within ourselves.

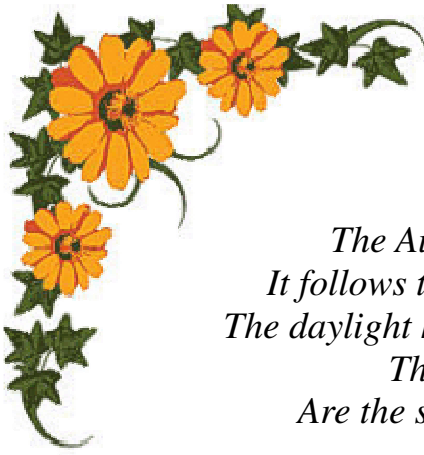
What gifts do we bequeath ourselves? Do we deserve them?

Everyone loves presents! This is why sometimes we do not enjoy admitting to ourselves that we might not be worthy of them. However, should we be true with ourselves, we may find that we just received one of the greatest gifts of all...a better understanding of our identity.

**Rune Reading by: Diancécht Óndulfr Pálsson - aka Rune Man**

**Rune Man is now a member of Email Witches**





## *Bards Corner*

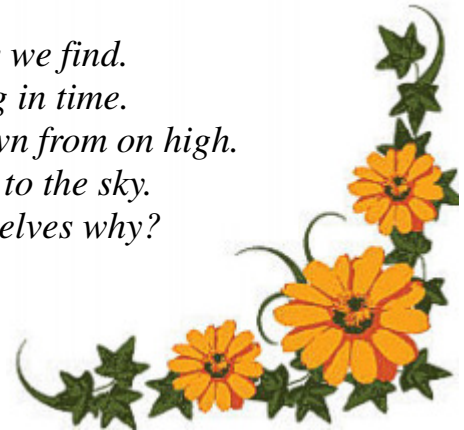
### *Autumn Equinox*

*The Autumn Equinox has its place in time.  
It follows the Lammass rites; the sun has less shine.  
The daylight hours are shorter, as it sets earlier at night.  
The hours sent by the lord of light,  
Are the same as those sent by the lord of night.*

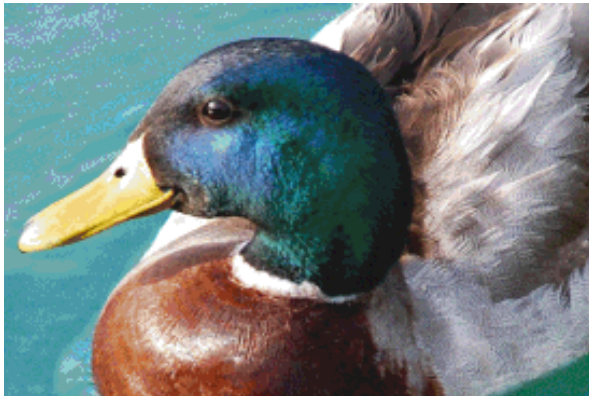
*Harvesting the fields is a job that's been done,  
Collecting fruit from the trees is a task just begun.  
The berries, the fruits and the taste of the plum,  
Is a gift to our soul from the ripening sun.  
The land is of beauty, inspiring dreams that come.*

*It is time to accept all things how we find.  
A time to reflect on things lacking in time.  
To remembers our ancestors looking down from on high.  
To bless their memories with a gift to the sky.  
As Samain approaches we ask ourselves why?*

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**Mallard © 2009 Ardriana Cahill**



**Red Leaf © 2009 Ardriana Cahill**



## ***The Controversial Cauldron is published each Sabbat***

***October (Samhain)  
December (Yule)  
February (Imbolc)  
March (Ostara)***

***May (Beltane)  
June (Litha)  
August (Lammas)  
September (Mabon)***

***Next Issue:  
~  
Samhain  
(October 31st)***

Email Witches is a pagan friendly email group attracting people from all walks of life, from all spectrums of society and from all around the world. Most are individuals seeking a personal practical religion that can be adapted to their own needs and criteria, and Wicca is a wonderfully diverse religion that meets these needs. Email Witches, a Yahoo! Group, is set up as a place where those of same interest can meet, discuss, share and gain more information about their chosen paths. All visitors to my website Controverscial.com are welcome, so feel free to join us and make new friends.

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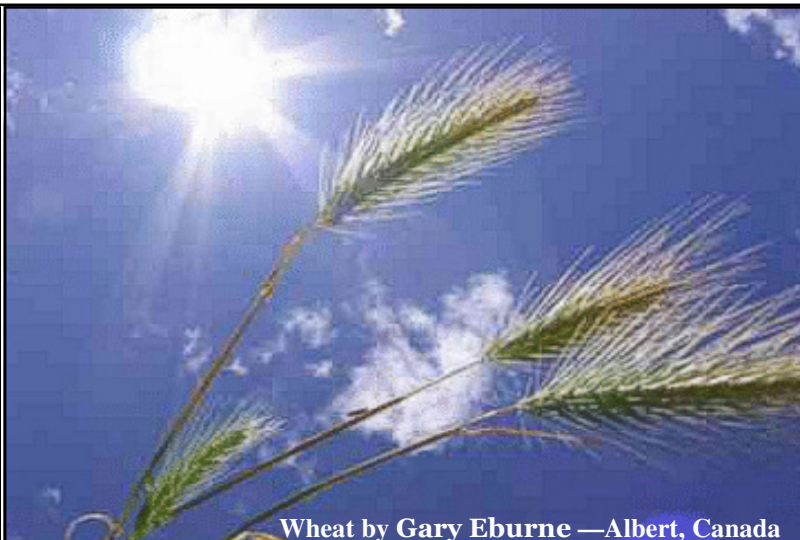
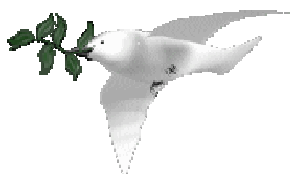
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Wheat by Gary Eburne —Albert, Canada

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