

BAKERSFIELD - Guess you tired of hearing the same thing everytime, but how else can I say the Sabbat went beautifully? Kit & Les conducted the Pagan Way ritual. Bobbie & I did the Craft ritual. We really had a nice gathering and everyone was happy.

Dean still reading all the Craft books he can get...wishing he was home again... and asking for more mail.

Sorry about the poor quality of some copies of the last newsletter. The Ditto is a good machine but no way could it make as many copies as we need. We now have an A.B. Dick model 525...and we hope you'll find this issue much better.

So, COUNCIL OF C.O.G. - Finally got a letter from a member. Cerridwen (L.A.) says she is working ~~in~~ with Deborah writing a Craft book. Don't know when that will be available.

Recieved a long 2 sentence letter from Christine filled with all kinds of interesting news. Surely this calls for the doghouse!

Dagda passing through again. Stopped to talk for a few minutes...10 P.M. to 5 A.M. when I left for work. No sleep again, but a pleasant evening discussing interesting people.

MODESTO - HPs Manon and 2 of her coven members joined us for the Sabbat and the weekend. Beautiful people. We hope we get to see them often. I.L.U.

EL PASO - Isabel having problems with classes she wants to take being cancelled...this time, meditation class. Isabel recently made contact with a group which says it practices "the Craft Of The Wise"...but, they don't work in a Circle, don't celebrate the full moons, don't celebrate the Sabbats, and the diety is called "The Master". VERY INTERESTING! Isabel recently attended the 6th annual Border Folk Festival. She was most fascinated by the Yaqui Deer and Pascola dancers.

COLORADO - Karen finding the weather there a change from Tulsa. Wonder how she'll survive the winter. Karen is not too happy about the shortage of occult shops in Denver, though she says there is a nice bookstore.. "Together". Karen recommends the "Peace Of Mind" shop if you're in the Tulsa area. Karen sent a copy of her annual letter to the media regarding Hallows and the Xtian attitude. GOOD WORK! Happy Birthday, Karen Hallows is such a nice day for it...but going all the way to Tulsa to celebrate??? Karen taught a class in Paganism in Tulsa and hopes to do the same in Denver.

SEATTLE-TACOMA AREA - Jeannie & Dean called twice and talked for a long time. Dean looking forward to being a civilian again. Jeannie bored with working. Property deal didn't work out so they're looking for something new. Having troubles finding a God & Goddess statue to their liking for their altar. Would like to know a good place for ordering some of the more difficult to find herbs and other supplies. Any info. or suggestions appreciated. Cat, Dea, and Laurie have all moved from California to Washington. Not sure what coven they'll be with yet.

Haven't heard from Stef and Bob yet this month. Letter will probably arrive the day after we mail this. Definitely a doghouse punishment.

NEW JERSEY - Ellen very busy writing a Craft novel. Hope it's good and gets published. She asks that we send her a little positive energy. Ellen & Ray would like Craft contacts in their area.

TULARE Recieved a long letter from Mike...3 sentences. Well, now we know he can write anyway.

SAN FRANCISCO BAY AREA - Happy Birthday, Pixie...and congratulations on your promotion. Cathy was the only one from that area to get here for the Sabbat. She's out of the hospital and looking her usual happy self again.

ATLANTA - Rhea recieved back from the post office the other half of the mangled letter she sent to me. Wonder if we should send the P.O. both parts and see if they can put it back together. Rhea is also looking for a different type of printer. Gestetner recently had a full day of demonstrating their new equipment here in Bakersfield. Didn't go. No point to it now. Rhea has a new recorder/player with foot control. That should make it easier for her to correspond by tape...but she won't. Chicken! Rhea says she had a nice visit from June & Don Overstreet....they've been travelling but plan to move to north Georgia. We'd been wondering where they got to. Our very special thanks to Rhea for her cooperation in initiating Janice & Dennis. You see...Rhea really is a very nice lady even though we like to kid her about bare feet and a still. Beth is just back from 3½ months in Great Britain and western Europe. No mention of visiting any Witches or magickal sites. Guess she should go to the doghouse. Had a long distance call from Sefa. Not as good as a visit..but pleasant.

Los Angeles Area - Georgia, Gwen, Shirley, and Lee the only ones to get here for the Sabbat. Recently Georgia was married here in Bakersfield by Bobbie to a non-Pagan. Bobbie wrote a special Pagan ritual for the occassion. Couldn't use our handfasting with all those Xtian relatives present. We're happy to say that everyone got along well...no problems. Haven't heard from some of those L.A. people this month. Guess we need to build a community doghouse.

AKRON - Anthony has moved from Florida to Ohio. He's working at a new job with his son..and busy studying Craft.

HESPERIA, CAL. - MARION STILL PROMISING TO VISIT...BUT NOT HERE YET. No success on her projects yet.

DETROIT - Caprice would like a Craft contact there. I have none at present.

FLORIDA - Janice & Dennis very happy over their initiation. Congratulations. Their special thanks to Rhea for giving them a wonderful weekend..and that "Great Soutgern Hospitality".

Penny has made a couple of lengthy phone calls. It is a pleasure to talk with Penny and Merle but I'd hate to have their phone bills. They recently visited an ols man who lives in a remote area where he makes all kinds of fascinating Pagan statues. Penny says they are really great.

Millie now busy on pre-initiation material. Guess she'll get together with Penny and Merle.

SAN FERNANDO VALLEY - Marsha & Ted's marriage was scheduled for Hallows. Too early to have any info on that. Sorry none of us could get down there for the reception. Okay...so put US in the doghouse.

HONOLULU - Adele has opened a metaphysical shop in the University district of Honolulu.. "The Future Eye". As well as selling books and supplies, Adele will do numerology and Tarot readings...and have a Tarot seminar. Her business partner will do astrology, Rune Stones, and I Ching. They recently celebrated the Queen Priestess's birthday which came on the full moon. Happy Birthday...when-ever.

NASHVILLE - Hope you liked the Cyprian creed published last month. Houston has sent something for the herb column, and a Primer For Wiccan Thought ..on another page.

TULSA - Ruth interested in making some new contacts in her area. Suppose she'll have a visit from Karen when she arrives for the birthday celebration.

WISCONSIN - John would like to contact a coven in that part of the country.

LAKWOOD, CAL. * Peggy Ellen teaching a psychology course. Peggy Ellen says the RUNE BOOK (mentioned in last issue) is available from Samuel Weiser, Inc. 734 Broadway, N.Y. , N.Y. 10003.

GETTYSBURG - Sue says lots of accidents, sickness, and a death at the school she and Lisa attend. Guess it sort of dampened their enthusiasm for study for awhile. Sue is especially bored with Geometry & French..which she loved. Now she enjoys Shakesperian Tragedy...now on MacBeth. However, Sue & Lisa still busy with their Craft studies. Better brush up on that French though. I recently recieved a letter from France...in French. Since I don't speak it..read it..or write it...and since Sue and Lisa are studying it...they are translating for me.

KANSAS - Dave has moved again. Still in Kansas. Some of you do get around.

BOOKS

Just been too busy to do much reading this month. However, Adele (Honolulu) recommends a novelette by Christopher Stasheff - "The Warlock In Spite Of Himself". She says it is very good.

We start a new feature this month written by Bobbie's cat. I wanted to call it Bobbie's Pussy...but Bobbie prefers...

GOLLUM'S COLLUM

Being new to the newsletter, perhaps an introduction is in order. I am a Siamese Cat Person..born 7/14/77 in Gigs Harbor, Washington (they tell me its close to Seattle...wherever that is) to a lovely couple named Bob and Stephanie. When I was 2 months old, they brought me to Bakersfield (that's in California) where I now live with Ken and Bobbie (they're Witches, don't you know). The purpose of this collum is two fold. First fold: I wish to share my knowledge of the animal world with you (when I speak of animals, I am referring to all mammals higher than Homo Sapiens...but then, what mamal could be lower?) M-E-O-W. Fold the second: As learning is a two way street, I'd like you to share your knowledge with me. Any tips on care, grooming, or diet would be appreciated. Or if you have an anecdote you'd like to share, space permitting, I'LL include it in the newsletter. Any questions you might have.. just write. If I don't have the answer, I'll get it...if one exists. One thing more before closing: all animals are very powerful and magickal entitys. ...(did I spell that right?) providing you permit them to develop within the circle of your love.

May the Goddess walk with you always.

HERBS

MERLE SEZ - Nothing affects our general health over a period of time as much as what we eat and drink. All of us are aware of the fuds that has and is being made over food colorings and preservatives as cancer causing agents...but, is that their real danger? Most food colorings and preservatives kill enzymes... All living tissue contains enzymes...special protein molecules that act as biological catalyts to promote the innumerable chemical reactions necessary for life.

The body produces its own enzymes, and they function everywhere in it. Digestive enzymes act in the mouth, stomach, and intestines to break down food into simple compounds usable for producing energy, or for building body substances. In case of enzyme deficiency, digestive enzymes, unlike other kinds, can readily be used by the body when provided by an external source. The following plants contain enzymes, many of them useful in the digestive process. Alfalfa, apple, artichoke, barley malt, castor bean oil, dandelion, papaya, peppermint, and soybeans. That apple a day that keeps the doctor away rings truer now than ever before.

LETTERS TO MERIE

Cyprian (Nashville) Include Parsley in the herb list. It's invaluable for purification! Use fresh parsley (super easy to grow) in your lustral bath, to purify your Circle, anytime purification/cleansing is called for. By the way, The Herb Book by John Lust in Bantam paperback is the reference for those who want to get serious about herbs...no magical uses but full descriptions, medicinal/culinary uses and drawings of each plant. My regards to all and may the Goddess love thee.

Karen (Colorado) suggests an infusion of gum mastica, wormwood, and cinnamon oil for washing your crystal or speculum. She says it makes an excellent scrying incense sans water and adding a pinch of saltpeter.

BOOKS (again)

Isabel (El Paso) says "The Encyclopedia of Fairies, Hobgoblins, Brownies, Bogies, and Other Supernatural Creatures" by Katherine Briggs is available in paperback from Pantheon for \$4.95. Anyone interested in the little people or other magical beings will find this book most enjoyable. The paperback edition has all the plates and illustrations found in the hard cover edition. Don't let the word "Encyclopedia" in the title fool you. This is not the kind of book you pick up to read an entry here and look up something there. Once you start reading it, you won't be able to stop. I guess that's part of the enchantment that Ms. Briggs and the wee folk have put into it.

A PRIMER OF WICCAN THOUGHT (by Cyprian)

The Goddess is the prime Creatrix. She exists before Time, She exists now outside of Time, and She exists after Time stops. She is the Triad; Nymph, Mother, Hag.

Her Creation is all of one part, and it is good. There is no separation between the creation of life, matter, and energy. This is the Holy triad of Creation.

Life is the triad of creation and is good. It cannot be punishment, it cannot be sinful, nor can Life be a test for some future existence. Life is now.

Life cannot be separated into Body and Spirit. Life like creation, is of a completeness. Mind, Body and Spirit form the holy triad of Life.

Earth is of the triad of Creation and is good. The Earth is not a testing ground for Life nor a way-station upon some spiritual voyage.

The Earth is our home; we live here. The Earth is our only home. We belong upon our Earth. Life, now, upon this Earth is good. We are to preserve them.

Energy is of the triad of Creation and is good. It is the animating force that binds together Life and Matter, and intersects between them, to complete the triad of Creation.

Through worship of the Goddess we seek to participate in Her Creation; to establish balance with the Triad of the Goddess, the triad of Creation and the triad of ourselves.

Signed this Michaelmas 1978 ce
Cyprian

GOOD FRIENDS by Mike Olds

Good friends are not commodities
On supermarket shelves
All neatly priced and packaged
So folks can help themselves.

They don't come by the dozen
They're not sold by the pound
To find the best in quality
It pays to shop around

Good Friends continued

We look for friends with loyalty
 A sense of humor, too
 And strength enough when things get tough
 To help us muddle through.
 Oh, Yes, we want our friend to come
 completely guaranteed
 To last a lifetime
 And fulfill our every need.

But while we're busy shopping
 For the friend who'll suit us best
 Do we ever stop to wonder
 If we, too can meet the test?

How much will we contribute?
 What effort will we make?
 To love and help and comfort
 And give as well as take
 For friendship is a joint affair
 Its bounties must be earned
 The loyalty and strength we seek
 Must also be returned.

And only if we measure up
 And do our part will we
 Become the kind of friend
 We'd like somebody else to be.

WIND DANCE by Shawn Britton Phillips

I asked the Wind into my house
 He brought his friend the cat and mouse
 We sat talked and dranked our tea
 then Wind asked a favor of me
 Teach me to dance across the stream
 We can dance together as a team

The cat and mouse were eager to see
 The wistful Wind dance with me
 So out the house we went
 Down to the stream that was crooked and bent

I told the Wind there was nothing to fear
 The water ran smooth as he could hear
 He knew there was a chance of getting wet
 If he happen to fall over something he met

We started to swirl if by chance
 But I soon found he knew how to dance
 Even though he tried
 I knew he couldn't hide
 The fact he knew how to waltz
 Without the slightest hint of his faults

As we danced over the steam
 there was nothing wrong as it may seem
 The Wind began to fear
 The water was getting too near

And once he lost his nerve
 I think he got what he deserved
 All at once his face turned pale
 Into the water he fell

The cat and mouse from this got ~~sc~~
 scared
 So they ran to fetch the Doctor Hare
 At this time, to the Wind I gave a
 hand

And pulled him out upon the dry land

Feeling shameful for what he had done
 He said he would have to go to his
 father the Sun

With that he began to take his leave
 Promising us never again to decieve
 He knew he could dance
 But his father had never given him
 the chance

So he said goodbye to me, the Hare,
 the cat and mouse
 He would see us again at our house
 And every once in awhile a breeze we
 hear,
 Saying "Hello friends, I love you
 dear".

STUFF AND THINGS

Don't forget to include your name and address when you write so I won't have to go through hundreds of names & addresses looking for it.

If the recorder answers when you call, be sure to leave your name, address, and phone number. I really have a problem when you say "it's me".

There seems to be a misunderstanding about our tapes. Some are available to our students, others to our initiates. NONE ARE FOR SALE.

To those who have asked: NO, WE ARE NOT ASSOCIATED WITH THE FROSTS.

If you don't have time to make Sabbath cakes...use Triscuits...100% whole wheat wafers.

Although the Ditto was a good copier, it just couldn't turn out as many copies as we need. This month we're using our new A.B.DICK 525. I think you'll agree that it's a big improvement...over last month. We also just purchased an A.B.DICK 650 for the pages we use for copying photos.

Our intention in starting the newsletter was to improve contact among Pagans. Our intention was never to make money...and we haven't. It has cost us a lot. Even though we have now been able to cut postage and printing costs, the total cost keeps going up because we get more requests for the newsletter every day.

With the February issue of 1979 we begin our fourth year of publication. As of that time we must begin a subscription charge of \$2. per year.

For the month of November we shall turn people into neutered newts.

That's all, folks!

Love and Blessed Be.

PAT
BOBBIE
SHIRLEY
MERLE
MARTHA
LUKE
SHAWN
CATHY

(WE ALL DONE IT)

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