

BAKERSFIELD - December has been a busy month, and all went quite well. Barbara & Vulcan conducted the Full Moon, Judith & David did the Pagan Way ritual for Festival of Lights, and it was Lady Selene & Vulcan with Cinda as maiden for the Craft ritual. Since the Pagan Way ritual for Yule is so long, complicated, and takes so many people and so much rehearsal, we decided to skip that one this year. Lady Selene & Vulcan conducted the Craft ritual. A nice group here this year, but with inflation, high gasoline costs, heavy fog, car problems, and the flu epidemic, not so large a crowd as usual. We were happy to see Walt get up here from L.A....doesn't get here often enough. Greg & Tanya didn't get here from L.A. because Greg was in the hospital for an operation. We hope he'll be out by the time you receive this. Jeannie & Dean started out but had a car problem and had to turn back. Mariah is afraid to drive over the mountain in winter...etc., etc.

By the way, this ends our 5th year, and next issue begins our sixth year of publishing the newsletter. Sorry we had to raise the subscription price but we've lost a lot of money on the newsletter each year, and inflation keeps making it worse.

Guess you can see that I had to go back to the old typewriter. The new electric just doesn't hit hard enough to cut good stencils. Manon loves the electric so we'll keep that one just for her to type on for answering letters. Our thanks to Lady Selene again for helping to type the stencils this month.

The regular girl was off when we had the electronic stencils done at A.B. Dick. The one who did them didn't do such a good job. Noticed the address in the Coven Gardens ad was not too clear. It's P.O. Box 1064, Boulder, Colorado 80302.

Time to vote again for "The Georgies". Nominations for best in the newsletter in 1980: Armeeta for her "goodies" articles, Shadowhawk for her High Priestess column, Rik for his "Letter To Osha", James Excell for his series on Planetary Herbs, Lady Fauna for her Star Gazer column, and Levanah for her series on Kundalini, Rus for Gwenkin and other cartoons.

Only one nomination for a person or group doing the most for Craft/Paganism in 1980: Catherine & Kent for The Wiccan in Australia.

Someone did suggest Pittsburgh for having both Armeeta & Joyce but that isn't really Pittsburgh doing anything as a city.

So now it's time to vote. Sons in your vote, and we'll announce the winners in the next issue.

A great big "THANK YOU" to all of you who sent holiday cards. There were so very many, and all of them so very nice.

MODESTO - The Coven of Ceres Yule ritual went very well. Manon and Adonis conducted the ritual. This year we held an open ceremony, and two of the people from Lena's Pagan Way group were able to attend. We were all very happy to get to meet Adonis' wife-to-be. She's a very nice lady. They hope to have a handfasting sometime soon. Titas and Vesta attended the Yule Sabbat at the Assembly of Wicca in Sacramento. They said it was a very impressive ritual. Persophone is trying very hard to get pregnant. Any energy sent her way will be appreciated.

1981

Modesto continued

Haven't heard much from Coven of Trothland but I believe that they had another second degree initiation scheduled for Yule. Congratulations whoever.

BEING A WITCH IS.... (Adonis really did it)

...reading the Georgian Newsletter too hastily and hurriedly writing a nasty letter to OSHA.

...mixing herbal incenses as Yule gifts, trying to get them to people in different towns, and getting arrested for possession...and being held in jail until the Sheriff's office gets the herbs analyzed.

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STUFF & THINGS

As usual, holiday mail often gets delayed...and some of you are still not mailing early enough. This one arrived late.

JEANNE of Blue Moon in Pennsylvania says:

1- A "Georgie" to Pittsburgh for being the Witch City of the year. What other metropolis can claim the likes of Armoeta and Joyce Baker? I predict that Pittsburgh will become the Pagan and Cultural Center of the universe.

2- A "Georgie" to Ellen Cannon (done the most for the Craft) Ellen is ever vigilant against Witch discrimination and defamation...and she doesn't just yak... She writes and writes. Ellen manages to maintain a sense of humor and perspective all the while...hard to do in these times. (Better give Gnorman a pint-sized "Georgie" for being invaluable assistance).

3- A "Georgie" to you, Pat, for always being yourself and managing to stir up at least one controversy per issue. Keeps us Pagans on our toes.

ED. NOTE: Well, I've already commented on Pittsburgh. About Ellen: okay, now you have a second choice for voting in that category.

Thank you for the kind words, Jeanne, but your editor is not eligible.

For a catalog of beautiful Pagan T-shirts, write: BLUE MOON, 561 W. Orange St. Lancaster, Pa. 17603.

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BEING A WITCH IS.....

...thinking of the wonderful things we could do for the Craft if we had only one one-thousandth of Jerry Falwell's million dollar a week income.

BEING A WITCH DOG IS ... (from Wickian Pooka and Sirius)

...wishing for a bite of Falwell or a Falwell-burger for a Yule present...or even a Moral Majority stew.

GOODIES FROM ARMEETA

There's been a rash or epidemic of Spinal Meningitis up East Brady. Some children died. It usually attacks children. It was 2 or 3 years ago, a physician well-versed in nutrition (vitamins & minerals), wrote in one of the popular health magazines that he successfully treated several cases with shots of mega doses of vitamin C. Don't you think your readers would be interested in knowing? If they should have any loved ones so afflicted, they should consult 2 or 3 physicians...but those well-versed in nutrition. It could save a life. The same doctor mentioned above also treated muscular dystrophy with mega doses of potassium. Usually afflicts in childhood. Potassium is needed to heal and make muscles strong & healthy.

Ulcers, whether in the gums, mouth or stomach, indicate a lack of sufficient protein, which results from stress. Stress robs the body of necessary vitamins and minerals. Puffy eyes also indicate a lack of protein..also clogged kidneys.

Since all Pagans use candles...if a candle is too large or a wee bit small for the holder, instead of paring it down, use a lighted match to melt the bottom of the candle, and then press down.

Many young Crafters and people in general will be thinking of marriage. Following are some bridal superstitions supposed to have been written by some sage, and they have endured through the ages.

Marry when the year is new,
Always loving, kind and true.

They who in July do wed,
Must labor always for their bread.

When February brides do mate,
You may wed or dread your fate.

Whoever wed in August be,
Many a change are sure to see.

If you wed when March winds blow,
Joy and sorrow both you'll know.

Marry in September's shine,
Your living will be rich and fine.

Marry in April when you can..
Joy for maid and for man.

If in October you do marry,
Love will come but riches tarry.

Marry in the month of May,
You will surely rue the day.

If you wed in bleak November,
Only job will come, remember.

Marry when June roses grow,
Over land and sea you'll go.

When December snows fall fast,
Marry and true love will last.

THE LUCKY WEDDING DAY

Monday for health;
Tuesday for wealth;
Wednesday, the best day of all;
Thursday for losses;
Friday for crosses;
Saturday, no luck at all.

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BEING A WITCH DOG IS... from Pooka & Sirius

...trying to steal a snack from those goodies on the table while they're all busy with the first ritual.

STUFF & THINGS

JENNIE in Gainesville, Fla. sez: Jeffery & I got married Dec. 6. It was a simple ceremony with a few witnesses plus my parents. It went really well. However, we both hope to have a Handfasting in the near future. It's getting cold here...40's & 50's at night. Some days it's really nice though...70's & 80's.

We have about 30 strawberry plants, and should get a harvest in March.

Can you find out for me some herbs to use for the following:

Sinus headaches - Kidney stones - Tension headaches. Jeff and I both use herbs, and we'd like to learn more.

Can you tell me what each of the following is used for: Rue, Balm of Gilead, Eyebright, Passion flower? Any info is very much appreciated.

ED. NOTE: We're happy to hear that all is working out so well for you, Jennie. About the herbs: I'm sure one of our readers will come up with those answers.

MARIAH (So. Cal.) sez: First on my list today is to let you know something you asked for in the last two newsletters.

For Rhea (Georgia)...wants to know where to get "Trappist" incense. She can get it at the Ram Center, 1642 N. Wilcox Ave., Hollywood, Cal. 90028. The owner said they would ship it to whoever is interested, and they also have other incense. I found out about the incense called "Trappist". It is made by the monks. Color is reddish brown. Some of the ingredients are: rose buds, frankincense, and myrrh. I asked about the price in bulk. Pound price is: "Trappist Abbatical" for \$15. and "Trappist Melleroy" is \$17. Of course, it also comes in smaller amounts.

I am enclosing \$11.50 for Magical & Mystical Sites by E. Pepper.

ED. NOTE: Thank you for the info, Mariah. We have a copy of "Sites" ready for you when you get here for Yule...and if you don't get here for Yule, back you go to the doghouse.

VALERIE in San Jose sez: I am finally going to Australia...this time it's for sure...have my plane tickets already. Will be there all March & April. Will be visiting Wiccans in New Zealand & all over Australia...beginning with Catherine & Kent, editors of The Wiccan in Sydney.

ED. NOTE: Lucky you! Must be nice to be rich!

ROBERT in San Francisco enclosed a news article: Carving up a cat or dog for the dinner table would be a misdemeanor under a bill introduced in the Legislature Dec. 3. Senator Marz Garcia said his measure was prompted by recent incidents in San Francisco in which dogs were trapped and eaten by refugees from Southeast Asia.

The penalty would be up to six months in jail and a \$500. fine.

An aide to the senator said Garcia does not have a pet but is thinking about getting a dog.

ED. NOTE: Thanks, Bob, for keeping us up to date on that problem. Let's hope the bill passes. A step in the right direction.

WORDS OF WISDOM

Having a pet is never being lonely.

FROM MARIAH (So. Cal.)

Well, thanks a lot for putting me in the doghouse. Good thing I don't get paranoid over anything.

My greenhouse temple was torn down. My pet tame Cockatoo bird died. Had everything around me going crazy! My husband is trying to remodel..and learning to destroy our house. I'm a wreck now..or was.

Which made me think about people getting paranoid over a leaf dropping on their head...and about older Crafters playing power games with the new Crafters.

PARANOID AND THE POWER GAME

We often hear people say that Witchcraft has a lot of dangers. I know that we see the Craft as a natural, happy, festive and yet serious religion. So, where are the dangers?

Power - the biggie one. When a new person comes to learn about the Craft, they bring with them fears that eat away at them daily...from their childhood.

Can a Witch do anything to harm me?

Can they make scary monsters appear in the night?

Can bad luck come into my life caused by a Witch? etc.

So what does this have to do with power? Everything.

Sometimes an older Crafter (not age) who wants to feel important, will use the fears of new people to scare them by saying that they can do things to other people if they want to.

The fact that they never have to prove it is because the new person still believes what other religions say we can do.

The new person has to get a grip on him/her self, and then think logically.

Choose one fear and study it. Read on the subject, and talk to an elder or HPs or HP about the fear or doubt. They will find that to confront the fear will cause it to disappear. This puts them on the path of wisdom.

Don't let their own fears help someone else build his/her ego with the power game.

We can't stop people playing the power game, but we can help new people to think logically.

Don't tell new people to go home and burn this or that incense or this or that color candle for protection. If you do, you are playing the game of power, and that is what the other person wants.

Tell them to stop thinking about what the power person told them. Have them spend time with their pet, plant new herbs, read a good book, take a long walk.

So, older Crafters (not age) should help new Crafters with their fears and paranoid ideas. If they can't find peace within, they will never find it without. To work magick, they can't be paranoid, and they can get on to other subjects of the Craft.

So the next time someone says, "I think someone is trying to harm me; I think I will try to block the harm they can do", tell them to go and look in the mirror.

BEING A WITCH IS...

...calling Knott's Berry Farm protesting them hanging a stuffed Witch on Halloween..and asking to have equal time for the Xians...they should hang a Zian on Christmas. (They told me it's not the same.)

HESTIA & CONAN (Children of the Earth., W.V.) say: I'd like to clear up a point Demeter's suggestion for closet-stayers-in - UNITY is Unity School of Christianity, Unity Village, Mo. Although Xian, they are into creative visualization and magical prayer and meditation, and seem to have a better than average attitude.

The people behind Beacon Press are UNITARIAN UNIVERSALIST ASSN. in Boston, Mass. who are liberal, open-minded, just barely within Judeo-Xian tradition of society, do not tell you any dogma at all, and seem mostly into left of center social action. I have found they are an excellent "cover". The average fundamentalist is not familiar with them, but a decent number of U.S. Presidents were Unitarian.

We say "right on" to Ruthi - I never could feel comfortable with Judeo-Xian ceremonial magick.

Marlene, if you are open, perhaps your Witchling will tell you a name.

ED. NOTE: "Children" has announced a publication but I can't find it at the moment among the piles of mail, newsletters, magazines, etc. Write: Children of The Earth, Rt. 2, Box 305, Philippi, W.V. 26416.

RIK in Tucson sez: Well, the secret is out. I had thought that Patti was putting on a bit of weight due to my cooking. Then, on the 14 th, Patti had some stomach cramps. I thought she picked up some food poisoning from my 3 day old chili. Well, we went to the hospital, and that night she dropped a baby.

Darlene, my partner in the coven, was there and helped Patti through labor and watched the delivery. I don't know what Dr. Dixon thought of that as she, Dr. Dixon, is a Catholic from Ireland..but Darlene was a very great help. One good news: when Patti took communion while in the hospital, the priest asked the baby if he wanted communion, too. The kid started to stare about as soon as the priest entered the room, and when asked 'The Question', he started to scream his head off. When Patti ate the bread, the baby tried to dig it out of her mouth. And he was less than 2 days old. Do you think that Wicca is hereditary? I hope so.

Oh, yes, his name is Matthew Lee O'Brien Johnson.

ED. NOTE: Now you've done it, Rik. You can have sleepless nights for the next 18 or 20 years. By the way, where did you get those Polish names for the kid?

We have recieved lots of very nice Yule cards from so many of you. One that I especially like is put out by the National Wildlife Federation, and was sent by Joyce in Pittsburgh. It shows a Yule tree decorated with apples and nuts, and around and on the tree are many small animals and birds. Inside says: May Happiness, Like the Beauty of Nature, Surround You in the Coming Year. The card is called "Nature's Gifts Around The Tree" by M. Carol Smith..#13124. It's a bit late to get these cards this year, but if you want to find out more about the cards the Federation puts out, write: 1412 16 th St. N.W., Washington D.C. 20036.

BEING A WITCH CAT AT YULE IS.....

...watching the Yule tree being decorated...and having the fun of un-decorating it when no one is looking.

STAR GAZER

January 15 - February 14

by Lady Fauna

JANUARY

- 15 Reading and crafts settle restlessness and nerves. Blue candles.
- 16 Assess your business situation. Green and white candles.
- 17 Become aware of your senses. White candles.
- 18 Thinking too much about yourself can produce inner conflicts and moodiness. Avoid decisions. Yellow and white candles.
- 19 FULL MOON. A lavish Sabbat. Purple and white candles.
- 22 Apply yourself to paperwork and study. Yellow candles.
- 23 If you write, a good time to start a political satire.
- 25 Energy for hard work today. Red candles.
- 26 Health improves. You may be moody and impulsive. Red, white, and blue candles.
- 27 High emotional level. Blue candles, and meditation followed by a long, hot bath.
- 29 Direct your energy to gain your ends. Red, yellow, blue candles.
- 31 Make a list so you won't forget anything. Yellow and blue candles.

FEBRUARY

- 1 Resolve inner conflicts through meditation. White and yellow candles.
- 2 CANDLEMAS. Make new starts. White and green candles.

Mount St. Helens may erupt on the 3 rd, 5 th, or 7 th. Eruption may be quite different from those seen so far, and it will take the scientists quite by surprise.

- 3 Channel independence to work for you. Yellow candles.
- 4 NEW MOON. Integration. White candles.
- 5 Work on art projects. Avoid decisions. White and blue candles.
- 6 Spend the day with family. Red and pink candles.
- 7 Channel enthusiasm away from self-criticism. Red and blue candles.

continued on next page

STAR GAZER continued

- 8 Resolve inner conflicts, but do not dwell upon them. White and blue candles.
- 9 Deal with financial interests. Green candles.
- 11 Work on reading projects. Be a little impractical. Yellow candles.
- 12 LUPERCALIA. Apply intelligence consistantly. Yellow, white, and blue candles.
- 14 Self-appraisal raises inner conflicts. Be honest and critical, but not overly so. White candles.

* * *

This from United Press International

Thanksgiving has long been recognized as the most American of all holidays ...but few Americans realize how little-known it is beyond their own borders. U-P-I reporters around the world conducted an informal poll...and if some of the things they were told about Thanksgiving were strung together, it would seem a strange holiday, indeed.

Thanksgiving?

Sure...that's the day Americans give thanks for winning the Civil War, or for Ronald Reagan's election victory, or for being blessed by the Gods with fabulous wealth.

How do they celebrate it?

They drive around in their cars, wear pumpkins on their heads and feast on bread and wine...or steak.

Almost nobody, from Rome to New Delhi, knew anything about the Pilgrims or the American Indians who sat down together for the first Thanksgiving feast in 1621.

Indians?

"What do Indians have to do with Thanksgiving?" one schoolteacher in Hong Kong wanted to know. "Indians eat curry...and whoever heard of curried turkey?"

*

Despite what some hustlers in New York City have told rubes over the years, you can't buy the Brooklyn Bridge. But, now you can rent a piece of it.

The city has begun leasing big vaults in the girders of the bridge for commercial development. Three of the vaults are being converted into a wine supermarket.

15 vaults are still up for lease.

Mail delivery may be a problem with an address like that.

* * *

WORDS OF WISDOM

A bird in the hand is worth two in the bush. But who wants a bird in his hand? That could be quite messy.

PUSSY CAT CORNER

JOYCE in Pittsburgh sez: I just found out recently that my psychopathic neighbor shot my beautiful black cat. We had assumed that he had been hit by a car. I confronted the neighbor, and he admitted it...with a smile on his face... saying that cats were no good for anything anyway and that they should all be shot. Scared the hell out of me that someone this crazy is living just two doors from me.

Jeane (or is it Jerme?) of Blue Moon, made me an amulet (she is the most wonderful friend) and I feel better now, but I would like to make protective amulets for my other 3 cats to wear on their collars. They are very independent and refuse to have their freedom restricted by staying in the house all the time (although I have been keeping them in the house as much as possible) they do have minds of their own.

What I think would be a wonderful thing is a ritual for making a protective amulet for cats. Has anyone come across a really powerful one? Please ask your readers for ideas and feedback on this as I'm sure I'm not the only one with this concern. There are many people out there like my sick neighbor who would think nothing of putting a bullet through the heads of our beloved familiars. LET'S PROTECT THEM!

Love and Blessed Be,
Joyce, Meriah, Merlun, Jasmine, and Raven

ED. NOTE : Don't really understand how your neighbor could get away with this. Surely Pittsburgh must have laws of some kind. Creeps like this really create a temptation to dig out the black candles.

TANYA (returning home after the Hallows meet) sez: Pliny, the cat, was especially anxious to see us, after not seeing us all weekend! Poor thing - he was climbing the walls - I worry so much about him when we leave him alone. He's much less independent than most cats, and requires much love and attention - he just hates to be alone.

PENNY in Bradenton, Fla. sez: my cat familiar was killed. It's very hard to accept. If I weren't a Witch, knowing that she has only changed planes of existence, it would be even harder to accept. Tabby was more than a cat - she was a friend..and more.

ROBERT in San Francisco sez: There haven't been any cases of animal abuse of late, at least not that I know of. I've been travelling to Golden Gate Park as much as possible since that's where they hit the most. I've also got some friends who live by the park, keeping their eyes out. We really can't say what's going on after midnight, but we're trying. We number five in all. Ironically, we're all Pagans: Me, a Tantric Yogist. Vulcan, Celtic Wiccan. Tattyc, Celtic Wiccan. Deana Alexandrian. Jody, Celtic Wiccan.

BEING A WICCAN CAT AT HOLIDAY TIME IS.....

...wondering why they eat those big birds called turkeys, and object to me catching a little bird on my own.

...wondering why the kids get stockings full of goodies, and they don't even give me one with a toy mouse..or some catnip.

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MANON LET ME OUT ONCE,
TO HELP WITH THE
NEWSLETTER, BUT PAT
PUT ME BACK IN HERE
AFTER HE PROOFREAD
WHAT I WAS TYPING.



ME? I CHOPPED DOWN
A TREE, AND RIK
SAW ME DOIN' IT.



WE CAN ALWAYS
CALL OURSELVES
THE "CHURCH OF
BICCA."



NEXT TIME ANYBODY SEZ
"I HAVE A BONE TO PICK
WITH PAT," SO HELP ME
GODDESS, I'LL SEND
THEM TO THE POUND!




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LUNAR HERBS

By James Excell in Colorado

The plants attributed to the Moon act principally on the major fluids of the body and on the stomach (attributed to cancer, of course; ruled by the moon). Their fluidic action is principally regulatory and eliminative. Much of the stomachic activity seems also to influence the individual's moods - the emotional effect of stomach action being well known, this dual action of several of the herbs makes a great deal of sense.

Several herbs bear marked resemblances to the Moon in her various phases, both in colour and shape of plant, fruit and flower. The white fruit of fennel grow in pairs of curved oblong shapes that seem to represent the waxing and waning crescents. The lily, long an associate of lunar Goddesses has rounded, bell-shaped flowers that are frequently bright white and oblong-to-crescent shaped major leaves. The fruit of the almond generally is also pure white and oblong-to-crescent shaped.

Those herbs that deal with fluidity generally act upon water and blood most specifically even as the Moon herself controls the tides and the flow of blood. Cucumber (another oval and/or crescent shape) helps eliminate excess water from the body and is an anticonstipatory diuretic, particularly effective in dissolving uric acid accumulations such as kidney stones. Fennel and lily are both eliminatives, laxatives, and diuretic, and while the lily acts as a digestive antispasmodic, fennel is commonly used to stimulate the flow of milk in nursing mothers. Mugwort (*artemisia vulgaris*) is particularly apt in its lunar attribution (as the Romans were quite well aware) in that in addition to its digestive and purgative qualities, a decoction is used quite effectively to regulate the flow of menstrual blood.

Several herbs act on other fluids of the body, generally to eliminate excess as well as acting as digestives. Camphor, by reducing fluid accumulation in the lungs and pleural sac, is an excellent remedy for whooping cough and pleurisy. Bitter almond is used as a cough remedy while sweet almond is used internally as a soothing syrup and externally as an emollient. Meanwhile, white sandlewood is used to reduce inflammation of mucousal tissue as well as being a diuretic - a decoction of the wood used commonly for indigestion.

Myrrh and sandlewood share both astringent and stomachic properties, but, along with jasmine and bitter almond, they share qualities ascribed to the Moon that surpass the simply medicinal. Bitter almond and jasmine both have sedative effects, calming the nerves and allowing a more intuitive, psychic, lunar mode of brain function to manifest. It is probably also this aspect that has earned jasmine its reputation as an erotogen,

LUNAR HERBS CONT.

the resultant intuitive empathy credited with aphrodisiacal properties and the ability to overcome frigidity. Sandalwood incense is also widely reputed to possess these erotic qualities, but I believe this is only one aspect of the total effect. Almond, jasmine, sandalwood myrrh (most particularly the latter two) seem, when used in incense, to possess the ability to trigger olfactorily, the subtle, lunar mode of perception that is so effective in work of intuition, psychism, and path-working.

Next Month--Venus

BEING A WITCH IS.....

- ...wondering why your healing always works better on someone else than it does on yourself.
- ...wondering how many Xians know the Pagan source of their Xmas customs.

PRACTICAL TAROT CARD READING BY DEMETER, YE FULL MOON WICCA
Mastic Beach N, Y,
Part III

Here is a list of some of the interpretations I have assigned to the Major Arcana of my Rider Deck. Put the card in front of you and see if your imagination can pick up on the same track.

<u>The Fool</u>	Mountain trips, camping, rock collecting, puppy love, runaway, small dog.
<u>The Magician</u>	Doctor (GP), architect, handyman, dispatcher, department head.
<u>The High Priestess</u>	Occult study, mythology, virginity, weaving, tapistry, museums, bible study.
<u>The Empress</u>	Den Mother, dietitian, plant lover, nursery, pearls, needlepoint.
<u>The Emperor</u>	A veteran or retired policeman, father figure, co. president, podiatrist.
<u>The Hierophant</u>	A Jesus Freak, or born again, hair loss, chess player, a religious service, old fashioned family traditions.
<u>The Lovers</u>	Honesty in a relationship, working out sexual roles, teenage marriage, the give and take of love.
<u>The Chariot</u>	A car, cab-bus-truck driver, airplane pilot leaving the city, two careers or jobs.

PRACTICAL TAROT CARD READING CONT.

<u>Strength</u>	Psychiatric nurse, AA or drug rehabilitation, a veterernarian, a cat lover, visit to the zoo.
<u>The Hermit</u>	A therapist, marriage counselor, tutor, spirit guide, winter soltice, candlemagick.
<u>Wheel of Fortune</u>	Study, book collector, sales, gambler, costume party.
<u>Justice</u>	Legal work, surgeon, photography, weights and measures, wills.
<u>The Hanged Man</u>	Karmic defects-bad hearing or eyesight, yoga, vineyard.
<u>Death</u>	Life or job change, editor, mortician, interest in reincarnation.
<u>Temperance</u>	A diet, a bartender, Holistic medicine, a psychic, good cook.
<u>The Devil</u>	Horny, buys love, harsh boss, nasty mother-in-law, psychic attack, workaholic, keeping up with the Jones.
<u>The Tower</u>	Divorce, a fire(man), insurance investigator, emergency room, electrical problems.
<u>The Star</u>	Psychic ability, night person, astrology, swimming pool, ceramics, artist.
<u>The Moon</u>	Fear of the occult, two pets, seafood dinner, torn between two love(er)s, a secret affair.
<u>The Sun</u>	Vacation, horseback riding, spring cleaning-painting, bright colors, Florida or California.
<u>Judgment</u>	Renunion, concert, music lover, Kaballa, Red cross, prayer.
<u>The World</u>	Foreign travle, ethnic group or marriage, imports, antiques.

You can update by studing each suit and assigning it it's proper element. Think about the element and put it into your life. Let's look at water: practically how does it fit into your life? For starters, tthere is modern plumbing, washing machines, dishwashers, waterbeds, swimming pools. There are health-related aspects of water: water diets, water retention, bladder or kidney problems, diabetic thrist, whirlpool therapy. Vacations and leisure may see people at the lake or seaside, swimming, boating, or fishing. Occupations can deal with water too... plumers, sailers, the Navy, oil-rig workers, laundrymen even artists soing seascapes.

People are concerned with three major areas in their lives; Love which can be romantic, parental, or pleasures and interest, sex money, which can be job, business, bills, security or possessions or, Health which can be physical, mental, emotional or spiritual. What ties these together in a reading can be to the C. thoughts or opions on them. Your readings should touch a bit on all of these.

Start using your notebook to record your impressions. An old

PRACTICAL TAROT CARD READING CONT.

teaching trick is to get as many senses involved in learning. Write, look at the card, repeat it out loud and use a drop of oil or some incense while you study your cards.

You can assign meaning daily or weekly by simply coming home with thoughts of things that have colored your life. Simple things..you went on a shopping spree, balanced your budget, took your dog to the vet, finally cleaned out your closet, went on a diet, had a hangover. Conjure up the emotions and go through your cards (don't forget reverse) to see which one would fit. Let's say you had to study for a test. Try the wheel of Fortune as in each of the four corners the figures have an opened book. That's not so hard.

You will find that this will also help you to develop your psychic abilities as well. Symbols are used by the subconscious mind or "Younger Self" to get messages across. The more you begin to practice the habit of working with symbols, the more you are awakening and integrating that psychic aspect of yourself. Keep open. What draws your attention to a particular part of a card may seem almost crazy. This happened recently to me when I looked at the Swords IV. I was most aware of the stained glass window in a Lady's spread and told her that was the impression I was "picking up" (people love those things) and she told me that she had taken a course on making stained glass windows and was about to go into it more deeply as a hobby and make gifts for her friends.

(continued next month)

STUFF & THINGS

RHEA in Louisville, Ky. sez: as you can see, I have made the move. House is great. Nice house, good neighborhood, big fenced back yard (perfect for the dogs). Dogs took the move well. Not overly impressed with the fenced-in yard, however. They'd much prefer to roam the neighborhood. My Yule will be rather quiet under the circumstances. Will miss the group in Atlanta and all the get-togethers. Just got a phone call...start work next week.

GAIL in San Jose sez: Remember Martho O.? Well, she invited me to attend one of her classes, Women In Religion, to share my views and small knowledge of the Craft with the other members of her class. I took the opportunity to measure my ignorance and really had a fantastic time! There were a lot of really intelligent questions asked and most of the time I was (wonder of wonders) able to answer them.

Now for the funny part; it's the University of Santa Clara, a Jesuit school that has just recently gone co-ed. Can you imagine what an interesting feeling it was to address a group of students at a Catholic school on the positive aspects of Paganism in general and Witchcraft in particular? It made me wonder just what I had been doing during the inquisition....

GOODIES FROM ARMEETA

There are many books on techniques to improve your memory, but what they fail to state is that the physical condition of the brain needs to be in good, healthy working order, with the proper nutrients of minerals and vitamins. A faulty memory, brain fatigue or slow recall, forgetfulness, etc. indicate a lack of phosphorous. Phosphorous in the system, like that on a match head, is so necessary to spark. (But please, please do not eat the phosphorous on the match.) In a match, it makes light instantly. In the memory, it gives quick recall.

PHOSPHOROUS FOODS: egg yolk, beans, almonds, walnuts, lentils, corn, whole wheat, whole rye, red cabbage, salmon, trout, haddock, crabs, green peas, lecithin and brewer's yeast.

Fortunate is the person who was born with Mercury in Cancer as they automatically have a retentive memory. However, Uranus, which is the higher octave of Mercury, can give the touch of genius, depending on where it is in the chart. Best when in its own sign, Aquarius, or the 11th house, or an angle or even in a mental sign, Gemini, Virgo, Sagittarius or Pisces (the Poet) and a few other factors, such as being at the culminating point of the 10th house cusp.

Of course they can vary somewhat. This is the planet that often sparks great ideas or insights from the Cosmic (what the psychologists refer to as Creative Thinking.) or tapping back to former lifetimes and coming up with ideas, that had not been studied or read about, yet they have no idea of how or why it came about...or Mercury and Sun culminating.

Here is an old wives tale: have your ears pierced to have good, clear, keen eyesight (perfect vision) and no need for eye glasses. In Chinese accupressure or accupuncture, there is a nerve or pressure point that relates to the eyes... from the ear lobe. Much as I don't approve of any part of the anatomy being cut or mutilated, I have yet to see anyone with pierced ears who had to wear glasses. In olden times, they recommended wearing gold earrings. There's a reason for wearing the gold, which I may go into sometime again on various metals and how they affect us.

For puffy eyes, make a poultice of grated raw potatoes on closed eyelids. Thinly sliced potatoes. This is also good for cataracts. Vitamin B2 is also, according to nutritionists, good for blurred or faulty vision.

For tired eyes...lie down with the head lower than the body (like on a slant board) so blood can get to the head. Place a spent wet tea bag on the closed lids.

Puffy eyes or dark circles under the eyes, my mom used to say was an indication of some kidney malfunction. It shows up a lot in heavy drinkers or people who don't eat properly. (A lot of junk food and improper elimination). Clogged kidneys.

*

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BEING A WITCH IS.....

...wondering when we'll see a Witch run for president. How about Elizabeth Pepper?

STUFF & THINGS

These stories from United Press International

LOS ANGELES - Los Angeles Police Chief Daryl Gates says police undercover intelligence officers will infiltrate religious groups and participate in their sacred rituals if necessary to further an investigation.

Gates said violence-prone groups can also be religious.

He declined comment on whether any religious groups currently are being infiltrated by undercover officers or agents.

Gates' comments to reporters followed his private meeting with two leaders of the Southern California chapter of the American Indian movement.

The Indians had complained about an undercover officer who infiltrated their group from 1974 to 1979 and took part in their sacred religious rites called "Sweat Lodges".

A-I-M spokeswoman Lois Red Elk said it was "absolutely useless talking" to Gates, but Gates described the meeting as productive.

ED. NOTE: I'm wondering if any of you have run into this sort of police persecution in your areas. Maybe Gates is one of Jerry Falwell's followers..maybe hoping they'll appoint him to the C.I.A. ...maybe even a promotion to chief inquisitor.

And stories like this next one also make me angry.

MADERA - A PARKING DOG is being credited with saving the lives of six people during a house fire in Madera early in the morning. City Fire Officials say the family DOG'S BARKING awoke Benny Gallegos about 12:30 A.M. and he discovered the fire in the hallway. Gallegos managed to awaken the other five members of the family and led them out of the burning house safely.
THE DOG DIED IN THE PLAZE.

* * *

Very nice photo & holiday card from Kitty & Steve in Florida. We lost contact with Kitty some years ago. Even had one of our people in Florida try to contact her with no success. Well, we were worried about her. Happy to know she is okay. Kitty didn't say whether or not the photo and news were for the newsletter so I guess we'd better not use same until we hear more from her.

PENNY in Bradenton, Fla. sez: Mullen Religious Supplies, 1413 S. Howard Ave. Tampa, Fla. Toll free 1-800-282-6646.

They have a large catalog and reasonable prices. Rhea can get her incense there.

The following books are excellent for children 9 yrs. old and up. Also adults.

Dell Yearling Books

A Wind in the Door & A wrinkle in Time by Madeleine L'Engle.

A meditation tape for children ages 5-9. The Wizard & the Butterfly/ The Enchanted Forest. T704 \$10.00...\$1. postage.

From Valley of the Sun Publishing Co. Box 4276, Scottsdale, Az. 85258.

Moonstone also has children's articles often. Subscription is \$6.00 yr.

MOONSTONE, 34 Don Juan Circle, Chamblee, Ga. 30341.

DOG DAYS

We'll start this month with a story that is believed to be true. We should learn something from it. The story was written by Emma Lindsey Squire in 1943.

THE SOUL OF THE DOG, CALAPAN.

The story tells of a chance meeting with a trapper of the north woods, French Louie. Despite his occupation, Louie claimed to love animals and often raised cubs which had been caught in his traps.

One day Louie overheard a visitor to a menagerie remark that it was a pity that animals had no souls. Louie flew into a rage and threw the visitor out. Then he told the story of the dog who had more of a soul than a man.

It was in the sheep country of Alberta, Canada that Louie knew the dog, Calaban. His owner was Leon Supernan, and Louie sometimes visited the remote ranch.

Calaban was not to be trifled with. His eyes looked mean, his lip appeared to be snarling. He was a big shaggy dog with the rough matted hair like a wolf. Louie insisted that Calaban was part wolf.

As a sheep dog, Calaban had no equal. He was a strange mixture of jealousy and tenderness.

One winter, as there appeared to be a blizzard approaching, Leon and Calaban brought in all the sheep. Leon had noticed that Calaban had kept looking back. Awhile later, he noticed that Calaban's spot by the stove was empty. Taking a lantern, Leon went out into the blizzard to search for Calaban. He found him about $\frac{1}{2}$ mile away, carrying a new-born lamb in his mouth, and pausing to wait for the mother to catch up each time she got bogged down in the snow. Calaban had saved them both.

Calaban was not the sort of dog who seeks attention...no barking or tail-wagging at his master's approach. Just a word of commendation from Leon was all he ever needed. One time he killed a dog that Leon petted. Then he looked at the dead dog, and awaited his punishment. As he was severely beaten, he did not cry or whimper...just stood and took his punishment.

In time, Leon married. Amelie Maureen did not like the ranch or the loneliness. Although Calaban accepted her, Amelie feared him...but in time she came to accept the life. And then a baby was born. Though Calaban had accepted Amelie, he did not accept the baby.

When Leon would pick up the baby, Calaban would growl. When Leon put the baby back in the crib, Calaban would stand beside Leon, look down into the crib and growl.

One day Calaban leaped and tried to tear the baby from Leon's arms. Leon beat him severely with a leather whip, and told Calaban he'd kill him if he ever harmed the baby.

Calaban stood and took his punishment. Then he stared at Leon for a moment. He turned, and without looking back, he left the house. He was gone for a week. When he came back, Leon was not at home. Amelie grabbed up the baby and ran to the bedroom.

DOG DAYS continued

Gradually Amelie began to allow the baby to be in the crib on the porch when Calaban was sleeping there. Then one day Amelie looked in the crib and saw that the baby was missing..but Calaban was still sleeping. Amelie screamed. Men came running with tools and clubs. Amelie said she was certain some wild animal had carried off the baby. Leon said it couldn't happen while Calaban was there.

Finally, they found the baby...playing happily in the garbage dump behind the house. Calaban knew that all unwanted things were taken to the dump. So he had placed his most undesirable thing on the dump, too. The evidence was circumstantial, so Calaban was not punished.

A day came when a neighbor woman was to give birth, and she sent for Amelie to help. Amelie didn't want to take the baby with her, and she knew that Leon should be returning to the house in a few minutes. So she left a note for Leon telling him that she had taken the horse and had gone to visit the neighbor.

But Leon didn't get the note. He still had not gone to the house when Amelie returned. They both raced to the house. Wolves had been seen in the area, and Amelie was certain something terrible had happened. Amelie screamed and fainted in the doorway of the bedroom. There was an empty cradle, an open window, and muddy tracks. Caliban stood in the doorway, snarling.

Leon, screaming like a madman, pulled his revolver and fired. Caliban stood for an instant, his eyes blinked, his head jerked once...and he fell, silently twitching. Then Leon heard the baby crying. He was behind the door where he had been dragged to safety by Calaban. Over by the dresser lay the body of a dead wolf. Calaban had saved the baby from the wolf.

There is a grave on the ranch where Calaban is buried. Above it, there is a tombstone with the inscription:

Here lies Calaban, a dog.
He died as he lived, misjudged, slandered, yet unafraid.
In life, he never failed in duty.
And in death, he was faithful to his trust.

Indeed..Caliban had a soul.

* * *

So you thought cattle rustling existed only in the old west or in the movies. The cattlemen's association estimates that more than one million head of cattle are stolen every year.

* * *

And of course there are still the nuts and wierdos around. A story out of Tucson several months ago reported that a self-proclaimed punk rock musician using the name "Charlie Monoxide" allegedly ripped open the chest of a parrot valued at seven-thousand dollars..and then drank the dead bird's blood. The mutilated bird was found by sheriff's deputies investigating a burglary. the par-

DOG DAYS continued

rot was 32 years old and reportedly spoke three languages. The 22-year old suspect, whose real name is Charles Horn, was charged with burglary, theft, criminal damage and marijuana possession. I haven't found any follow-up on this case. Does anyone what happened?

* * *

One can rarely find in a human the love, devotion and loyalty that one can find in a dog. A dog should not be a substitute for the love of another human, but they can certainly help to fill the emptiness caused by the loss of that loved one.

* * *

STUFF & THINGS

ARMEETA in Pittsburgh sez: your over-30 ladies reading the newsletter I'm sure would like to read: THE NEW LOVERS - OLDER WOMEN-YOUNGER MEN by Joyce Sunipa Fawcett Gold Medal Books 1980.

So, I don't think you offended them too badly. The trend has been going on for some time as revealed in the talk shows, magazines & newspapers. A few of past history - Queen Elizabeth I - Merle Oberon - Gloria Swanson - many show people: Dinah Shore - many jet setters.

It was Mom's Mobley, the elder black comedian on Jack Parr's talk show several years ago, who said, "A woman's good as long as she lives, but a man's good as long as he is able."

So, even by innuendo you tell us we're ready for the scrap heap..over 30. But younger men are grateful...don't fear unwanted pregnancies nor financial straits as women generally work and help provide, and some older ones have been known to financially provide for them..and they get a good, virile, vigorous loving besides.

You asked for it. Oftentimes I think you deliberately agitate.

Both my sister & sister-in-law have husbands much younger than they are. A neighbor up in the mountains has a husband 15 years younger. All three are happily married.

ED. NOTE: I find it interesting that so many things I say...someone can find a personal attack in it. I did not say anything against older women. I was commenting on what is best for me. We all have different needs and the needs may vary with time. When I was in my late teens & early 20's, all of my lady friends were in their 30's. I preferred older women. In more recent years, I have found that I get along better with younger ones. So let everyone do his/her own thing. "An it harm none, etc."

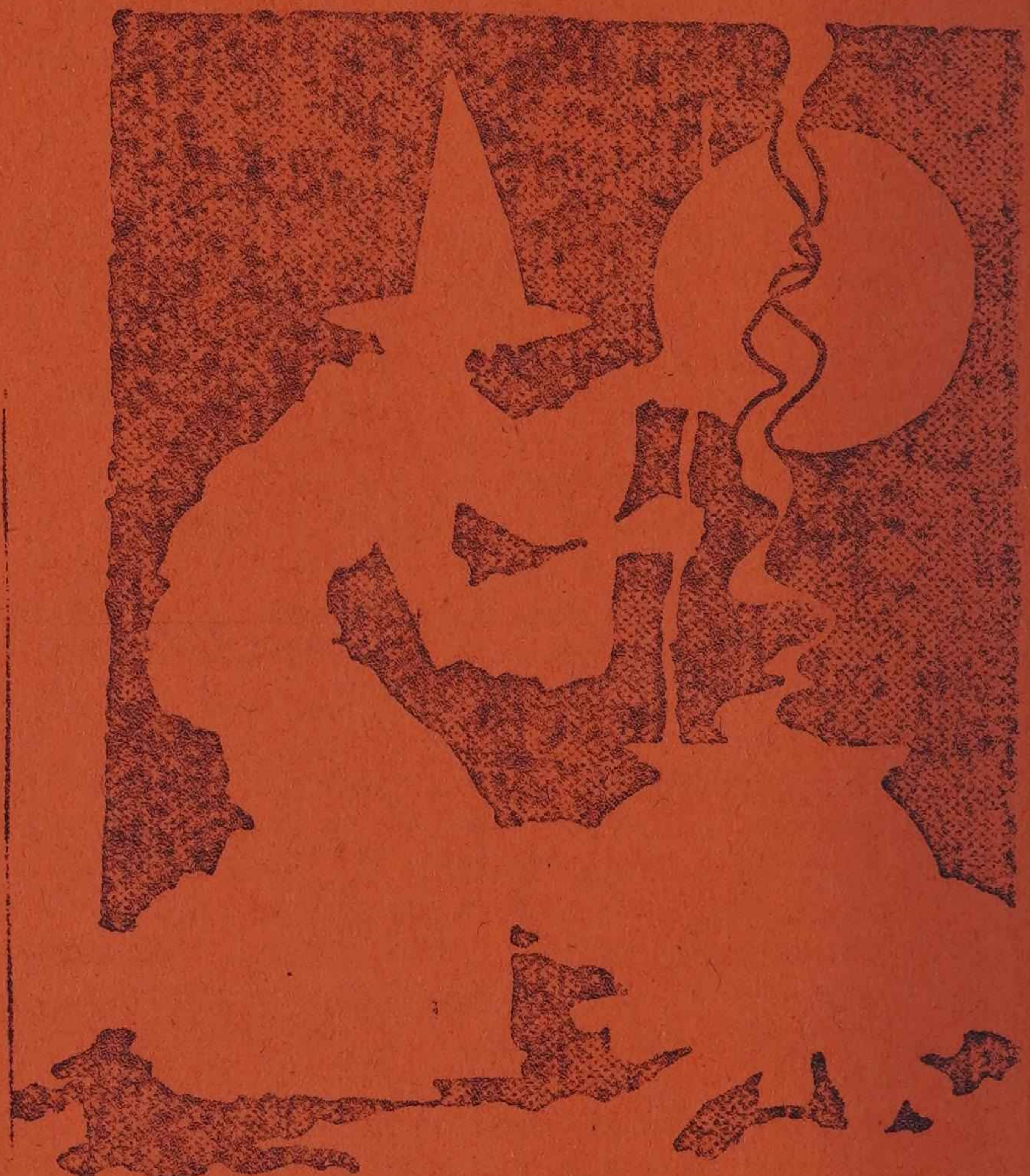
* * *

BEING A WITCH IS.....

...wondering why everyone isn't.

FIND A WORD

PENTAGRAMMA BTRUYEE
 RHONIOIJDKCEIIVEN
 REEC LDTENA TRAOIRI
 URIAN SEDMATH EEFSEF
 FUSILSR EMO THCTAWE
 R TALTEREAUTIREVOL
 NAMESTOERAIIDSNIDE
 TSEL SLLIHR ENNSAC
 OFLEPPFOOBAKAUHO
 SOHNDWSELRTMNA SO
 ESNEDEREAREEECTLPA
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Gwenkin

I NOW CONFIRM THEE HIGH
 PRIEST & WITCH IN THE THO'D
 DEGREE NOW GIT OUT
 AN' START A COVEN
 SO I KIN HAVE ANODDER
 BUCKLE ON ME GARTER!!!



STUFF & THINGS

GRACE in Pensacola, Fla. sez: Yes, there is an organization already established to fight the Moral Majority. It is called "Americans United For Separation of Church and State." 8172 Fenton Rd., Silver Springs, Maryland. Another organization is called American Civil Liberties Union. ..with offices in each state.

Every Witch in America should be an active member in each organization. The A.U.F.S. Church & State is already at work building defense for us. Also, they are soliciting funds for court battles, lectures for public information.

The idea of the "Bab-ba - Moral Majority" is to remove liberal congressmen, by malicious gossip, ruining their reputations, and encouraging their own Hoods-men into the congress. Once in control, they will use the amendment clause to redress the constitution and change the laws to suit themselves. This will work fine for the Communists.

Another plan is to remove the justices in the Supreme Court who get in their way.

Yes, Witches have something to worry about.

The letter from OSHA was a real riot. I laughed through it all. Jerry Falwell should get the "Turkey of the Year Award".

Bright Blessings,

Grace
POB 4162
Pensacola, Fla.

DOROTHY in Brooklyn sez: I moved, and due to various unfortunate things (like assault & robbery in the midst of moving) I neglected to notify you of my address change. I miss the newsletter so much. Could you please replace the two issues I missed?

ED. NOTE: Okay, Dorothy, they are on the way. Hope all of our readers can remember to let us know as soon as they move. THE POST OFFICE WILL NOT FORWARD THE NEWSLETTER.

LEONARD in El Cajon, Ca. sez: It seems by the letters in the December Newsletter, that most Crafters favor a more active role for all Witches in politics. There has even been mention of re-forming the Anti-Defamation League. I heartily agree. If we don't stand up for our rights, we'll have only ourselves to blame for whatever happens. Let's stand up and be heard!

DEMETER (Ye Full Moon Wicca) in Mastic Beach, N.Y. sez: Hope you are O.K. and over your cold. You usually reply right away but this is the 3rd letter since I heard from you. Have the copy of Hans Holzer's new book, "Inside Witchcraft" Manor Books Mailing Service, Box 690, Rockville Center, N.Y. 11571. It was so good to read about you so positively. It is always so nice to read nice things about the Craft that the public gets as a truer picture.

We are preparing for Yule with all the excitement awaiting birth.

BEING A WITCH IS...

...having a local Xian ask, "You're a Witch..do you possess people?"

ANSWER: "No, slavery is against the law."

Blessed Be,
Demeter

STUFF & THINGS

ED. NOTE: Demeter, I discovered it wasn't a cold I had. It was flu. Had it for about a month and a half..just about over it now. Don't know how it is other places but the flu has been pretty bad in this area. With lots of people it starts all over worse than the first time just about the time you think you're over it.

So, I guess you can understand why the mail is so far behind...and anything that doesn't require an answer, won't get one or I'd never catch up. Each day when I came home from work, all I wanted to do was sleep. It was even a problem getting the newsletter out. At least a week late getting started on this one.

Thank you for mentioning the Holzer book. I haven't seen it. Surprised that Hans didn't let me know. Guess I should start making a list of the books in which we're mentioned. Maybe I should put them on the "required reading list" for our students.

Hope you had a very Happy Yule.

CYPRIAN in Nashville sez: The big news is a Pagan community will be established in Tennessee during 1981. Thirty-four acres of rural land have been purchased, and about April first, 7 adults and 4 children will begin the task of building homes and founding a real working Pagan community. The area is quite rural... less than 9,000 people in the whole county...but only 80 miles or so from Nashville and about 25 miles from a college town. Those who may be interested in this project should write me in care of the Newsletter. Be sure to include forwarding postage.

A Wiccan center is being opened in Tampa, Florida. It's called "The Cauldron of Corridwen" and is located at 3006 Julia, right behind the Colonnade Restaurant on Bayshore Drive. Regular programs and study courses are being offered.

"Harvest" is a new Pagan publication from POB 228, S. Framingham, Ma. 01701. Published at the Sabbats, \$8. a year.

THE DOGHOUSE AWARDS from Rus ..Arcane Crafts, Mastic Beach, N.Y.

To the person who claims to have "predicted" the answer to "who shot J.R. "
A lifetime subscription to 3-day-old newspapers.

To the moocher who never brings any nosh or booze to a Circle..
A statue of Wimpy, and a course of music lessons so he/she will have something to contribute to the Circle.

To the person or group who don't like the way Manon spells "secretary"..
A lifetime membership in Moral Majority.

To the person or group who presume to dictate who is or is not a Witch, according to their own bigoted standards...
An all-expense paid summer with Jerry Falwell...at their house.

BEING A WITCH IS....

...getting postcards and letters from strangers which say simply, "tell me all about your religion".

STUFF & THINGS

VICKI in Sulphur, Oklahoma sez: I'm really sorry that I didn't write more often. I promise to do better from now on. I'm sending you a sketch you might like. I didn't think you liked my art. I'm glad someone likes it. No, Pat, I'm not a giant mouse (she attracts cats). I've always been very fond of cats, maybe they sense that. I have some relatives who live in Bakersfield. I kept forgetting to tell you that. I'm going to call you on the phone again some night soon.

ED. NOTE: Yes, I really like the way you draw girls. Too bad you draw so large. Can't use anything for the newsletter larger than $\frac{1}{4}$ page. Forgot to mention that we'd had a nice phone conversation with Vicki not so long ago.

BOBBIE in Pittsburgh sez: I think my dogs know I'm pregnant. Zeus always lays on the bed with me with his head on my belly, and Miffy comes over, sniffs, and then puts her head very gently on my belly. We had a terrible snowstorm recently. Traffic was unreal. It took me from 4:30 to 8:30 to drive home, usually a 15 to 20 minute drive. Cars were just not moving at all. If it ever happens again, I think I'll just sleep at work.

One guy, stuck in traffic, got out & built a snowman on the trunk of his car, and put his hardhat on it. The snowman looked really cute, and everyone around him got a pretty good laugh, which helped relieve some tension. Some lady had her baby at a Howard Johnson's Restaurant 'cause she couldn't get to the hospital. Mom & baby were fine.

Zeus & Miffy loved it! We couldn't get them back in the house after playing in the snow for more than an hour. I was frozen but Walt stayed out with them for another $\frac{1}{2}$ hour or so.

Does it snow in Bakersfield? I know some parts of California get snow.

ED. NOTE: Thank you for the birthday card, Bobbie. For the sake of Zeus & Miffy, I hope you got lots of snow.

I do seem to recall a lite snow once or twice here but it is rare and it doesn't stay..melts as soon as it hits the ground. But we can see snow on the nearby mountains most of the winter months.

LADY ALLUSHA ..Pismo- S.L.O. area sent a nice long letter. Some interesting notes about her coven and something about Ariel's romance...but I don't think she meant any of that for the newsletter. Anyway, all goes well with the coven there.

PAUL in Fairfield, Ca. sent a long letter...much too much to quote.

ED. NOTE: Paul says that since Karen in Colorado & Armeeta in Pittsburgh are interested in herbs, he would be happy to send each a copy of Pioneer # 273 which had some things on herbs. Very nice, Paul, but I don't give out addresses without permission..and some not at all. But they can write to you if they wish. Paul Doerr, 225 E. Utah, Fairfield, Ca. 94533.

BEING A WITCH WITH THE FLU IS....

...wondering if it's possible to ever get caught up on answering so many stacks of mail..or just forget it and start over.

STUFF & THINGS

MARLENE in Odessa, Texas sez: I have to agree that we had better pay attention to the religious/political people. They can become a problem. Maybe we should start our own "party".

I have read a really good book on astral projection..ASTRAL PROJECTION by Ophiel. It gives some good "how-to".

We really like the herb section in the newsletters. The newsletters are never long enough though! (or often enough)

Loved the piece on "Witches" Stand off. My compliments to Mariah.

Could you help me on a point of pronunciation: Asmodeus & Vassago?

ED. NOTE: That question is really a tough one. Different so-called experts often give different pronunciations as being correct. The truth in many cases is that no one really knows. Many names from the past were written but certainly there was no way of recording them on tape or otherwise. Sometimes, one guesses at a pronunciation according to where one "thinks" the name originated. Sometimes, one will read a book in which the author gives a pronunciation.... and the reader is convinced that it must be correct. It is really like the Craft ...the foolishness of insisting that there is only one way.

Perhaps it is best to use what you feel comfortable with. If the entity has more than one name, then use them all when addressing it. I have found that a response is given always if this is done. (Can't hardly go wrong).

My own preference for those you asked about are: As-mo-DAY-us and Va-SA-go. Short "a" and "u", long "o" in the first. Short "a" and long "o" in the second. Sorry I can't write those better but my typewriter doesn't have diacritical symbols.

JIM in Winchester, Cal. sez: Am progressing with the tapes and exercises and enjoying the instruction very much. I feel I am making progress and having success with most of the exercises.

Am enclosing a recent photo to dispel those nasty rumors of my relatives that I would be bald by forty. (My Dad was like a cue ball by thirty).

ED. NOTE: Keep up the good work, Jim. Sorry we can't print the photo...no color for the present time. Anyway, Anyway, you weren't bald in August at the mountain meet so we're sure you aren't now. My father was also bald by the time he was forty. Since I didn't want that to happen to me, I started brushing my hair every day at age 30...and I still have my hair. So don't worry about getting bald. If you brush your hair and massage your scalp regularly, you have a good chance of keeping your hair. Proper diet and vitamins also help.

BOB in San Francisco sez: I'm slowly beginning to feel like a political correspondent abroad for "The Georgian", but it's fun.

I really haven't been able to find out much about the Reg Murphy comment except that he's not fond of "Moral Majority". Some folks are saying that "MM" is slowly becoming a victim of overplay. I guess the media feels that the more people hear, the more they'll get bored. Even Johnny Carson has been taking shots at them. At any rate, it's still wise to be cautious.

BEING A WITCH DOG IS... from Wickian Pooka and Sirius
...enjoying saltines with margarine on them for a snack.

STUFF & THINGS

MARION WEINSTEIN in New York sez: I have some wonderful news: You haven't heard from me for awhile because I've been doing the revisions on POSITIVE MAGIC! It's being re-published and soon! (This time the way I want it):

Doug Brown is publishing it.

Elizabeth Pepper is designing it.

Colin Wilson is writing the Introduction.

On this important holiday I give thanks to all the people who did work in The Invisible Realm to help make this possible. Please print a big THANK YOU for me. As soon as I have a publication date & more details, I'll let you know.

Blessed Yule

Joyous Solstice

Love & Blessings

Marion

ED. NOTE: We're happy for your good news, Marion. We'll be looking forward to the new edition.

Marion sent a beautiful holiday card called Winter Unicorn. You Unicorn "nuts" can order from Universe, 381 Park Ave., South, New York 10016.

Just recieved the latest edition of the Australian newsletter...now called THE AUSTRALIAN WICCAN. New format, new paper, more pages, new cover. Very nice. It seems Australia is plagued with the same problems we have in this country. Groups popping up and calling themselves Wicca which are really either Satanic or into sex orgies, perversion or whatever. Also persecution of the occult by the bible-thumping ministers. Guess they are really scared. Their churches are falling apart from lack of attendance so they have to blame it on others rather than face the truth: that they give the people nothing but take everything they can get out of them.

Also recieved a nice holiday card from Catherine & Kent...apparently their own design. They didn't say if they were for sale.

THE AUSTRALIAN WICCAN, P.O.Box 80, Lane Cove, N.S.W., Australia 2066.

JENNIE in Gainesville, Fla. sez: I read Masters of Solitude. Great book. It should be on our reading list.

RUS (Arcane Crafts) in N.Y. sez: some comments on Armeeta in November issue. Armeeta should put together all her formulas that work into a book.

Tried cornstarch for cleaning silver. Nothing to sing about. Baking soda, however, does a decent job. Especially good on very tarnished silver. A caution though: don't use baking soda on silver-plated things; it can rub the plating off. If your silver things are made by Arcane Crafts, it's O.K. to use baking soda - all our work is solid silver.

Couldn't try baking soda on hives, since I'm not allergis to anything, but did use cornstarch on mosquito bites - (they don't call this place "Mosquito Beach for nothing!) Cornstarch takes away itch and bump in about 10 minutes, permanently. Water in which barley, oats or potatoes have been cooked, is also a help.

Glad to see somebody agree that fur on a woman's legs is a sign of a passionate personality. Leg fur and eyebrow growth are controlled by the same hormone that determines sexual development. European women don't shave their fur; they consider it sexy. Their men like it, too.

continued next page

STUFF & THINGS

Rus continued

Since 90% of the women in this country prefer to remove the fur (the "clean" - sterile - look) it's hard for a male to tell if a gal will or will not be passionate - until too late. Sometimes one can tell by looking at the lady's eyebrows. If they're dark and furry (like Elizabeth Taylor's)... Purr!

ED. NOTE: Yeah, Rik, I've heard that one before about furry gals. I think it's great if a gal has lots of long hair...on HER HEAD! But a furry body turns me off about as quickly as B.O. I think fur is beautiful on my dogs. Wickian Pooka and Sirius love to sit beside me on the couch with my arm around them while I watch TV or read. I enjoy that. But a furry woman...YUCK! However, everyone should do his own thing...so I hope you find lots of furry females..but don't send any to me.

VALERIE in San Jose Sez: been working on the newsletter (among other things) & so am a bit behind in my reading. I see in the September Georgian Newsletter that you seem to go through (regular or irregular) cycles in both sleeping needs and sexual needs - you asked if this is unusual. I did a paper on this topic in college (biological rhythms in general)- and I would say it is quite natural. Not all biological rhythms go strictly on a daily solar, or even monthly lunar cycle (although those are perhaps the most common cyclical periods in both men and women, by the way: your testosterone and androgen production shows a monthly peak, just as a woman's estrogen/progesterone does.). Some cycles follow annual pattern, others quarterly, etc.

The flaw in the popular concept of "bio-rhythm" is that it treats all human cycles as if they were cast in concrete - unchangeable and inexorably in control of the individual. This is not the case: many environmental factors - notably: exposure to light; diet; presence and rhythms of room mates (for example, women roommates in college dorms, as well as other groups of women living closely together, tend to develop synchronized menstrual cycles.

Research suggests that this may have to do with phenomones - olfactory signals) physical activity - can influence or change the rhythms. Most of these environmental factors are largely under the individual's control. Thus, in practice you get many, many variations - any woman notices that her menstrual cycle tends to vary a bit, and is not always in sync with the moon; and men's cycles, though less obvious, follow the same pattern.

As for your particular question: My own experience is identical, although I cannot (offhand) cite scientific investigations of sexual desire and sleep cycles. With me, a lack of sexual desire seems to go hand-in-hand with my increasing reclusiveness when I throw myself into some project which is important to me (which, if you think about it, makes sense). When I finish the project, I "crash out" for a few days (like many college students do after mid term exams) - and then, look out!

Many other women seem to go through the same thing - after putting all their energy into a project, so that they have no energy left over to put into sex, they seem to "bounce back."

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To subscribe to PAGANA, write to 4130 Piper Drive, #5, San Jose, Ca. 95117. Apparently the price is going to change so write to Valerie before sending money.

HELPFUL HINTS FOR BEGINNERS...

Recently we had a letter from a reader asking, "How do I go about transferring my consciousness?"

Well, that isn't an easy one to answer in a few sentences...but we'll try to give you some idea.

First of all, you should have had a lot of practice with the various other exercises which would make this easier for you.

Transfer of consciousness begins much as many other things in the Craft. First, you begin with your imagination. Sit in a comfortable position. Then look around the room. Now, decide into what object you wish to transfer. Then, close your eyes.

Now, imagine that you are existing within that object. (this will probably work better with your eyes closed.) Now, look around the room from the position of that object. Remember, you must think of your consciousness as being where the object is located, not where your physical body is sitting. Observe the position and view of each thing in the room as seen from the position of your object consciousness.

When you think you have it, open your eyes, put your head in the position of the object, and see how much you got correct.

Next time, use a different object.

The more you practice this, the sooner you should be able to make the real transfer rather than imagining. Do not practice too long at any time that you become bored...this will only slow you down..but practice every day for a short time.

And remember, I did say that there are other exercises and practice that should precede this. Never try to rush anything. Impatience will only slow your progress.

BEING A WITCH IS.....

....learning the importance of patience, work, and practice.

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Here is a late story from United Press International dated 12/30/80

SAN JOSE, CALIF. A San Jose woman has offered a five-thousand-dollar reward for information leading to the arrest and conviction of whoever cut off a stray kitten's tail and left the animal bleeding on the sidewalk.

The Humane Society of Santa Clara Valley says it got the reward money from Thelma Doelger, widow of a wealthy home builder. A spokesman said several other people have offered to increase the reward.

The five-month-old, tail-less female kitten is recovering. She has been named Noel because she was found a few days before Christmas.

Witnesses say two young men were seen near the kitten before it was abandoned. Conviction on charges of cruelty to animals carries a maximum fine of 500 dollars and six months in jail.

ED. NOTE: I think it's too bad they can't cut off something of those creeps when they find them...and guess what my choice would be...

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STUFF & THINGS

JON in Modesto sez: I also would like to know what you would think of this hot little idea. A friend of mine suggested it, and asked me to write to you about it, so here goes.

What would you think of getting a TV station and starting the Wicca Broadcast Company? I know that it would take a lot of money, time, and effort, but do you and the gang think it would be worth it? Let me know when you've thought it over.

ED. NOTE: It sounds like a wonderful idea on the surface, Jon, but I've worked in radio and TV for the past 30 years so I see a lot of problems you probably don't know about.

- 1- Finding an available channel would be most difficult.
- 2- Building a new station or buying an existing one could easily run into many millions of dollars. It is difficult enough getting a few dollars out of most Pagans for a newsletter much less trying to raise millions.
- 3- Even if we could raise the money...where would the station be located? For the small number of people a local station would reach...the cost would be unbelievable.

Your idea sounds great, but it just isn't practical.

Interesting that you should bring this up at this time. In recent days I had been giving thought to the possibility of a small radio station...but soon discarded that idea for the present at least.

There would be costs for a frequency search (after a new international meeting, there may be more available.

Cost of F.C.C. attorneys.

Cost of a consulting engineer, even though I could do much of the work myself.

Construction of an antenna after the land was purchased and approved.

Cost of transmitter and studio equipment.

Operating costs...repair of equipment, rent, gas and electric bills. (Depending on the power, the electric bill alone could run into hundreds a month.

Cost for a staff. A station must operate a minimum number of hours per day... and if you don't have paid personnel, you still have to keep it going. Office paper work is tremendous. Who is going to do that? etc. etc. etc.

No, my idea is also not practical...at the present time.

* * *

BEING A WITCH IS.... (from Puck)

...getting a special rush when you commune with the Goddess for the first time, and she answers back.

...working weather magick in a foul mood, and creating a "freak thunderstorm" ...during a blizzard.

BEING A WITCH DOG IS.... from Wickian Pooka and Sirius

...checking the I.D. tags on the neighborhood dogs to see if any of them are wearing a pentagram.

STUFF & THINGS

Grace in Florida sent me a copy of the Unitarian Universalist World. It contained an interesting article : THE MORAL MAJORITY IS NEITH. The entire article is much too long to copy even if we had permission, but I found the last paragraph interesting.

"For those who, like me, oppose religion in the schools on principle, need to be more honest in facing the facts...the separation has never been all that clear: God is on our money, and Congress has always started with a prayer....In England, religion is the only subject which must, by law, be taught in the schools. Math, social studies, even the English language, are not required by law. Only religion is. And England has the least belief and the lowest church attendance of all!"

ED. NOTE: Maybe we should get to know more about those people as Grace has suggested.

* * *

WORDS OF WISDOM

Do you know the best kind of shoe to be wearing if you're lost in the woods without any food?

Leather. A person who's starving can get enough nutrition from chewing on leather to sustain life for a short time.

Did you know that the I.R.S. is now going to audit the tax return of EVERY person claiming to give more than 50% of his income to a church? This is probably a good thing. Maybe they'll catch up with some of the ripoffs and leave the rest of us alone.

Now that the days are getting longer, we'll have more time to work...and less time for making love.

At the rate power bills have been increasing, we can soon give our paychecks to the gas & electric company, and ask how much of that we can keep.

* * *

Received in the mail ANAKKON # 8. It has lots of verses to That Old Time Religion (Pagan Version). Don't find any price on it but the address is John Boardman, 234 E. 19th St., Brooklyn, N.Y. 11226.

Didn't receive a High Priestess column this month. Don't know if it wasn't sent or if it got lost in the holiday mail.

Valerie has a newsletter going. I have misplaced her letter but the address is Valerie/Pagans SIG, 4130 Piper Dr. #5, San Jose, Cal. 95117.

Guess Sefa should be in England by now. She had promised to write a column for the newsletter some time ago...but. Anyway, she says we should be getting it sometime early in the year...with a report on her trip.

STUFF & THINGS

ELLEN in No. Hollywood sez: For the lady who wanted books recommended for her children: I don't know of any that teach it directly, but many of our beliefs and ideas and attitudes can be found in other books. LINNETS AND VALERIANS by Elizabeth Goudge touches on good and bad magic, and is a lovely little semi-fantasy. So is THE LITTLE WHITE HORSE by the same author.

WIND IN THE WILLOWS by Kenneth Grahame is easily found, and many of us enjoyed it as children. (I still do). It has wonderful scene in it where Rat and Mole meet Pan.

A very old one which might be found in used book stores is PETER'S WONDERFUL ADVENTURE by Marguerite Murphy. In it, Peter (who doesn't believe in fairies) is taken by a fairy to a wonderful land where he has adventures that help him learn the three lessons magically written on his forehead. Be Brave, Be Kind, Learn. His aim is to learn these lessons, so those words won't appear in a magic mirror. It was published in 1927.

Another is THE VELVETEEN RABBIT, and I forget the author. I have seen it in bookstores, and I think it stays in print.

I am working on a set of children's stories that teach some of our ideas in an indirect manner. By indirect, I mean I don't mention the Craft, the God and Goddess, etc. It is my hope, when and if it is ever published, that it will appeal to both Craft and non-Craft children.

One day I'd love to do a book on Craft for children, but just because I'M not working on it, doesn't mean somebody else can't. Why doesn't somebody?

There's also A CHILD'S WISH BOOK, from The Rowan Tree. It's about \$5.00. I think, and each copy is signed with the child's name by Andrius the Blue Unicorn. It has stories, puzzles, poems, etc. for and by children.

For older children...up to "young persons" I recommend the TIME TRILOGY by Madeleine L'Engel. These will stretch the mind a little, and teach a great deal about caring and oneness and love.

By the way, my little Mau kitten was apparently more special than I knew, because he, too, has gone to be with the Goddess. One evening he was fine, and the next he was dead. I don't know what happened...the neighbors said something about a dog, but there wasn't a mark on him. I don't think I want to do that again for awhile. In the short time he was with me, he became a very dear part of my life. I miss him a lot. Losing two beautiful cat-friends in one summer is hard to take. I am almost afraid to get another one. However, if the Goddess should want me to have a short-haired black male cat, I won't turn him away. I just won't look. I'm sure my kitten is happy...the Summerland is full of trees and bushes and wonderful places to explore, beetles to chase, and many forms of love...but I'm just selfish enough to wish he were here.

Blessed Be.

Ellen

RUNES

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