



Sacred Spiral News

Sacred Spiral Pagan Church of Arizona (www.sacredspiralpaganchurchofarizona.org) Apr-Jun 2010

~ The Sabbats ~ Beltane and Litha

Beltane is a Celtic fire festival traditionally celebrated on either April 30 or May 1 every year. It represents the union of the God and the Goddess, symbolized by the well-known Maypole, with the pole itself representing the God and the wreath representing the Goddess.

At Beltane, the God is transitioning from his Young Warrior aspect to his Father aspect. The Goddess has fully transitioned from her Maiden aspect to her Mother aspect. From their Beltane union will come the Yule Child, born at the Winter Solstice; and so the cycle of birth, life, death and rebirth continues.

Litha, the Sabbat which follows Beltane on the Wheel of the Year, is celebrated on the Summer Solstice, the first day of Summer, which falls on June 21 this year.

On Litha the Holly King battles and defeats the Oak King. The Oak King returns to the Castle of Arianrhod (Caer Arianrhod) to await his rebirth at Yule. The power of the sun is at its most potent and the earth is fertile with the bounty of growing life.

For contemporary Pagans, this is a day of inner power and brightness. Find a quiet spot and meditate on the darkness and light both in the world and in your personal life, and what you can do to help the light conquer the darkness. (The July-September issue will cover Lughnasadh and Mabon.)

Herb of the Month ~ Mugwort ~

Artemisia vulgaris (also known as mugwort and common wormwood) is native to Europe, Asia and North Africa, and has become an invasive weed in North America. Its leaves have long been used as a flavoring agent to season fat, meat or fish. From a culinary perspective, it is perhaps best known for seasoning Goose in Germanic traditions.

In Japan and Korea mugwort is also used to color festive rice cakes and is a common seasoning in Korean soups and pancakes. It should be noted that mugwort can be a hallucinogenic, but when used in cooking, those properties are neutralized.

In the middle ages mugwort was part of an herbal mix called Gruit (or Grut), which was used to flavor beer before the widespread use of hops, likely resulting in hallucination as well as inebriation.

As a tea, it is sometimes used as an aid to lucid dreaming, astral travel, and to otherwise increase the intensity of dreams, as well as the ability to control and remember them. **CAUTION:** Over-consumption can result in spontaneous abortion!

Mugwort is also used to cleanse, consecrate and empower tools used for divination, such as scrying mirrors and crystals balls.

The Black Cauldron

(Your Anonymous Questions Answered)

What is the difference between White Sage and other sages?

Salvia apiana is the botanical name for the White Sage commonly used for smudging and purification.

Other sages include the following:

Texas Sage (*Leucophyllum frutescens*)

Sage Brush (*Artemisia tridentata*)

Common Sage (*Salvia officinalis*)

Although Texas Sage and Sage Brush (which are not even in the *Salvia* family) are common to the Arizona deserts, White Sage grows mainly in Southern and Baja California.

Common Sage is a garden herb used for culinary purposes.

Pagan Parenting

By Patti Wigington

As the modern Pagan movement progresses and evolves, the Pagan community has grown to encompass people of all age levels. It's not uncommon to meet families in which one or both parents are Pagans and they may have kids who follow a variety of religious paths.

One of the questions that arises, though, is that of *how* to include children in Pagan practice. After all, it's not as though there's a Pagan version of Sunday school for us to send our kids off to. Don't worry, though -- there are a number of different ways you can include your kids in your Pagan beliefs, and get them involved. Although the type of activity you do with them may vary based upon age levels, you can always find some way to incorporate Pagan values and beliefs into your kids' lives.

Take a nature hike, gather stones, flowers and twigs and talk about the cycles of the season, and how all of nature is tied together.

Depending on the time of year, discuss the phases of life, death, and rebirth in the natural world.

Make a wand together. Even a small child can decorate a stick with glitter. This is a great opportunity to help your child learn about directing energy. Help him or her visualize energy as something they can control using the wand to direct it.

Create a felt board. Cut out shapes of Pagan symbols, gods and goddesses of your tradition, or magickal tools out of scraps of craft felt, and help your child place them on the board. Encourage imagination -- your child can use the felt board and pieces to illustrate a story of her own about the deities, magic, or the world in general.

Let your kids have an altar. Allow your child to create an altar space of his own, with the gods and goddesses of your family's tradition. If you don't follow a specific path, let him put things on their altar such as found items, natural goodies, and items of comfort. Letting your child have his own altar shows them that their needs are valued as much as anyone else's in the family. It gives them a space that is private and sacred of their very own.

Finally, remember that the best way to set a good example of Pagan practice for your kids is to show them yourself. If you want to stress values such as being kind to others, respecting the earth, and living a magical life each day, then do so. Your kids will see your behavior and emulate it themselves.

Book Review The Druid Isle

By Ellen Evert Hopman

If you enjoyed the first book (Priestess of the Forest: A Druid Journey) in this historical fiction series, you're sure to enjoy this second book just as much, if not more so. In the tradition of Mists of Avalon, Ellen Evert Hopman weaves Druid history and spirituality into yet another engaging love story.

For Aífe, the beautiful adopted daughter of Druid healer Ethne, life revolves around the sacred beauty and ancient mystery of the Old Ways. Surrounded by lush, green trees and frolicsome wildlife, the Forest School has been the heart of her Druidic education and her beloved home. But to become a healer and priestess, she must leave behind all that she loves and journey to the Druid Isle . . .

Handsome and spirited, Lucius is resolved to seek adventure outside of the Christian monastery where he was raised. Following a daring escape one night, Lucius arrives at a Pagan Gaulish village and discovers their gentle way of life. But a political firestorm is brewing, and Lucius is caught in the middle as the church and the Romans attempt to destroy everything the Druids hold dear.

In his desperation to escape ruthless enemies and untold dangers, Lucius finds himself on the Druid Isle, where he will face the biggest decision of his life.

Set on a third-century island off the coast of Scotland, this instructional Celtic tale delves deeply into the spiritual mysteries of the Druids, offering glimpses of Druidic daily life, herbal lore and ancient rituals, along with a fascinating look at the Romans, Gauls and Britons.

Includes a Celtic/Druidic glossary.

Music Review The Healing Waterfall

The narrator's soft and soothing voice takes you on a journey through a peaceful forest, along a brightly-colored path that helps realign your chakras.

At the top of a majestic mountain, visit the Healing Waterfall. Relax in the cool and healing waters as all your burdens and troubles are washed away.

One of the best guided meditation and healing CDs ever created!

Mission Statement

We are a non-dogmatic, eclectic Pagan Tradition that seeks to unite a collective under the leadership of the Sacred Spiral Pagan Church of Arizona.

We are children of Mother Earth and Father Sky, dancing the Spiral Dance through Life, Death and Rebirth, again and again, Learning, Teaching, Loving and Gaining Enlightenment.

Our commitment is to ourselves and the Divine, to bring our Pagan beliefs out into the open, to let the world see through our example that Pagan values and Pagan lifestyles are to be respected and not feared, to make a better world for our children, to let the world know that the Old Religion is alive and that we will no longer live in fear of our non-Pagan brothers and sisters. We will promote Peace and Harmony with all of Earth's inhabitants.

**WE ARE THE PEOPLE!
WE HAVE THE POWER!
WE MAKE THE CHANGE!**

2010 Rituals *

Fri.	Jan 29	7pm	Full Moon
Fri.	Feb 5	7pm	Imbolg
Fri.	Feb 26	7pm	Full Moon
Fri.	March 19	7pm	Ostara
Fri.	March 26	7pm	Full Moon
Fri.	April 30	7pm	Beltaine/Full Moon
Fri.	May 28	7pm	Full Moon
Fri.	June 18	-----	Litha (Campout)
Fri.	June 25	7pm	Full Moon
Fri.	July 23	7pm	Full Moon
Fri.	July 30	7pm	Lughnasadh
Fri.	Aug 20	7pm	Full Moon
Fri.	Sept 24	7pm	Mabon/Full Moon
Fri.	Oct 22	7pm	Full Moon
Fri.	Oct 29	-----	Samhain (Campout)
Fri.	Nov 19	7pm	Full Moon
Fri.	Dec 17	7pm	Full Moon
Sun.	Dec 19	-----	Yule
(Potluck at Noon / Yule Ritual at 2pm)			
Fri.	Jan 21, 2011	7pm	Full Moon

All Rituals (excluding Litha and Samhain)
take place at Falcon Field Park
4800 E. Falcon Field Dr., Mesa, AZ 85215

* dates/times/locations subject to change.
for up-to-the-minute info, contact
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www.sacredspiralpaganchurchofaz.ning.com

Church Website
www.sacredspiralpaganchurchofarizona.org