

News from the Grove



A Mabon Thought



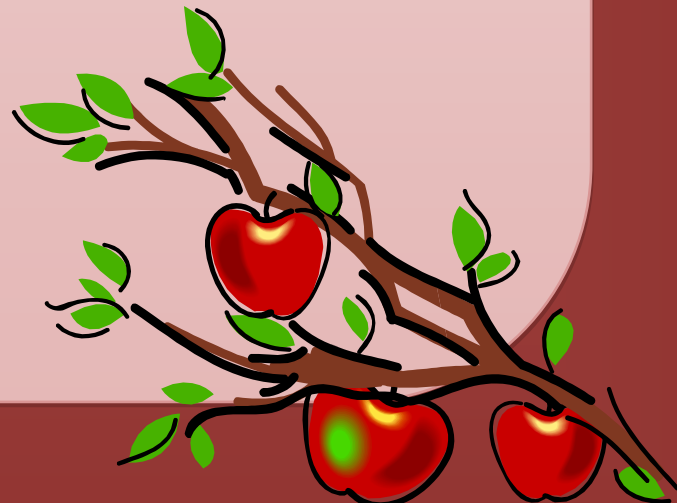
The Wheel of the Year has turned, and another Mabon is slowly approaching. When I think of Mabon the apple comes to mind. The apple, a fruit of many colors, sizes and tastes. There are over 7,000 different types of apples in the world today. Plus if you were to plant a seed from the apple you just ate there is no guarantee you will get the same apple let alone an apple that taste good. Without grafting the apple tree, it will grow a totally new unique apple tree with no characteristics of its parent tree.

Another interesting thing about the apple is found in the



fleshy interior. If you cut an apple in half horizontally, you will discover its secret...the pentacle. A symbol of many meanings, but for me it is a promise that no matter how cold the coming months will get life will continue. The Gods will return, and the land will be green again.

We can learn a lot from the little apple, not only does it hold a promise from the Gods, but it also has seeds that when planted take a whole different path then its parents. It sows it's own way in life for better or for worse. A Tasty eating apple or a sour baking apple, in the end it is still good to grow strong and have a fruitful life.



KITCHEN WITCHERY

GAIA SAYS "YES, SOUP FOR YOU!"

Butternut Squash Soup

1 Butternut squash, peeled
2 Tablespoons unsalted butter
1 onion, chopped
6 Cups chicken stock
Nutmeg, Salt and Pepper
Recipe from Food Network

Here's the blow by blow.....



Then add cubed squash and chicken broth to the onions in the pot. Simmer until squash is soft. Transfer the squash to the food processor to puree. Use a slotted spoon. Add squash back to pot, stir. Add nutmeg, salt and pepper to taste. Serve.

I served mine with an Ichabod beer; a very yummy fall beer. In fact, this is my favorite beer of all time! (Please drink responsibly)

This recipe was perfect. I'll be repeating this one in the future.

~Gaia Lyonesse



Mabon punch

~Lord Gwydion

You will Need:

- 1-gallon of ginger ale
- 1-gallon of berry soda
- 1-packet of either fresh or frozen berries
- 2-3-apples Core and sliced

Mix the ginger ale and berry soda in equal parts. Mix in the berries, apples, and chill. I served this at a few Sabbats, it was a great hit!

~Lord Gwydion Lyonesse



*Helpful hint...To chill and keep the punch continuously cold.

Freeze water in a Bundt cake pan (silicone pan the best). Pop out the large ice block to float in the middle of the punch. Now you have a decorative ice cube that will melt slowly and not water down the punch. Plus you can even freeze fruit in the bottom of the Bundt pan to add a little something extra to the look. Have fun with it!



Homemade Applesauce

- ★ Peel, core and slice ripe Jonathon apples.
- ★ Put them in a deep saucepan and just barely cover them with water with a little lemon juice added.
- ★ Simmer until mushy soft,
- ★ Mash the apples up with a potato masher.
- ★ Add cinnamon and sugar to taste and simmer for 30 more minutes, stirring frequently.
- ★ Add ½ teaspoon of real vanilla extract per cup of applesauce and stir thoroughly.
- ★ Immediately spoon into canning jars and follow canning instruction or place in freezer.
- ★ The applesauce has a smooth, mellow flavor and a slightly chunky texture.

~Lady Bona Dea



Comment Corner

Arawyn~ "If you cannot use sugar, try using Splenda or Equal to taste on an individual serving.

The Animal Band

By Old Granny Root

**There was a raccoon
Named Billy MacDune
And he lived on the banks of a stream.**

**He played 'dipsy doodle'
With a long haired poodle
By the name of Francis LaCreme.**

**Now Billy and Fran,
They started a band
That played old time country and jazz.**

**Billy played fiddle,
Fran sang a little,
They called the band 'Razz-a-ma-Tazz.'**

**A bullfrog named Ace,
Well, he played the bass.
The banjo was plucked by a crow.**

**This animal band,
Played music so grand
They were cheered wherever they'd go.**

**So follow your dreams
Even when it seems
No one believes you can do it.**

**If it feeds your soul,
Then make it your goal
And life will be better for it.**

Spellbound by the Moon's Light

By: Lord Gwydion & Lady Arawyn

Blood Moon

During October, in days of old the blood moon was named for the custom of choosing what livestock would be butchered and preserved for the cold winter months. Only the best livestock would be kept through the winter. The rest would be used for food and other household items. Today most of us don't live on a farm; but you can still prepare yourself and your household for winter. You can winterize your home and car;

- Stock up on rock salt to spread on your walkways and driveways when they get icy.
- Prepare your snow blower for use. Keep it in the garage in the event of an emergency.
- Clean the chimney, especially if you plan to use the fireplace
- Add storm windows to keep your home warm and safe during the winter. They will trap in the heat and stay intact during a blizzard or ice storm.
- Make sure to switch your windshield washer fluid to a formula that will not freeze.

Snow Moon

In November, the snow starts to fall and our ancestors hoped that their planning would be enough to get them through the coming winter. With the harvest of meat completed, and pantries filled with canned foods; our ancestors settle in for what always felt like a long and cold hibernation. We do not have to worry about where our food is going to come from; the grocery stores are open in the winter. But we still feel the harsh sting of the cold on our cheeks just like our ancestor, and we also feel like we are trapped inside too much during the winter months. It is a great time to look inside oneself to see what needs to be worked on, your fears, your weakness, etc. Just remember to step back from yourself once in a while to regenerate. Try embracing your inner child when the snow starts to fall, build a snowman, create a snow angel, sled down a hill, and/or have a snow ball fight (be careful). You will fill your heart and soul with the laughter of a inner child, and the winter will not be so harsh. You may even find your mind clear, and your problems start to resolve.

Oak Moon

In December, winter comes, the Yule fires burn, and the Oak King wins the battle. The strong and mighty oak tree with its roots firmly planted in the cold ground stands; waiting patiently for the cold to end and life to return to the land. During this time one can find them self feeling alone in the dark and cold, but look to the Yule fire's light, hear the laughter of friends, and feel the love that this Yule tide season brings if one opens their heart to it. Stand firm as the mighty oak, and remember the promise that warmth will return to us all.

We Dance with the Dead ⁶

By: Lady Arawyn

We dance with the dead...
When the cold wind blows

We dance with the dead...
When night doth fall

We dance with the dead...
When the moon is high

We dance with the dead...
When the veil is the thinnest

We dance with the dead...
When two worlds blend as one

We dance with the dead...
When the waltz is played

We dance with the dead...
When no fear is foreseen

We dance with the dead...
When old ones draw near

We dance with the dead...
When the lines of the past are honored

We dance with the dead...
When silence is heard

We dance with the dead. . . .



Herb Corner

Frankincense & Myrrh

Magickal Properties

- ⊙ Purify Sacred Space
- ⊙ Consecration
- ⊙ Aids in Meditation
- ⊙ Used to Honor Some Gods



Medical Properties

- ⊙ As a resin, they both are used for skin treatments for acne, wrinkles and bug bites.
- ⊙ Frankincense was used in the past to treat allergies, asthma, depression and anxiety.
- ⊙ Myrrh was used as a natural pest deterrent.

Interesting Facts

- ⊙ Both are resins that are found as a fluid that oozes from the bark of shrubby trees found in the Near East and the Mediterranean.
- ⊙ Myrrh is known to increase the power of incense it is added to.
- ⊙ Myrrh was burned to Honor Ra at noon in Egypt. Plus it was also fumed in the temple of Isis.
- ⊙ Frankincense was burned to Honor Ra at Sunrise in Egypt.
- ⊙ When you do not have Frankincense you can use Rosemary in its place.



Quartz Crystal

- Ⓞ Quartz crystal is both feminine and masculine, both protective and receptive.
- Ⓞ It is ruled by both the Sun and the Moon,

Magickal Properties

- Ⓞ Power Strengthening
- Ⓞ Healing
- Ⓞ Psychic Powers
- Ⓞ Protection.
- Ⓞ Crystal is also associated with the herbs chicory, copal, mugwort, sage and sweetgrass.

Quartz has been used for thousands of years in many religions and shamanic systems. Once upon a time considered non-melting, solidified ice... very magickal indeed. Also used as a great focal point during meditations.

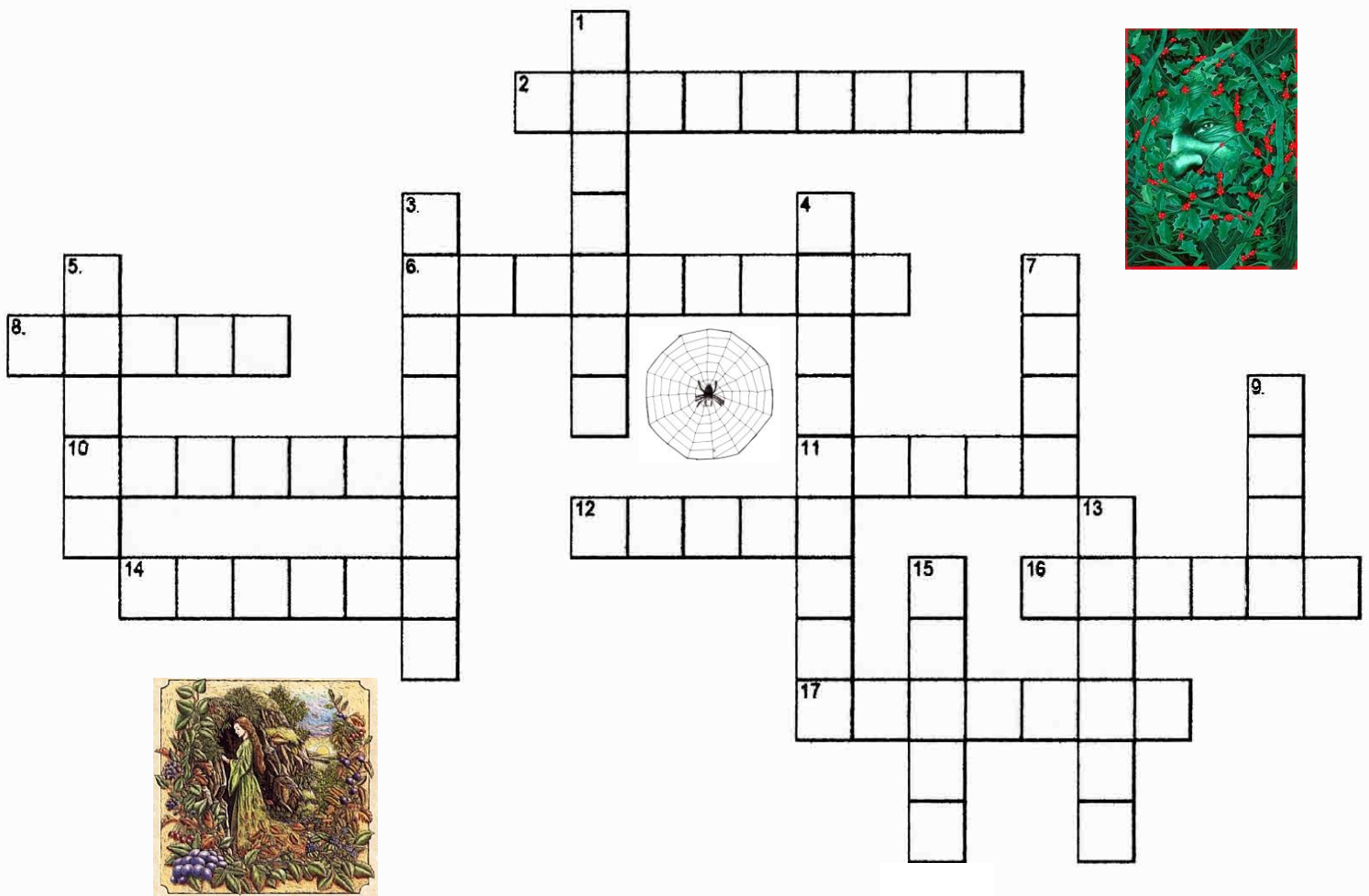
Currently quartz is enormously popular in:

- Ⓞ Healings,
- Ⓞ Altering consciousness and
- Ⓞ Magickal workings.
- Ⓞ Often used in pendulums are quartz crystal points.
- Ⓞ It is a powerful magick amplifier in every use.
- Ⓞ Points can be used/worn to relieve headaches by rubbing them along painful parts of the body, such as in Reiki.
- Ⓞ After such use your crystals should always be cleansed between uses.
- Ⓞ Realign and rebalance the body,
- Ⓞ To remove energy blockage. (Energy blockages which can help in causing the body pain and or illness.)

White or clear quartz is best known as a seer's tool. Many seers prefer to use the white or included quartz verses the perfectly clear quartz.

- Blue quartz is receptive bringing peace and tranquility.
- Green quartz is receptive bringing creativity and prosperity.
- Rose quartz is receptive bringing love, happiness and fidelity.
- Rutilated quartz is protective and is a pure energy stone.
- Smokey quartz is receptive and used for grounding, anti-depression or negative emotions.
- Tourmaline quartz is protective and helps with astral projection.

Arawyn's Crossword Puzzle



Down	Across
1. Holds the three aspect of the Goddess at Yule	2. A meal taken in silence
3. To infuse energy into an object.	6. Who wins the battle at Litha?
4. _____ of Blood, Bone, and Stone!	8. _____ with the Dance
5. A Sabbat when the Holly king is at the Height of Power.	10. Who wins the battle at Yule?
7. What is at the thinnest at Hallows	11. A personal spell that involves lines and dots.
9. Sacred to Dionysus!	12. Mother's _____
13. Pagan and Wiccans spells this word with a CK	14. The Mist of _____
15. The Burning _____!	16. Ritual space is a _____ place!
	17. Hallows or _____

Print this page and have FUN!

Gwydion's Word Search

J P V C M K Y Q T S H R R U J Y V
 Y U L E G K W N H R D A Y E F S O
 L G N I K K A O U H O T A Y Y Z N
 R N T V Q J Z H R E G L H N B A I
 M W A X L F D C I O C A M Q H B A
 A V C W V H R B B Q J I R O R J H
 B I Q I T R O U L K H E L O O A M
 O E I D M E Z L E G S W O A E N A
 N T M D G Y R B L P A M R M H E S
 X Y I E O O A L O Y S T A G Q C N
 P H V R L R D F Q T K H D U T E C
 B P E S W I P D I D T I I C T M S
 A O I H J G S C E A V N N A A B V
 Q E L I M Q K O P S O F P G C S D
 C N S N N B E K E X S I I V L R F
 X V F S Z U X Q W D Z C X Q P S N
 Y G B E L L J Y G I K A K D N A W

ALTAR
 ATHAME
 BELL
 BROOMSTICK
 CHALICE
 DEOSIL
 EQUINOX
 GOD

GODDESS
 HOLLYKING
 MABON
 MAGICK
 MOON
 NEOPHYTE
 OAKKING
 PATEN

SAMHAIN
 THURIBLE
 VEIL
 WAND
 WIDDERSHINS
 YULE

Print this page and have FUN!



<i>Sabbat/Event</i>	<i>Date</i>	<i>Time</i>	<i>location</i>
Mabon Family Night	Sept. 21	7pm	Lady Bona Dea's House
Mabon	Sept. 22	7pm	Large Club House
Samhain Family Night 	Oct. 26	7pm	Lady Bona Dea's House
Samhain	Oct. 27	7pm	Large Club House
Yule Family Night 	Dec. 14	7 pm	Lady Bona Dea's House
Yule	Dec. 15	7 pm	Small Club House

If you need addresses, please call Lady Arawyn @ 419-913-1574

- ★ Remember: family night is for Friends of the Grove and members only,
- ★ Setup for member's ritual is at 7; Ritual will start at 8, be there by 7:45 at the latest.
- ★ Guest circle will be at 9 pm, please come 10 to 15 mins. early.
- ★ We ask for a donation of any amount for guest
 - (Friends of the Grove –donation or bring a dish to share)
- ★ Bring your own drink(s) ~Thanks!

~Brewing Updates~

- ★ Lady Bona Dea will be presenting workshops at:
EARTH WARRIORS FESTIVAL: BATTLE CRY....September 27-30, 2012 Camp Graham, Clarksville, Ohio (Columbus area) www.earthwarriorsfestival.com
- ★ Mekailia Nimue and Lord Beowulf present: Airia's Magickal Makings Traveling Store "Grand Opening". (October 19-21) Collingwood Arts Center 2413 Collingwood Blvd. Toledo Ohio. Doors open @ 6pm. For more information see the full ad at <http://www.collingwoodartscenter.org/>.
- ★ This Mabon there will be a member's ritual and a Guest ritual. Please let us know if you are bringing a guest. (Times are listed above)
- ★ One of newest Initiates is performing her first Sabbat ritual at Mabon; we are very proud of her!
- ★ During Samhain family night, please remember costumes are ok, but not at ritual~Thank you!
- ★ If you are a member or a Friend of the Grove, and are coming to the Yule family night please let us know by email so we can have a head count. Thank you!
- ★ The coven's website is being revamped, check out the new look!
- ★ We will be putting out quarterly newsletters a year. Please submit essays, recipes, stories, articles, poems and/or events whenever you can. I will use them when needed. Please send to Lady Arawyn at arawyn26@hotmail.com ~Thank you!

Birthdays

- ~Young Gwydion turned 17 on Aug. 3rd
- ~Rowan (Our HPS & HP's son) turned 3 on Aug. 11th
- ~Ligia had a birthday on Aug. 15th
- ~Lady BonaDea had a birthday on Aug. 19th
- ~Lady Minerva had a birthday on Aug. 23rd
- ~Lincoln (Gaia's son) turns 1 on Sept. 18th
- ~Lady Epona Wren's birthday is on Sept. 27th
- ~Scarlett Lillie's birthday is on Oct. 6th
- ~Lord Gwydion's birthday is on Oct. 26th
- ~Lily (Epona's daughter) turns 8 on Nov. 12th
- ~Morgana's turns 14 on Dec. 1st
- ~Little Lily (Gaia's daughter) turns 4 on Dec. 15th
- ~Mekailia's birthday is on Dec. 24th
- ~Lady Arawyn's birthday is on Dec. 26th
- ~Illyria's birthday is on Jan. 11th
- ~Lamaria's birthday is on Jan. 15th



~Circle of the Sacred Grove ~
 Temple of the Old Religion