

In this issue...

Winds of Mariah. . . . .	2
Moon Lore from Llewellyn Publications. . . . .	3
Wierd But Wonderful by Rik . . . . .	6
Why Witches, Why Pagans? by Tarostar . . . . .	7
The Mill of the Gods by Stan . . . . .	9
Storing Canned Food Safely from USDA . . . . .	12
Alcoholism from TOTEG. . . . .	13
Star Gazer by Lady Fauna . . . . .	15
Untitled Poem by Ceridwyn. . . . .	18
Dog-Eared Page by Stephanie. . . . .	18
Avalon by Moonraven. . . . .	18
Song by Ogaea. . . . .	19
Sweeping Chant by Charles Arnold . . . . .	19
Broccoli/Tuna Roll-ups from the Next Door Kitchen Witch. . . . .	20
From Catherine and Kent. . . . .	20
From Rowan . . . . .	22
From Stan. . . . .	26
From Albion. . . . .	27
From Tarostar. . . . .	29
From Lady Dematar. . . . .	30
Events . . . . .	33
Books. . . . .	33
Publications . . . . .	34
Other Good Stuff . . . . .	35

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Bakersfield--Percy and Delana conducted the Pagan Way Samhain and some of the costumes were most interesting. Dean and Fauna conducted the Georgian Samhain. Our weather is turning cold--at least by our southern standards--but dry. We haven't had rain in... well, several months,

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Subscription rates are \$8 U.S., \$16 foreign surface, \$32 foreign air mail. Ad rates are \$36 for a full page, \$20 for 1/2 page, \$14 for anything less than 1/2 page. Ads must be camera ready. We always welcome submissions--typed double-spaced if possible, but we're not real picky. For those of you who are new to our mailing list, the opinions expressed in this newsletter are not necessarily those of the Georgian Church. So there.

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Winds of Mariah

I was able to attend the Autumal Equinox held in the elfen tradition at Lake Ming overnight campgrounds in Bakersfield. Also Aaron and Lady Morganna asked everyone to join them in celebrating their first anniversary at Lake Ming where they were handfasted.

They had a catered affair with seven-grain fresh bread, vegetables with herb dip, barbeque beef, roasted chicken, etc.--the same caterer who attended their handfasting. Yes, they know we are Witches. The park rangers were invited and they came. The rangers came late in the night after their long day's work to eat and visit.

The park rangers allowed us to plant a weeping willow tree in the park during the celebration rite. Other campers came to join in our celebration and they learned what we were celebrating.

A lot of pagans I had not seen for years heard of us out at the park and came to join us. That was such a treat to meet the cream of the crop coming from other places in the town. I liked the way they had changed and the way they had grown. I noticed no one was into a power play game. Everyone was equal. Everyone that came just wanted to see their friends.

Albion, I still say I'll dance with you anytime, anywhere. I had such lifting of my spirits laughing and dancing with your elfen spirit.

The rite that was guided by Aaron and Lady Morganna was simple and peaceful. They used nature tools only--rocks from the river area. I feel natural with natural items in the area.

I needed peace and quiet after my hellish week at work and I got just what I came for. Good, long lost friends, music, and celebration of the Old Ways in an area which holds good feelings.

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The past has its store of joys we remember.

The future is ours undefiled.

Let us carry our weight with courage of men,

But proceed with the trust of a child.

--Kathleen Partridge

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Moon Lore from Llewellyn Publications

Some of the earliest followers of lunar cycles were hunters. Correlating lunar cycles to animal migrations kept early man's belly full and back clothed. It also permitted the charting of growing seasons for other food sources and the eventual incorporation of agriculture into society. With the knowledge of lunar periodicity, it's not surprising that those who kept the lunar records became the first religious leaders as well as being skilled hunters and farmers.

The traditions of counting lunar phases for hunting date back to the Upper Paleolithic period. Dr. Alexander Marschak of Harvard University asserts the Cro-Magnon man--the earliest appearance of "modern man"--survived Lower Paleolithic Neanderthal man, who perished during the Ice Ages, because of his attention to lunar periodicity.

Cro-Magnon man made lunar calendars, some on cave walls, and others "Moonbones," which they often carried with them. Thousands of archeological examples of these have been found and dated roughly between 8000 B.C. and 40000 B.C.

Cave and rock shelter paintings, such as that at Abri de las Vinas in Spain, were elaborate. An oval depicting a human silhouette is surrounded by crescents, dots, and check marks. The marks represent solar days in the lunar month with designations for lunar phases.

"Moonbones" were pieces of reindeer bone, mammoth ivory, or soft stone. The engraved bone, ivory, and stone resemble measuring rulers. Small lines represent solar days. Longer lines represent lunar phases. Other markings recorded the number of moons between salmon runs, reindeer migrations, and other commonly hunted animals. The caveman shaman, with a complete collection of these bone calendars, could mark off the passage of time by the handiest indicator in the sky--the Moon--long before he could ever imagine a yearly solar cycle. For hundreds of thousands of years, the Moon told our ancestors what to hunt when, blessing them with food and clothing.

For this reason, the Moon wound its way into religious tradition. As late as Roman times, Diana-the-Moon was still the goddess of the hunt. Tracking lunar phases, and especially charting the Moon against the stellar background, helped early agriculturists predict seasonal changes, when to plant, when to expect floods and drought, and when to harvest.

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Moon Lore (cont.) from Llewellyn Publications

In Britain, the Beaker people who were hunters and gatherers built Stonehenge observatory around 2000 B.C. Stonehenge provided a reliable method to gauge the short British growing season through solstices, equinoxes, eclipses, and other long-term lunar events. The ability to predict these events bolstered the power of the ruling class. Some Stonehenge scholars assert the observatory might have been built to predict lunar eclipses which occur at the same point in the sky every nineteen years. Supposedly their "Moon-god" returned to Earth at that time.

The Anasazi Indians of New Mexico built a similar structure to Stonehenge that played a crucial role in their agricultural and ceremonial lives from 950 A.D. to 1300 A.D. The structure, atop an isolated butte in arid Chaco Canyon, consists of three crude stone slabs six to nine feet tall leaning against the face of the butte, precisely aligned. During specific solstices, equinoxes, and eclipses, light from the Sun and Moon shines between the slabs onto a spiral pattern carved into the butte wall.

In Moon-worshipping Mesopotamia, astrology was practiced in detail. As the "fertile crescent," and birthplace of advanced civilization and agriculture, lunar cycles were carefully observed to predict when food could be safely planted and harvested. Mesopotamian astrologers instructed the planting to commence when the Full Moon entered the zodiacal constellation of Virgo in spring. Seeds could be planted with ample time to ripen before the next killing frost.

The first Full Moon after the harvest is called the Hunter's Moon. The autumn's work complete, farmers could enjoy their leisure by hunting. Let the Moon be your hunting guide.

Most game animals like to feed when the Moon is overhead. Deer especially like to feed by moonlight. If you hunt waterfowl, watch for a falling barometer. This makes ducks restless, stirs them up. It's a good time to get your quota. When the barometer rises, game comes to feeding areas. Hunting at night, though illegal in some places, is an excellent time to hunt. In the early days of America, wild turkeys were hunted at night and the flocks were almost wiped out. Today they are protected by law and hunting is permitted only in certain seasons of the year.

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Moon Lore (cont.) from Llewellyn Publications

This year, November 2 is the New Moon and the Full Moon occurs on November 16. The best November dates and times to hunt are: from 8:17 am on the 1st to 9:20 am on the 3rd; 3:30 pm on the 9th to 10:14 pm on the 11th; 6:17 am on November 16th; 6:46 am on the 19th to 7:23 pm on the 21st; and 7:09 pm on the 28th to 8:07 pm on the 30th. The times are given in Central Daylight Savings Time.

For more information on lunar activities, call 1-800-THE-MOON, toll free.

November dates

|                                 |                           |
|---------------------------------|---------------------------|
| Go fishing                      | 2, 8, 17, 24              |
| Plant leafy crops and grains    | 2, 3, 10, 11              |
| Plant root crops                | 1, 19, 20, 21,<br>29, 30  |
| Give a party                    | 8, 17, 18, 22,<br>23, 27  |
| Get married                     | 10                        |
| Apply for a job                 | 5, 6, 14, 15              |
| Apply for a loan                | 1, 22, 23, 29,<br>30      |
| Purchase appliances             | 20, 25, 30                |
| Buy a car                       | 4, 8, 13, 23,<br>28       |
| Sign papers or contracts        | 10                        |
| Purchase electronic equipment   | 4, 8, 13, 23, 28          |
| Cut hair to stimulate thickness | 16                        |
| Cut hair to retard growth       | 17, 18, 22, 23,<br>24, 25 |
| Cut hair to stimulate growth    | 10                        |
| Get a permanent                 | 8, 9                      |

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As any self-respecting cranberry could tell you, the juicy red berry is one of the few fruits native to North America, unlike the upstart apple, which was brought here by early colonists. So, what better time to salute this neglected fruit than on its very own holiday, Thanksgiving. Cranberries grew wild in America long before the Pilgrims landed at Plymouth, where cranberries were presented to the Pilgrims by the Indians. The Indians used cranberries as a food, in a poultice for wounds inflicted by poisoned arrows and as a dye for rugs and blankets.

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Wierd But Wonderful by Rik

I was stationed at Chanute AFB in the Summer of 1977 when, being from the Arizona desert, I began to miss the mountains. Also it was Full Moon and in Illinois there is nothing but flat, corn, and six acres of USAF post. There was, however, a mound of dirt in one field near the fence. I suppose that it was extra dirt that had been dug up to bury something or another that was becoming overrun with weeds.

I combined my love for the mountains with the Full Moon and decided to hold an Esbat on that hill. Since the USAF refuses to allow knives, incense, candles, and so on on that particular base, my Circle was simple. A stone circle with me in clothes in the center.

I had just started my invocation when I was hit with a spotlight. An Air Police patrol car had coasted halfway up the hill and I was facing two AP's who were convinced that I was on drugs. Being a fairly smart person who had no rank (we call them slicks) and therefore no possibility of talking or arguing my way out of trouble, I backed down and upon questioning, told them that I was from the southwest and came up here to remember the mountains of home. They obviously didn't believe me but their search couldn't find anything illegal or even a bottle of wine, so they had to leave me alone.

It should be noted that they sat in a nearby field watching me until I finished and left. My daddy, a former AP himself, always taught me NEVER to argue with a man with a gun. Thus was one of my more interesting rituals.

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He had been acquitted of the charge of horse stealing after his attorney made an eloquent plea to the jury and when they were out in the corridor the lawyer leaned close and asked, "Joe, tell me truly now--you did steal that horse, didn't you?"

"I always thought I did," came the reply, "but after hearing you talk to the jury, I'm convinced myself that I didn't."

A large sign on the outskirts of Hartford, KY, reads:  
Welcome to Hartford, KY, Home of 2000 Happy People and a Few Soreheads.

Oh, waht a tangled web we weave when first we drop a bunch of clothes hangers.

\* \* \* \* \*

Why Witches, Why Pagans? by Tarostar

There is a need to define an acceptable term to identify what is clearly meant when the "Craft" deals with the Stranger/Non-Wiccan. Many practice The Old Religion but avoid the term Witch because it was an invention of the paranoia of the Inquisition. They do not want that kind of negative association with the old ways practiced today. Persons of substance and social position within the "Establishment" are attracted to the Old Religion when it is presented as the Ancient Wisdom without "kooky" occult associations. That does not mean they disavow the occult aspects of the Old Ways, just those hyped by professional "psychics" and the spooky stock in trade of certain metaphysical shops.

Whatever is trendy or the Psychic/occult gimmick of the month turns many honest and sincere students away, leaving the field to those who do not have their feet on the ground, so to speak.

The word Pagan, in many instances, also has a negative association as being something out of step with the modern world. Pagani, as the Ancients used the term, meant the peasant or the serf or the rural dweller in early medieval society. Uneducated, unsophisticated, conservative, and backward were the associations given that word.

That does not describe those using the term today. Modern Pagans are mostly products of the large cities claiming the Old Ways but not being of the Earth in the sense of Pagani with dirt under the nails from farm labor.

The Old Religion was not an urban belief system. It predated the growth of city life. It was an agrarian cultus with festivals for the two life principles similar in all rural areas throughout the Ancient world.

The peasant folklore maintained itself even after the switchover to Christianity in medieval Europe. The festivals were kept, the spirits and nature entities stayed on in the peasant consciousness and continue even today as part of the Bauernpraktik of the European peasant. Therefore, city dwellers calling themselves Pagans is a misnomer.

Since the church continues to associate Witchcraft with Satanic things and Pagan ideals do not fit the modern "Craft," what then, could or should we call the modern revival of the Old Religion?

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Why Witches, Why Pagans? (cont.) by Tarostar

What is wrong with simply the Old Religion? Why do we have to call a spade a shovel and come up with some fancy, cute nominative?

All the ethics and moral codes inherent in the system are pre-Christian and Gentile, if you will. Secular/pagan humanism has been the legacy given to our modern world from Greek and Roman times.

The modern revival of the Craft has incorporated both the nature religion of the agrarian aspects of classical times and the philosophy and humanism of the great ancient thinkers. However, it has also inherited the magic and psychism of the latter Greek/Hellenistic culture drawing on the mysteries of Babylon and Egypt.

Those societies had "official cults" and popular religions which in many ways were quite different from each other. The official cults had to take in aspects from the popular in order to survive because they were mostly associated with the Crowns and Priesthoods--that is, a minority within the culture.

God/Goddess, in all their many forms, continued to be worshipped despite the High Gods of the Court and the Temples. As the High Gods passed to oblivion and gave way to the One in Three, called Jesus, the peasant simply kept the old ways and practiced the Old Religion under a new High God in the town or city.

The cult of the Christian Saints evolved from the Cult of the Heroes maintained within the Greek culture (Martin P. Nilsson, Greek Folk Religion, Peter Smith Publishing, 1971). The tomb of the local Hero was much more beneficial to a locality as a place of worship and spiritual communion than the official temple and/or church in the city.

The High Gods and/or the One God upheld by the State's authority were much too far removed and exalted to be practical for the peasant. The heroes were concerned with the well-being of the district and that loyalty was transferred to the saint in his/her local shrine. The Old Religion continued in spite of the official veneer of the ruling elite.

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Why Witches, Why Pagans? (cont.) by Tarostar

Therefore, wehn we say "The Old Religion," let us mean by it the practice of the agrarian cultus of the countryside of God/Goddess and their nature festivals--our sabbats--and the nature crafts. When we say "The Ancient Wisdom", let us mean the Magic/Occultism of its esoteric core including the astrology, magic and psychicism which have come down to us as a legacy and the old lore of healing and cunning. Those two terms can be combined in the word "Craft" for simplicity sake. The Old Religion/Ancient Wisdom tradition or simply the Craft is all we need as identification for ourselves. Witchcraft or Paganism would be the terms used by the official cult and/or the opposition to identify us. They will soon fall into disuse if we do not keep them alive ourselves.

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The Mill of the Gods by Stan

"Hey, man, I've been an attendant at L.A. General Hospital for more than ten years. I ain't never never seen nuttin' like him before. He has gotta be the most, man, I mean the most. I dunno what stuff he was takin' but it was bad, man, bad."

"Nope," the doc said, "he warn't on nothing. Nada. Not a trace."

"Yeah? Who is he anyway? Where did he come from? He ain't never been here before, that's for certain sure. I've seen 'em all. I hope he ain't never comin' here again. If he makes it, that is, which he ain't."

"You don't know. You ain't no doc. Anyway, he is a nineteen-year-old bible student from Limey town."

"Nineteen years old. Man, who do you think you're kiddin'? He ain't been nineteen years old since WWII."

"Naw, his driver's license says nineteen. But he sure don't look it. I'll give you that."

"More'n likely he stole that driver's license and wallet. You don't get that white hair and that many wrinkles in your face in nineteen years. Ninety, I'd believe. Where did they dig him up from anyway?"

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The Mill of the Gods (cont.) by Stan

"Funny thing. They found him in front of the Wax Museum on Hollywood. He had torn a good sized bible in two, smack down the middle, and was beating his head on the sidewalk and screeching like a ky-ote-tee."

"Oh, a Jesus freak, huh? Well, when they go, they really go."

"You can't blame the attendants for thinking Reginald Stoddard had stolen his ID card and driver's license. Truth was, he was nineteen and could have passed for seventeen a few hours earlier."

In order to pay his tuition as a divinity student, he had taken a job as night watchman for the wax museum. Having been in Madame Tussands many times, he felt he would have no difficulty with the strangeness of the job. After all, was he not a devout xtian? Did he not know the Twenty-third Psalm by heart? He would be doubly protected since he was carrying his bible.

He had survived three days in a catatonic state. His hands were outstretched, as though to ward off a blow. His face was a grotesque mask of unspeakable horrors. His eyes showed white on all sides and held the expression of having just witnessed the terrors of Dante's Inferno. His skin was so white he looked like an unfinished wax figure from the museum. His face looked like that of a corpse, only his eyes with the touch of madness in them showed he was alive.

"We have one chance and we had better take it, or we are going to lose this one." It was the senior doctor speaking.

"I'm glad you have an idea," the nurse exclaimed. "I've never seen anyone this bad."

"There is a tree in South American called the trumpet tree. The Shamen there use the sap in cases like this. This man has been frightened literally almost to death and if the sap from the tree doesn't work, I'm afraid it will have been to death. We have a life to save and nothing to lose."

"But, doctor, you do have something to lose. Your license."

"I'll take that risk to save a man's sanity and his life."

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The Mill of the Gods (cont.) by Stan

The doctor and nurse thought for a minute that the treatment was going to work. Under the influence of the medication, a strange tale began to emerge.

Slowly at first and then with grater rapidity, the words poured forth.

"I had been in the museum about two hours, actually enjoying looking at the life-like figures and learning some American history from the Panoramas. I especially liked John Wayne. My job was to make the rounds of the museum, mostly because of fire danger or vandalism.

"I came to the Chamber of Horrors and may God have mercy on my soul. I activated the switch that set the display in animation. The moans and screams that issued forth made me eager to turn it off. I found to my growing horror that I could not turn off the sound nor could I find the switch that would deactivate the mechanism.

"The maidens who had been impaled upon sharp meat hooks continued to turn slowly before my eyes. Their moaning, as disconcerting as if they had been alive. The chains on the rack creaked and groaned as its human victims were slowly wrenched apart. I had more than enough as I saw the women and little children being burned alive. Was it mere fancy? I could smell the burning flesh. Although I knew it was only an illusion created by red and yellow lights shining on blowing cellophane, it was more real to me than any reality.

"But the worst was yet to come. As I hurriedly left that macabre chamber, I saw a full length mirror. It looked like any other mirror except it was black. As I looked into the mirror, my reflection began to change. My features looked the same except for a little older, but I was wearing a black robe upon whose cowl was emblazoned the cross of xtianity. Uncontrollable shudders of revulsion convulsed me. I thought, I am glad that was not me. But then a stentorian voice replied, 'But that was you.' Oh no, I replied, it is not me. I am a xtian. You were a xtian then, too.

"As the realization of the truth of the words he spoke swept over me, I ran screaming from the building tearing the accursed book into shreds."

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The Mill of the Gods (cont.) by Stan

"Doctor, you have done it, you have saved his life. You are a genius."

"No, nurse, we have heard this tale of things never to be forgotten, but I'm afraid our xtian friend no longer cares to tarry on this plane."

By morning, spirit had withdrawn completely from its no longer useful shell, just as the doctor knew it would.

The mill of the Gods grinds slowly; but it grinds exceedingly fine.

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Storing Canned Food Safely from USDA

Home canned foods will remain high in quality for one year if they're properly stored. After a year, the foods may lose some quality. The USDA recommends you store canned foods in a clean, cool, dry area away from bright light--particularly sunlight--and in an area where the foods will not freeze or be exposed to high temperatures. Excessive dampness will rust cans or metal lids and this can lead to leakage and spoiled food. Freezing causes expansion of the food which means the jar lid may loosen, the jar may crack, or the seams of the can may be stressed. This, too, can lead to leakage and food spoilage. In canning, the heat destroys all normal spoilage bacteria than can grow under usual storage conditions and it destroys all bacteria harmful to humans. But one group of bacteria often survive both the home and commercial canning process. This bacteria produces extremely heat-resistant spores that can only germinate and grow at high storage temperatures, such as those about 103 degrees. They are of little concern from the view of spoilage and no concern at all from the standpoint of human health. However, if you store canned foods in the attic or near hot water pipes or in any area where the temperature may exceed 102 degrees at any time, these heat-loving bacteria, called thermophilic, can grow and spoil the produce. Another reminder: date your canned products. That's important. Some particularly high acid foods such as tomatoes will slowly react with the metal in the can or the jar lid, leading to corrosion and container failure. So store canned foods aaway from excessive heat or icy blasts and use the food within a year and you'll enjoy good quality canned food.

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Alcoholism from TOTEK

Alcoholism is the major drug problem in the United States. Statistics show that one out of every ten adult Americans suffer from alcoholism. These statistics are probably low. It's probable that two out of every ten people who have psychic abilities have an alcohol problem.

Are you in doubt about whether or not you are an alcoholic? Ask yourself the following questions and answer them as honestly as you can:

1. Do you lose time from work due to drinking?  
Yes      No
2. Is drinking making your home life unhappy?  
Yes      No
3. Do you drink because you are shy with other people?  
Yes      No
4. Is drinking affecting your reputation?  
Yes      No
5. Have you ever felt remorse after drinking?  
Yes      No
6. Have you gotten into financial difficulties as a result of drinking?  
Yes      No
7. Do you turn to lower companions and an inferior environment when drinking?  
Yes      No
8. Does drinking make you careless of your family's welfare?  
Yes      No
9. Has your ambition decreased since drinking?  
Yes      No
10. Do you crave a drink at a definite time daily?  
Yes      No
11. Do you want a drink the next morning?  
Yes      No

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Alcoholism (cont.) from TOTEG

12. Does drinking cause you to have difficulty in sleeping?  
Yes      No
13. Has your efficiency decreased since drinking?  
Yes      No
14. Is drinking jeopardizing your job or business?  
Yes      No
15. Do you drink to escape from worries or trouble?  
Yes      No
16. Do you drink alone?  
Yes      No
17. Have you ever had a complete loss of memory as a result of drinking?  
Yes      No
18. Has your physician ever treated you for drinking?  
Yes      No
19. Do you drink to build up your self-confidence?  
Yes      No
20. Have you ever been to a hospital or institution on account of drinking?  
Yes      No

If you have answered YES to any one of the questions, there is a definite warning that you may be alcoholic. If you have answered Yes to any two, the chances are that you are an alcoholic. If you have answered Yes to three or more, you are definitely an alcoholic. If you have answered Yes to less than three questions, ask a loved one to take the test for you. Your eyes may be opened when you compare the answers. The above test questions are used by Johns Hopkins University Hospital in Baltimore, MD, in deciding whether or not a patient is alcoholic.

TOTEG Tribe has a Pagan-oriented alcoholism recovery program which can help. This program is now open to all members of the Pagan community. The only requirement for participation in this program is a desire to stop drinking. There are no dues, fees, or charges for participation. If you live in the

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Alcoholism (cont.) from TOTEK

greater Los Angeles area, you are close enough to participate. Out-of-the-area visitors are welcome. If you are ready to get sober and stay sober, call us today at (818) 353-7848. All personal information will be kept completely confidential.

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Star Gazer by Lady Fauna

November 16th - December 15th

With Mercury and Venus both retrograde--Mercury until the 21st and Venus until the 25th--the first part of the period would be best spent in long-term planning, study, and achievement of personal objectives. Make sure your plans are practical and not so unrealistic that the goals cannot be achieved. Studies should focus on areas of specialization as opposed to a more general course of study. Concentrate on finishing projects you have already started. This period is extremely good for finances but you must be careful not to lose your windfalls through extravagance, overindulgence, or unsound money schemes.

11/16. Full Moon. Artistic abilities and imagination are accented.

11/17. A good day for craft fairs in San Francisco. Watch spending. Indecision is a result of a lack of self-confidence which may lead to depression. A walk, reading, or working on a craft project will help.

11/19. Luck in money affairs falls your way along with good health and honest, sincere folks. You overestimate problems in your love life, but are gracious about your misgivings. Watch that your money is not lost through carelessness.

11/20. Business affairs are favored, particularly in New York. Ask questions and get logical answers from those in authority. Sales favored for those who deal with crafts, animals, protection (insurance?), family.

11/21. Those who are flexible and imaginative have amazing luck. Arts and creativity highlighted.

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Star Gazer (cont.) by Lady Fauna

11/22. A sunny disposition makes you popular. Watch money. Organize business affairs and paperwork. New life phases for those who live in Chicago or Los Angeles.

11/23. Listen objectively.

11/24. Watch health. Self-respect is key to avoiding quarrels, emotional outbursts, and self-indulgence. Politicians and athletes likely to quarrel. Spousal support helps with achievement of personal objectives.

11/25. Worry affects your nerves for the next 20 days. Studies are favored in Virginia, Boston, Paris, and Los Angeles--particularly in areas where you learn through experience. Money gifts from family. Increase in energy. New beginnings. Weather turns extremely cold.

11/26. Your desire to help others may be exploited and all your good energies will be lost in the muddle. If being by the fire at home sounds like more fun, do it--although others may try to make you feel guilty about doing so.

11/27. Thanksgiving. Watch money. All will have a good time and be in good spirits--if you forget the egg nog it won't even be missed--and trying to find that one little item today will be a waste of energy. Relax. Enjoy.

11/28. Plans soar and expand, but avoid action--your judgment may be weak. Watch finances and dangerous enemies. Delegate and cultivate executive abilities, moderation.

11/29. People in Baltimore, Cincinnati, Milwaukee, Washington, and Portland are able to draw material luck to them. Think like a magnet. Do something special, but accept your limitations.

11/30. Financial help comes from Mother. Business involving advertising, reporters, radio, drama, literature, and arts is highlighted. A paycheck makes your spirits soar.

12/1. New Moon. Women should guard their health. Avoid pushing your mind beyond your body's limitations, particularly if you are working on concentration exercises. Is someone in Portland moving? Avoid careless spending and escapism--even if someone wants to talk your ear off.

(cont. next page)

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Star Gazer (cont.) by Lady Fauna

12/2. Draw money to you, but watch spending.

12/3. Practical ability and personal magnetism are advantages for you in your business. But is someone in the shadows who isn't thinking straight and telling all your secrets? Only your cat will understand it all. Earthquake alert for the next eight days.

12/5. Practice your relaxation exercises. Watch money. Taking additional responsibilities at work may lead to exploitation. Be friendly, original, and use your ingenuity to organize out of this one.

12/7. A good day for social events, but emotional outbursts are disruptive and decisions cause conflict. Accept your limitations, avoid self-indulgence, and guard your health. Money comes your way. Do something special. Encourage artistic ability. Weather turns cold.

12/8. A conversation with a hair-trigger personality with whom you are in conflict can be turned around by asking logical questions in a cheerful manner. Financial gains through sales, crafts, medicine, career.

12/9. Watch burns and cuts--especially guard thighs and hips. Fevers soar. Watch money. Unconventional behavior in England is out of character.

12/10. Versatility and listening draws the information you need to you. Study and write.

12/11. Doing something special for those at work soothes unrest and feelings of jealousy. Encourage others to accept limitations, even if new phases are not to their liking.

12/12. Money affairs are enhanced through persistence, a positive outlook, at parties, during business travel. Drink an Irish toast to someone's health.

12/14. Disappointments lead to changes which lead to a case of the nerves. If you want to escape, indulge in a good book, walking, or crafts.

12/15. Tell stories. Be flexible. You have good luck, but watch out for judgment errors.

\* \* \* \* \*

Untitled by Ceridwyn

To wait patiently  
 Then irritably  
 Then angrily  
 For someone to come  
 Who does not  
 But has dismissed you  
 Teaches you  
     Many things.

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Dog-Eared Page by Stephanie

The old woman who passed on the knowledge  
 Held my hand and said,  
 "It passes one to another,  
 It's born, it dies, and it's born again."

"All answers are within nature  
 And nature's healing ways."

It's sorta like meeting a friendly trucker  
 With a smile and a Coke  
 When you're parched by mere survival  
 And grasping to catch the rope--

Then you hear the sound of laughter  
 And see the campfire  
 Through the smoke.

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Avalon by Moonraven

in the dark and gloomy mist,  
 dreams of a long forgotten kiss  
 where echoed voices still remain,  
 as a sparkling song refrain,  
 Avalon, Avalon, hear my call  
 no more can i find you not at all,  
 where once magic reigned.  
 strong and true,  
 i wander in wasteland searching for you  
 will you come to me Avalon fair?  
 Nay, says the spirit,  
 She was never there.

\* \* \* \* \*

Song by Ogaea

Sing, beasts!  
 Sing, fields!  
 Sing, laugh, exalt in mirth,  
 for unto your hearts is made proclamation  
 that the breath and fire  
 of living ecstasy is in the air  
 so bright  
 it is a star.  
 So delightful you must be led to it,  
 you cannot turn away  
 for it is surrounding the earth  
 with inescapable atmospheres of joy.  
 O, sing,  
 sing till you cry,  
 when the love of this love is so great  
 that you will cry, that you will gasp for understanding,  
 sing  
 and you will know.

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Sweeping Chant by Charles Arnold

Stick of broom, stick of doom,  
 sweep your way around the room.

Sweep out pain, sweep out ill,  
 sweep a place the Gods may fill.

Touch not hope, touch not love  
 for one another or above.

Leave here peace, leave here mirth,  
 in this ring upon the earth.

Sweep out hate, sweep out pain  
 until we call you up again.

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Repartee is like a fly swatter. By the time you come up with  
 it, the opportunity has flown.

Associate with those of good quality, if you esteem your own  
 reputation, for it is better to be alone than in bad  
 company.--George Washington

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Broccoli/Tuna Roll-ups from the Next Door Kitchen Witch

- 1 can cream of mushroom soup
- 1 can tuna, drained
- 1 onion, chopped
- 1 cup or more cooked and chopped broccoli
- 1 cup or more shredded cheese
- 1 can french fried onions
- 1 tomato, chopped
- 4 large flour tortillas

Combine tuna, chopped onion, broccoli, half of cheese and half the can of cream of mushroom soup. Divide between tortillas and roll up. Place seam side down in buttered 8 x 8 baking dish. Combine other half can of soup and chopped tomato and pour over tortillas. Bake covered at 350 for 35 minutes. Top tortillas with remaining cheese and french fried onions and bake uncovered 5 minutes longer.

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From Catherine and Kent

We have been lax with our correspondence lately but so much going on that mail had to take second place. We ordained into the Fellowship of Isis Priesthood two of our 2nd Rite Witches, Margaret and Stella, just over one week past. They are sisters and hail from Ireland. The ceremony was very special and after the formal Rites, we all celebrated with a buffet feast, lots of bubbly and other good wet ones.

This week has been disastrous for Sydney dwellers. We have unseasonal gale force winds and torrential rains. We have had seven deaths due to the weather in our metropolitan area and quite a number of injuries. We here at the Covenstead were well guarded by the Lady. All we got was a loose roof tile and a bit of a drip and all the windows on the park side of the unit gave a little space and water poured in. We lost one big poplar tree and the parking area was feet under water. We were more or less confined to barracks. It is starting to clear, but still windy and squally and with rain. But, thank the Gods, the worst is over.

The format of the GNL has been excellent lately (not unusual) but some folk still seem to lack tolerance, a condition I often accuse myself of--mea culpa. I had thought to write at length on this subject, but on second thought, maybe it is a good time to practice a little tolerance myself. Thanks to

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From Catherine and Kent (cont.)

Rowan for missing our letters. Nope, we have not been sick, just busy, but will try to improve. At present our work load is... still one book to complete plus tutoring correspondence courses in Aromatherapy and Psychic self-development and working in our Aromatherapy rooms, and the occasional journalistic effort when we receive commissions, and then our Coven work, F.O.I. Centre Rites and so on and on. It is nice to know we were missed!

Had a lovely surprise gift from a USA penfriend recently--a copy of Ellen Cannon Reed's new book, The Witches Cabala.

We agree with Rowan on the "designer Robes" etc. We, too, have worked both ways, robed and skyclad, and we love the sensation of impending delight when we robe in our specially designed robes in readiness to enter our Circle. I have often noted the sense of excitement among the coven when the Maiden advises, "time to Robe". None of us is svelte and 21 and we do not care if we are skyclad but love the ritual feeling our robes give. I guess it also helps that in our tradition, nudity is not required. One could say, once more, a little tolerance please, and even be rude and say mind your own Coven business and let others mind theirs!

Included with reviews a clipping from a local paper. This occurrence was in West Oz, the Home of the AUSTRALIA CUP. I believe it was once kept in your lovely country? Our native Aborigines still survive in far flung areas and tribal custom decrees "singing" a person who breaks tribal law. Once this has taken place, it is rare to find the "Sung" person survive more than a few months. We felt so sad to hear the poor woman had been imprisoned. How on earth a bush woman will cope with our white prisons we don't know. These Aborigines live on and from the land and the only law they understand is Tribal law. Some even speak only their tribal dialect--a harsh punishment indeed to mete out to such a person and we wish her well.

Also last week we celebrated our 35th wedding anniversary plus Kent's birthday. No, I won't tell how old he became. I'm no snitch!

Ed note (jeannie): That's a cheap shot on the cup, friends. Hope you're keeping it nice and shiny for its long overdue return to the States....

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From Rowan

I'm afraid my letter in the July GNL gave offense where none was meant. This is due partially to a lack of thinking on my part and partially to a misunderstanding of the idea I was trying to get across, so let me try again.

First of all, I meant no offense to Laurie Cabot. I spoke hastily, perhaps, when I criticized her appearance. I went back and read my letter, and after re-thinking, it does look a little incongruous (sic) for me to be criticizing Tarostar for making judgments on overweight folks and turn right around myself and criticize someone else for their appearance. To any that I may have offended, I beg your pardon. Open mouth, insert foot. (mpfh, mpfh) Well, now that I have removed the foot, let me start over. Laurie has certainly done much good for the Craft community in America, and I understand from what I read on her, having never met the Lady, that she had paid a dear price for her high profile. I admire her for her willingness to stand up for her beliefs.

The concern I was trying to voice was that the general run of the mill public will believe anything that an "expert" or "informed person" tells them, and let's face it, over the years there have been a lot of these self-styled paragons of knowledge giving out a lot of garbage about the Craft. From my work with people over the last several years, I have found that if the public can find one shred of truth in anything, they are willing to acknowledge that the entire batch of information is truth. Very few bother to check their facts. This is particularly true in the Fundamentalist community. When someone like Mike Warnke comes on the air and tells all of these folks about Satanism and Witchcraft, they accept it without question. This is what I meant by stereotype. The public has a preconceived notion of what a Witch is, how he/she dresses, worships, etc. Most of the time this image couldn't be further from the truth, but noone but US knows that. These poor folks believe it with all their hearts, even though they may never directly encounter anything in the nature of Witchcraft, either real or imaginary. (There is a bumper sticker popular with the Fundamentalists around here--"God Said It. I Believe It, and That Settles It.) So, based on this knowledge, I have grave concerns that the public, seeing someone dressed in black, which they automatically associate with "evil" in their minds and otherwise appearing as their preconceived notion of how a Witch appears will immediately assume "Aha. They were right

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From Rowan (cont.)

about the appearance. They must be right about everything else too." Now, behind this appearance is a lovely, gentle, peace-loving woman, but how many folks will take the time to get past the image? If someone in the Craft (myself) who is supposed to know better (even if I am only a first degree) can fall into this nasty little trap, how much easier is it for the everyday person who has not been trying to eliminate this kind of judgmentalism from their lives? I don't have any answers, just concerns. Perhaps some of the Elders could bat this one around awhile and see what comes of it.

Now, what I meant when I said that Witches were "ordinary folk" was this: We all have to live in this world. We all have jobs to go to, bills to pay, problems to overcome, etc. In this respect, we're no different from anyone else in the world. Too many people have the notion that people involved in "the occult" are rich beyond their wildest dreams, popular, and lack for nothing. They think we haven't got a problem in the world. All I mean is that we put on our pants one leg at a time just like everyone else in the world. What makes us different is the way we look at that world and the way we try to live our lives. As Georgia is so fond of saying, "Try to live your life so as to give a living example of the philosophy of the Craft. You may be the only Craft person they ever come in contact with, and the impression YOU leave will be their impression of the entire Craft." When this happens, whether you mean to or not, you are speaking for the Craft as a whole in the eyes of the world. It isn't fair, and it isn't right, but it happens. This is why I'm concerned about Laurie's impression on the world. The day that picture appeared in USA Today, several of my fellow workers looked at it and made noises about "kooks" etc. They didn't even bother to read the caption, let alone the article.

I can appreciate Barbas' feelings about the "dear cowan public". At times, I have felt like I wanted to tell the whole world to shove it, but, several of my friends and members of my family are among the classification of cowan and I love them none the less because they have chosen to follow a different path than mine. This applies even to those who are hostile to my path. I found out when fighting the Helms Amendment that the Craft has many potential friends among the cowan. Many of them helped us defeat Helms and his cronies, and I suspect that many of them would join us in the fight against such propoganda as Witches of Eastwick. I care

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From Rowan (cont.)

a lot what these people think. Not that I'm going to change the way I do things for their sake, but so I can try to understand them and their needs and possibly try to allay some of their fears when it comes to Witchcraft. If we can understand their fears and defuse them, if we can appear non-threatening to them, then we might find that they would be our friends and allies. If meeting them on THEIR terms at first until they get to know me better and understand me better will help, then I think it's at least worth a try. For that matter, except for those in the Craft who were lucky enough to be raised in a Craft home (and I suspect there are few at this point) we were each and every one of us a member of the cowan public at one time. Someone or something made Wicca sound right and loving and non-threatening to us. Who knows what potential Craft members are in the world? Now keep in mind all this is only my opinion and my personal experience. If others find this approach useful, then I'm glad I could be of help. If you find it offensive, then I beg pardon for offending. Go your way and "an' it harm none, do what you will."

To Tarostar I say this. Maybe I do need to work on my willpower a little. It never hurts.

To Blacksun. There are already several Pagan-oriented computer bulletin boards in the U.S. I personally work out of Wierdbase in St. Louis, MO (314) 389-9973. There is a file in Weirdbase that will give you the numbers and the software used by the other Pagan BBS. You need a modem with 300 or 1200 baud capability to get into Wierdbase.

Regarding the Circle Sanctuary problem, the pagans in OK have decided to hold a garage sale with the proceeds to benefit Circle. This is a great way to raise money. There is very little capital outlay and the proceeds are almost pure profit. We figured that we could do more together than any of us could do alone. After the sale, we are going to get together and do a ritual to charge the money and send some energy to Circle. Just thought I would throw the idea out for others to use if they choose. Another good way to raise money is a Dungeons and Dragons Marathon. You charge each person a set amount of money for each character they want to run and you can sell refreshments such as cookies, soda, and popcorn. Of course, you generally need at least three people who are willing to be games masters, but in most groups I have been in, this isn't an insurmountable problem. Between

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From Rowan (cont.)

these two ideas, we raised over \$1,000 in six months back when I was in the SCA. Anybody out there got any other good ideas for money raisers? It looks like Circle could use all the help they could get.

Oh, yes. I almost forgot. The reference to "yuppie Witches" began in the article by Blacksun in the February GNL. His article was firmly tongue-in-cheek. Then BD picked up the reference in his letter in a later GNL and expressed some genuine concerns over the problems of being perceived as a "yuppie" by some of the pagans he had met at festivals. My reference was meant to indicate that in the eyes of some people, my coven and I might be considered "yuppie Witches" because we have been known to use Perrier water in Circle and most of us have what might be called "designer robes" (i.e., handmade robes of natural fabrics with embroidered or applique designs on them). The point I was trying to make was that it doesn't matter what you do for a living, what kind of car you own, or whether you own a home or not, it's what's in your heart that counts. Again, as I stated in the beginning of this letter, I realized after re-reading my letter that people who live in glass houses shouldn't throw stones. Sorry. I guess the Lady has ways of giving us graphic illustrations of our screw-ups. I guess if we were perfect we wouldn't need to be here any more.

Ed. note (jeannie): For the record, "yuppie" comes from the acronym for Young, Urban Professionals.

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Every time fearful people do something they are the least bit reluctant to do, they overcome a little of hidden fear and start a tiny chain reaction in unsuspected courage. The more often they do it, the easier it becomes. All they are doing is giving courage a chance instead of giving in to fear. One day they find that they, too, are thoroughly enjoying the activities and experiences which make life so pleasant for so many other people.

"Your methods of cultivation are hopelessly out of date," said the youthful agricultural college graduate to the old farmer. "Why, I'd be astonished if you even got ten pounds of apples from that tree."

"So would I," replied the farmer. "It's a pear tree."

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From Stan

"There are four hundred and twenty ways to sing the tribal lays. And every single one of them is right." --Kipling

I have met a few pagans who felt they, and they alone, had the genuine, distilled, accept-no-substitutes elixir of the Craft. But I think, or I hope at any rate, most realize the Craft has been pretty fragmented down through the millenia and while the bits and pieces that survive retain their usefulness, they are by no means the complete story.

Many people, pagans and others, like to sit under a pyramid. According to D. J. Nelson, doing so at the wrong time of your biorhythm cycle can be deleterious to your health. A case here of what you don't know can hurt you.

I have seen several ideas about the length and type of a wand and/or staff to be used in magical work. Once again, it would seem the Egyptians knew the size that would resonate at the proper frequency to facilitate the work at hand.

Most pagans are familiar with the proper angles of the pyramid for meditations, etc. How many are familiar with the angles that can produce an adverse effect? Once again, what you don't know can hurt you. Specific angles, specific lengths, resonate at specific frequencies.

The spirals, as seen at Newgrange, also have a resonant frequency and an effect dependent partly upon the way the spiral is turning. This is true of the Earth, maze or sign of the Hopi and the Cretes among others. Allied with this is the direction of the turn of a spiral of cloth often worn by pagans. Words, or perhaps more properly syllables, have a resonance intrinsic in themselves. A series of proper syllables woven into an otherwise nonsensical sentence will have a pronounced effect.

The above was taken from Professor D. J. Nelson's book, Sekhem: The Ancient Egyptian Life Force, a scientific explanation of ancient magic. If you want to know the why behind the how, I recommend this book.

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You realize the enormous difficulty of building a better world when you finally get around to cleaning out the garage.

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From Albion

About my poem in last month's GNL, "Stone of the People", the 23rd line should read: "eons removed from our years." Someone accidentally slipped an "it" in there that changes the meaning of the sentence, sort of.

And to Ceridwyn: You, dear lady, are simply a wonderful poet. You write so beautifully. You must be beautiful inside. Thank you for sharing your beauty.

A couple of weeks ago I saw a broadcast of the CBS Evening News. On this particular broadcast, there was some news concerning the Lapps who live in Norway, Sweden, and the Soviet Union near the Arctic Circle.

The Lapps or, as they prefer to be known, the Samers (which means "the human beings") it seems, are losing their way of life--of following, herding, and breeding the reindeer. The reindeer and the fish in the rivers, creeks, and fjords, along with the wild berries that grow in the hills and mountains of Lappland, make up the principle source of food for the Samers. Now, because of the almost meltdown of the Chernobyl nuclear reactor, a beautiful people are losing their way of living.

All of their foods are unfit to eat because of radioactive fallout from the crippled Russian reactor. The reindeer, scientists think, will be non-edible for perhaps thirty years or more and the Samers eat reindeer meat three times a day. The fish, also poisoned, can't be eaten, nor can the wild berries.

It took only a few days to begin the pattern of destruction that took over a hundred years for a similar outcome to happen to the American Indians. Some of the Samers still follow the old Shamanic ways of their ancestors which are based on the reindeer, much like the American Plains Indians had a religion that centered around the buffalo.

These are some of the last Shamanic Pagan folks in Europe--and their decline should affect us all. They have been living for thousands of years in a way that many of us only dream of--these are fellow pagans and what affects them (if, perhaps to a lesser degree) affects us.

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From Albion (cont.)

I personally don't know what can be done in a situation like this, except as the Quakers say "to bear witness" as to what is happening.

I hope that we, as pagans and human beings, can reflect on the use and abuse of technology. That the television can bring into our living rooms the dusk of a beautiful people such as the Samers, who live thousands of miles away and yet can appear right before our eyes proves the intrinsic value of high technology. That the same technology can destroy such a wonderful, Earth-oriented peoples' way of life is an ironic tragedy.

We must learn as a species that our technology is a two-edged sword--before what is happening to the Samers happens to us all.

I would like to leave you with a quote taken from a book about the Samers called Nomads of the North by Elly Hannes: "We cannot of course go back to the kind of life lived by our most remote ancestors, but we might--while there is yet time--look critically at and correct what is contrary to Nature and oppressive in our own civilization.

"But first we must learn to respect ways of life such as this...."

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In the elevator of the apartment building where I live I saw a notice saying, "lost-\$10 bill in elevator. Finder please contact Miss Carter, Apt. 318."

I was perturbed because Miss Carter is a little old lady who has no relatives and augments her small pension by mending for some of the tenants.

A couple of hours later I knocked at her door. When she opened it, I knew from her look that her money had been returned.

"Yes," she answered to my inquiry, "it's been found. Mr. Davis on the second floor found it. Also Mr. Harvey and Mrs. West. Best of all, I found it myself in my coat pocket, before any of those wonderful people came to my door.

"Please, my dear, on your way back, take the notice down for me before some more wonderful people find it." --Henry E. Leabo

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From Albion (cont.)

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From Tarostar

Coming up in August 1987, CE, is a massive stellium in Virgo. On the 24th/25th of that month, the Sun, Moon, Mars, Mercury, and Venus will be in Virgo all at the same time. This is propitious because Virgo is the House of Service to Humanity and, according to M. P. Hall, she is the immaculate virgin who gives birth to world saviors. All children born at that time will excel in whatever they choose to do and be very fortunate in most endeavors. It is a very favorable omen for those born under that stellium.

The female child would be very lucky, but may have a tendency to female problems later in life but that would not affect the good omen. The manchild, however, would be the most fortunate and the most blessed by that particular configuration. Such a one, in the service to mankind areas of life, would be very influential.

It may, may I say, be the coming of an avatar for the Aquarian Age. Those who plan to have children soon ought to try to conceive them in November and try to arrange the birth between the 24th and 25th of August in 1987. If at all possible, since sex can be biologically determined in this day and age, it would be good to try for a boy at that time. However, a girl would also be favored.

Do you remember the song from Hair? "When the Moon is in the seventh house and Jupiter aligned with Mars, then peace will guide the planets and love will steer the stars..." Thursday, December 13, 1979 CE, Moon in Libra, Mars and Jupiter in Virgo. Jupiter and Mars made a large body of light in the night sky. It was seen by a local astronomer and he called in a local radio talk show and asked people to step outside and check out the light in the heavens. For a three-day period, there were no night police or fire sirens wailing through the city, there was an unusual calm and harmony in the air. Aquarius dawned and no astrologer, to my knowledge, caught it.

I think there will be a spiritual outpouring from that stellium in Virgo which will benefit the world in years to come. Check it out with a good ephemeris.

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Relativity is why the red light is twice as long as the green light even though both are 20 seconds. --Jack Stroube

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From Lady Dematar

I wouldn't be surprised if you thought I went to the Summerland--it's been so long since I've written. Life has been a karmic express the past year or so with one thing after another occurring.

My estranged son came to FL a year ago May and decided he would like to reestablish a relationship with me. It was good but also since my marriage was rough at the time he was uncomfortable and before a few months had passed he returned to NY.

I had also been involved in two car accidents--one March 31 and another June 25, 1985 and this year June 25. Oh, well, chiropractor and my favorite accupuncturist helped keep me on my feet even after a few days in the hospital.

Mom's health and dissatisfaction with the restrictions of condo living urged me to find her a new place to live out in the country and the subsequent move and settling her in took more energy. But it was worth it as she was much happier in the country. She passed over just after New Year's and I do miss her a lot.

While Under the Stars has grown, it has required a lot of time and attention at a time when home life was extremely stressful.

I just filed for divorce in April and since it is contested it will take a while.

Without a cooperative home life, it was impossible to have any circles at home and minor war the last time I went out for a circle. While I have been teaching in the most informal way, the time has come to get going with a little group.

Craftwise, the tropical climate and season is not compatible to my Welsh-Celtic traditional myths or Sabbath celebrations come Samhain when NY weather was cold, crisp and "get ready to face the snow", Ft. Lauderdale means "turn off the air conditioner, open the windows, and let the comfortable breezes blow through the house." This switch has been difficult for me as the most comfortable season in Florida begins in earnest at Samhain. The first migration of Snowbirds (Northerners leaving the Snowbelt) begins and there is more traffic and activity in the winter.

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From Lady Dematar (cont.)

So while we have kept the Welsh-Celtic circle format, we have had to switch the meanings of the Sabbaths. Summer in Florida is the most dangerous season (it is also hurricane season) versus NY when Winter was life-threatening. Oh, well. I can't really say. Our group has been forming a new tradition--just adapting the old to new conditions.

I have really missed writing for the GNL and will get back into the swing of things.

My kids are fine and Rhiannon is now 3 1/2 years old. She has donned a conical hat at the shop, grabbed a broom, and run around in circles singing, "I'm a Witch, I'm a Witch, I eat my babies," which may seem terrible to the unawares. Her protectoress is Hecate, the Sow who devours her young and while Rhiannon has been privy to so many group discussions, none of us can recall discussing the aspects of the Crone. Oh, well.

Yes, I am upset by the upcoming divorce, yet as a metaphysician, I understand it quite well. And perhaps I will sit down another few mornings and pen an article on a karmic view of divorce and other upheavals.

Have continued my gradual weight loss and can boast having lost eighty pounds over the past few years. I certainly look and feel a lot better than when I was in NY. I am still a bit away from my ideal weight and am trying my own sleep tape. Here's how to make one yourself:

First, sit down with a pen and paper. Determine your goal. How you word it is extremely important. Make your statements in the now tense--not future. For example, "I now weigh 130 pounds." Make all statements in a positive phrase. Avoid negatives. Instead of writing, "I do not eat high calorie foods," (you see, the subconscious cancels out the no's and not's and that statement says, "I do eat high calorie foods") you may write, "I eat low-calorie, high-energy fruits and vegetables." The subconscious does not like to give anything up either so do not use words like "lose" or "stop." Short statements are best.

Now take a trip to Radio Shack or some other electronic department of a major store and get yourself a three-minute endless loop outgoing answering machine tape. That's what you will record your message on so your written text should

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From Lady Dematar (cont.)

be timed. Dwell only on one area--don't cram a bunch of desires on one tape. Play your favorite music on another tape deck while you keep your reading low-voiced so mostly what you will hear is the music. Turn on your recording at bedtime and it will play over and over again all night and hit those deepest levels that occur for about twenty minutes at ninety-minute intervals. It takes about 21 days for a suggestion to be absorbed totally by the subconscious. You can increase its effect by rereading your statements at least once a day out loud on the conscious level. The changes will occur so easily they will go almost unnoticed.

You may have to work a little to get the wording right. Let's say you want to stop smoking or taper down. Here's some examples: I enjoy my freedom from cigarettes. Cigarette smoke annoys me when it is my own. I have more power than a cigarette. My craving for cigarettes decreases daily.

You can do a similar tape in conjunction with anything you are trying to accomplish--"I am increasingly psychic and attuned to vibrations around me." "I am healthy. My muscles are strong and flexible." "I understand the Tarot easily." "I am organized and accomplish my goals each day." "I am healthy, wealthy, and wise." "I draw money and opportunity to me."

Again, make sure to play the tape at least 21 days and keep notes in case your machine eats your original tape and you need to make a new one. The investment is small--about \$5.95 and the time--about an hour of careful wording plus pushing your tape button nightly. It works.

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Mom: "Eat your spinach, son. It will put color in your cheeks."

Son: "Who wants green cheeks?"

During the school assembly, the Glee Club began to warble out, "When Irish Eyes Are Smiling." In the middle of the song, a woman began to cry.

"I didn't know you were Irish," one of the teachers said, comforting her.

"I'm not," the teacher sobbed. "I'm the new music teacher."

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Events

Ongoing. Pagan Alcoholic Recovery Program--by and for Pagans. Greater Los Angeles area. (818) 353-7848.

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Books

Nineworlds Publications, POB 1792, Breckenridge, TX 76024.  
Send SASE for book list.

The Franz Bardon Foundation is a non-profit educational cooperative dedicated to propagating Hermetic knowledge. Inquiries welcome. POB 4869, Denver, CO 80204.

Charms, Spells, and Formulas, Ray T. Marlborough, Llewellyn Publications, \$6.95. rev. by Catherine and Kent.

A glossy-covered paperback of 164 pages plus a page of Sources and an index. An interesting read from Llewellyn Practical Magick series dealing with the voodoo or folk magick of southeast Louisiana. The author describes the contents as "an occult science," but this reviewer must disagree with such a description. The charms, spells and formulas, methods, etc. are clearly detailed and those desirous of attempting such methods will find the book has far more clarity to assist the novice than the many other books of this type which deal with the same subjects. To the author's credit, instead of giving the usual Christian prayers which always are associated with hoodoo/voodoo on every page, he has created a special section on prayers to what appear to be Roman Catholic saints. Therefore, the Christian reader should be able to use the book without the need to attend confession and tell of his/her sin in dabbling in the occult. Almost like having a \$1 each way on the outcome of such spellcraft and with no devil to pay. Good stuff.

The Quest by Rhuddlwm Gawr and Marcy Edwards is back in print. \$12.95 from Camelot Press in Athens, GA. Paperback. For those of you unfamiliar with the work, it is an introduction to Dewianath Cymmry--a particular tradition of the Ancient Religion of Wales.

More from Tarostar--Liber Speculationum--Codex of Craft Lore, Spells for the Covenstead ("Blessing the Yule Log"), and A Witch's Gallery of Rogues ("John Paul I," "Aunt Yo Habel"), The Witch's Spellcraft. Send an SASE--we'll forward.

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Books (cont.)

The Magick of Incenses and Oils, Lady Galadriel, Grove of the Unicorn, POB 13384, Atlanta, GA 30324. Paperback, \$5, 54 pp. One of the best primers on making incenses and oils I've seen. Includes "The History of Aromatics"--a nice piece of research worth the \$5 by itself. The theory of aromatherapy and making oils and incenses is put forth in simple, easy-to-understand language. Hundreds of receipes, correspondences, and lore. Groups ordering five or more copies receive a 25% discount.

The Magic of Incense, Oils and Brews, Scott Cunningham, Llewellyn Publications, St. Paul, MN 55164-0383. Paperback, \$6.95, 165pp. Another great little handbook for the kitchen or craftshop. Written with a sense of humor as evidenced by "'For Emergencies' Incense (inspired by Jim Alan)"--a chuckle for us 'insiders' for sure! Try the Love Wine with someone you adore. Sounds yummy, but I love anything with vanilla in it. Receipes for ointments, inks, herb baths, bath salts, sachets, and a smattering of miscellaneous receipes as well as incenses, oils, and brews. A short, simple essay, "On Magic," that every neophyte should read!

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Publications

Wild Magic Bulletin, ELE, POB 1082, Bloomington, IN 47402. Frequency of publication and sub info not given. Newsstand price \$2/issue. 22 pp. Lots of promotion for their Lothlorien Projex and a couple of interesting essays--including some thought-provoking words on--would you believe it?--racism in the Craft.

Stardust Salamander, Temple Stardust, POB 341383, Memphis, TN 38184. 4 issues/\$7.50.

Golden Isis, POB 9116, Downers Grove, IL 60515. 4 issues/year, \$10.00. Poetry, book reviews, letters.

Pallas Society News, POB 2015, Los Angeles, CA 90035. 4 issues/year, \$7/year. Letters, articles, poetry, calendar, book reviews, ads. 50 pages. Sample \$1.75.

What Is, Reincarnationists, Box 3009, Agoura Hills, CA 91301. Write for info.

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Publications (cont.)

Children of the Earth, POB 116, Berkeley Springs, WV 25411.  
Forum for Pagan Families. \$5/4 issues, publishes irregularly.

Of A Like Mind, Box 6021, Madison, WI 53716. A network and quarterly newspaper for spiritual womyn. Sliding scale \$13-\$33/year. Sample \$3.

Please add these periodicals to the ones listed last month. To the folks listed above, thanks for letting us know we missed you in our listing.

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Other Good Stuff

From Sunny Enterprises. With notecards mmore and more a substitute for those long letters--no one has time to write--we've put together a catalog of our most popular cards. Some of them reflect our emerging emphasis on goddess imagery. "Celebration," for instance, was designed for a fertility ritual and many women are using it as a unique pregnancy announcement and pregnancy congratulation card. Our little "Venus", designed from a 25,000-year-old fertility figure, is appropriate for the same occasions and makes a nice general notecard. "Tryst" was originally a wedding invitation and has become a best seller for engagement announcements and wedding and anniversary congratulations. "Birches" is also known as "Glades of the Goddess" and along with "Winter Window" makes a lovely winter solstice card. Our "Cosmic Postcard" makes a perfect change of address card with room for the new address right on the mailbox. "Coffeecup" is a wonderful all-purpose notecard as well as the ultimate brunch invitation. Send a SASE to Sunny Enterprises, 51 Charles ST, E. Weymouth, MA 02189 for more info. Cards run \$5.50 to \$9.00 a dozen.

Tarot Videos, Visionary Video Productions, POB 50865, Dallas, TX 75250. Send SASE.

That's all for this month folks! We're out late (again) but look for your next GNL soon!

Blessed Be,  
 dean, jeannie, and  
 The Georgians

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