



Sacred Spiral News

Sacred Spiral Pagan Church of Arizona (www.sacredspiralpaganchurchofarizona.org) Jan-Mar 2010

~ The Sabbats ~ Imbolg and Ostara

Imbolg is one of the eight solar holidays, or Sabbats, and traditionally takes place on February 2, though some will celebrate it at the solar midpoint between Yule and Ostara.

Imbolg is about new beginnings. The Wheel turns and a new year is starting. The Triple Goddess is in her maiden aspect, often represented by the Celtic goddess Brigid (pronounced "Breed").

The love and devotion of the ancient Celts for their Goddess Brigid was so profound that the worship of her could not be eradicated by the Christians during their attempts to convert Pagans to Christianity. So the Christians changed her name to St. Brigid and changed the celebration day name from Imbolg to Candlemas.

The rituals of lighting candles and making a Brigid's cross are still carried on today, but their roots are found in ancient Pagan tradition.

Another tradition widely practiced today is that of making dedications and doing initiations on Imbolg.

(continued next column)

Ostara, the Sabbat which follows Imbolg on the Wheel of the Year, is celebrated on the Vernal Equinox, the first day of Spring, which falls on March 20 this year. Winter is fading into memory, the flowers are blooming, and Nature is quickening, as is the love of the God and the Goddess for each other. The Goddess is still in her maiden aspect.

The Vernal Equinox is the midpoint between the Winter Solstice and the Summer Solstice. The day and night are of equal length and a theme of "balance" is a key point during the observance of Ostara.

This is a time to look at your life and see what is in balance and what is not, and then take steps to make things right.

Eostre, for whom Ostara is named, is an Anglo-Saxon/Germanic goddess. She represents hope, fertility, renewal and new beginnings. Her symbols are the hare, spring flowers and eggs.

Her holiday was adopted by the Christians to also represent renewal and rebirth and the name was changed to Easter. However, while Ostara falls on the Vernal Equinox every year, the Christian holiday varies - it's always on the first Sunday after the first full moon after the Vernal Equinox.

The next newsletter (April-June issue) will cover Beltane and Litha.

The Black Cauldron

(Your Anonymous Questions Answered)

What is the difference between an Athame and a Bolline?

In general terms, the differences are clear. An athame (ath-ah-may) is used for casting circles, drawing down the moon, and for storing energy. It should not be used for physical tasks. The athame represents the masculine aspect of Deity. The handle is usually dark or black.

A Bolline (bow-leen) is used for collecting herbs, cutting cords, carving candles, etc. It is a working tool and should be kept sharp. The curved blade represents the crescent moon and the feminine aspect of Deity. The handle is usually white or light-colored.



Athame



Bolline

Astro-Corner

On January 29 this year Mars will be only 61.7 million miles from Earth, closer than it will be again until March 2014. It will outshine all stars and planets except Sirius and Jupiter.

But despite any rumors you might hear, Mars will not be “as big as the full moon” or anywhere near that large.

To the naked eye, it will remain a star-like point in the sky.

Help Your Local No-Kill Animal Shelter

Friends for Life is a registered nonprofit Arizona corporation with 501 (c) (3) status that provides a no-kill shelter for dogs and cats.

You can help by making a donation to Friends for Life. In exchange for your donation, you'll receive a FREE RUNE READING from Mariah, a well-known local Rune Master.

Bring anything from the list below to Dragonstar Books and Gifts on Sundays between 2pm and 4pm, starting on January 24, and receive a FREE RUNE READING.

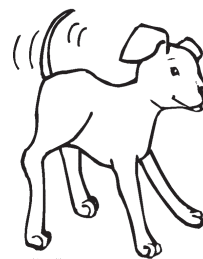
Canned DOG food (No canned cat food.)
Dry CAT food (No dry dog food.)
Gently used towels for bedding.
Clumping Litter
Shampoo for dogs or cats (tick shampoo is especially needed.)

Your donation is very much appreciated.

Dragonstar Books and Gifts
3458 E. Southern Ave., Suite 101
Mesa, AZ 85204

Located on the NW corner of Val Vista and Southern, in the NW corner of the plaza.

For more info please call Jane 480-985-1308



Herb of the Month

~ Angelica ~

Angelica (Latin - Angelica Archangelica) is also known as Garden Angelica and Root of the Holy Ghost.

Its virtues have long been praised in folklore, dating back into ages of great antiquity. It was used during times of plague to protect against contagion and illness, and was used as an aid in purifying blood and was described by some as a "cure for every conceivable malady," though it was chiefly used against poison, infections, and the spread of the plague.

Angelica also came to be heavily associated with Angels and divinity, perhaps in part because it tends to bloom around the day of Michael the Archangel, casting it into a holy light. In this view, it was frequently used to keep evil spirits away and protect against curses, evil spells, and cruel enchantments.

More frequently these days, it is used as a remedy for colds, coughs, rheumatism, and diseases of the urinary tract, and some would warn those with diabetes away from it as it possesses high sugar content.

Though it is widely known for these properties, it is more commonly utilized as an expectorant for coughs and a diaphoretic for fevers. Slipping away from holistic medicine, it is perhaps most widely known for its use in flavoring liqueurs, jams, and other such things.

Book Review

Priestess of the Forest - A Druid Journey
By Ellen Evert Hopman

In the tradition of Mists of Avalon, Ellen Evert Hopman weaves Druid history and spirituality into an engaging love story.

This Bardic teaching tale is set in a fictional third-century Ireland when Christianity is sweeping across the Celtic Isles. During this time of crisis, love blooms between Ethne, a Druid healer, and her patient, a Fennid warrior. Their passionate affair suffers a tragic blow when Ethne is called upon to become the high queen.

Told from the Druid perspective, Hopman recreates the daily life, magical practices, politics, and spiritual lives of the ancient Celts during this historic turning point. Druid holy days, rites, rituals, herbal lore, and more are brought to life in this Celtic fantasy illuminating Druidic teachings and cultural wisdom.

Music Review

The Very Best of Enya

Enya's elusive combination of classical inspiration, Celtic atmosphere and pop sensibility is evident throughout 'The Very Best Of' as it revisits some of the most exemplary moments from an astonishing career. From her world-conquering international breakthrough 'Orinoco Flow' to the sad serenity of 'Only Time' that was adopted as a comforting anthem of hope in the face of 9/11, 'The Very Best Of' captures Enya's most beautiful work to date.

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
Jane at Dragonstar 480-985-1308 or go to
www.sacredspiralpaganchurchofaz.ning.com