

CHURCH OF WICCA OF BAKERSFIELD

1908 VERDE STREET

BAKERSFIELD, CALIFORNIA 93304

(805) 323-3309

AUGUST 1980

BAKERSFIELD - Shirley & Merle conducted the Full Moon Ritual, and we had a most pleasant evening. Pan is back from Spain, Puck is back from Ypsilanti, and the two of them played and sang for an hour or so after the ritual. Merle has been doing an excellent job as acting HP of the coven here for about a year, and is now officially HP of the Coveyne of the Dolphin. I'll continue with the newsletter, answering mail, and teaching the new Pagans. Almost time for the mountain meeting... Saturday & Sunday, August 16 & 17 at Panorama Heights. Two rituals are planned, and perhaps three. A Pagan Way Ritual at 2 P.M. Saturday, and the Craft ritual at 3 P.M. Panorama Heights is located in Piute country... there is an Indian burial ground just a few miles from the meeting place. So this year our ritual will be based on American Indian rituals. If you have any Indian instruments, costumes, etc. bring 'em with you. Dinner will be available outside the restaurant not too long after the 2nd ritual. Then we'll return to the camp grounds. If there is enough interest, there will be a third ritual. Also singing and dancing as usual. Remember, if you bring the kids, plan on taking care of them yourself; there will be no baby sitters.

If you're driving from the south, take I-5 out of L.A., then south of Bakersfield, you take the 99 cutoff. Continue into Bakersfield to the Airport Drive-Oildale exit. Follow Airport Drive to Norris Rd., Turn right to Chester Ave., then turn left. Follow signs to Glenville, Granite Station, Poso Creek Recreation Area and Panorama Heights.

From the north, leave Hiway 99 at Earlimart or Hiway 65 at Ducor, go east (left) to Mountain Springs and take the right fork. Then follow the same signs as above.

If you're planning to come here early or need to be picked up at plane, bus or train, let us know as soon as possible.

If you wish to follow me, I'll be leaving Saturday morning at about 9 A.M.

Take 99 to Bakersfield. Then take 58 EAST, take the first off-ramp on 58. At the top is H Street. Turn left for 3 blocks to Verde, turn left to 1908.

Don't forget to save your newsletters. We'll have the Georgian awards (the Georgies) again this year. One for the best article, series or whatever in the newsletter in 1980, and one for the person or group who has done the most for Craft/Paganism in 1980. Nominations in January, winners announced in Feb. issue. 1979 winners were Rus & Ruthi for "Being A Witch Is...", and Elizabeth Pepper for "The Witches' Almanac."

By the way, we're tired of calling our annual meeting the Mountain Meeting. Anyone have a better idea??

BEING A WITCH AT THE MOUNTAIN MEET IS.....

Just as you're trying to go to sleep, remembering that you forgot to bring the air mattress for your sleeping bag, and wondering why you picked a spot with a rock.

(if you're a gal) wondering what was in that "old inner tube" you drank.

VARIOUS GOODIES from Armeeta in Pittsburgh

After my-lady has her massage (prior to that she gets a steam bath), then after the massage work-out, the ritual of beauty is finished off with large comfrey leaves left on entire body for several minutes to $\frac{1}{2}$ hour, or until the comfrey leaves start to wilt after the body absorbs the health-giving qualities.

For those who wish to dream, or have difficulty dreaming or remembering the dream, try placing a glass of water near your head near the bed.

Can any of your readers suggest names & addresses of semi-precious stone dealers and/or rock hounds that can supply? Reasonably, I hope. Am searching for a genuine cut ruby and some turquoise to have a necklace made.

I have a couple pieces of spider-web turquoise. I let them sit in water in an apothecary jar, and drink it in the morning. (2 or 3 oz. covered jar) Let the sun shine through to extract more of the properties. Can sit for several days. It's good for the eyesight. The American Indians, Arabians, and Egyptians knew of the therapeutic properties of the gemstone, and used them in jewelry and also on the harnesses of their horses.

Bloodstone, too, is good for healing. I have a rough piece in water in an apothecary jar, too, and as the sun's rays shine through, the essence of iron goes into the water, and therefore is helping to make riched blood. The bloodstone long ago was used in making the Circle.

Red coral was used for a necklace for little children to keep away the evil eye.

Dack to the Herb Pillow mentioned in the June issue, and a little more detail. For the material in making the pillows, use a fairly thin (but not too thin) material so essence can get through, such as a wash & wear cotton. If you use one of a delicate or a small design, it will make it look prettier, but the choice is yours. However, it is not advisable to use a heavy material such as velvet, brocade, denim or duck, as you wou' n't get the full benefit of the fragrance as it would more or less be trapped within. And don't use a lacy type or coarsely woven as some of the herbs could come through. Some people add some fragrant seeds. You can, however, experiment. As you know, the herb pillow is used as a tranquilizer near your head when you go to bed.

I'd like to comment on one of your reader's asking about how and why you turned to the Pagan religion. Wouldn't it be nice to have a regular column on it getting various views of your readers? Not only would they like to tell but I'm sure all of us would like to read about their experiences, and in a way it would make for a stronger bond. (At least that's my opinion) Then too, there are so many questions some of us have, and if you had a column on such questions and answers, I think you'd get more response as the Crafters are such beautiful people. They love to give and share and are so helpful and considerate.

ED. NOTE: Okay about the reasons from readers if they don't make it too long. Can't run pages and pages. About the questions and answers: that's why I started the "Helpful Hints For Beginners" column. Questions that I'd get in the mail or from local people.

FROM KERMIT in San Diego

In your July issue, one of your notes was a request to hear a rebuttle on the Jerry Falwell "Moral Majority".

Let me be the first to raise an opposing, yet not vengeful hand against that type of thing.

My name is Kermit, not the frog of course, but a Crafter with Celtic influence. My name means free, free from eight years of torment. Eight years of my life were spent in the "Born Again" or Gospel "Groupie" prison. I know how a lot of these people think.

What we deal with, when we deal with these people, is either the ignorant who don't want to find out, the insecure who would kill if they had to for the sake of their security blanket, or the abuser who uses his religion for his gain. Sometimes, of course, we find a combination of two, or all three.

All Christians have or potentially may suffer from what I call "The Jahovah Syndrome". Once a mountain God, turned War Lord. Moses sure picked a good one! His influence is seen in their aggressiveness, intolerance, destructive views, and totally dominant ways of life.

It is because of this that WE suffer. The Lady did not let this Bastard destroy Her people at the burnings, but a lot fell. Damn them! Who gives them the right? Only the Lord of Death can be allowed the privilege, and at His time!

The question is, what shall we do? Especially with this new emergence of persecution? Most Crafters I've talked to believe in Karma. Their statement is: Well, it all comes out in the wash, and better them than me. That is not good enough, my friend. We waited around the last time and were almost annihilated. Karma took longer than we thought. How can we sit and let the world be plunged into violence and ignorance again?

The price of the people's lives which were spent in ignorance because you did not give them a true light, is much higher than your own! You may be karmically indebted because you did not try to prevent such a catastrophe. Because you did not try to help them, at least understand life, the Earth Mother (Who is once again avenging Herself), and harmony, it is you who will suffer.

By teaching, self defense, a stand, or one of these combinations, you can prevent much debt.

In closing, let me point out some of the things going on now because of Groupie activity. In starving nations, our beloved ministers are sending food with money which they need to clear their imaginary consciences. These poor, starving people are not allowed to have any food unless they say a "Bible Verse".

Right here in San Diego, a group called "Killers for Christ" bombed a bookstore because it was not Christian, and of course, the abode of their devil.

When we had our Beltane Pagan Festival, The Lady and Lord interceded and allowed a group of Goodie 2 Shoes with baseball bats to be caught by police before they could attack us.

Please do not take me for a trouble maker. I just want the children of the Beloved Gods to see what they can prevent by methods of self defense. If they want an eye for an eye, and push for it, give it to them, invoke your warrior

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Gods, but try to make it a lesson for them. For those who think you would be labeled "just as bad as they", remember, the debt of the defender is little or nothing to that of the attacker.

Let us rise up as one voice. Let the Goddess and God be hailed upon the mountains, and their greatness felt in our hearts once more. May the Gods arise and never be defeated among men. May their people bless humankind again.

Let teaching be thy self defense before war.

Kermit

* * *

ED. NOTE: Kermit, I'm not certain we understand one another. You seem to say that we should use a combination of teaching and violence. That's how the Xians got power... "accept our teachings or die!"

My suggestion was that perhaps we should form a political group to solve the problem peacefully.

As to teaching: some of us do work at that through newspaper, radio, and TV interviews. And it does get through to a few. However, it is most unfortunate that much of the good is undone by the stupid public remarks and behavior of a few who will do or say anything just to get attention.

As to self defense: certainly we should defend ourselves whenever necessary and in whatever way we can, but let's not look for trouble. "An eye for an eye"? That's the Xian game... let them play it. We have more important things to do.

* * *

HELPFUL HINT FOR BEGINNERS

I think it is accepted in most branches of the Craft that women wear silver, and men wear gold. Of course this applies primarily to Craft jewelry, etc. Now, at times now females to the Craft have tried to suggest that this is sexist because gold is more expensive and therefore that is why the men get gold. Don't fall into silly traps like that. The monetary value has nothing to do with it. These metals were picked because of their color resemblance to the Goddess and God symbols: the Moon appears silver, the Sun appears gold.

If the price of silver and gold continue to climb, we may soon all be wearing aluminum... if we can afford that!

* * *

YOU KNOW YOU'RE IN TROUBLE WHEN.....

...a big black cloud forms in your Circle and you smell sulphur.

...you've just made the pentagrams in a crowded Circle - and then you notice something red dripping from the point of your athame.

...you wake up in the middle of the night - and see an eight foot black shape with wings and horns standing over you.

* * *

FROM ARMEETA in Pittsburgh

A local book dealer got me "When God Was A Woman", and Elizabeth Pepper's "Mystical Sites" which I loved. It should be MUST reading for anyone travelling the occult path. Beautiful and informative book, almost like being there. If she can write that well and interestingly, why should she care about the Witches' Almanac?

About the MESMERIST by Felice Picano \$2.25 July 1978
It is about a man who mentally controls through silent hypnosis people and events, even the town's wealthiest young widow and the town fathers. It is worth reading. He finally gets his comeuppance. It deals with how he got started and how he operated. People should be aware of this sort of thing so they can be alerted to mental control.

Another good paperback: \$2.50 Berkeley Publishing April 1979
Recreational Drugs....about cocaine, ginseng, pot, ololuiqui and tobacco, hash-oil, caeffiene and Jimson weed, hops, LSD, as well as cola, belladonna, chloroform, qualudes, and aerosols, heroin, lettuce and opium, and Hawaiian Baby Rose Wood, mandrake, spanish fly, heliotrope, angel dust, Tuinel, and 65 other drugs that people take for pleasure today. Recommended by "Psychology Today".

Health, Youth and Beauty Through Color Breathing by Linda Clark and Yvonne Martine...\$4.50 in flexible cover, good quality paper by Celestial Arts, Millbrae, Calif. Also comes in a cheaper edition, paperback, \$1.50, Berkley Books.

Tell Linda in Ohio, attending Akron U., concerning the paperback "How To Be A Sensuous Witch" by Abigail and Valeria, 1971, to see if it is still in print, to contact: Coronet Communications, Inc, 315 Park Ave. South, New York, N.Y. 10010. It is from their Paperback Library # 65-739.

* * *

WORDS OF WISDOM (or basic magick notes) from Lady Allusha in SLO-Pismo area.

Magick does not replace material effort. It augments your physical efforts and gives them success.

The faith waiting in the heart of a seed promises a miracle of life which it cannot prove.

In Wicca and Tantra, the sex act is one of worship: to 'make love' is to worship the God/Goddess in your partner, and to be the channel for expression of Divinity within your body and life. It is a gift from the Gods for the pleasure of mankind.

BEING A STUDENT WITCH IS.... from Lady Allusha

...the panic during initiation when you feel the point of the coven sword during the challenge.

* * *

COVENS ONE

Covens One is an association of 3 temples that have long worked together. The Calumet Pagan Temple, The Woods Park Pagan Temple, and the First Temple of the Craft of Wicca of Chicago Heights share a common stem. They are all members of the Midwest Pagan Council and have worked on the Pan Pagan Festivals each year. Our main purpose will be to hold warm weather (say from Beltane to the Fall Equinox) festivals outdoors where as many as wish can join us. For festivals falling on weekends, we will try to have a 2 or 3 day campout. Our first effort will be Summer Solstice 1980.

The next weekend campout of Covens One will be the Fall Equinox. Again, Lake Holiday will be the site. Although the Equinox is officially September 22, we will be doing it on September 19-21. Cost will be under \$10. for camping, probably will include a meal, so if you can't make the Pan Pagan (or even if you can) consider this one.

ED. NOTE: They were also planning a festival for August 1 but no use going into that because this won't get into the mail until then.

We realize there are lots of solitaires out there who might like to celebrate the festivals with a group. We usually have between 40 & 60 people at our festivals. Anyone planning on being in the northwest Indiana or south suburban Chicago area at the time of the festivals is welcome. Contact any Covens One member for details.

June 20, 21, 22 Lake Holiday Campgrounds De Motte, Indiana

Special thanks to Russ & Dottie, who worked as hard as any in attendance to make this a success, and shared our sorrow as well as our joy.

The Solstice was a success, 52 registrants enjoyed 3 days of beautiful weather sandwiched between Thursday and Monday of cold, rain and wind.

Friday, people arrived all day. Many partied and got to know each other.

Saturday morning discussions were led by Marlene of Cleveland, Cyprian of Nashville, and Walter of Ontario.

A tragedy marred the day. Little Misty was missing, and indications were the lady of the lake had taken her. Once the situation was in the hands of professionals, a number of Circles formed to visualize her safe reappearance, and the schedule was resumed.

Richard & Janel were handfasted, and a bridal party got underway. A delicious Witches' stew followed. It was a true community effort for everyone there added something.

After dinner, a solemn group gathered. A soul release was led by Cyprian for Misty, for by now her body had been found in the lake. The ritual allowed her spirit to continue on.

The highlight of the festival was the Saturday night ritual. Parry of New Jersey invoked East, Cyprian did South, Bill of Port Washington did West and Walter invoked North. There was much dancing around a huge bonfire, and the party

ty Sunday. repeat of two of the workshops at the request of people who heard about them. Several small groups chatted and at 2 P.M. a closing ritual bid Summer Solstice '80 adieu.

* * *

FROM BOBBI IN PITTSBURGH

I wrote a little evening prayer for Witch Kids!

The day is over
it's time to sleep
Oh Lord and Lady
Your blessings I seek.

Grant me health
and happiness, too!
So I awaken
refreshed and new.
Blessed Be.

From Cyprian in Tenn. (Nashville, that is.)

BEING A WITCH IS...trying to pry those two Brooklyn Bridge stapes out of the Georgian Newsletter every month!

Ah well, it's worth the effort. I always look forward to the newsletter, and being a former editor/publisher, I certainly appreciate your work despite the tiny handful of nit-pickers, nay-sayers and fault finders.

I ran across this bit of herbal lore the other day, and thought I should share it with other readers. My mother (she's seen 88 winters!) tells me a tea made from watermelon seeds is excellent for treatment of cystitis and similar bladder and kidney disorders.

Pat, I think my sister can help you find someone who spins and weaves that beautiful Samoyed hair. She has two of these lovely dogs, is quite interested in the breed, and I believe she has a publication that lists people who do this kind of work. Write...

Blessed Be.
Cyprian

ED. NOTE: Cyprian didn't say it was okay to print that name & address.

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YOU KNOW YOU'RE IN TROUBLE WHEN.....

...a great rush of wind blows out all your candles even though all the doors and windows are closed...leaving you in total darkness.

...you're not sure you pronounced the name of the spirit you're calling correctly...and there is a sudden terrible smell.

* * *

PAN PAGAN FESTIVAL

At a special emergency meeting held in Chicago, representatives of the covers¹ and groups that comprise the Midwest Pagan Council voted to move this year's Pan Pagan Festival to a bigger site rather than limit attendance to 500 people which would have been necessary if the Baraboo, Wisconsin site was to be kept as the Festival location.

The new site for Pan Pagan Festival 1980 is the same campground where the Festival has been held for the last two years, the Lake Holiday campground, located in the Northwest corner of Indiana, near Demotte.

All those who have already registered will have the chance to request prior to the Festival a full refund of their registration monies should the Lake Holiday site not prove workable for them for any reason.

All those who haven't yet registered, but plan to attend, are strongly urged to register as soon as possible. \$15. adult; \$7.50 child 5-12; free child under 5. Send registrations to Murray Winters, 22905 Miller Road, Chicago Heights, Il. 60411.

For more info about the pre-Festival gathering at Circle Farm, and free brochure & registration for Pan Pagan, write: Circle, Box 9013, Madison, Wi. 53715.

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Had a very nice, long letter from Lady Rhea in Georgia, and a long tape-letter from Penny in Florida. Penny got to visit for 5 days, got her 2nd and is very happy about that. Our thanks to Rhea for arranging this. She really is a lovely person.

Rhea took off for a visit with her parents the day Penny left. They met in the mountains in Tenn. and Rhea says it was very nice. She says it has been very hot in Georgia.

Rhea says some people in her area are trying to get together 38 people on one bus for the trip to Pan Pagan. If they try burning candles and incense on the bus...I wonder how many will survive.

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BEING A WITCH IS.... from Rhea

...trying to explain to your boss why all your "sick days" off fall on the same dates each year. (Nov. 1, Dec. 22, etc.)

YOU KNOW YOU're in trouble when....

...the HPs tells you to turn in your athame.

...you reach for a cake, and notice it has legs and is moving.

...you take an astral trip and can't remember where you left your body.

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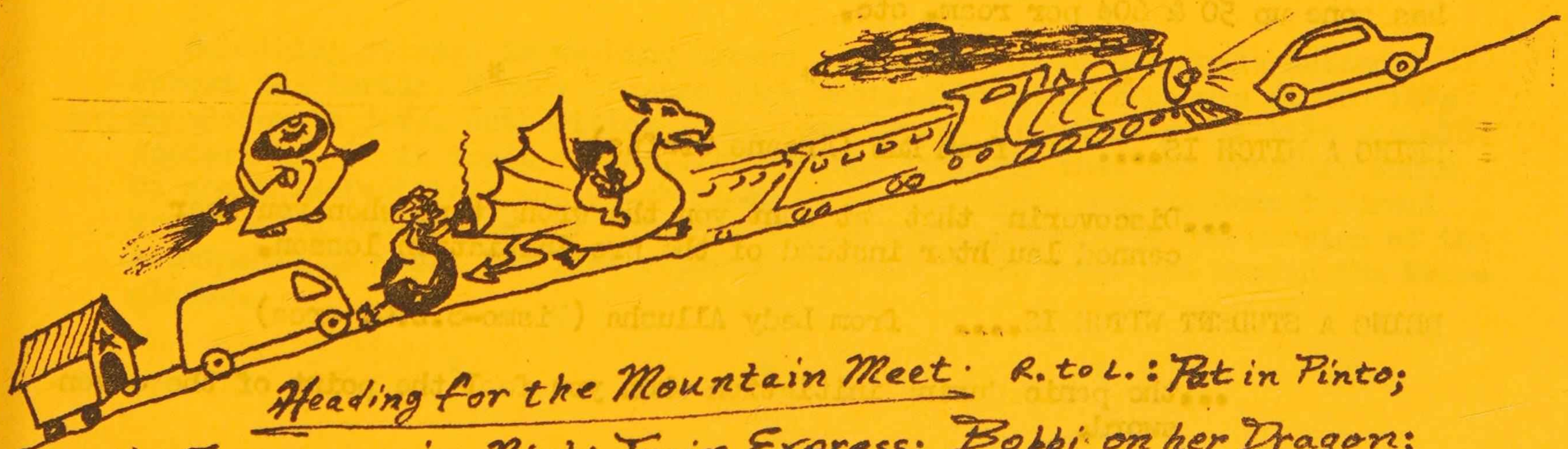


Gwenkin

DOO-WAK-TOU-WITT
TAW-BE-DA-WOWE-OF-DA-WAW!

HEY, GWENKIN!
LOOK WHO'S
REINCARNATED !!!

Oi! WHO LET DAT ONE OUT!



Heading for the Mountain Meet: R. to L.: Pat in Pinto;
the Sexatary in Night Train Express; Bobbi on her Dragon;
Sandie on an old Inner Tube, with jug of likker of the same
name; Gwenkin on her broom; Jeannie & Dean in van,
towing Doghouse for Rus & Ruthi, who couldn't make it
this year.

To see them heading back to Bakersfield, turn page sideways.

First Temple Of The Craft of W.I.C.A. , 2735 Chicago Rd. , South Chicago Heights, Ill. 60411.... now has a cassette duplication servive. This is especially useful if you use lots of cassette lesson tapes, etc.
0 to 75 copies C-30 \$2.95, C-60 \$3.10, C-90 \$3.60. Rates decrease as the number increases.

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Shadowhawk & Greystar are making Talismans for Love, Creativity, Greenthumb, Protection, Awareness, Concealment, Money, Success, Luck, Health, Communication, Stability. Hand painted on leather during proper lunar phases and planetary hours. All original..they will design & make it for you properly charged. \$5. includes postage. May take as long as 6 weeks. Only problem is....they didn't say what address to use. If we get one before this is printed, we'll put it on another page.

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Books on the Occult & Oriental Philosophies, Psychic Development, the Arts & Sciences. Also posters, notecards, & training aids. Free booklist on request with SASE. \$3. for complete catalog. Send cash, check or money order payable to Mystique Books % E.A.G. Mac Candleass. Address: Mystique Books Ltd Inc. PO BOX 131, Wi. Rapids, Wi. 54494.

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We mentioned a few issues ago that we would take advertising to help keep the cost of subscriptions down. Since some of you have been requesting rates... this is the present rate:

Full page 8 x 10 \$25. $\frac{1}{2}$ page 8 x 5 \$15. $\frac{1}{4}$ page 4 x 5 \$8. $\frac{1}{8}$ page $2\frac{1}{2}$ x 4 \$5. All sizes 10% off for 6 consecutive issues or 20 % off for 12 consecutive issues...full amount payable in advance. You prepare your own ad, art work, photos or whatever. If you use photos, be sure to use good lighting and contrast or you won't get good reproduction.

Don't know how long we can continue these rates. Costs keep going up,,, paper, ink, stencils, offset copy, and now even postage has gone up .004 cents per each copy. That's an increase of 8/10 cent each in the past year. Paper has gone up 50 & 60¢ per ream, etc.

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BEING A WITCH IS.... from Rus (Arcane Crafts)

...Discovering that Pat sent you the wrong tape when you hear canned laughter instead of the pre-initiation lesson.

BEING A STUDENT WITCH IS.... from Lady Allusha (Pismo-S.L.O. area)

...the panic during initiation when you feel the point of the coven sword.

...not wanting to return from your first astral vacation.

FROM BLACKSUN...Elvenhearth in Washington

This piece is also sometimes included in the first level initiation; it is a must when we initiate a couple or a mate to a Witch. I've called it by its purpose.

THE LAST WARNING

The Goddess wishes Her children well,
 She bids you be joyful in your spells,
 But She is Queen of both Heaven and Hell,
 And now it is time for why to tell.

When magick you work as a part of your life,
 The results may be bitter and lead to strife.
 A strain upon the husband and wife,
 Or Priest and Priestess; chaos be rife.

It need not be, this Hell on Earth,
 Magick can be a road to re-birth.
 Practice your Craft with a measure of mirth
 And true love you will know and what it be worth.

"Be true to yourself" be the saying of ages
 And surely this be the good advice of sages.
 It be the most important given to mages
 For Truth and Love are their only wages.

Break your blades and let them rust;
 Destroy your books, turn them to dust,
 Lest you enter this Circle without Perfect Trust,
 And Perfect Love be also a must!

* * *

FROM UNITED PRESS INTERNATIONAL

Something strange is walking around a remote area of the Ocala National Forest in Florida. Nobody is sure just what...though most people figure it's an elaborate joke. Authorities found some tracks that look a bit like size-18 footprints. If it isn't a hoax...the prints indicate that the creature would be about 12 feet tall and weigh close to one-thousand pounds. Some informal speculation centers on the infamous "Skunk Ape"...Florida's own version of the Abominable Snowman. The last reported sighting of a Skunk Ape was in the Everglades.

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YOU KNOW YOU'RE IN TROUBLE WHEN....

...you're all preparing for the bath before your first degree initiation...and you notice that the HP is wearing a bra.

* * *

PAGAN COMMUNITIES : from Rik in Tucson

A few months ago, last year really, I gave a lecture at the U. of Az. on Witchcraft. One of the people who contacted me was a member of one of the live-in religions in town. You know the kind; you convert and move in to their house in love and fellowship and have a good old time until you decide it isn't for you. Well, this person, who we will call Bob, wanted to join a coven (at the time he was still living with his former religion). I told him that it wasn't that easy, that we don't take people off the street, that you had to study for a long time to decide if the Craft was meant for you and if you are meant for the Craft. I gave him a book list and my address for him to ask questions, and wandered off with the feeling that here was a person who was searching for himself, and didn't know it. He went from religion to religion looking for something without realizing that it was himself. Remember the charge: if you can't find it within, your searching will avail you nought. Needless to say, he never called.

While visiting the Lady Arwen, she gave me a letter from Tucson, saying that since I was close by, maybe I could help this person. Yup, from Bob looking for a Pagan community with which to learn, share, and grow closer to the Gods. Well, I thought about this for awhile and remembered that he had lived in a number of commune-type religions, and realised that he was searching for another commune-type religion. Well, I seemed to realise that Pagan communities tend to fall apart. Christian communities tend to fall apart as well. Is there a connection? The Amish live in a successful religious community, but they do so by denying the outside world. The Amish would be happy if the world would vanish, leaving them in their eighteenth century existence. Give the Amish modern technology such as electricity, decent hospitals, refrigeration, etc. and their culture would die. It lives by saying that the world is evil, and only by separating yourself from it (under the will of God) can we survive. This seems to be the way of most communities. You develop an internal binding (religion), and in order to keep the community together, you deny the outside world (the enemy). Remember Jonestown? Children of God? Manson family? Quakers in early America?

I don't know about you, but I was taught that we are part of the world, and to run away from a problem is to allow it to run rampant. I guess my point is that I'm opposed to these communities that only allow one group to live in them, that offer an escape from the world. We must remember that the Craft is a nature religion, but that anything that exists in nature with some regularity, is natural. And that includes cities, cars, and even having a Christian for a neighbor. Belong to covens, yes. Follow the Craft, without a doubt. Tell the truth, of course. But let's not get this 'chosen people' idea that leads to paranoia and Jonetown type communes. One of the Craft laws is self-responsibilities. We cannot become responsible for ourselves if we live a sheltered life apart from the world, seaparate from new ideas, away from different people. If we do succeed in this separation, we cease to be Witches, people, and become robots believing whatever Big Brother decides to tell us.

So, Bob, I'm sorry, even if I knew of a Pagan community where you could learn, share, and grow closer to the Gods, I wouldn't tell you of it for it would stifle your growth, and like all of us, you need to grow.

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HERBS OF NEPTUNE by JAMES EXCELL (Colorado)

Neptune is the planet of the mystic, the same ecstatic energy represented by Venus transmuted to a level of psychic and imaginative power that nurtures the sources of creativity and perception through experience of illusion, fantasy and occult intuition. Neptune is the dreamer; an aspect perhaps represented by the image of the sleeping Vishnu dreaming the dream of infinite creation.

The herbs attributed to Neptune are the patron plants of dreamweavers. Their principal, significant effects are psychotropic and psychotomimetic, opening up recesses of higher and lower levels of consciousness not normally accessible to the waking mind, revealing (or at least indicating) that most occult of all entities - the hidden self.

A study of Neptunian herbs sheds light on the hidden aspects of at least two quite common herbs, revealing several interesting idiosyncrocies. An infusion of dried orange blossoms, for example, produce a stimulating effect on the nervous system. The oil distilled from the blossoms, however, upon vapourization and inhalation enables the inhaler to achieve a state described in the texts as 'hypnotic'. All in all, it sounds like an interesting medium for attempting trance work.

While the white willow, with its salicycyn content, is well known for its analgesic properties, a decoction of the bark also acts as a nervous system tonic and stimulant. On the other hand, the black willow is equally renowned for its anti-aphrodisiacal properties and has often been used as a sexual sedative. It is, perhaps, by stilling this function and allowing the energy instead to focus on another level (Neptune being the higher octave of Venus) that the willow derives its assignation to Neptune.

Cannabis, of course, is the plant of paradoxes. It is quite versatile in its medical application, and in its action on the brain and nervous system alone has been classed as a euphorigenic, depressant, sedative, stimulating tonic, anti-epileptic, antispasmodic, antiasthmatic, antidepressant, analgesic, psychotropic, psychotomimetic, hypnagogue and hallucinogen. Truly, its function seems to change to suit individual circumstances. It seems all at once to enhance and cloud perception; to expand the imaginative faculties and diminish their coherence and retentive ability. Reality is perceived as being elusive, amorphous, shifting and illusory. Cannabis' calmative effects also lend a more introspective flavour to the thought process, seeking to delve below the surface of the superficial consciousness. Cannabis may be the quintessential plant of the dreamer ("why do you think they call it dope?")

Once the nausea and vomiting have passed, peyote presents a universe of perception that is so like lucid dreaming that the two may easily be taken for one and the same. It is a reality that is vibrant with colour and life where the sentient perception of each plant, animal, and element is made unquestionably manifest. It does tend to make one susceptible to elementals who are strongest on their own territory, but a combination of cannabis and peyote often seems to restore balance (especially through laughter) and retain a relatively well-defined individual perspective.

(continued next page)

HERBS OF NEPTUNE continued

The physical appearance of the four herbs of Neptune seem to suggest the ephemeral qualities of dreaming. Willow, orange blossoms, and cannabis all have shape-shifting appearances, especially in the wind. A desert floor filled with peyote cacti creates a surreal effect; like a dreamscape that could as easily occur on Neptune as the Earth.

(next month..Uranian Herbs)

* * *

FROM CYPRIAN in Nashville

Hmmm. A correction is needed in the Neophyte Ritual you were good enough to publish in the June Newsletter. I don't know whether I dropped the line or you did...no sweat either way but here's the way it should have read on page 8:

HPS: "I call upon ye Sylphs and Powers of the Air! I bring before you (name)."

NEO: (claps hands three times) "I am (name), remember me!"

The Neophyte is now censed with the coven incense, etc. etc.

Anyway, the idea of a Neophyte Degree seems to be gaining increased acceptance but the question has come up as to just what rituals the Neophyte is admitted. Currently in our practice, the Neophyte may participate in all worship rituals (but may not see or take part in the Great Rite) and in the ritual for induction of another Neophyte. The Neophyte does not take part in or witness any working ritual. (Note the separation here between worship and working rituals.)

ED. NOTE: Sounds much the same as we do here except that we use no Neo ritual. Before first degree we call it Pagan Way. They are allowed to attend Sabbats and Full Moon, but not the regular coven meetings or rituals. We also have Sabbat rituals and other rituals for the Pagans. Since the Pagan Way rituals in the published book, and the ones in The Tree are so simple, we used some things from each in addition to other material to give them longer and more complicated rituals to do. So the Pagans here have their own rituals for each of the ten festivals we celebrate here but are then allowed to join in for the Craft ritual as well. Then they have other simple rituals for some of their meetings. This helps them to get familiar with the Circle, the tools, etc.

* * *

WORDS OF WISDOM from W. C. Pasture

I say that I really am not a sexist. Some men say that a woman's place is in the kitchen. I have never agreed with that. I have always maintained that a woman's place is in the bedroom.

BEING A WITCH IS..... from Lady Phoenix in Dallas

Having the pilot light on your stove go out in the presence of a neighbor. You wave your hand over it and you are happy to see it goes on again. Then the neighbor asks if you can teach her to do that.

* * *

FROM ELLEN of THE RUNES Box 9513, N. Hollywood, Ca. 91609

Let's see...might as well throw my two cents worth in regarding Southern Hemisphere Craft. Our seasonal rituals are just that, seasonal. Our celebrations of the seasons is one way in which we strive for attunement with Nature. In my tradition at least, it is explained thusly: Although many of us these days are not actively involved in agriculture, the seasons (at least the quarterly ones) and their agricultural meanings can be matched by spiritual work. In Spring, the time of planting, we plant those seeds within we wish to nurture and develop during the year. At Summer, we stop a moment in our labors and rest, checking to see how our "crops" are doing, and what needs to be done. Autumn, the time of Harvest...we receive the results of our labors, both actually and spiritually, for this is "Karma time", when the Scales are balanced, and those lessons we need to learn are made obvious. Winter--time for clearing of the fields of rocks, pruning trees, allowing fields to rest and gather strength. This is the time for clearing our spiritual fields, ridding ourselves of those things (qualities, faults, etc.) which stand in the way of our growth.

All this does have a point. In my opinion, it is the season which is important, not the date. For those in the Southern Hemisphere, the end of September would be the beginning of the agricultural year. Trees would be becoming green, sprouts showing in the earth. The people would have that lovely Spring feeling of freshness and beginnings. If they are to feel one with the universe and their special part of it, of course they should celebrate Spring at that time. To celebrate the harvest while you are planting things would be extremely confusing, and not at all conducive to developing that unity we strive for.

We of the Craft accept the fact that both night and day, dark and light are parts of the whole, and necessary. Many of us have accepted that there are different paths toward the same goal, both within the Craft and without. While tradition carried forward from the ancients is the foundation of our beliefs, we are growing and changing with the times. Isn't it about time that we accepted the fact that the planet Earth is a sphere, and not a dome? The Earth has, not only an Eastern and a Western hemisphere (which is apparently a little hard for some of our British friends to accept) but a Northern and a Southern. As we city Witches are adjusting to becoming one with nature in a world of concrete and brick, so our brothers and sisters down under will have to make their own adjustments. I think they should do what "feels" right. Working with the seasons as they are happening makes more sense to me than being locked into a rigid (and possibly stagnant) system of dates.

As for which would be seasonal...that, too is up to them, but I personally think I'd have a heck of a time switching after all my training.

* * *

Ed. Note: We gave you above the address to write for The Runes,, but not cost. I do wish all of you would remember when you write to always include the name and address for your publication, frequency, and cost. I just can't remember them all. With so many things around here in files...and stacks of things not filed...it just would take too long for me to keep looking up everything.
PLEASE! PLEASE!

FROM LE. ANN in Columbia, Mo.

"A Book Of Psychic Experiments" by William Jon Watkins. Tells some background and various experiments you can perform for psychic healing, meditation, chakras, biorhythms, ESP and a lot more. Each experiment can be done with things that are commonly available or can be made.

I know this subject is getting old, but I figure it's time to get my 2 cents worth on the subject of nuclear power. Most of the opinions I've heard recently have kinda disturbed me. I feel that instead of wasting our time picketing and boycotting (seems they never accomplish anything) the use of nuclear power, that we use our energies instead to make them safer. Wouldn't we really be helping Mother Earth? If we keep raping the land for wood, coal and other natural resources (which we will run out of eventually) aren't we slowly killing Her? Are future generations going to have to go to a museum or sanctuary to see trees, animals, or other things which we take for granted now. If so, it will be because of our short-sightedness. Is it not better to put all of our energies on working on a way for a safe form of energy or do we go to war over oil? Well, enough of my nuclear power opinions. Needed to speak my mind.

Ed. Note: I think you have the right idea. Too often people copy some of the politicians: they complain about what is being done but have no other solution. I believe there is enough coal and oil for some years but we will in time run out. We are not too likely to run out of wood. There was a time when lumber companies just stripped the forests. Today they replace with new young trees. If you want more info on these things, there are many booklets, etc. available on just about any subject you can imagine, and they cost very little. Write to the Government Printing Office, Washington, D.C. Tell them what you want to know about, and they'll tell you what is available and the cost.

* * *

From MARSHA (Chicago area)

I want to thank you for the New Orleans contact. Her letter arrived after I had left home, but Les gave me her phone number. Unfortunately, I never was able to reach her.

My trip was super although I worked hard at our convention. Pete Fountain and Al Hirt did a concert for us that was outstanding (if you like jazz, that is)!! And the food there is fantastic. I must have gained at least 5 pounds. Saw an interesting staff with a carved horned head, but the store wasn't open. That was the only remotely occult thing I saw other than the usual souvenir voodoo stuff.

Lucky Marsha! I love the music of Pete Fountain and Al Hirt. However, there is a very old album of Fountain that I don't care for.

Sorry we couldn't get the contact soon enough for you. You know how slow the mail can be.

* * *

WORDS OF WISDOM FROM one of W.C. Pasture's ladies...

Women belong in the house...and the senate...and....

FROM ARITEETA in Pittsburgh

To replace female hormones lost during menopause or after a hysterectomy, any of the following can be used as a tea: Elder, Licorice, Sarsaparilla, Univorn Root. Licorice is terribly sweet, and only a tiny bit should be used, (not by itself) but added to other tea as a sweetener and at the same time helps the body to replenish hormones.

Rosemary is good for brain fatigue, headaches. Lavender is also good for headaches. Nettle, Chickweed, Cleavers are good for reducing in that they help to eliminate water out of the system.

Muscular weakness indicates lack of potassium.

Warts are caused by lack of vitamin A.

Iodine restores natural hair color. White iodine rubbed on the scalp grows hair where it is thinning, and it helps thicken hair. Also good is: 1 egg yolk beaten and juice of one Spanish onion, plus cod liver oil...as much as the two together. Blend all together for 5 minutes, add fragrance. Wash head in warm water, and massage into scalp at night.

Another for the hair and scalp:

1 handful of nettle seeds, 2 handfuls of heather seeds.

Soak in 2 parts cold water and bring slowly to a boil. Boil a few minutes, strain and squeeze. Add a little acetic acid (vinegar) about 3 drops. Rub into scalp after it is washed.

A good rinse for darker hair is SAGE TEA. When making the infusion, use hot potato peeling water, and pour over sage or let it simmer a bit. When boiling the peelings, use as little water as possible, and it will be richer in potassium and other minerals.

Use Chamomile infusion for rinse for blond hair.

Did you know that chlorine in your public drinking water robs the body of potassium? Therefore, there's a greater need to supply the system with potassium. Rich foods, like raw green leafy vegetables (the darker the better) raw, rather than cooked. Helps to elasticize tissues and to make muscles firmer and supple. Potassium rich foods: potato skins, dandelions, dill, sage, cress, dried onions, parsley, peaches, figs, cabbages, almonds, gooseberries, bananas, raspberries and raspberry leaf tea.

Just the other day, I read of a certain primitive culture wherein the wife would break her husband's or lover's leg (one) to make him better sexually. Wonder how some guys would feel about that...whether to have two good legs to navigate or to be a good bedroom athlete.

In some Japanese Health Spas, the health seeking individuals are immersed up to their necks in pineapply sawdust in a pit in the ground, large enough to accommodate a person. This creates enzymatic action within the person. Pineapple, too, is good to eat for the same purpose and acts like papin for better digestion and assimilation, and in general activates the glandular system.

Did you know that the great conqueror Genghis Khan always wore in a locket, Barni powdered Iern to protect him from evil?

Since the earliest any of you receive the newsletter is a few days after the first of the month, and since the mail is sometimes so slow, some of you have been unhappy about missing part of Stargazer. Lady Fauna has agreed that we will begin running them from the 15th through the 15th.

STAR GAZER August 1980

by Lady Fauna

- 1 Lammas, Watch your health and temper. Avoid gossip. Work on visualization. White and blue candles.
- 2 Pursue your ideas today. See a movie or stage production. Take care of that sore throat. Red candles.
- 3 Tactlessness may cause a personality conflict. Conserve energy—your own. Keep your creative projects private today. Blue candles.
- 4 Work on that creative project today. Go visiting, but walk instead of ride. Yellow candles.
- 5 Pocket your wallet. Green candles.
- 6 Don't take your wallet out yet. Smile at your mate and try not to worry so much. Green and blue candles.
- 8 The kids may give you a break today. Use the mental energy directed towards your mate positively! Red candles.
- 9 Reorganize at work. Co-workers will think you're brilliant. Green and red candles.
- 10 New Moon. Work on visualization, but don't overwork. White candles.
- 12 Put your ideas in motion at work today. Watch your temper; avoid exploding. Yellow and green candles.
- 13 Do not take hubby's criticism too seriously; he may be hyper-critical today. Make suggested improvements on your creative project on the 17th. Blue candles for men. Yellow candles for the ladies.
- 15 Weigh the consequences of the risks you take. Yellow candles.
- 17 Your man will think the improvements on your craft project are great. A pink candle at the dinner table will light up the entire evening.
- 18 All of a sudden you have to move. Exercise caution. White candles.
- 20 Visit someone less fortunate. Avoid discussions on personal religious views tactfully. Burn a blue candle if your friend is ill; a green one if they are needy. Burn a pink candle for you, a red one, too, and plan to retire early.

(continued next page)

AUGUST STAR GAZER continued

- 21 Ask someone to help with the kids today. Blue candles, but put them out of the range of children.
- 22 Burn lots of blue candles and avoid possible disagreements with partners.
- 23 Organize your creative projects. Yellow candles.
- 24 Hypercriticism can lead to domestic quarrels. Work on your research project. Blue and yellow candles.
- 25 Full Moon. Honesty turns to gossip. Differentiate between the two. White candles.
- 26 Understand the other person's position before forming judgments. Yellow candles.
- 27 Control your temper when dealing with children (have a heart, summer vacation is almost over). White and blue candles.
- 28 Watch your food budget. Why are you so jealous? Green and blue candles.
- 29 Solve your problems at home, not at someone else's. Blue candles. Lock up the pink candles until you have kissed and made up.
30. Go out with your mate today and take in a party or an artistic event. Pink and green candles.
- 31 Organize your day and then go for a long walk. Blue and yellow candles.

STAR GAZER September 1980 by Lady Fauna

- 1 If you must talk about other people, say something nice. Yellow candles.
- 2 Your imagination is over-working and could cause difficulties with the spouse and children. Blue candles.
- 3 Write an article or draw a picture. Remember to limit your subject matter. Yellow candles.
- 4 Use your intuition and business ability in dealing with domestic changes. Green candles.
- 5 Guys, burn your pink candles (red ones, too). Today is The Day for you!
- 7 Put your problems at work and home into perspective and take advice in stride. Green candles.
- 9 New Moon. You want to give but your pocketbook says no. Remember worthy causes when the financial picture is better. Yellow and green candles.

(Continued next page)

September Star Gazer continued

- 10 A good day to throw a party--you'll have a good time and won't blow a lot of bucks on it. Orange and green candles.
- 12 Put chancy decisions and actions off. Yellow candles.
- 13 Over-generosity could cause domestic problems. White candles.

(continued next month)

* * *

FROM MARLENE in Odessa, Texas

Just a few lines to say hello. We really enjoyed the newsletter (as usual). The poems in this issue were exceptionally good, especially "Mom and Me".

The "story" from Rik touched my heart. It was a beautiful and moving experience. All such decisions should be so beautiful. May our Gods bless him and his wife. She seems to be one of the rare Xians who are true to themselves. He is very lucky to be blessed with her.

The newsletter from Austin is just great! Loretta is doing a terrific job there. She has been a blessing to us. We get so lonely. We would love to hear from any who would like to write. (You may print our address).

We are expecting a Witchling in Jan.-Feb. and are looking for a special/magical name. Any suggestions would be appreciated. I have had a vision of him already. In my vision he was about 2-3 years old. So any boy names would help.

What happened to the crossword puzzles? They were really fun and enlightening.

Good luck on land hunting. The more temples, holy places, etc. we can get established, the closer we can get to making the mass population realize we are not a wierd cult, but a true religion. May Our Lady guide your steps.

Blessed Be.

Marlene

Robert & Marlene Carrasco, 2314 N. Hancock, Odessa, Tx. 75761.

Ed. Note: We hope the lovely lady who prepares the crossword puzzles will get back to them as soon as she is not so very busy.

* * *

BEING A WITCH DOG IS.... (From Fooka and Sirius)

...getting chased out of the temple if we want to play and won't lie quietly while discussions are going on.

...trying to sneak back in the door whenever anyone goes in or out.

YOU KNOW YOU'RE IN TROUBLE WHEN.... from Merle in Pakersfield

...your Catholic mother-in-law comes to visit, and you greet her with a Blessed Be!

(based on the Waite deck)

ACROSS

- 1-Major Arcana XV
- 4-legendary gem of protection
- 8-the Cosmic Law of Major XVI
- 12-Major IV sits his throne
- 13-Pentacle IX, the woman (appreciates) her bird
- 16-g(complete the word), Gaelic term meaning a personal obligation
- 17-a people known for fairy lore
- 19-prefix meaning again
- 20-Cups VII, he has many
- 23-total loss (abb.)
- 24-one of the suits
- 25-to gain or benefit
- 26-Cups X, the symbol of happiness (pl)
- 28-each of the suits can be considered a Witch's
- 30-Egyptian god of Major XIX
- 32-Cups IX; he these cups
- 33-registered nurse (abb)
- 34-Pentacles II, what he would be called as a

1		2	3	★	★	4	5	6	7	★	8	9	10	11	
	★	12		★	13	14				15	★	★	16		
17	18			★	19		★	20			21	22		★	
23		★		★	24				★		★	25		★	
26		27					★	★	28		29		★	30	31
32				★	33		★	★	34				35	★	
	★	36				★	37	38			★	39			★
★	40		★	★	★	41				★	★	42		★	★
43			44	★	★	★	45			★	★	46		47	★
★	48			49	50									★	★
★	51		★	★	★	★	52			★	★	53			54
55	56		57	58		59		★		★	60			★	61
62		★	63		★	64		65	★	★	66			67	
68		69			70		★		★	71				72	
73				★	74						★	75		★	★

- 36-Major IX, what he does.
- 37-Major 0
- 39-the King of Swords' command
- 40-first letters of Major VIII
- 41-(complete)ism is a food poisoning
- 42-see 30 across
- 43-Major II sits before the
- 45-Rowan Tree Rites (abb.)
- 46-Afrikaan word for earth
- 48-the aura of Major XII
- 52-a king is mat(complete)
- 53-in the corners of Major XXI
- 55-the motion of Major X
- 60-the number of balance
- 61-as above (abb.)
- 62-for example (abb.)
- 63-In Astral (abb.)
- 64-the Fate Sisters would weave this
- 66-something paid for but not bought
- 68-Druid of the Milesians
- 71-the Gaelic sea-god
- 72-Tolkien's tree-person
- 73-gender of Major IV
- 74-what 'aces' mean
- 75-see 12 across

DOWN

- 1-Major XVI, an ability of power
- 2-first word in Jamaican sorcery
- 3-a characteristic of the Knight
- 4-Page of Cups (pl)
- 5-a special circle ratio
- 6-parts of a circle
- 7-Land of Enchanted Horses (abb.)
- 9-smelling perception of Major XV
- 10-Pentacles IV
- 11-compared to
- 14-Major VII is _____ by sphinxes
- 15-Major IX, alone journeys
- 18-a foot of Major XV
- 21-Major I says "_____ am"
- 22-Cups III
- 24-Pentacles VIII
- 27-Major XVIII rules this behavior
- 28-the cards can _____ the future
- 29-Crowley headed this

- 31-I exist
- 34-Swords VI can foretell this
- 35-Wands IX is watching his
- 37-the Wheel of Major X
- 38-Scandinavian hero killed by Loki
- 40-Page of Pentacles can _____ the beauty
- 44-the first letter of the British sea-god
- 46-the cards can _____ a question
- 47-Children of the Goddess, Tuatha De _____
- 49-see 21 down
- 50-magickal texts are known as (complete)moires
- 51-Swords IX is only a _____
- 54-symbol of Pentacle's element
- 56-Gaelic god of literature
- 57-Wand's element (Olde Eng.)
- 58-a means to identify
- 59-see 32 across
- 60-a sacred plant
- 65-a fertility insect
- 67-highest suit card #
- 69-Major V is an (comp.)der
- 70-that is (abb.)
- 71-lower case (abb.)

THIS FROM WISCONSIN

Your editorial note about forming a Pagan Political Organization sounds to me like an excellent idea and has my full support. You wouldn't believe the amount of BS the Xians around here are spreading about Witches in particular and Paganism in general, being the so-called "Illuminatus Conspiracy". The garbage they keep coming up with is a combination of Satanism and Ritual Black Magick, mixed with Communism and Facism...claiming that Witches & Pagans are trying to take over the country. Not only that, but they also attack the Rosicrucians & Masonic Order as being part of the conspiracy, claiming that they practice human sacrifice, and that their rituals are identical to Wicca rituals.

Well, I personally happen to know that that's a bunch of Hookey Poppycock! I've been a member of the Rosicrucian Order since 1976. My grandfather happens to be a 33rd degree Mason, and the family has always had very strong Masonic ties. Therefore, I can state quite unequivocally that they do not do these things and their rituals are not alike in form. These same people are also against ERA, are anti-abortion, anti birth control & planned parenthood and sex education in public schools!

It seems to me that we in America are taking one mighty big step backward into the Dark Ages & the terror of the ever present stake! Let us remember that they burned many of their own people as well as our forbears during the "burning time") I say, "Let's stand up for our Rights before it is too late!"

I also applaud your comments on the nuclear issue, Pat. People are always so hysterical about anything that is the least bit new or unusual. Well how in hell are we going to discover what to do with nuclear waste without the process of trial and error? It happens to be the only way that anything good or bad is discovered. Penicillin was discovered by accident. Pasteur's time thought he was insane. People in the future will probably look back and laugh and say, "All that fuss about good clean nuclear energy!" And anybody's who is afraid of a nuclear plant blowing up, obviously doesn't know very much about physics.

Of course, nuclear weaponry is another matter altogether. I do feel that the "Bomb" should be banned worldwide, for if there is another major war (the Goddess forbid!) and these weapons are used...well, I don't think we'd need to worry about who won the war since there wouldn't be enough people alive to bury the dead.

Nuclear energy, like magick, like electricity or anything else, can be used for good or evil. Let's use it for the good it can do.

Horus Tehuti Neterkheit

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BEING A WITCH'S NEIGHBOR IS..... from H.T.N.

...peering over his fence to see what all those naked people with knives are up to!

FROM BOB in San Francisco

I appreciated your mention of Jerry Falwell in the July newsletter very much. For a long time now I've been receiving mail from Mr. Falwell's "Old Time Gospel Hour" and "The Moral Majority". I don't know how it started, but it certainly wasn't through my request.

From what I can see, no sooner does one get on one mailing list, they end up on another. Interesting.

As human beings living in the U.S., Born Agains have a right to do their thing. But when they start trying to force feed it on the entire nation, it's against the very grain of what the U.S. is all about. It seems that every nation that exists in the world devoted to one specific religious philosophy had had its problems. Iran is a classic example. It all boils down to "If you don't have the same religious convictions as I, you have to be exterminated."

While Xians like to throw Charles Manson up to the Craft world, they tend to forget Jim Jones purported to be a Christian.

The Craft has come a long way since the days of persecution. Perhaps as it further evolves it will become more protective and outspoken.

Pagans should get involved, either by forming our own organizations or at least joining those groups already established that we agree with philosophically and politically. It certainly wouldn't hurt to be concerned.

In closing..Jennie in Gainesville, Florida might try getting "What Witches Do" through the following source: H. Hamilton, Box 2516, Dillon, Col. 80435. Their new catalog just came out and the book is listed. Perhaps they have some copies left. She could write first to check availability. It is listed at \$7.50 so it must be the hardback.

ED. NOTE: You're certainly right about those mailing lists. Some years ago I gave a small check to some charity which was obviously run by the Catholics. Nearly every mail for the next several years contained letters from some charity asking for money. These came not only from the U.S. but from as far away as Africa. And that was only from that one religion. Did you know that there are companies whose business is buying and selling mailing lists of all kinds? That's how we all get so much junk mail.

* * *

YOU KNOW YOU'RE IN TROUBLE WHEN.... from Manon in Modesto

...you see a past incarnation of yourself as Aliester Crowley.

BEING MARRIED TO A WITCH IS.... from Bobbi in Pittsburgh

...trying not to get upset when she tells you she loves her H.P.

...trying even harder not to get upset when she tells you she loves her HPs.

...pretending you don't know her when she walks up to a tree in the middle of a public park in broad daylight and starts talking to a tree.

* * *

THE HIGH PRIESTESS by Shadowhawk of Elvenhearth in Washington

VERVAINE (and other ramblings)

Vervaine is an herb of many wonders. I started last month by telling you about Mistletoe, and its ritual use. To follow the cycle we come to the first quarter, its herb is vervaine. It is burned in the censor before the main work is to be done, after the Circle has been cast. This herb is sacred to Diana, the Huntress, and is counted among the sacred Druid herbs. You can cast a Circle with it by just sprinkling it about. It serves to contain energies. I put a ring of dried vervaine around the base of my candlesticks, and I use vervaine oil for anointments, and coping of altar instruments.

TO BIND AN ANIMAL TO YOU (better plan to have it for a long time as this spell cannot be broken)

On Dark/New Moon, clip a few hairs from the base of the animals tail, and one of your own hairs. Put these aside in a safe place until Diana's Dow (3rd day after New Moon). On the Day of the Huntress, take some rosemary and burn it on a charcoal. Catch the animal, and get some of the smoke on its fur, and/or get it to breathe a LITTLE of the fumes. Now, invoke Diana, huntress and protector of all animals, and ask her aide in binding your animal to you, and ask her blessing on the pet. Then burn some more rosemary, and take the hairs and a bit of vervain; bind them together with grey or silver or white thread, and burn them on the charcoal.

You can let the animal out of the room now. Thank and Dismiss the Goddess, and burn a white candle coped with oil as an offering. Then break your Circle as you see fit.

ROSEMARY is a binding/ fixative type herb. That is why it was used in love and fidelity spells. So also is SKULLCAP. In fact, if you wish your loved one to remain faithful to you, feed them Skullcap tea with wildflower honey.

COPE is to coat with oil in a ritual manner. Mentally divide the candle in half. Then take seven strokes on the upper half (up) with oil and seven on the lower (down). Then make a pentagram on the bottom to seal it. For offerings, cope only upward for 9 or 13 strokes, and don't forget to seal the bottom.

PLEASE NOTE: Once this spell has been done, that animal is yours for all its natural life, and maybe beyond. BE SURE you are going to keep it. If you give it away, it will try to get back to you (runaway) and maybe die in the process. If it cannot get out to try to find you, it will not eat, will sicken and die. I recommend this rite be reserved for familiars for these reasons.

By the way - you can use this same rite on a small child with only a slight variation: use a rosebud pink thread and the Full Moon. The invocation is to the Mother. This is a good thing to do if you travel a lot. Your son or daughter will never get LOST (this doesn't mean they won't leave) and will probably always have close ties and communication with you.

Brightest Blessings

Shadowhawk

CHILD OF THE UNIVERSE

by Lady Bethea and Mariah

Time: New Moon

Place on the altar: cotten white cloth, fresh natural milk, fresh egg, bowl of water large enough to hold egg and water, small gift that will fit inside of the egg, one white candle for your child, and one candle of your astro. sign color. Incense of your choice, or use Frankincense and myrrh.

Light both candles as you think of yourself and your child. Light the incense. Sit and become one with yourself and your child.

Hold the egg in your hand, and with your athame, tap the end of the egg open, then turn the egg over as you hold it over the chalice, tap the end open and blow the egg out into the milk that is in your chalice. Stir with your athame, and place it back on the altar.

Wash the inside of the egg with the water that is in the bowl. Dry the egg, and place inside the egg the small baby gift, also herbs, and a message to your child or the child's name.

Take your candle, and starting at the edge of the egg hole, let the candle wax drip to fill up the hole. Do both ends. Lay it on the cloth.

Take your chalice to the four quarters, and say, "My child, you are but a small piece of Stardust, and by knowing and holding you in my womb, I have held a Star".

Drink one sip of the milk and egg, and return to Mother Nature.

Take the egg to the East (AIR) and hold the egg in the palms of your hands as you raise it to the sky and present the gift to the East. Say, "O Great Mother of the Womb of the Universe, I (your name) am the bow, and my child is the arrow, and from me the living arrow is sent forth. Bless this child of the Universe with Peace of Mind and the Wisdom of when to Keep Silent and when to talk. For this is a child of the Universe".

Take the egg to the South (Fire) and hold the egg in the palms of your hands as you raise it to the sky and present the gift to the South. Say, O Lord of Light, send Courage with the ability To Dare with the light to go forward or to stand still. For this is the child of the Universe.

Take the egg to the West (Water) and hold the egg in the palms of your hands as you raise it to the sky and present the gift to the West. Say, "O Goddess of the flowing waters, with soothing music from the singing streams. Flow thru my child with cleansing waters to flow with cleansing healing energies. For this is a child of the Universe.

Take the egg to the North (Earth) and hold the egg in the palms of your hands as you raise it to the sky and present the gift to the North. Say, O Goddess and Great Mother of all Earth. Send to my child Wealth with the ability TO KNOW the difference between a stumbling-block or a stepping stone. For this is a child of the Universe."

(continued next page)

CHILD OF THE UNIVERSE continued

Walk to the East to join the Circle. Now walk to the center of the Circle, and hold the egg in the hand you use the most. Open your arms and legs, and stand like a star. Feel the flow of the Earth coming up your bare feet, and feel the flow of the Moon coming into you through your hands. Wait until you feel the energy of both forces coming together around the child. Close your eyes and picture in your mind all the gifts and energies you have willed to your child. Take your time and receive a message from one of the Four Quarters. Remember the message. It will be better to sit on the Earth or lay down and stay a good amount of time.

Now open the Circle. Go to the East Quarter, walk to the North and thank the Goddess for attending and send Her away with love.

Walk to the West and thank the Goddess for attending and send Her away with love.

Walk to the South and thank the God for attending and send Him away with love.

Walk to the East and thank the Goddess for attending and send Her away with Love.

Walk to the center of the Circle and stomp your foot hard on the ground to break the flow of energy, or you will feel shaky afterward.

Then say, "Merry Part and Blessed Be".

Place the egg inside the white cotton cloth; then place it on your own altar or in a safe place until the Full Moon of the Child after it is born. Go outside in bare feet in the light of the Moon. Open the egg, and bury egg and cloth in the ground where you are standing. Stand on top of where you buried everything. Hold the gift in both hands to your heart, and picture the gifts you are giving to your child. Do not let anyone touch your gift until you give it to your child of the Universe.

Ways to change the rite for other purposes: If the child is born and is under One Year and One Day, you may also do it for the child. Also, another Crafter may do this rite for a non-Crafter, but you should let them know the gifts that you and the Gods are giving.

Merry Part and Blessed Be.

Lady Bethea and Mariah

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YOU CAN TELL IT'S GONNA BE A ROTTEN DAY WHEN... from Bobbi in Pittsburgh

...you put your bra on backwards and it fits better.

...you call suicide prevention and they put you on hold.

...you want to put on the clothes you wore to the Sabbat, and there aren't any.

...the bird singing outside your window is a buzzard.

...your income tax check bounces.

GOLLUM'S COLLUM

Well here it is another month, and you wouldn't believe what a month it has been.

My human's daughter is going to have a little one in September. They gave her a Baby Shower? How can you give a baby a shower when it's still inside the mother?

Have you ever seen all the stuff they buy for a human baby??? I would rather be what I am, a handsome cat. We don't have to go through that stuff. Ain't we lucky?

Poisonous Plants

We cats are a curious lot; we like to chew on things, and plants are only one of them. The following are some common house plants that are dangerous to us cats:

- 1- Christmas Cherry - the berry is poisonous.
- 2- Dieffenbachia...also called Dumb Cane: The leaves can cause vomiting, diarrhea, swelling of the tongue, and even suffocation.
- 3- Dried Arrangements: the seed pods and beans of tropical plants may be highly toxic.
- 4- Ivy - the leaves can cause breathing and stomach illness.
- 5- Mistletoe - the berries are highly toxic and can cause vomiting, diarrhea, and convulsions.

The following outdoor plants can also be hazardous if chewed or swallowed.

Castor bean	Lobelia
Daphne	Monkshood
Foxglove	Nightshade
Horse chestnut	Poison hemlock
Jimson weed	Water hemlock
Larkspur	Yew
Laurels	Lily-of-the-valley

If you discover that your cat has dined on a houseplant, call your poison control center immediately, and get veterinary aid. If you don't know the name of the plant, take it along to the vet's office.

PREVENTION

Here are a few steps you can take to prevent poisoning from houseplants.

- 1- If your cat is kept strictly indoors, daily walks outside (on a harness) and being allowed to chew the grass may cure the houseplant gourmand.
- 2- If your cat cannot be walked, grow indoors some grasses that your cat may eat, such as wheat or oats. A bellyful of either of these may satisfy the "chewing of the green" urge.
- 3- Most cats love catnip - they eat fresh leaves and dried. You can grow your own.
- 4- If you catch your cat nibbling plants, spray the cat with your plant mister at the time of the "crime" to convince your cat to stay away.
- 5- Moth balls or Cayenne pepper in the soil may irritate your cat's "smeller". Cats don't like to be irritated and therefore may stop chewing the plants.
- 6- Of course, keeping hazardous plants out of reach is a very wise step and will usually work, unless your pet is determined to be "Supercat".

continued next page

BAST - I hear that you are no longer with Manon, but now with the Coven of Trothland, and have a new name, too (Luna). I am sure you will be happy and the coven kitten. But how could you leave a foxie Lady like Manon?

J. L. WRIGHT - about your felines bringing bugs, mice, etc. Try telling them no thank you, that you appreciate it very much but your taste is different than theirs.

GODLIN & MR. ASMODEUS - Congratulations on the 5 beautiful new kittens. They are fun, aren't they?

BIBI - Yes, I recieved your letter and answered it in the last newsletter, but it is always good to hear from our friends in Australia.

SHADOWHAWK - So all the Kozmik Kittens are gone. Don't you miss them? We all did, it was so hard to say goodbye to them, even if they are in good homes. But I understand about having so many other fur persons around. We have 3 dogs and 2 other cats besides me.

Hello to Sunshine, Myrrydwynn, Durgundia, and Kitty-face.

RUS * I recieved a nice letter from Rus, asking "me", Gollum, to do an article on Witches' Familiars for Witches Annual. The answer to that is a BIG YES. Morgan Le Fay, shame on you for treating Rus like that. You should be happy to have two new kittens to play with. You are still the Queen of the house, and as the Queen, you do not lacerate the arm of Rus; he is your friend. So welcome Sunchild & Auset.

Salutations to Sgt. Nahot (Nick) Fury, Daali and Spooky who have inherited Pan, Joe and Puck.

Greetings also to Princess who sends her "royal" meows & greetings from Michigan.

May the Bright Blessing of the Lady be with you always.

Gollum.

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BEING A STUDENT WITCH IS.... from Lady Allusha...Pismo-SLO area

...the disappointment when your visions of grandeur are squashed.

...searching through mythology books for your Craft name.

BEING A WITCH IS.... from Ruthi, Arcane Crafts

...seeing two cars side-by-side in the parking lot. One's bumper sticker saying "Jesus Is The Answer" and the other, "Protected By Witchcraft".

...Everyone thinking you're crazy when you kiss your hand to the moon.

...just when you're invoking the Goddess, somebody's baby Witchling starts SCREAMING AT THE TOP OF HIS LUNGS.

THESE FROM ELVEN HEARTH IN Edmonds, Washington

FIRETHORN

The shape of her beauty
is piercing my dreams.
It flows through my night
like a river of flame.

White hot tributaries
of molten thought streams.
Converge on my mindscape
giving shape to her name.

Voices this essence of fire and form,
She who emerges,
is called
Firethorn.

A SAILOR'S DREAMS

The mermaid swims
with pearly fins
cruising through the deep.

The sailor looks
through ancient books,
too frustrated to sleep.

The open sea's
monotonies,
Quench not his lusty flame.

Visions of Isis,
and Aphrodite,
and other ancient names,

like shadows soft
take spectral walks
down pathways of his brain.

Shadowhawk

* * *

THE DRUID BY THE OAK

J. Mac Candleass

In the forest by the moor
lives a Druid bent & aged
by years of care,
a weather beaten face
like the branches of the Sacred Oak
which shelter him.

He winds his way through
the forest gathering
the Golden Bough of Mistletoe
under the Soft Glow
of the Silver Orb,
Robed in the Garments of Gleaming
white.

What is the Mystery
the Druid so carefully guards
under the Oaken bough,
for our Lady Luna of the sky?
What is the Secret that
he bears?

The Druid collects the Healing Moss
& the Herbs of Hidden Lore,
& wraps himself round
with Visions of what men cannot see,
Under the branches of the Sacred Oak.

What is the Vision of the
Burning Inner light,
that keeps him dwelling
in this barren land?

* * *

DOG DAYS

From Armeeta in Pittsburgh In Memorium to Ladybug
Portraits by John C. Metcalfe

EARTHLY ANGELS

Have you ever had a puppy...Look inside your lonely heart...and not felt the warming feeling...that its friendly eyes impart? ...Have you ever had a puppy... Gaily leap upon your lap...And then slowly search about it...for a restful dreamy nap?...Have you ever had a puppy...Place a kiss upon your cheek...And, then press his/her head against you..so of love for you to speak?...Have you ever had a puppy...Take his/her stand before your feet...So he/she better can protect you...If a danger you should meet?...If you have not owned a puppy... That can raise your spirits high...I suggest you wait no longer...And such an earthly angel buy.

*

According to Ruth L. Murray, in her book YOUR CHIHUAHUA, they originated in Mexico and are believed to be descendants of the Techichi, a dog of religious importance to the Aztecs. It is believed that the ancestors of the Mayas came from China sometime before 2000 B.C. , and that they brought with them a small hairless dog which they mated with a small native dog. Only the wealthiest, high class Aztecs could own a Chihuahua, and many dogs had their own slaves who took very good care of them. When the Chihuahua died, his slave was killed and buried with him.

*

Wickian Pooka and Sirius are growing beautifully. Pooka is getting almost too heavy to lift...he sleeps where he wants...which is usually on the back porch where he can bark at every sound and everything that moves. Sirius also sleeps where he wants...only because I haven't told him where to sleep. He tries so hard to please me that I think he'd sleep standing on his head if I told him to do that. So, he usually sleeps beside my bed, or when it gets too hot, he goes to the yard. With lots of food, daily vitamins and brushing, and lots of love...I think I'm getting two spoiled children.

Now why don't you tell us about the dog who owns you???

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Being A Witch Dog Is..... (from Wickian Pooka)

...going to sleep while they talk after the ritual, and getting locked in the temple because they think you left.

BEING A WITCH IS.....

...having people tell you they don't believe in Witches...and answering that you don't believe in Xians.

...feeling very frustrated because the Full Moon came on a cloudy night and you only caught a brief glimpse.

From WYNDEL, HP of Torr Coven, High Lord of the Torr Wicca
Dover, N.J.

With regard to the article/letter by Mariah "War From The Inside", the sort of 'I'm right, you're wrong' disagreement has been going on since before I got interested in the Craft in the early '70's. It usually means that both parties are wrong to some extent. An open mind can make a space in its universe for a closed mind, but a closed mind cannot tolerate an open one without destroying its own universe.

I think perhaps what should be looked at with respect to any particular magical/religious practice is whether or not that particular practice fits in with the rest of the system; be it your practice or system, or someone else's.

A system of religious or magical practice must be coherent and consistent within its own structures, and to be usable by a group must fit within the belief structure of that group. Any practice which does not fit the structures of a group is not invalid; rather, it is merely irrelevant to that group, as it may well fit other belief structures.

Man, as a species, has the ability to reason. It doesn't matter whether the ability came from the "one true God", occurred through random chance, or through any other agency or process; the important thing is to use that ability and through use, apply it.

With regard to the withershins/deasil controversy mentioned by Mariah, the magical system of our groups' belief structure requires deasil movement at all times within the Circle, except for the purposes of destructive or negative magic as required for destroying a cancerous growth or tumor during healing work.

Movement directions within the Circle are tied to apparent solar movement (from a geostationary viewpoint), and moon phase (waxing/waning) to the type of magic being done. Because of this, the rotation of the earth on its axis, the direction of the moon's orbit around the earth, and the earth's orbital travel have little direct bearing upon our magical practices.

In this way we achieve consistency in at least one part of any magical ritual or practice we perform and reinforce the magical training of each individual in order to maximize the efficacy of our Work, either as individuals or on a coven level.

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UNHELPFUL HINT.....

Be certain to go into the Circle barefoot with everyone else when you have athlete's foot. Why should you suffer alone????

WORDS OF WISDOM...

.....AW, SHUT UP!

STUFF & THINGS

Shadowhawk of Elvenhearth says she and Grey Mouser are hoping to open a store. The store will also be called Elvenhearth, and they hope to locate on Capitol Hill in Seattle. Sounds good. They enclosed several of the talisman's mentioned elsewhere....Very Nice.

Janis (Saranac Lake, N.Y.) says she enjoys Armeeta's articles on herbs and Lady Fauna's Star Gazer. She says the weather has been beautiful there.

Catherine & Kent (The Wiccan in Australia) say they are now busy writing a couple of books. And they say they had a really nice write up in a National Sunday paper. And I say they should go to the doghouse because they sent part of the paper but not the part with their write up. Hopefully, they'll find a copy to send. Since they haven't done any interviews, their busy now playing Sherlock Holmes to find out who gave out the info for the article.

Bobbie in Pittsburgh says her psychic abilities are improving so much that her husband won't play cards with her anymore...she knows what cards he has. Hmmm. Have you thought of making a trip to Las Vegas, Boobie?

Tintagel will now be publishing Pentalpha Journal. If you need printing of any kind, you might contact them for prices. Tintagel Printing & Publishing, 1725 Blake St., Berkeley, Cal. 94703.

Rus (Arcane Crafts) sent a nice review of a book printed only in Russian. Since I doubt that most of you read Russian, I see little point in printing a review of a book you can't read even if you can find it. Rus, when you translate the book into English, we'll print the review.

Rhea (in Georgia) says the heat wave has really been bad. She's happy that she got her air conditioner. Rhea would like a ritual to make her VW run properly. Maybe she should ask it if it has relatives in Chermany. Threatening to trade it in didn't work. She says her dogs wouldn't speak to her for awhile recently after she gave them a bath. Guess dogs just don't like baths. Maybe that's where the expression "dirty dog" came from. Solve the problem, Rhea, by getting them a swimming pool. Pooka & Sirius love it so that they'll jump in if Manon & I are in the pool. Take Sirius to the ladder when you think he wants out; he'll climb to the top and dive in again. Try it. They'll like it.

Cyprian (Nashville) says some students suddenly turned up and they are beginning Neophyte classes there. They'll work hard to catch up with Lady Bridget's Atlanta group, then they'll all meet at Michaelmas for the Neophyte ritual (see last newsletter). Cyprian enclosed an article from the local paper about the Snail Darter...the little fish that held up the Tellico Dam. Now they hope to transplant some to the Elk River. That would become the fourth river to get some of those little fish. For more on that, see earlier newsletters.

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WORDS OF WISDOM...

We wondered why she was flying in small circles above her house. Now we know it was because that's as far as her vacuum-cleaner cord would reach.

STUFF & THINGS

Well, here it is the last page, and I can't say I'm sorry. It really has been a problem getting out this edition. Couldn't get the stencils I wanted. Page of photos wouldn't come out good enough to use. Several days working in our print shop (a metal building) with temperatures from 111 to 113. That did not help the paper, the stencils, and made the ink run thin causing the paper to stick to the drum.

Some weather. Who needs it! The other day Pooka woke me barking at 4 A.M. I went to the yard to see what was the problem. It was so hot that Sirius had jumped in the pool and Pooka wanted to get in too. I joined them. p

Don't be unhappy if you don't find your material in the newsletter as soon as you send it. Sometimes we have too much from one person to use in one edition, or we may have too much of the same sort of material for the same edition. Sometimes it gets here too late. But we do get it in though it may be delayed a month or two.

For next month we already have things from Ariel, Rus & Ruthi, Cyprian, Shadowhawk, Armeeta, Lady Allusha, etc.

We do appreciate the news clippings, magazine articles, etc. that some of you send in, but please don't send anything you want returned. We also enjoy the cartoons you clip out but we can't use them because these things are copyrighted.

Robert in San Francisco just sent a copy of an article in The Enquirer... think the date was 7/16. Anyway, it lists charities not meeting the minimum standards set by the Council of Better Business Bureaus. The list is amazingly long. Included you'll find Billy Graham and Jerry Falwell. It's a handy list to have around when the phoney charities are trying to get your money. Only a small fraction of their take goes for what they say it's for.

Hope someone sends a report on the Pan Pagan in time for next newsletter.

That's All Folks,

Love And Blessed De

Pat and the Georgians

P.S. A lot of you should go to the doghouse. Stacks of mail, arriving not only after the deadline, but much of it mailed after the deadline. Too late for this issue.

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