

The Controversial Cauldron

Email Witches Yahoo Group Newsletter



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Issue: Mabon
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Mabon /Autumn Equinox 2008

Written and compiled by George Knowles

*Mabon is upon us, sweet Autumn Equinox
A time of hope and balance, and of harvesting our crops
When day and night are equal, as on Ostara day
We share our food, our hope, our love, our God and Goddess' way.
~Anonymous*

Mabon, the Autumn Equinox is one of the lesser Sabbats of the Witches' calendar. In the Northern Hemisphere it normally falls between the 21st-23rd September, and this year 2008 it lands on the 22nd (in the Southern Hemisphere the equivalent Sabbat is Ostara the Spring Equinox). At Lammass (1st August), we celebrated the first of three autumnal harvests, and now as days and nights become equal and darkness overtakes light, we celebrate the conclusion of 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).

con't →

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Welcome to the Email Witches Newsletter

Group Information

- Members: 694
- Founded: Jul 17, 2002
- Language: English
- Representing:
Argentina, Australia,
Bulgaria, Canada, England,
France, Greenland, Hawaii,
Hungary, India, Jamaica,
Italy, Kuwait, Mexico, New
Zealand, the Netherlands,
Nova Scotia, Panama, the
Philippines, Scotland,
Slovenia, the USA and
Wales.

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 (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 [Controversial.com](http://www.controversial.com) are welcome, so feel free to join us and make new friends.

Best Wishes,
Georges Knowles

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

http://groups.yahoo.com/group/Email_Witches/



The Cornucopia of Mabon



Mabon (con't)

by George Knowles



Wine and cider season.



Dionysus/Bacchus, Greco Roman god of wine and inspiration.



“Typical fruits of this time are apples, grapes, hazelnuts, pears and peaches, all washed down with copious helpings of wine, ale and cider.

While the waning sun still hovers in the sky and crops continuing to be gathered, it's a rush against time to reap in the crops 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 the days become shorter his efforts to complete the harvest are aided by the light of the full moon. 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 apples and grapes are harvested, the grapes are pressed into wine and apples made into cider, both being 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 migration south to warmer climates. Mabon is also the start of the hunting season, a time to check the livestock (herd animals and poultry) ready for the winter slaughter.

*“The reaping is over and the harvest is in,
Summer is finished, another cycle begins”*

A harvest supper known as Harvest Home is traditional at this 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.

Mythologies.

In the mythology of the Sabbats, at Mabon the “Lord of the Harvest” dies in a willing act of sacrifice. He descends into the earth to the Underworld, there to await his return by rebirth of the Goddess. Nature declines and draws back its bounty in readiness for the winter and its time of rest. The Goddess looks at the weakening sun and a fire burns in her womb as she feels the presence of the God, and so prepares for her own journey into the Underworld in search for him again.

Mabon, far from being a term from antiquity when the Autumn Equinox was referred to simply as that “the Autumn Equinox.” It was not until recent times that neo-pagans began referring to it as Mabon. Ronald Hutton, a noted pagan scholar and historian, claims the term was first used by the American author Aidan Kelly during the early 1970's. As a co-founder of the “New Reformed Orthodox Order of the Golden Dawn,” he was drafting copies for his much later book “Crafting the Art of Magic,” published in 1991. Kelly has admitted that he coined the modern term Mabon (and other festival names) from literary sources, in this case Welsh mythology, in his efforts to conceptualise modern pagan rituals.

In Welsh mythology, Mabon is the “divine son” of Modron, the Great Goddess of the Earth and the Otherworld. As the story goes Mabon disappears or is kidnapped three days after his birth (and the light of the sun diminishes), and is held prisoner in the Otherworld (Modron's womb). Where he is held nobody knows, not even Modron, who seeks the help of friends to find him. Eventually aided by King Arthur (from the Arthurian legends), and guided by 5 anciently revered animals (the Raven, Stag, Owl, Eagle and Salmon), they find Mabon at Yule and release him from his prison as the new source of Light.

Mabon (con't)

by George Knowles

In this story of Mabon it is easy to see parallels matching the mythology of the Sabbats, but perhaps more fitting to natural events are the Eleusinian mysteries associated with Demeter and Persephone from Greek mythology. In brief, Demeter is the Goddess of Corn, Grain and the Harvest. One bright sunny day her daughter Persephone was out picking flowers in a meadow, when the earth suddenly opened up and the God Hades dragged her down into the Underworld; there, to become his wife.

Demeter was naturally devastated and for the next nine days looked everywhere for her, but to no avail. In her distress Demeter consulted with the Sun god Apollo, who revealed that her brother Zeus had pledged her daughter to Hades in a secret agreement. Furiously Demeter left Olympus and wandered the Earth to search for her disguised as an old woman. Unable to find her she retired to her temple at Eleusis and cursed the earth so no crops would grow. Zeus became concerned at the resulting famine and sent her a message asking why she was doing this. She responded stating there would be no renewal of the earth's bounty until her daughter was returned.

Zeus sent Hermes into the Underworld to seek the release of Persephone, but Hades was not willing to give up his wife completely. He knew he must obey Zeus however, so he enticed Persephone to eat a pomegranate seed before she returned with Hermes, and by doing so she became eternally bound to Hades and the Underworld. When Demeter learned of this trick she appealed to Zeus who declared that Persephone would henceforth live two thirds of the year with her mother, but the remaining third of the year must be spent with her husband Hades.

So delighted was Demeter to have Persephone back, if only for part of each year, she lifted the curse she had placed on the earth and revealed the Mysteries of nature. She created the Spring Equinox in celebration of her daughter's return, and the Autumn Equinox to reflect the great sorrow she felt when once again her daughter would journey back into the Underworld and be with her husband Hades.

After revealing the Mysteries of nature, Demeter taught the people of Eleusis the principles of agriculture, and these they observed annually. Later these observances were adopted by Athens as official festivals, but under the influence of the Eleusinian priesthood. The most important part of the festival was the initiation of new Priests and Priestesses, which for centuries took place every year in the Telesterion Temple at Eleusis. While the Mysteries were reserved only for the priesthood, the festival was eventually opened to all Greek citizens.

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<http://www.controversial.com>



Hades abducts Persephone
~ by Schiaffino

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.



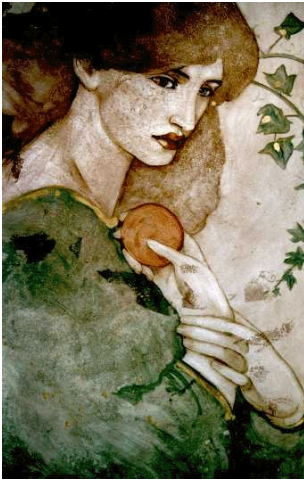
Demeter and Persephone Consecrating Triptolemus



*Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-eaves run.
~To Autumn ~ by John Keats (1820)*

The Tale of Mabon~

as told by Lyric



Variation on a theme of
Rossetti's Persephone by
Anonymous

The story of Mabon and his mother, Modron has been passed down to us from the ancient Celtic oral tradition. Mabon ap Modron, meaning "Great Son of the Great Mother", is also known as the Young Son, Divine Youth, or Son of Light. Modron, his mother, is the Great Goddess, Guardian of the Otherworld, Protector, and Healer. She is Mother Earth herself. Just as in September, the Autumnal Equinox marks a time of change, so too, does the birth of Mabon.

From the moment of the Autumnal Equinox, the Sun's strength diminishes, until the moment of the Winter Solstice in December, when the Sun grows stronger and the days once again become longer than the nights.

As the Sun disappears, so does Mabon, who was taken as an infant from his mother when he was only three nights old. Although his whereabouts are veiled in mystery, Mabon is eventually freed. With his freedom he gains the wisdom and memory of the most ancient of living animals - the Blackbird, the Stag, the Owl, the Eagle, and the Salmon - with the additional gift of perpetual youth and strength.

All along, Mabon has been a happy captive, dwelling in Annwn, the magickal Otherworld, Modron's Womb. It is a nurturing and enchanted place, but also one filled with challenges. Only in so powerful a place of renewable strength can Mabon be reborn as the Son of Light. As the light fades so does Mabon's light, as it has been drawn into the Earth, gathering strength and wisdom enough to become a new seed, awaiting re-birth and the future.



The History of Thanksgiving ~

by Lil

When Americans think about Thanksgiving, we usually think about Pilgrims, turkeys, the Mayflower, and a shared feast with the Native Americans. Many of us also think of large family gatherings, a huge supper, and football watched through a tryptophan-induced haze. As Pagans, we think about thanksgiving in many different ways. There is, of course, the traditional American Thanksgiving, but there are other traditions of thanksgiving as well. Most are related to a harvest or a turning of a season, a thank you to Mother Earth for her bounty. It is a human tradition, regardless of race, religion or culture, to give thanks. Welcome to a celebration of Human Tradition, and the glue that binds it, Thanksgiving.

Way back in the 1600's the Church of England was having problems. The Church of England wanted to stay as it was, its own entity with many lingering remnants of Catholicism still incorporated within the liturgy. There were two factions, the Separatists and the Puritans. The Puritans thought that the church was salvageable and still wanted to work with it to blend their beliefs with the Church's, to 'purify' it. The Separatists, however, didn't believe anything was salvageable and wanted to split off into their own church. Unfortunately, back in that day, it was treason to do so.

The Separatists pushed their agenda and the Crown pushed back. Queen Mary, also known as "Bloody Mary," wanted England to return to Catholicism and persecuted the Puritans and Separatists severely. Queen Elizabeth strove to unify England and tried to be accepting of the different religious views, but she liked her church just the way it was and although



Canterbury Cathedral

The History of Thanksgiving ~ con't

by Lil

she did not actively seek out the dissenters, she did nothing to change the laws.

The persecution fed the fires of righteous indignation and martyrdom. The Separatists had no option but to leave. They went to Holland for several years where they enjoyed their religious freedom. Then the new world became an option in a commercial venture.

These Separatists did what they needed to do. They commissioned two ships, the Mayflower and the Speedwell. The Speedwell ended up being a leaky ship and did not make the journey. After setting sail, both ships turned back to England where they left the Speedwell behind. All the people crammed into The Mayflower and they came to the shores of North America late in the fall of 1620. The 66-day journey was fraught with storms. They ended up landing way north of where they were aiming. Their settlement was supposed to be in Northern Virginia.

They arrived at Cape Cod in November to find they were totally alone. They did what they had to do to survive, but by the time spring arrived, only half of the Pilgrims had survived the harsh winter. It looked like the new settlement may be doomed.

It was in March of the New Year that they met the Native Americans. Samoset, a member of the Abenaki tribe from Maine, had learned to speak a bit of English from British fishermen. He walked into the camp and welcomed the Pilgrims in their own language. Later he introduced them to Massasoit, chief of one of the local Wampanoag tribes. It was with Massasoit a treaty was struck and for as long as he lived, the Native Americans and settlers lived in peace.

The Native Americans taught the settlers how to fish, plant corn and hunt game. In the fall, when the harvest was brought in, the settlers and the Native Americans held a three-day feast to give thanks to their respective gods for their bounty. By English accounts, they gave thanks "according to English custom," a custom handed down over the ages from ancient Pagans. By Wampanoag accounts, the feast was one of four thanksgiving celebrations held by that tribe over the course of a year, each coinciding with the changing of seasons or a harvest.

The Wampanoag people have lived in southern New England since the glaciers began to recede northward, at least 10,000 years. Wampanoag means, "Eastern People," or "People of the first light," because they live so far east and see the sunrise before those who live more inland. By the time settlers came, they

were fishermen, hunters, and planters. They grew the crops known as The Three Sisters, corn, beans and squash. Every day was a day of thanksgiving for them.

Although every day was a day of thanksgiving, the Wampanoag honored four major Thanksgiving celebrations. One was late in winter, a thanksgiving for the maple trees that give up their sweet sap to make syrup and sugar.

Summer is celebrated with Strawberry Thanksgiving when the first wild berry ripens. This is a favorite. Legend has it that there were two children, orphans who lived with their grandmother. They were very close to each other and were constant companions. One day, though, they argued. The boy stormed off to the west, in the direction of the sun, and the girl went east.

After a time, they both began to feel bad and asked the Great Spirit for forgiveness and a way back to each other. The little girl asked for something to take back with her to show her brother that she was sorry. She looked down, and there amidst the straw and grasses were red berries. She filled her basket with them and brought them to her brother. They ate them in peace together.

Thus the thanksgiving of the strawberries is also about being thankful for forgiveness and peace. As the celebration is held today, no one comes to the party with a grudge against another. The strawberry is a symbol of a peace offering.

The Green Bean and Green Corn harvests come at midsummer. When the people found that they could eat the beans green as well as ripe, they found another reason to thank the Great Spirit. At this time shellfish were a main staple of the diet so a clambake with shellfish and green beans became the tradition.



The First Thanksgiving, reproduction of J.L.G. Ferris painting



© Stapleton Collection/Corbis

"By English accounts, they gave thanks 'according to English custom,' a custom handed down over the ages from ancient Pagans."

The Mayflower and Speedwell in Dartmouth Harbor, by Leslie Wilcox.





The History of Thanksgiving ~ con't

by Lil



Chinese Moon Cake

The last thanksgiving celebrated by the people coincided with the traditional Thanksgiving we know today. It's the only one the Wampanoag told the settlers about. For them it was a celebration of their harvest, the fields, woods and meadows.

Meanwhile, on the other side of the globe, the Chinese were celebrating Autumn Moon Festival, or Mid-Autumn Festival. It is one of two important festivals on the Chinese calendar, the other being the Chinese New Year. Autumn Moon festival goes back over 3,000 years and is a celebration of the harvest, abundance and togetherness.

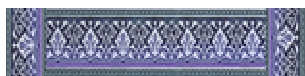
Mid -Autumn Festival is celebrated on the 15th day of the 8th lunar month on the Chinese calendar, which coincides with the autumn equinox on the solar calendar. Traditional activities for this festival are eating moon cakes in the moonlight, carrying brightly lit lanterns, a dragon dance, and lighting incense to the moon goddess, Chang'e.

In Israel, the Sukkoth, an autumn festival of thanksgiving has been celebrated for over 3,000 years. In Korea, Chuseok is celebrated on the same day as the Autumn Moon Festival. This is when Koreans return to their ancestral homes and pay respect to their ancestors who provide rice and fruits. They visit ancestral tombs and offer food and drink to their ancestors.

The list of Thanksgiving traditions goes on and on. As human beings, we give thanks to Mother Earth, the Great Spirit, the God of Abraham, Allah, Buddha, the Goddess.... one does not have to be American to celebrate it. One does not have to be Pagan. One just needs to be a human being with a heart full of gratitude.

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Lil lives in northeast Ohio and is a solitary pagan witch. She has been a member of EW since 2005.



“As human beings, we give thanks to Mother Earth, the Great Spirit, the God of Abraham, Allah, Buddha, the Goddess.... one does not have to be American to celebrate [Thanksgiving].”

**Cornucopia**

Original Art by

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(EW member since 2003)



Legacy~ On Gratitude

by Ardriana

As the green leaves turn to gold and the purple grapes ripen on the vine, the heart of the earth turns from toil to gratitude for the abundance of life. We who live far from the harvested earth must feel the changing season in our hearts, if not in our hands. At this second of our three harvest festivals we celebrate in thanksgiving.

The Earth gives to us without promise of reward or without fear of punishment. She does not see her gifts as having a price. She gives abundantly and without thought. The Sun warms the Earth without knowledge of his contribution to her. Life gives to life with no knowledge of self or repayment. So why do we make gratitude a payment for this living generosity and why do we harvest guilt if we do not?

Do the Earth and Sun need my gratitude? Or is the giving enough, unto itself. Do the gods give their blessings for the sake of my gratitude? Must I stroke their fragile egos or hurt their tiny feelings by bowing and scraping in dutiful thanksgiving? Isn't the duty of gratitude demeaning to both the gods and to us?

So why should we be grateful at all, if it should not be a duty-bound acknowledgement of the generosity of others? If the Earth gives for the joy of giving, then her gifts come with no strings and she doesn't want repayment. Her payment is the hope that her gift serves us well and brings us ease or joy. SHE is grateful for every opportunity she has for giving. For us to be grateful to the Earth who is a miracle of existence, does what for her magnificence, exactly? To be grateful to the great and glorious Sun does nothing for him. So if not to the spirits of nature or to the gods, whom does gratitude serve?

Our ability to experience gratitude is not a gift TO the gods. It is a gift FROM the gods. Living a life of gratitude means you will never know vanity...because you know exactly how much of your life that you do not author. Living a life of gratitude means you will never know false pride in accomplishing that which you DO author, because you know exactly how much you have worked to identify and use the gifts that you have been given.

I reject the relatively new philosophy that we pre-choose our incarnation because it doesn't function well in my

tradition of gratitude. I did not author the beauty of the world, the joy of my kindred or the gifts I brought with me to this incarnation. Thus, I am acutely aware of the caprice of my birth; to my people, in this country, at this time. I take no credit for my personal beauty, intelligence or talents. It was Fortune that placed me in the arms of my beautiful Mother. It was Fortune that arranged my genes to produce the combination of elements that is mind and body. It is Fortune that gave me experiences from which I used my gift to learn lessons to grow and become a better me. Even being aware of Fortune's role in my life brings gratitude to my life.

If I cannot take credit for most of the reasons for who I am, then I must live a life of gratitude for e-v-e-r-y-t-h-i-n-g. I am grateful for my senses to experience the beauty of the world. I am grateful for my instincts to experience beyond my senses. I am grateful for a curious mind to appreciate the complexity of life and a generous heart to appreciate the simplicity of what's important. I am grateful for all the opportunities I've had to fly and fall and get up again. I'm grateful to the red-gold sunset that I chased riding a wild stallion, to the ocean I swam in on a warm summer's day, to the balmy evening under which I name the constellations and to the purple sky under which I danced. They do not need my gratitude. But I do. I need to REMEMBER with acute awareness sharing the perfect kiss, listening to a tiny heartbeat and meeting myself in a stranger's eyes. I must live in gratitude for all that I can see, hear and touch...and be in awe of those things I cannot touch; love, wisdom, spirit and transcendence.

The heart of gratitude is joy, not obligation. Gratitude cannot be a moment in time or it is not gratitude. It cannot be a dutiful song of praise, sung to the gods once a year, once a month or once a week for either their favors or their mercies. They don't need it at all and we need it so much more often. So, let our gratitude awaken to every opportunity to celebrate the endless giving and beauty of life. For our gifts are too plentiful to number and gratitude should rejoice in every breath we take.

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Ardriana Cahill lives in Western USA and is a Hereditary Witch, den of Clan McCormick.

*Once more the liberal year laughs out
O'er richer stores than gems or gold:
Once more with harvest song and shout
Is nature's boldest triumph told.
~ John Greenleaf Whittier*



On The Rocks ~ Zebra Marble

by Pari

In celebration of the Autumnal Equinox, when day and night are of equal length, I bring to you Zebra Marble -- a most appropriate stone for the season.



Zebra Marble

Photo by: **Patricia J. Martin**
(EW member since 2003)

Half black and half white, Zebra Marble is as its name implies - a Marble whose rhythmic pattern resembles that of the zebra. Through its own image, this striking stone is all about balance. Like the Yin/Yang of Chinese philosophy, Zebra Marble also possesses balanced qualities of opposing, yet complimentary, forces. When combined, a dynamic equilibrium is reached, and we are then awakened to the prospect of eternity and how it relates to the turn of the Wheel. Yet, another symbol of the two that are one.

Bodily, Marble is a metamorphosed Limestone, meaning re-crystallized to contain a Calcite and/or Dolomite; the Zebra variety is dolomitic. The various colors and patterns associated with the various types of Marble are produced by additional impurities incorporated at time of development. Marble is originally created when countless billions of sea creatures' shells are heated, compacted, and transformed within the earth. Spiritually, many religious buildings, sculptures and artifacts have been constructed of Marble, as it was looked upon as a living stone. From Mabon to Samhain (or Ostara to Beltane in the Southern Hemisphere), the veil between the worlds begins to thin, and Marble of any kind can be an aid in connecting with our ancestors and the Old Ones. Zebra Marble, specifically, allows for a nice balance and keeps the connection and flow between here and there nicely opened. And for the mind, mystical and mundane knowledge is likely to come through this vibrant and animated stone. Because of its oceanic origins, Zebra Marble is a stone related to the directions of West and East, and carries all the Water and Air Element properties. It is also helpful in dream recall.

Being a Water and an Air Element stone, Zebra Marble is both grounding and ethereal at the same time - the deep dark black indicative of the mysterious ocean depths or Underworld, and the stark white indicative of the Celestial realm - creating an excellent balance between earth, sea and sky, catering to body, spirit and mind. Zebra Marble always shows both sides of any issue.

This dualistic stone has the wonderful ability of bringing optimism when things look bleak. It is a happy stone with an enlightening quality, and can relieve sorrow. It reminds us that to every dark there is a light. In fact, the name Marble derives from the Latin "Marmar" taken from the Greek root "Marmarous" meaning "shining". This stone encourages a 'glass is half full' attitude. It helps us go beyond all that is superficial, and delves into the true character and nature of things. It allows us to recognize and acknowledge the spirit within, by teaching that the energies associated with love are boundless and eternal.

This type of Marble bestows guidance on how to take control of our thoughts, and how to keep them pure. In doing this, it assists in the manifestation of our hopes, dreams and desires. Zebra Marble brings coveted clarity in its black and white representation of things; its lucid simplicity resulting in a peaceful serene feeling, thus enhancing a state of mind which provides for a



Natural Marble Bridge

Photo by: **Patricia J. Martin**
(EW member since 2003)



On The Rocks ~ con't

by Pari



more natural access to deeper states of meditation. It also aids in tantric practices. When used in tarot stone divination, Zebra Marble is often used to represent the Death card, signifying transitional endings to new beginnings.

Those of us who use Zebra Marble will find ourselves increasingly equipped with heightened instinct and intuition, and thus a greater compassion for and understanding of the world around us. We will also find that this dualistic stone affords us both physical and emotional protection throughout the bleak winter months. In health related issues, Zebra Marble is good for aiding with disorders of the skeletal system and bone marrow. It is also said to be useful in fighting viral and bacterial infection, and in the easing of sore throats.

Marble is soft and can be easily broken or, over a period of time, dissolved. With any of these beauties, care should be taken when cleansing the stone.

A blessed Equinox to all! And may all your days be "marmarous"!

© Patricia J. Martin, August 22, 2008

Sources:

"Love Is In the Earth" by Melody

"Peterson Field Guide: Rocks and Minerals" by Pough

<http://www.cst.cmich.edu/users/dietr/rv/marble.html>

<http://www.tarotstones.com>

Zebra Marble, itself.

Pari lives in the northeast USA and is a shamanic witch. She has been a member of EW since 2003.



Marble Dam

Photo by: **Patricia J. Martin**
(EW member since 2003)



Mabon Meditation~

by Lyric



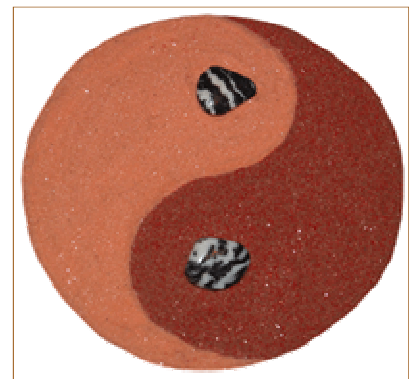
lose your eyes and take three deep breaths.

Now is the time of Mabon, a time of balance, when night and day are once again equals. It is a time of waxing night and waning light. Mabon dwells in the Mother's Womb and it is a place of cultivation, regeneration and a time of introspection.

Take a moment to take stock of the events of the past year's celebrations, tragedies and choices. We cannot change the past, but we can reap the wisdom of the lessons learned by these events. Not only is Mabon a time to evaluate the past, it is also a time to plant the seeds of the future. Focus on the gifts of understanding, wisdom, insight and intuition brought to us by the lessons of the past. Lessons which inspire and illuminate the path toward the future.

In your mind, begin to plant the seeds of the future; a future filled with hopes and dreams that would not shine as brightly had it not been for the tragedies and challenges of the past. Take a few minutes to focus intently on your bright and shining future

Then, take three deep breaths and when you are ready, open your eyes.



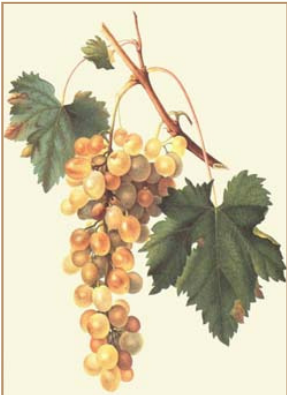
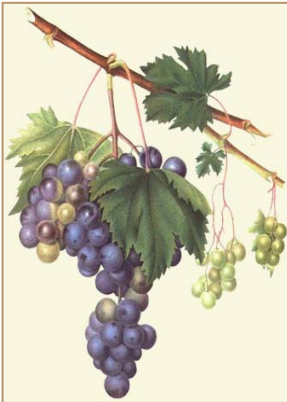
Zebra Marble Yin/Yang

Photo by: **Patricia J. Martin**
(EW member since 2003)



The Vine~

Written and Compiled by George Knowles



The Vine tree or Grapevine (*Vitis vinifera*), is more of a shrub-plant than a tree, but nevertheless, is one of the oldest cultivated plants in the world. The Vine is sacred to Wicca and Witchcraft, and, of old, was revered by our ancestors. According to the Celtic Tree calendar, the Vine represents the tenth month of the year (2nd Sept – 29th Sept), which includes the celebration of Mabon - the Autumn Equinox on the 22nd Sept.

Vines are long-living plants which have been used by man since civilization began. Likewise wines produced from its grapes have long been a universal drink. Fossilized leaves, seeds and stems of the grapevine, some of them thought to be 40 million years old, have been found in ancient sites throughout the Northern Hemisphere. In the Burgundy region of France, there are still living vines said to be over 400 years old.

From about 2400 BC, Egyptian hieroglyphics have been discovered showing details of grape vines and how to make wine, while some seeds from the grape have been found entombed with Egyptian mummies that are at least 3,000 years old. Wine making was also a regular part of ancient Greek life and Pliny the Elder speaks of a vine supposedly 600 years old. In old Christian scriptures, Noah is said to have planted a vineyard after he survived the great flood.

Left untended, vines will grow up to 15 meters high and climb anything that will give them support. Their leaves are generally large, flat and lobed. Depending on the species, they can be deeply indented or have jagged serrated margins. Their flowers normally appear in May/June, followed by bunches of grapes that ripen in the late summer Aug/Sept. The grape consists of a watery fleshy pulp containing

stones encased in a soft skin. They can be differentiated by their skin colors, which range from pale green to yellow, to red, to purple or black, while some varieties are even multicolored.

Mythology and Folklore:

In Greek mythology, Dionysus is the God of Nature, Wine and Inspiration (and was later personified by the Romans, as Bacchus). As Dionysus, he was also the God of Ecstasy and his cult was one of the mystery religions. He produced the first wine from the vine, and spread the art of tending grapes, but he also had a dual side to his nature. On the one hand, he could bring about joy and divine ecstasy; on the other hand, he brought brutal unthinking rage, both reflecting the nature of wine.

Zeus and Semele - Dionysus - Hera:

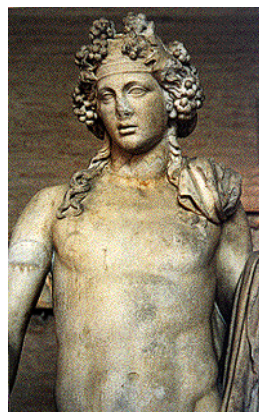
Dionysus is the son of Zeus and Semele (a mortal woman), the only god to have a mortal parent. In legend, Zeus came invisibly to Semele in the night, and she knew him only as a divine presence. Semele was pleased to be a lover of a god even though she did not know which god he was. However, word of his infidelity soon spread to his wife, Hera, who quickly learned who Semele was. Hera confronted Semele in disguise, and convinced Semele to seek out who her lover really was. When Zeus next went to visit Semele, she made him promise and swear on the River Styx that he would reveal himself.

Zeus knew that Semele was mortal and what would follow, but he was madly in love with her and couldn't refuse. When he did reveal his true form, Semele was instantly struck dead by the sight of his glory. Zeus then took their unborn child, Dionysus, from her womb and sewed him into his thigh till he was ready to be born. After due time, Dionysus emerged from his thigh perfectly formed and became known as "the twice-born god," associated with death and rebirth.

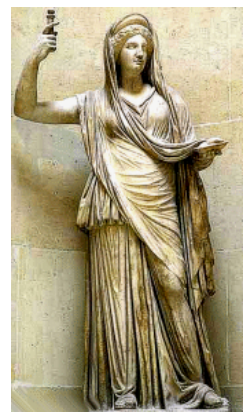
"Fossilized leaves, seeds and stems of the grapevine, some of them thought to be 40-million years old, have been found in ancient sites throughout the Northern Hemisphere."



Zeus and Semele



Dionysus



Hera

The Vine~ con't

by George Knowles

Dionysus wandered the world accompanied by Maenads, actively encouraging his cult and his worship. The Maenads were wild women often flush with wine, their shoulders draped with fawn skins and carrying hazel wands tipped with pine cones. While other gods erected temples for their worship, the followers of Dionysus worshipped in the woods. There, they worked themselves up into states of frenzied ecstasy and any animals they happened upon would be rip apart in sacrifice, their flesh eaten raw.



As his Roman counterpart Bacchus, he was accompanied by Bacchantes (similar to Maenads), a band of female worshippers who also roamed the forests dressed in animal skins. The main festival of Bacchus, called the Bacchanalia or festival of Bacchus, was celebrated every third year, but the worshippers were judged so immoral that in 186 BC the Roman Senate suppressed it and all the Bacchanal sanctuaries were destroyed. The religion, however, continued and was popular in the first century. By the second century in Frascati,

Italy, a group of about 500 bacchanals are known to have worshiped, and presumably other such groups also existed.

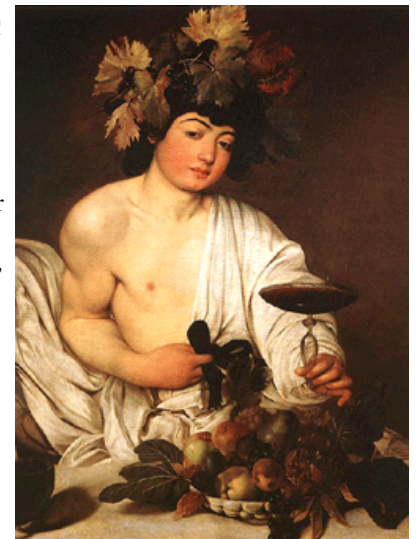
Bacchus:

Dionysus is often seen depicted holding a chalice and a wand called a *thyrsus*. In Wicca/Witchcraft a wand or thyrsus is representative of the phallus of the god and the chalice as the womb of the goddess. Therefore, the thyrsus is the stalk and the seed, representing the shaft of the phallus and the semen issuing forth. The chalice is the opening to the womb and the lining of the uterus. As Dionysus holds them both, he is symbolically displaying the male and female polarities that, when united, will bring forth a Child of Promise.

In art, he is depicted wearing a crown of ivy and covered in vine leaves and grapes, a typical image of the Green Man. As Bacchus, he is bearded, more rustic in appearance and sporting horns, a typical image of the Horned God. So, here we have in this one god, all the aspects of a traditional Wiccan God. He is a God of Nature, a God of the Underworld, a Son/Lover of the Goddess, a Child of Promise, the Lord of the Harvest, the Green Man and the Horned God, all combined into one.

con't →

“...he was accompanied by Bacchantes (similar to Maenads) a band of female worshippers who also roamed the forests dressed in animal skins.”



Bacchus
By Caravaggio



Bacchus
By da Vinci

The Vine~ con't

by George Knowles

Magical Uses:



In ancient Rome, pictures of grapes were drawn or painted onto garden walls as a symbol to ensure fertility in the garden. Eating grapes or raisins increases fertility, as well as strengthens mental powers. Placing grapes on the altar when conducting money spells will help aid in money matters. During ritual, wine is contained in the chalice and placed on the altar where it is used for many purposes. It can be used to symbolize the blood of the Goddess as a life-giving essence or to symbolize the blood of the sacrificed God after his death and during his resurrection.

“Music is the wine which inspires one to new generative processes, and I am Bacchus who presses out this glorious wine for mankind and makes them spiritually drunken” ~ Ludwig van Beethoven.



Intoxication through wine was thought to be the possession of the self by the spirit of the vine. So, to drink the wine during ritual was to merge oneself with the spirit of the vine and thus with nature. The wine is also used for toasting the deities in welcome and offerings of libations. It is a common practice in modern Wicca/Witchcraft to celebrate the conclusion of a full moon or Sabbat meeting with a meal of cakes and wine.

Medicinal Uses:

The restorative and regenerative powers of the grape were known, used and revered by the ancients of old. The warming and fattening properties of grape sugar acts rapidly to increase strength and repair waste in fevers. It is, however, unsuitable for gouty or inflammatory conditions. The seeds and leaves of the grapevine are astringent, and were used to stop hemorrhages and bleeding. When boiled with Barley-meal and made into a poultice, it was also used to cool the inflammation of wounds.

The sap of the vine taken from a cutting that has been bled is often called a “tear” or “lachrymal” and makes an excellent lotion for weak eyes and specks on the cornea. Ripe grapes eaten in quantity can influence the kidneys to produce a free flow of urine, but care should be taken when feeding excitable and full-blooded people, for too much could cause palpitations. In cases of anemia and in states of exhaustion, the restorative powers

of the grape are in a class of their own, especially when taken in conjunction with a light and nourishing diet. In cases of smallpox, grapes have proved useful owing to their bi-tartrate of potash content. They are also said to benefit neuralgia and sleeplessness. The cuttings of the vine in spring can be boiled with sugar into a syrup; taken inwardly, this is an excellent stay for women’s longings when pregnant.

Raisins are demulcent, nutritive and slightly laxative. In modern days, the juice of the grape is rich in vitamins and minerals, particularly iron. It provides a source of instant energy and is ideal for convalescents. Fasting using grape juice and grapes has been recommended by naturopaths to clear many chronic diseases. Grapes are also used in the treatment of poor blood circulation, low blood pressure, anaemia, liver congestion and skin blemishes. The ash of burnt vines was used as toothpaste to make discolored teeth white again.

Through its associations with nature, the underworld and reincarnation, the deities associated with vines are numerous, and include: Dionysus, Bacchus, Hathor, Venus, Branwen, Aphrodite, Apollo and Osiris. Its gender is feminine. Its planet ruler is the Moon with strong associations to the Sun. Its element is Water and its magickal associations promote: Fertility, Death and Rebirth, Garden Magick, Money, Mental powers and Freedom of Spirit.

Astrologically, vine people (i.e. those born in the month of August), love tradition and are happiest returning to places where they have had good times in the past. They are sensual in nature but will defend their ideas and ideals passionately. They care about nature and the preservation of the natural world, and will risk life and limb in its defense.

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George Knowles lives in the UK and is a student of history pertaining to witchcraft.
<http://www.controversial.com>

Sources:

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Encyclopedia of Wicca & Witchcraft - By Raven Grimassi.
The Encyclopedia of Witches & Witchcraft - By Rosemary Ellen Guiley.
Tree Wisdom (The definitive guidebook to the myth, folklore and healing power of Trees) - By Jacqueline Memory Paterson.
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Microsoft Encarta Encyclopedia (CD cassette).
Plus many websites to numerous too mention.



Youth is like spring, an over praised season more remarkable for biting winds than genial breezes. Autumn is the mellower season, and what we lose in flowers we more than gain in fruits. ~ Samuel Butler

The Bard's Corner

Terra, to the Dying Sun

*Like winter's kiss without the hope of spring,
The thought of what must come betrays my heart,
And cloaks the happiness my soul would sing,
With visions of the time when we must part.*

*Too soon my tears the coming day will stain,
When I must live without thy soft caress.
Yet I would shed this gloom and not profane
The sweetness of the love we now possess.*

*So come, my dearest love, while winter nips
The long year's end. I shall not vainly weep.
For now thy kisses warm upon my lips
Will stay the cold and kindle sorrow's sleep.*

*And I shall to these treasured moments cling,
Till once again we share the hope of spring.*



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<http://www.ardrianacahill.com>



Animal Wisdom ~ Kangaroo

by Pari

Even as Summer lingers and we are still busily "making hay" while we can, there is an unmistakable coolness in the air. Feeling the impending shift of seasons, our thoughts begin to bound ahead as we prepare to leap forward on the Wheel. For the Autumnal Equinox, where day and night are equally balanced, meet Kangaroo - a most endearing animal who is all about balance, strength, agility and movement, and who can help us make any transition with ease!

learn this lesson, movement becomes freer and fortunate synchronicity increases. Marsupials also carry the totemic message that what we have given "birth" to in the 9 months from the new dawning light of Yule to Mabon may still need nurturing and attention in order to bring it forth to full manifestation. It is time to work on completing our "harvest" and we will generally have about 5 weeks in which to do it. It is also time to experience all that our efforts have produced. With Kangaroo medicine, we are given the added spring in our step to finish

gathering all we've "planted" along the way. Kangaroos never move backward (they can't), and always move forward. As a Totem, they insist we move forward too, and will prompt us to only steer ahead toward a brighter future.

The kangaroo's very long, large tail is a symbol of power, strength and sexuality, and is used for balance, propulsion, or leverage during self-defense. Although normally a

somewhat sedentary and peaceful animal, when threatened or vying for females, the kangaroo may use its sharp claws in a "boxing" manner or lean back on his tail for balance as he kicks his powerful legs and claws at an opponent. In this, Kangaroo Spirit lends protection to our lives, bringing a peaceful calm and confidence as we prepare to move through the dark half of the year or as we attempt to move beyond our present circumstances or level of comfort in any stressful situation. Though the unknown may seem scary or insurmountable at the moment, we should fear not, for this Totem pushes us to hop and leap happily into our future without looking back.

Known for their strength and agility, at full speed the adult Grey can reach 40 mph, and can jump a distance of approximately 25 feet in one hop and about 9 feet high. The

According to legend, when the explorer Captain Cook first laid eyes on a kangaroo in Australia, he'd questioned the aborigines as to the name of this strange creature. Their response was, "Kangaroo," which translated means, "I do not understand you." <grin> A more likely story, though, was recorded by Joseph Banks in 1770, who stated that the word "kangaroo" derived from the Australian Aboriginal word "gangurru," depicting the grey kangaroo.

The 57 known species of Kangaroo - the most common being the Red and the Grey - are unique to Australia and a few surrounding islands. They are all herbivorous, nocturnal mammals. The male kangaroo is often called a boomer, buck or jack; the female, a doe or jill; and the baby, a joey. A group of kangaroos is called a mob. They are one of only a few animals in the world for whom hopping is their only form of locomotion. As a totem, this indicates that any movement we make in our lives will be accomplished through unique and different approaches. Fresh perspectives will most likely open up to us.

The kangaroo is a marsupial, meaning the female possesses a frontal pouch where her prematurely birthed offspring complete their development outside the womb. The joey is blind at birth, and must instinctively ascend their mother's belly and crawl into the nurturing pouch. With Kangaroo Totem we also will find our natural instincts enhanced, and we must let them guide us as our over-analyzing tendencies diminish. When we



"...meet Kangaroo - a most endearing animal who is all about balance, strength, agility and movement..."

Animal Wisdom ~ Kangaroo (con't)

by Pari

tendons in their large back legs stretch and then snap back, providing lift-off. When traveling great distances, as momentum builds, the kangaroo expends less and less energy through use of these special tendons instead of using muscle. Their breathing is also very efficient. In mimicking Kangaroo's forward momentum skills and in remembering to take a breath during times of stress, we can learn how to progress and achieve our goals quickly, and our stamina during will be greatly enhanced as we leap over any obstacles in our way. Kangaroo prompts us to simply use the knowledge from our past to keep us from repeating mistakes, but will never allow us to live in the past. They teach that it is best to look ahead and to keep moving forward toward our hopes and dreams.

Kangaroos live in semi-arid desert areas. They have the ability to go for long periods of time without water. Anyone with Kangaroo Totem will be taught how to survive during lean or harsh times and will gain the stamina and strength to ultimately reach their goals.

Kangaroo brings intuitive and decisive movement, adventure, strength, agility and balance to one's life. They will help us move toward all that we need. Their medicine can help us shed what is no longer beneficial, and will bring endurance and nourishment through any tough, dry "desert" times, as they lead us to our greatest desires and potential.

May you bound effortlessly into all you desire!

© Patricia J. Martin

Pari lives on the East Coast, USA, and is a Shamanic Witch. She has been a member of EW since 2003.

<http://www.peacefulpaths.com>

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Kangaroo, himself.



"Kangaroo prompts us to simply use the knowledge from our past to keep us from repeating mistakes, but will never allow us to live in the past. They teach that it is best to look ahead and to keep moving forward toward our hopes and dreams."



www.kangaroo.com





Gods' Eyes

by TJ

Directions For Making Gods' Eyes:



You will need approximately....

- Several different colors of yarn, or whatever color you want to use.
- Two Popsicle sticks or tree sticks, or anything that can form a cross.
- Glue. A hot glue gun is very helpful.
- Scissors.
- Anything you want to add to the finished God's Eye to decorate.



How to make:

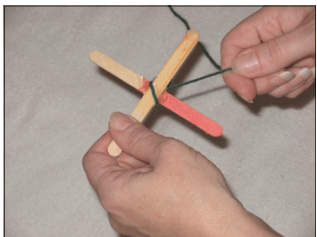
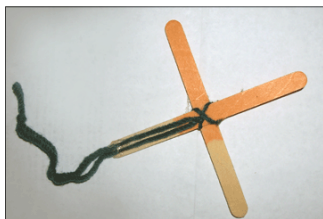
1. Glue your two sticks together to form a cross.

2. Take your yarn and tie it in a knot in the middle where the two sticks cross.

Wrap around one stick, then up, over and around the next stick, and up, over and around the next and so on.

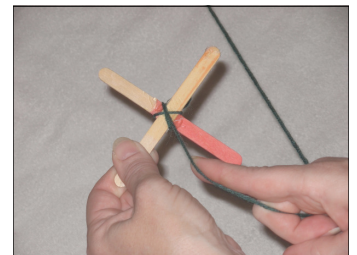
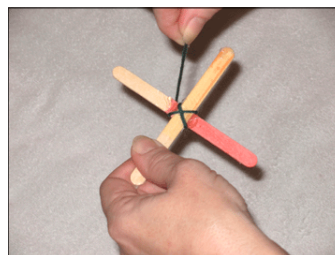
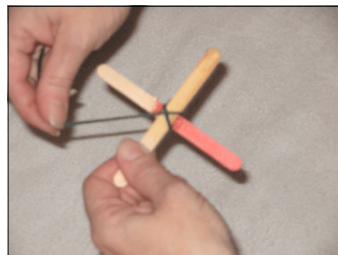
(I have chosen colors that for me represent the second harvest.)

3. When you want to change colors, just cut and tie the next color yarn to the first and



God's Eyes

Photos by: Tamra L. Consbruck
(EW member since 2003)



Gods of Fruitfulness

*Goddesses: grape, berry, fruit or vegetable Goddesses; **Ceres** (Roman), **Demeter** (Greek), **Harmonia** (Greek), **Ma'at** (Egyptian), **Modron** (Welsh), **Nikkal** (Canaanite), **Pomona** (Roman), **Persephone** (Greek), **Proserpina** (Roman), **Rennutet** (Egyptian), **Tailltiu** (Welsh Scottish)*

*Gods: of wine, fruit or harvest Gods; **Bacchus** (Roman), **Dionysus** (Greek), **The Great Horned God** (European), **Hauran** (Canaanite), **Hermes** (Greek), **Iacchus** (Greek), **Mabon** (Welsh), **Shai** (Egyptian), **Vertumnus** (Roman), **Yerikh** (Canaanite) **Osiris** (Egyptian), **Triptolemus** (Greek), **Adonis** (Greek)*

Gods' Eyes ~ con't

by TJ

continue to wrap up, over and around.

4. Repeat steps two and three until your cross is fully covered and your Eye is complete.

5. Make a loop with the end of the string and glue it to back top of your Eye.

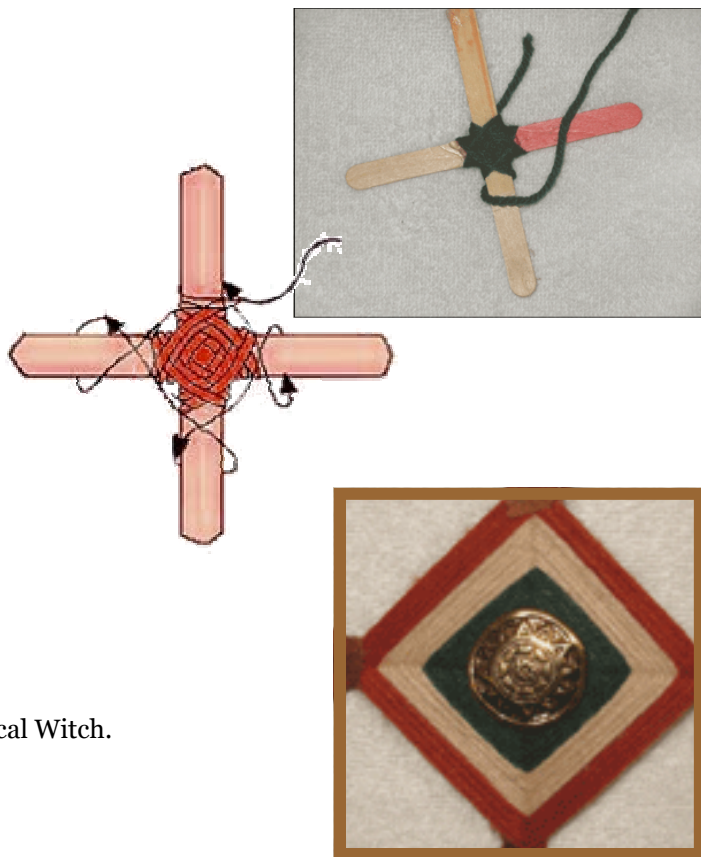
Now here is the fun part.

You can decorate your Eye with anything you want.
i.e. silk flowers and leaves, shells, small gem stones etc.
Have fun with it! Make it your own!

Now the only thing you have left to do is hang it up above your altar or anywhere else you want to hang it!

Enjoy!!

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TJ lives on the West Coast, USA and is an Eclectic/Metaphysical Witch.
She has been an EW member since 2003.



Gods' Eyes are a primitive form of star weaving, reminiscent of a dreamcatcher.

Also known as Ojo de Dios, they are commonly made by the Huichole Indians of Mexico, but are also found in Africa and in the East. Originally, they symbolized the loving eye of a watchful god and they were often made for each year of a child's life up to age five.

The Pagan Kitchen

by OwlOak



I am excited that for this issue there are two menu submissions. One from our EW Group member Aurora Rose - Laura's Zucchini Bread, and one from our Senior Moderator PariJuste - Pari's Potato Salad....a delicious salad which both George and I have had the pleasure of enjoying. I'm looking forward to trying Laura's recipe on the trip to Ohio for the Earth Warriors Festival.

Although it seems like just yesterday we were celebrating the First Harvest, Lammas, here we are now celebrating the Second Harvest, Mabon. As you all know by now, my philosophy on Sabbat food is one which utilizes the foods of the season and locale, and which reflect the intent of the Sabbat. At this time here in New England the weather has started to turn with cool dew-filled mornings, warm days, and chilly nights that tell us that Fall is here and Winter is not far off. The gardens are all but finished producing the spring and summer crops leaving only the frost-hearty cole (cabbage, kale, etc.) and root crops left to tend, thus setting the theme for this Sabbat menu.

So, with that in mind, on to the feast...

Mabon Harvest

Original Art by
© 2008 PunkyRabbit
(EW member since 2007)

The cool mornings are perfect for warm comfort foods and one of my favorite comfort foods is good old SOS. Now, those of you with a military background will immediately recognize this moniker for:

Creamed Chipped Beef on Toast

Ingredients:

- 1 Stick of Butter
- 1 Medium onion - chopped
- 2 Cups of Milk - preferably whole milk
- 4 Tablespoons of Flour
- 1 package of Chipped Beef
- 1 splash of Worcestershire Sauce (optional)

Directions:

In a large saucepan melt the butter over low heat. Remove the chipped beef from the package and rinse the slices under cold water to remove some of the salt. Stack them up and cut into 1/2" pieces, then add to the saucepan.

Add the chopped onion and cook until translucent and not brown.

When the onions are done add the milk, flour and Worcestershire Sauce. Stir well and heat to a simmer as the flour needs to be cooked to remove the floury taste. It will thicken as it cooks. If it is too thick add more milk, if too thin add more flour, but remove from the heat and let it cool a bit before you do this or the flour will lump up.

Serve over toast or fresh biscuits. For brunch, substitute boiled potatoes, rice, or pasta.

***For those of you who prefer something other than chipped beef, a can of drained water packed tuna can be used in place of it...just omit the Worcestershire Sauce and add chopped parsley.

Other food items that can be included on the Breakfast menu include assorted cheeses (Jack, Cheddar, Swiss, Cream Cheese, etc.), fruit of the Season (apples, grapes, pears, etc.), Butter, Hot Cereals (oatmeal, cream of wheat, granola, etc.), Muffins and Sweet Breads like:



The Pagan Kitchen~(con't)

by OwlOak

Laura's Zucchini Bread

Ingredients:

3 eggs	2 tsp vanilla extract
1 cup raisins or nuts (optional)	2 tsp baking soda
1 cup veggie oil	2 cups shredded zucchini
3 cups flour	1 1/2 tsp cinnamon
2 cups sugar	8 oz. crushed pineapple, drained
1/4 tsp baking powder	3/4 tsp nutmeg

Directions:

In a large bowl, add ingredients one at a time, beating well after each addition.
Pour the batter into 2 greased loaf pans.
Bake at 350 for 45-60 minutes.
Let cool before removing from pan.



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As the day warms with the last rays of the fading sun we can look forward to, in the words of Pari, "The Last Hurrah" of the outdoor grilling season.

A typical meal might include Stuffed Acorn Squash, Cole Slaw, Fresh Rolls, Butter, Condiments (pickles, relishes, etc.), and:

### *Pari's Potato Salad*

#### Ingredients:

|                             |                                                 |
|-----------------------------|-------------------------------------------------|
| 5 lbs. red potatoes         | 1/4 Cup parsley flakes (dried or chopped fresh) |
| 6 eggs (8 if you like eggs) | 32 oz. jar Hellmann's Mayonnaise                |
| 4 stalks celery, minced     | salt & pepper                                   |
| 1 med. yellow onion, minced |                                                 |

#### Method:

Hard boil 6 to 8 eggs and set aside. Boil the potatoes whole (skins intact) in a large pot for approximately 20 minutes, checking with a fork for desired tenderness. (The fork should slip into the potato easily enough, but not so easily that you will wind up with mashed potatoes later. <g> You may have to take some of the smaller ones out of the boiling water and set them aside while any larger potatoes are still cooking.) While potatoes are boiling, remove shells from eggs, rinse and then cut into small chunks. Mince the celery and onion, and set aside with the eggs. When all the potatoes are done, drain and allow to cool.



With a paring knife, remove and discard the skins from the potatoes. With a larger knife cut each potato into bite-sized pieces and place into a large bowl or pot. (I usually wash and rinse out the pot I cooked them in and place them back in there in order to mix all the ingredients.) Add the celery, onion, egg pieces and parsley. Mix with approximately 3/4 of the mayonnaise, more or less, depending on how creamy you wish the potato salad to be. Mix well, but fold it all in gently in order to not mash the potatoes. Add salt & pepper to taste, (you won't need much salt, if any, as the mayonnaise delivers that flavor), and mix lightly again. Place into a serving bowl, and garnish the top with paprika and a few fresh sprigs of parsley.

Et voila. Simple...but simply delicious.

con't →

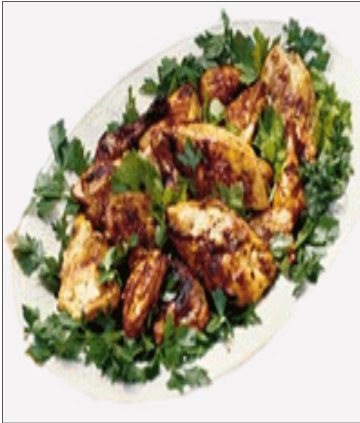




# The Pagan Kitchen~(con't)

by OwlOak

And what goes better with Potato Salad than:



## Grilled or BBQ'd Chicken

### Ingredients:

1 Whole 3-4 Lb. Chicken - cut up into serving pieces with skin on  
A Basic BBQ Sauce - recipe below

### Directions:

Cut up the chicken, rinse under cold running water, and pat dry with paper towels.  
Heat grill to low.  
Place chicken pieces on the grill until golden brown and almost done.  
Liberally brush one side, then the other with the BBQ sauce...taking care that it does not burn.  
Continue brushing and grilling, turning (with tongs) frequently, until the juices run clear.  
Remove from the grill and allow to cool for a bit so the juices redistribute through the meat - this is a maxim for all grilled, and roasted, meat.  
Note - Take care not to poke them with a fork until you think they are done as this will allow the juices to escape and result in a dry piece of chicken.

\*\*\*For those who are not into BBQ sauces, a marinade can be made with the melted butter and Italian or Ranch Dressing (yes, Lite is fine) and brushed on in place of the BBQ sauce.



## A Basic BBQ Sauce

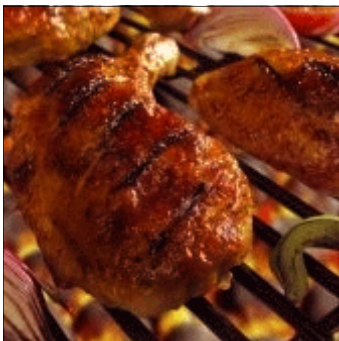
|                                                                                                   |                                         |
|---------------------------------------------------------------------------------------------------|-----------------------------------------|
| 1/2 Stick of 'real' Butter                                                                        | 4 Tbsp. Apple Cider Vinegar             |
| 1 Medium Onion - minced                                                                           | 4 Tbsp. Dark Brown Sugar                |
| 2 Cloves of Garlic - mashed                                                                       | 2 Tsp. Chili Powder                     |
| 1 Cup of Ketchup                                                                                  | 1/2 Tsp. Hot Sauce or Hot Pepper Flakes |
| 3 Tbsp. Worcestershire Sauce                                                                      |                                         |
| 1 "generous" squirt of Prepared Mustard - about 2-3 tsp. ( <i>I prefer the more robust type</i> ) |                                         |

Melt the butter in a medium saucepan over low heat. Add the onion and garlic and cook until the onions are translucent.  
Add the ketchup, Worcestershire Sauce, mustard, vinegar, brown sugar, chili powder, and hot sauce.  
Heat to a simmer and continue the simmer (giving it an occasional stir) until the onions are soft.  
Remove from the heat and generously brush on the chicken.

\*\*\*This can be made a couple of days ahead and kept refrigerated until needed. Actually, this works better as the flavors have a chance to meld. To use, just warm up and brush on.

~~~~~

As the cool of the evening sets in, another warm comfort food comes to mind. One which stirs the hearts and palates of many, especially when served with fresh bread or rolls, butter, and a late garden fresh tossed salad:



Pot Roast Pot Roast

*The greatest delight the fields and woods minister is the suggestion
of an occult relation between man and the vegetable.
I am not alone and unacknowledged.
They nod to me and I to them.
~Ralph Waldo Emerson*



The Pagan Kitchen

by OwlOak

Ingredients:

1 4-5 Lb. Chuck Roast - well marbled (blade in or out)	1 Can Onion Soup
2 Cups Flour	½ Lb. Fresh Mushrooms - sliced lengthwise
Salt & Pepper - to taste	3-4 Stalks of Celery - cut into 2-3" pieces
Garlic Powder - to taste	2-3 Tbsp. Olive Oil
6 Large Potatoes - quartered (yup, skin and all)	
2 Large Onions - peeled and quartered	
1 Lb. Carrots - peeled and cut into quarters	
3-4 Parsnips - peeled and cut into quarters (optional)	
1 Small Rutabaga (purple top yellow [Swede]turnip) - cut into 2" pieces (optional)	

Directions:

In a 1-gallon plastic bag combine the flour and spices, and shake well to mix. Add the roast and shake until fully coated with the flour mixture. Add the olive oil to a large frying pan or Dutch Oven and brown the roast on both sides over medium heat. Remove the roast from the skillet and place in a large baking pan. Add the vegetables, onion soup, and wine. Cover and roast at 350 F for about 1 ½ hours, or until the veggies are tender. Remove the roast and veggies from the roasting pan. Let the roast sit for 10-15 minutes before carving. When carving it is best to cut against the grain of the meat. For a flavorful gravy, pour the juices into a saucepan...add 2 Tbsp. Flour for each cup of cooled juices and stir over medium heat until it comes to a boil.

Note: Any leftovers can be cut up and combined with the gravy in a large skillet for a quick skillet stew.

In conclusion, what is a great meal without a great dessert? You could have a cake, pie, apple bread pudding, or one that is also keeping with the season, and would warm the heart of my dear departed Dad who loved these:

Baked Pears

Ingredients:

3 Pears - cut in half and cored (skins on)	
1 Cup of water	
2 Tbsp. Honey (<i>if you're allergic to honey use 3 Tbsp. of cane sugar dissolved in the water</i>)	Cinnamon - to taste
	Nutmeg - to taste
	Fresh Whipped Cream or Vanilla Yogurt

Directions:

Place the cored pears in a baking pan. Combine the water and honey and pour over the pears. Sprinkle with spices and cover with foil.

Bake in a preheated oven for 25-30 minutes at 350 F until tender.

Remove and let cool till just warm.

Serve with a generous dollop of fresh whipped cream or vanilla yogurt. Personally, I prefer the whipped cream. Actually, I prefer a bit of pears, or anything else, with my whipped cream, rather than the other way around. :-D

And, there you have it folks. Another Sabbat feast fit for a king or god...

May your holiday be filled with good cheer, family, and friends. And, may all your blessings be great ones and your problems be little ones.

Until next issue...Huggs & B*B ~ OwlOak

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



Seasonal Festival ~ The Eleusinian Mysteries by Graham & Pari



Persephone or Kore~ Queen of the Underworld, Greek goddess of fertility, wisdom and immortality.

The time of the Autumnal Equinox corresponds to “sunset” on the wheel of the year. After a moment of perfect balance of day and night, it marks the time when night begins to become longer than day, and traditionally, preparations are made for the approach of winter. Powerful mythologies are associated with this dusky time, which impress upon us a consideration of the “sunset” in our own lives, and what may lie beyond. This theme is reflected in the ancient Greek mythology associated with Persephone, Queen of the Underworld, who descends each year into the shady realm of Hades, much to the distress of her mother, the great nature goddess Demeter. Mourning the loss of her beloved daughter, Demeter brings forth the blight of winter. But, just as spring follows winter, so too does Persephone rise each year from the underworld, and with her, she brings the promise of new life. Such is the theme of the Eleusinian Mysteries, the basis of one of the greatest festivals of ancient Greece - celebrated for nearly 2,000 years up until the onset of the Middle Ages.



Grecian Urn: Demeter and Triptolemus

The festivities associated with the Eleusinian Mysteries were centered at Eleusis, a town located approximately 14 miles northwest of Athens, which was known for its fertile plains and bounteous grain crops. Commencing on the 15th day of the Greek lunar month of *Boedromion* (late September) and ending 9 days later, participation in the festival was open to anyone; and each year, anywhere up to 3,000 initiates were attracted to it from near and far. Famous initiates included Aristotle, Sophocles, Plato, Cicero, and a number of Roman Emperors such as Hadrian and Marcus Aurelius.

The festival started in Athens, and was carried out more or less as follows... The new initiates, collectively known as *Mystai*, underwent a process of ritual purification through sea bathing. They then clothed themselves in new linen garments, and sacrificial offerings were made. On the fifth day, all gathered for a great and solemn procession, which began at the *Kerameikos* (Athens' ancient cemetery) and proceeded to Eleusis. On the way, the participants rhythmically swung branches, called *Bakchoi*, as they walked, and carried objects sacred to Demeter. They also re-enacted aspects of Demeter's search for her lost daughter Persephone. Upon reaching Eleusis, the festivities included an athletics event, a midnight feast, and the ritual consumption of a sacred potion called *Kykeon*, which was made from barley and mint, and was quite possibly hallucinogenic. The festival climaxed on the sixth night, which was called “Holy Night”, with activities occurring within the confines of a subterranean temple.



Temple at Eleusis

Here, the initiates waited in darkness before participating in a ritual drama devised to symbolically reveal to them the mysteries of life, death and spiritual rebirth. According to the Roman writer, Hippolytus, the revelation at the heart of the ritual was the display of “*the mighty and wonderful and most perfect mystery – a harvested ear of corn – in silence.*” In this context, the seed embodied a symbolism similar to that of the scarab beetle - revered in ancient Egypt for its apparent self-regenerative powers and mystical links to the Sun's observed daily cycle of evening death and morning rebirth. Similarly, the humble seed was observed to lay dormant underground during the barren months of winter, only to rise again, as from a grave, in the form of new growth meeting the glorious upper world - a world now alive with the fresh leaves and blossoms of springtime. Following the festival's climax, the initiates attended further rituals, honored the dead with libations from special vases, and finally made their way home.



*When a man dies he is like those who are initiated into the Mysteries.
Our whole life is a journey by torturous ways without outlet.
At the moment of quitting it come terrors, shuddering fear, amazement.
Then a light that moves to meet you,
pure meadows that receive you, songs and dances and holy apparitions. ~Plutarch*

The Eleusinian Mysteries ~ con't by Graham & Pari

*"Blessed is he who, having seen these rites,
undertakes the way beneath the Earth.
He knows the end of life,
as well as its divinely granted beginning." ~Pindar*

It is believed that there were a number of levels of initiation into the Eleusinian Mysteries. The first level of initiation was for those who had not attended the mysteries before. Higher levels of initiation were then available to those who had passed this stage, ultimately leading to the attainment of *Epotheia*, the highest level of initiation - where the greatest mysteries were revealed. Specific details of the initiation rituals remain unclear, as speaking of them in public at the time was totally forbidden. However, the concepts of initiation and a subsequent enlightenment through a spiritual rebirth were common to many mystery cults of the ancient world. An interesting example relates to the *Egyptian Mysteries*, whose initiation rites were believed to have even taken place in the Great Pyramid of Khufu at Giza . One account, taken from the source by Tompkins is as follows...

"The candidate ... was laid in the great stone coffin, and for three days his spirit – freed from its mortal coil – wandered at the gateways of eternity. His 'Ka' as a bird, flew through the spiritual spheres of space. He discovered that all the universe was life, all the universe was progress, all the universe was eternal growth. Realizing that his body was a house which he could slip out of and return to without death, he achieved actual immortality. At the end of three days he returned to himself again, and having thus personally and actually experienced the great mystery, he was indeed an initiate – one who beheld and one whom religion had fulfilled her duty bringing him to the light of God."

con't →

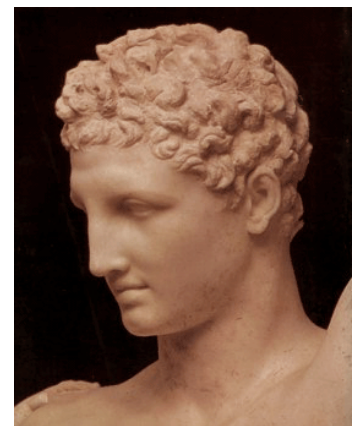


Greek Urn: Demeter in the Underworld

**"...having thus personally
and actually experienced
the great mystery, he was
indeed an initiate – one
who beheld and one whom
religion had fulfilled her
duty bringing him to the
light..."**



Hermes escorts Persephone and Hades back to the living with Hecate lighting the way.



Hermes Psychopompos ("conductor of the soul") returns Persephone to Demeter with Hades' permission. Hermes was a psychopomp, meaning he brought newly-dead souls to the Underworld. He was the spirit of crossing-over, and any kind of interchange, transfer, transgression, transcendence, transition, transit or traversal.

For among the many excellent and indeed divine institutions which your Athens has brought forth and contributed to human life, none, in my opinion, is better than those mysteries. For by their means we have been brought out of our barbarous and savage mode of life and educated and refined to a state of civilization; and as the rites are called 'initiations,' so in very truth we have learned from them the beginnings of life, and have gained the power not only to live happily, but also to die with a better hope. ~ Cicero

The Eleusinian Mysteries~ con't by Graham & Pari



Greek Urn: Persephone and Hades

The concepts of initiation and spiritual rebirth are embraced by many traditions of Wicca. As we have seen, the roots of these concepts go far back into the history of our spiritual ancestors. Three levels (or degrees) of Wiccan initiation are generally recognized. Attainment of the first degree is seen to be a *right of passage* for the initiate, causing a spiritual awakening and the establishment of links to the tradition. It forms a basis for further progress along the chosen path, and the search for a greater self-knowledge. The second degree marks a full commitment to one's chosen path. Henceforth, the focus shifts away from the self to others, as one becomes capable of teaching. The third degree of initiation signifies completion of the process of transformation.

An important element of this initiation is the performance of the Sacred Marriage, or *hieros gamos* in Greek. It is believed that this rite was a component of the Eleusinian Mysteries. In its highest form, it celebrates the merging of one's soul with the Divine. Also referred to as the *Great Rite*, it bears credence to the truth of the *Great Mother Charge*...

*If that which thou seekest,
thou findest not within thee,
thou will never find it without thee,
for behold, I have been with thee from the beginning
and I am that which is attained at the end of desire.*

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**“...If that which
thou seekest, thou
findest not within
thee, thou will
never find it
without thee...”**

Charge of the Great Mother

Gods and Goddesses of Balance and Duality

Goddesses:

Inanna, Sumerian goddess of life and death

Ishtar, Babylonian goddess of life and death

Astarte, Semitic goddess of life and death

Isis, Egyptian goddess of life and death

Ma'at, Egyptian goddess of balance

Nekhbet, Egyptian goddess of life and death

Themis Greek goddess of balance

Athena, Greek goddess of personal balance

Aphrodite, Greek goddess of love and war

Venus, Roman goddess of love & war

Jana, Roman goddess of beginnings & endings

The Morrighan, Irish goddess of life and death

Badb (Irish) - goddess of death and rebirth

Tara, Hindu goddess of life and death

Kali, Hindu goddess of life and death

Freya, Norse goddess of love and war

Coatlicue: Aztec Earth Goddess of life & death

Ani-Ibo - African goddess of birth and death

Gods:

Varaha, Hindu god of environmental balance

Janus, Roman god of beginnings & endings

Ometecuhtli /Omecihuatl Aztec god/dess of the duality of creativity

The Mystery of Mabon~

by Frances

Mabon is an alternative name that many Pagans use today to refer to the second harvest festival, the Autumn Equinox. I had only come across this word about eight or nine years ago, when an influx of American books on the Craft started to arrive on the market. Naturally, I was surprised to learn that "Mabon" had apparently been used in the United States since the 1970s. Up until that time, the only "Mabon" I had heard of was a mysterious character mentioned in the Welsh folk tale of "Culhwch and Olwen", itself appearing in the "White Book of Rhydderch" (c.1325 CE). This tale, together with 10 other Welsh folk tales, came to light in mid 19th century when Lady Charlotte Guest published her translation of them under the title of "The Mabinogion".

The tale of "Culhwch and Olwen" is not just a love story but it is also a hero's quest wrapped up in Welsh magic. In order for the couple to be together, Culhwch is set a number of seemingly impossible tasks by the giant Yspaddaden. These tasks included hunting a boar known as the Twrch Trwyth to obtain a comb and scissors found between its ears, and the release of Mabon ap Modron, who disappeared three days after his birth.

Culhwch enlists his cousin Arthur (from the Arthurian legends) who, together with Cai and Bedwyr, learn that Mabon's whereabouts can still be found, as it is held in the memory of certain animals who were said to have been around since the beginning of time.

The first of these animals is the Ousel (or Blackbird) of Cilgwri who recalled a smith's anvil being in place and that "no work was done upon it, save the pecking of my beak every evening, and now there is not so much as the size of a nut". The ousel then confessed that it has not heard of the name Mabon but suggested they consult an older animal, the Stag of Rhedynfr.

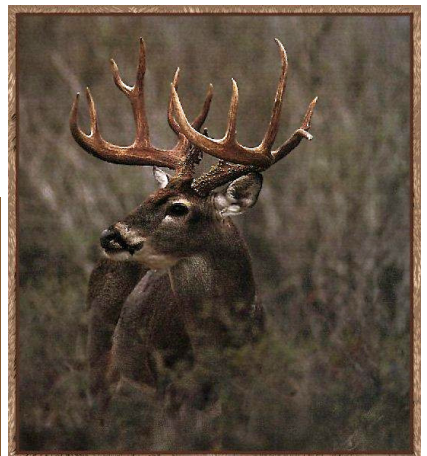
The stag recalled that there was "a plain all around me, without any trees except for one oak sapling, which grew up to an oak with a hundred branches". That oak had since perished and only a withered stump remains. Like the ousel, the stag had not heard of Mabon, so he directed them to the Owl of Cwm Camlwyd.

According to the owl, there was once a wooded glen that covered a wide valley before the race of men came and uprooted it. While the wood regrew a number of times, the owl had not heard of Mabon, but guided them to the Eagle of Gwern Abyn.

The eagle informed the band of rescuers that like the animals before, it too had not heard of Mabon, but recalled an incident with a salmon that was considered to be the oldest animal of them all. When consulted, the Salmon of Llyn Llyw took the rescuers to Caer Lowy (Gloucester) where they were finally able to rescue Mabon from his imprisonment in a dungeon.



Unknown



con't →

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The Mystery of Mabon~ con't

by Frances

*Proserpine* by Rossetti

The tale of Mabon, while appearing somewhat to be a Welsh and a masculine version of the Greek abduction of Kore/Persephone, actually offers up a number of interesting interpretations. Firstly is the inclusion of animals that not only talk but who also provide insight. To the Celtic peoples, certain animals had specific meanings and were often considered to be not only totem animals, but also as helpers in teachings of rather shamanic natures. The five animals mentioned in the story of "Culhwch and Olwen" are referred to as "Older Animals," and are believed to be, at least within Welsh myth, the origin of all animals.

Another interpretation of the story relates to Mabon's full name, Mabon ap Modron, as this means "Great Son of the Great Mother". This indicates that Modron is not only the mother of Mabon, but she is also the Great Goddess and possibly the Guardian of the Otherworld. In this case, she is the Earth, herself, and Mabon is the Divine Youth, the Son of Light. Therefore, Mabon was never actually "imprisoned," but simply dwelled within Modron's magickal Otherworld, i.e. her womb. With this interpretation, there would have been a number of challenges set for the youth to overcome, and when he is reborn, he would do so as his mother's champion, as the Son of Light, and the Guardian of the Earth. At the Autumn Equinox, Mabon's light would be seen as being drawn into the Earth in order for it to gather strength and wisdom enough to become a new seed which will emerge in the Spring.

However we perceive the tale, Mabon, the Autumn Equinox, is a time of balance, and a time of giving thanks for one's harvest. While we may not have toiled the fields as our ancestors did, most of us work hard so that we are able to enjoy a decent standard of living and some of life's little luxuries. This time of the year enables us the opportunity to stop and survey our individual harvest. Like our ancestors, Mabon is a time of giving thanks for the success of what we have worked for.

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Frances resides in Adelaide, South Australia and is an initiated Wytch and High Priestess of the Temple of the Dark Moon, a progressive Alexandrian based coven. Her articles have appeared in over 10 publications around the world, some of which can be found on her website - www.templedarkmoon.com. She can be contacted by email at darkmoon@ace.net.au, or by writing to PO Box 2451, Salisbury Downs SA 5108, Australia. Frances has been a member of EW since 2008.

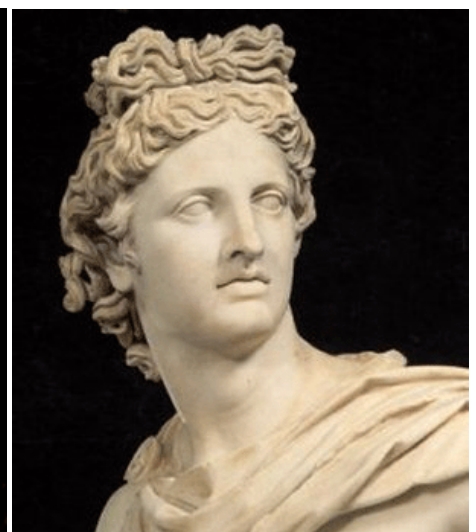
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**"Like our ancestors,
Mabon is a time of giving
thanks for the success of
what we have worked
for."**



Magna Mater: Cybele, the Great Mother Earth. And Helios, the Sun, the Light.



Ostara ~ Southern Hemisphere~

by Nan

It didn't feel much like Spring was coming today, but anything can happen in a month.

Snow was predicted, and it is such a rare occurrence in our relatively warm South Australian environment that the prospect kept people chatting in the streets. They were probably hoping to catch a glimpse of the soft white flakes as they wafted gently down on their way to the ground where they would instantly dissolve into boring droplets of water.

Lambing has almost finished and the frail young offspring have had to get through snap frosts. There have been lamb alerts this week; warnings to farmers that weather is a danger to their flocks' survival. Many sheep have already been shorn, and again, they are vulnerable to the severe cold which this unseasonable weather has brought.



The rain has been welcome and together with the frost has brought about mixed reactions from the soil. August 22 is Daffodil Day – a day when the Cancer Council raises funds with the sale of the elegant yellow flowers. But, the weather has been so poor, there's a scant supply. So, community groups are being innovative with their options and bagging up citrus fruit for sale instead.

As I look out over the vineyards in my valley, while bravely stepping gently through my tai chi routine – yes, I'm out there in all weathers – each morning has brought a slightly different panorama in these weeks which are preceding the official announcement of Spring. This morning it was misty and damp. The cold clung to my face as if it were trying to warm itself up, and the view was a little like a prehistoric park, with tree tops peeking above the white shroud which had covered the vineyards in a feather blanket.

Yesterday I saw the vista through a curtain of finely drizzling rain, while last week the sun made a weak attempt to visit.

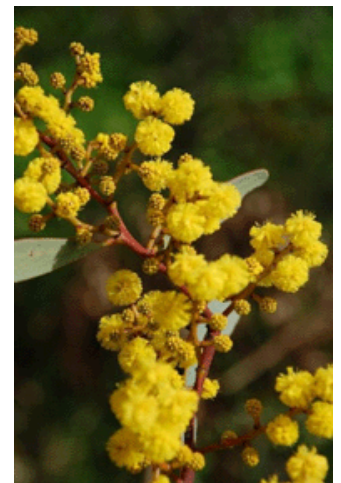
My celebration of Ostara has become, of necessity, a dual affair. I pay homage to the earth and its rebirth for the Spring Equinox. It's not a date I can shift on the calendar to suit myself, but it may not necessarily be the day I celebrate Spring. Spring doesn't mean the first lambs of the season; they slipped out in winter. It doesn't mean a date on the calendar. For me, Spring means the sighting of my first butterfly, the first bulb in my own paddock opening its delicate petals in the hope of attracting a bee, the quickening of my step and the imperceptible change my body makes when it knows that new things are ready to bud and burst. And when they do, I'll be brushing off my stone altar and sacrificing a clear quartz crystal to be buried under one of our younger trees in the boundary of our circle to give it strength and power. One day, when we don't live here any more, explorers will dig up a trove of crystals which are gradually dotting the underground landscape, and think they have found treasure.

We'll make a nest using some of last year's harvest and dried stalks of wheat ("borrowed" from a nearby farmer's paddock) and we'll write down our plans for the coming year on parchment paper and then roll them into balls and place them into the nest. Our kids used to love doing this when they were young and particularly enjoyed being allowed to set light to the nest (under supervision) and see the whole thing burn away. We'd watch the smoke drift up into the sky and I'd tell them their wishes were being carried to the Gods.

I'll cook an "eggy" meal in celebration – I've always done so – and we'll invite our children, and maybe a few friends around – who knows they might enjoy watching their wishes drift away.

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Nan Berrett lives in rural South Australia, is an eclectic Wiccan, hereditary hedgewitch and healer. She has been an EW member since 2008.



Photos, this column,
by: **Nan Berrett**
(EW member since 2003)

Where Does Candle Wax Come From?

by Carol Sue (Lady Candlemaker)

"There are many other types of waxes that are natural and are processed in the same manner as Palm, Soy and Bayberry."



Paraffin Wax



Beeswax

In this issue, we will be discussing where candle wax comes from and also the types of wax. Some of the waxes are very expensive and are not commercially economical for the market these days.

There are two main waxes used in candle making: Paraffin Wax and Beeswax. Other types of wax include Palm and Bayberry.

Paraffin Wax

Paraffin is classified as a natural wax and is the most commonly used for candle making, and it ultimately comes from plant life.

Plants, in order to protect themselves from adverse weather conditions, produced a layer of wax on their leaves and stems. One-hundred to seven-hundred-million years ago, material from dead plants accumulated in large quantities and eventually became buried beneath the surface of the earth. After a long period of time, forces of heat and pressure turned the slowly decaying plant matter into crude oil, also known as petroleum. Because of the nature of waxes, being inert and water repellent, they were unaffected by decomposition of the plants and remained intact and suspended in the crude oil.

The petroleum companies harvest the crude oil and refine it. During the process of refining oil into different properties for gasoline, kerosene, engine oil and grease, the wax content was considered an undesirable substance and was refined out of the products. The refinery processes the wax into a clean, clear liquid, or as a solid milky white block, and makes it available to companies who may have a use for it.

The refined wax is called paraffin, which comes from the Latin "parum" which means "few or without" and "affinis" which means "connection or attraction (affinity)". Basically there are few substances that will chemically react with or bind to this type of wax; therefore it was useless to the petroleum company.

Beeswax

Less common but a more desirable wax for candle making is beeswax. Classified as a natural wax, it is produced by the honeybee for use in the manufacturing of honeycombs.

Beeswax is actually a refinement of honey. A female bee eats honey, and her body converts the sugar in the honey into wax. The wax is expelled from the bee's body in the form of scales beneath her abdomen. The bee will remove a wax scale and chew it up,

Basic Magickal Color Theory

By Ardriana Cahill

PINK: Signifies: Emotional love (rather than sexual desire), romance, friendship, affections & females
RED: Signifies: strength, health, lust, passion, physical energy, courage, protection, vitality & creativity
ORANGE: Signifies: Attraction, assertiveness, endurance, encouragement, adaptability, stimulation & plenty
YELLOW: Signifies: Intellect, communication, eloquence, success, persuasion, charm, concentration, confidence & joy
GREENISH-YELLOW: Signifies: Sickness, cowardice, anger, jealousy & discord
GREEN: Signifies: Prosperity, employment, fertility, healing, growth, nurturing love, finance, agriculture & good luck
LIGHT BLUE: Signifies: Healing, peace, serenity, psychicism, patience, happiness, understanding & home
BLUE: Signifies: patience, health, truth, devotion, sincerity, honor, loyalty, peace, wisdom & protection during sleep
INDIGO: Signifies: Fierce physical healing, deep relaxation, deep restful sleep, manage gossip, inertia & pride

Where Does Candle Wax Come From?~ con't

by Carol Sue

mixing it with saliva to soften it and make it pliable enough to work with, then attach it to the comb which is being constructed. Usually another bee will take the piece of wax which has just been attached to the comb, chew it some more, adding more saliva to it and deposit it on another section of the comb. The combs are built up, honey is deposited inside, and then combs are capped with more wax. Since several worker bees construct the comb at the same time, and since the hive is constantly active with other bees flying around and walking on the combs depositing foreign matter there, the composition of the wax becomes very complex.

Collecting beeswax is also the byproduct of a process much like paraffin. The beekeepers' main interest is the collection of honey. They save the capping until they've collected enough to make it available to market.

Since beeswax is harvested in relatively small quantities it does not have the same availability as paraffin and is therefore more expensive. It is used extensively in cosmetics and candle making. Candles made from 100% beeswax are generally held in high regard. When they are burning, they glow, and have a natural, slightly sweet, smell of honey.

Palm Wax

Palm wax is extracted by boiling the dried palm leaves in large vats. The wax, which is on the leaves, floats to the top of the water and is then removed. The highest quality of palm wax comes from the palm trees and berries or seeds of Brazil.

Bayberry Wax

Bayberry berries are picked in very large quantities and boiled in large vats, and the wax coating of the berries is skimmed off when it floats to the top. What makes the Bayberry wax so expensive, \$15.00 a pound, is the fact that it takes one hundred pounds of berries to make one ounce of wax. Thus, it is not readily available on the commercial market. True Bayberry Wax candles would be much too expensive to make and sell as readily as paraffin wax candles with the bayberry scent.

There are many other types of waxes that are natural and are processed in the same manner as Palm, Soy and Bayberry. Just about any nut or oily bean can be processed the same way by boiling them in a vat until the oils release the wax within. It takes a long time for this process to get to that point, and the waxes are very expensive.

Carol Sue Tompkins © Copyright 2008



Palm Wax



Bayberry Wax



PURPLE: Signifies: The Ancient Ones, wisdom, idealism, honor, dignity, royalty & sovereignty
VIOLET: Signifies: power, magick, spiritual healing, wisdom & protection, psychic ability & quick changes
SILVER: Signifies: The Moon, intuition, dreams, treasure, values, Woman & the unconscious mind
GOLD: Signifies: The Sun, money, wealth, generosity, prosperity, Man & the conscious mind
BLACK: Signifies: All purposes, negation without reflecting, unlocking when stuck, banishing, change, release, renewal, protection, deflection & shielding.

WHITE: Signifies: All purposes, protection, cleansing, potential, unity, truth, sincerity, consecration, meditation, divination, exorcism, the full moon, healing, peace, spiritual strength

GRAY: Signifies: balance, used in erasing, canceling, neutralizing & return without repercussion

BROWN: Signifies: The Earth, grounding, trees, concentration, telepathy, comfort, security, home, centering, neutrality, finding lost objects, protecting familiars, pets, and animals

© 2008 Ardriana Cahill Ardriana Cahill lives in Western USA and is a Hereditary Witch, den of Clan McCormick.
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General References:

<http://wikipedia.org>



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 (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 Controversial.com are welcome, so feel free to join us and make new friends.

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

http://groups.yahoo.com/group/Email_Witches/



Symbol on the Email Witches home page.

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The Controversial Cauldron is published each Sabbat

October (Samhain)

December (Yule)

February (Imbolc)

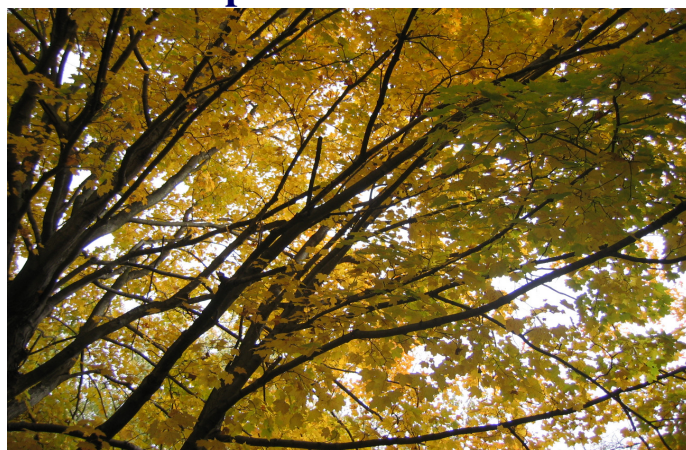
March (Ostara)

May (Beltane)

June (Litha)

August (Lammas)

September (Mabon)



Glorious Fall.

Photo by: Lillian Norman
(EW member since 2005)

Next Issue
Samhain/
Celtic New Year

