



# Sacred Spiral News

Sacred Spiral Pagan Church of Arizona (www.sacredspiralpaganchurchofarizona.org) Oct. 2009

## Samhain - Final Harvest

Lughnasadh (aka Lammas), Mabon, and Samhain are the names given to the three Pagan harvest festivals celebrated annually during the waning half of the Wheel of the Year.

Lughnasadh is celebrated on August 1, Mabon (the Autumnal Equinox) occurs anywhere from Sept 21 to 24, and Samhain takes place on October 31.

Although the pronunciation of Samhain has a few slightly different variations, the 'm' is always silent. (See "Speaking Gaelic" in this newsletter.)

The Days of Celebration (Sabbats) on the Wheel of the Year represent the God's birth, death and rebirth. At Samhain we bid farewell to him, knowing he will be reborn again at Yule.

We celebrate the third and final Harvest by giving thanks for the bounty and abundance in our lives. In numerous ways, and through various traditions, we honor the God, our ancestors, and ourselves.

One popular custom for honoring our ancestors is the Silent Supper. On Samhain the ancient Celts would set places at the feast table for those who had passed before, and would leave offerings of food for them in the belief that they might visit, and then leave behind words of wisdom or guidance from the other side of the veil.

For this reason, Samhain has traditionally been considered a good night for divination, when the veil between the worlds is thinnest.



## Christian Churches Abandoned in England

50,000 women abandoning church every year as 'Buffy the Vampire Slayer turns them on to witchcraft.'

Christian churches in England have lost at least 50,000 women from their congregations every year since 1989, says a sociologist.

Dr. Kristin Aune, from the University of Derby in England, said many young women are put off going to church because they link it with traditional values.

She also said television icons such as Buffy the Vampire Slayer, who promote female empowerment, discourage women from attending services.

Dr. Aune added: "In short, women are abandoning the church. Because of its focus on female empowerment, young women are attracted by Wicca, popularised by the TV series Buffy the Vampire Slayer."

"Young women tend to express egalitarian values and dislike the traditionalism and hierarchies they imagine are integral to the church."

Dr. Aune believes many women find it difficult to attend church as they juggle their working lives with their families.

She also thinks senior clergy remaining silent about sex is driving women away because they feel the church requires them to deny their sexual desires.

Dr. Aune said the numbers of women lost to the church come from the English Church Census, which she used in her research for a new book entitled Women and Religion in the West, of which she is a co-author.

□ Daily Mail Reporter (Aug. 23, 2009)

# The Black Cauldron

(Your Anonymous Questions Answered)

What's the best form of divination to use?

The word divination comes from "divine" - meaning "to discover (something) by intuition."

Several different methods of divination are available for personal exploration - tarot cards, runes, scrying, and many more.

Many people start with tarot cards. You can try different forms of divination but, ultimately, the one that works best for you is the best one to use.



## Astro-Corner

Natal charts (aka birth charts) are a diagram showing which heavenly bodies (i.e. the sun, moon and planets) were in which zodiac signs at the time of your birth.

Our solar system is heliocentric, or sun-centered, but a natal chart has a geocentric, or earth-centered, orientation. The zodiac is a ring of constellations outside of the solar system, surrounding it in a three hundred and sixty degree circle.

If you were born on May 16, 1961 and looked toward the constellation Taurus, the sun would be on a direct line between Earth and Taurus. Thus, the sun was "in" Taurus on that date.

(cont'd next column)

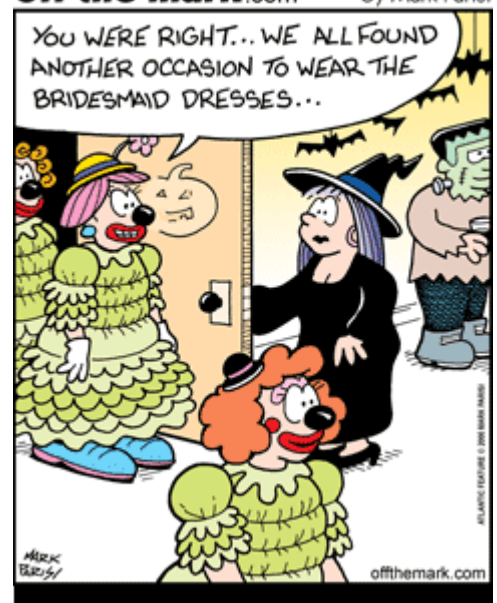
Looking toward the moon, if you drew a line from the Earth to the moon and continued it out beyond the solar system until you encountered another zodiac sign, you'd find that the moon was in Gemini on that date.

More information on creating and interpreting natal charts will be available in an upcoming SSPCA class. Please contact Jane for more information.

off the mark by Mark Parisi  
www.offthemark.com



off the mark.com by Mark Parisi



## Speaking Gaelic

### A Very Very Brief Study in Pronunciation

A word (name) that comes up at least once a year is Lughnasadh, one the Pagan Sabbats.

The Christian name for Lughnasadh is Lammas, which appears to be much easier to pronounce, but if you understand that, in most cases, a consonant before an 'h' makes that preceding consonant silent, then you can see why Lughnasadh is pronounced LOO-na-sa (with the emphasis on the first syllable.)

This same rule can be applied to the Goddess names Morrighan (MOR-ee-en), Arianrhod (AIR-ee-en-od), and Brighid (Breed).

Another simple pronunciation rule has to do with words beginning with the letter C. They should always be pronounced as a K, not an S. Thus, Cernunos is pronounced KER-noo-nos (with an 's' sound at the end.)

As for Samhain, another Pagan Sabbat, the jury is still out on the exact pronunciation, and everybody has their own way of saying it, but one thing is for certain - don't pronounce the 'm'.

## Book Review

### Celtic Folklore Cooking

By Joanne Asala

A treasury of delectable recipes, *Celtic Folklore Cooking* by Joanne Asala will help you select and prepare foods to serve at your celebrations of the Sabbats and Esbats.

It is also a terrific introduction to Celtic culture. The recipes in this book were gathered during four trips the author took to Ireland and Britain, as well as visits to Scotland and Wales.

She searched for people who still cooked in the tradition of their ancestors, passing down recipes from generation to generation. The result is a book that is rich in Celtic tradition.

## Unlimited Knowledge

Can you imagine a source of information greater than Google? A place of unlimited knowledge? A Library that anybody can access?

Welcome to the Akashic Records, where all knowledge of the past, present and future is stored.

When speaking of the Akashic Records, a name that frequently comes up is the late Edgar Cayce, a man whose ability to access the Akashic Records is well-documented. He used his talent to heal and also provided information on people's past lives.

While Cayce's method involved going into a deep trance state, others have achieved the same success through meditation and/or by travel on the Astral Plane, where the Akashic Records are said to be located.

Accessing the Akashic Records will be discussed in greater detail at a forthcoming SSPCA class on Meditation and Astral Travel.

## 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!**

## 2009 Rituals \*

Fri.	Jan 9	7pm - Full Moon
Fri.	Jan 30	7pm - Imbolg
Fri.	Feb 6	7pm - Full Moon
Fri.	March 13	7pm - Full Moon
Fri.	March 20	7pm - Ostara
Fri.	April 10	7pm - Full Moon
Fri.	May 1	7pm - Beltane
Fri.	May 8	7pm - Full Moon
Fri.	June 5	7pm - Full Moon
Sat.	June 20	—— Litha (Camp Out)
Fri.	July 10	7pm - Full Moon
Fri.	July 31	7pm - Lammass/Lughnasadh
Fri.	Aug 7	7pm - Full Moon
Fri.	Sept 4	7pm - Full Moon
Fri.	Sept 25	7pm - Mabon
Fri.	Oct 2	7pm - Full Moon
Fri.	Oct 30	7pm - Samhain (Camp Out)
Fri.	Nov 6	7pm - Full Moon
Fri.	Dec 4	7pm Full Moon
Sun.	Dec 20	—— Yule

(Potluck at Noon / Yule Ritual at 2pm)

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)

---

**BE A STAR! SEE YOUR NAME IN LIGHTS!**

(well, at least in print)

submission contact info:

[janeelsa@msn.com](mailto:janeelsa@msn.com)

Submit your short stories, poems and non-fiction essays by the 15th of each month to be included in the next newsletter.  
Based on first-come, first-served basis and available space.