

# PAGAN Moonbeams

Vol. 1 Issue 11  
June, 2008

## THIS ISSUE *Homeschooling Quick Take*

Issue Lesson: Summer Solstice  
News Spin: Recent News + Lessons  
Monthly Unit: The Sun  
Celtic Corner: Celtic Calendar  
Herb/Mineral: Peppermint & Flourite  
Correspondence Journal: Creative Work  
Class: Simply Crystals  
Global Beliefs: Haiti  
Pagan Interview: Z. Budapest  
Middle Magic: Protecting & Cleansing  
Teen Section: Bullying/Out of Closet  
Animal Magic Mask: Snakes  
Symbol Sudoku: Mayan Months  
Tree Wisdom: Maple  
Pagan Calendar  
Parent Section

Want to see something else? Let us know! [paganmoonbeams@yahoo.com](mailto:paganmoonbeams@yahoo.com)

## Summer Solstice

Twice a year, for six days the sun rises and sets in the same spot on the horizon. Today's Pagans, like those who lived many years ago, celebrate these days and dedicate them to the majestic sun and those who rule it. This special time in June goes by several names with the most common being Mid-Summer and the Summer Solstice. This is a time for grand celebrations in various places throughout the world.

Celebrating the sun for some begins when as it comes up with outdoor meditations, celebrations, and dance. Mid-day is a great time for more elaborate festivities to take place like dancing, lighting of fires, cleansing the soul, blessing children and babies with the smoke from the fire, and many other carefully selected things. Many places will have a large feast during this time as well to share with the sun, in return it will bless all that is eaten and those present at the meal. As the sun disappears over the horizon the last of the thanks can be given to the sun and it's energy can be fully absorbed into your body and the fires that burn in it's honor.

*Continued on pg. 6*

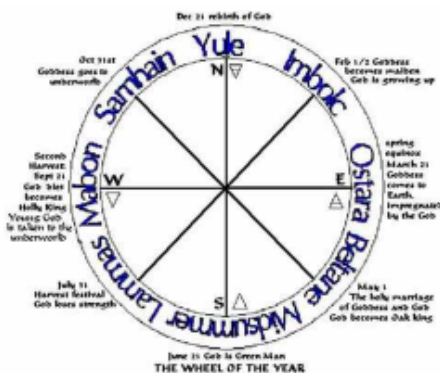
## Way Down South

In the Northern Hemisphere, where America and the United Kingdom are, we are coming up to Summer Solstice, when the Sun reaches it's peak. However, down in the Southern Hemisphere, they are just coming up to the time when the Sun is at its lowest - Winter Solstice.

It is sometimes strange to think that while we are celebrating one festival, somewhere else on the planet someone else is celebrating the opposite festival. We see a lot in books and on the internet about the dates of festivals, but they are most often for the Northern Hemisphere. So how do we work out which festival they are celebrating in the Southern Hemisphere?

Well, it's easy. Look at a picture of the wheel of the year. Find which celebration you are about to take part in and then look at the one opposite it. Think about what the weather would be like over there. If it is sunny normally, what would the opposite be?

See if you can find a map or globe of the world. Find the equator in the centre of it. Above that is the Northern Hemisphere and below it is the Southern Hemisphere. What about countries that are on the equator? Which system do you think they would follow? Talk with your parents and see what they say. Do some research and see how people in other parts of the world celebrate festivals.



---

# News Spin



## Quick Clips

By: P. Nichols



### Mud Volcano

On May 2006 in Indonesia an exploratory gas well drilled through a layer of rock 9,300 feet (2,800 meters) below ground allowing hot high-pressured water to escape. It mixed with soil on its way to the surface and became a mud volcano burying eleven villages under a billion cubic feet and shows no sign of stopping.

### The Best Eye Sight



Swiss and Australian researchers say the giant Mentis shrimp living on Australia's Great Barrier Reef can see up to 12 primary colors, as well as six kinds of light polarization. This gives them the most complex eyesight of any animal in the world.

## Your Name to the Moon

Send your name to the Moon on a microchip on the NASA's LRO spaceship on its historical journey to return to the moon. Add your name to the list and print up a certificate as your own keepsake:

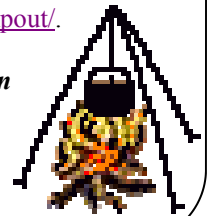
<http://lro.jhuapl.edu/NameToMoon/index.php>. The deadline is June 27th.

## Great American Backyard Campout

will be held this year on June 28. Name and sign-up your own home camp and get unique activity ideas at the National Wildlife Federation's website:

<http://www.nwf.org/backyardcampout/>.

*This would be a great preparation activity for the upcoming Pagan camping trip in July.*



*Adding the symbol and it's meaning would be a great addition to your journal !*

## Simple Symbols

### Triple Moon/Goddess Symbol

The triple moon symbol is used to represent the divine female or Goddess. It shows the waxing, full, and waning moon, representing the changing Goddess over the month. The Moon has been associated with the Goddess for a long time and, indeed, Wiccans are invited to meet at the full moon for this very reason.

Although a fairly recent addition to the symbols we see, the idea of three parts to a Goddess is old. There are several pantheons that have a Goddess with three parts or aspects to her, such as the Celtic Goddess Brigid (see Issue 6, page 9 for more information on this Goddess).

## Activities

For pictures of the goddess symbol and more information, go here:

<http://www.crystalinks.com/triplegoddess.html>

The triple moon goddess symbol is most often a simple black and white drawing. Have a go at drawing it yourself.

Go back to the work you did in the Moon Unit (Issue 4). What are the things we associate with the different phases of the moon?

Look at the colour meaning from your correspondence journal (see Issue 4, page 7). Colour in your drawing to match the meaning of the phases of the moon.

---

## Dear Pagan Community,

August will make one year that Pagan Moonbeams has been offered as a free service. With each issue an attempt has been made to bring more quality content for parents, children, and the homeschooling community. The staff is very dedicated and has grown from one to four, but, we could still use more help.

# Join Pagan Moonbeams

- Write an article
- Take over or add a monthly column or section
- Do internet research
- Assist in advertising Pagan Moonbeams
- Work with or create images
- Contribute skills to the website

Contact TristA : [PaganMoonbeams@yahoo.com](mailto:PaganMoonbeams@yahoo.com) with the following information:

**Name and basic physical location**  
**A little about you including your Pagan path**  
**Desired area of skill or donations**  
**Any experience you have (not required)**

### Paganism Breaking Out

If you have noticed, there has been a lot of stir about Paganism recently. The media is beginning to focus on Pagan-centered things. Take your time and find one or two. Be a critic and write up or draw something to represent how you feel about the information, as well as how it is presented.

Although it will be more fun for you to find your own things, here are a few ideas you can consider if you need them:

- A newly written play by a man in Indiana called MYTH
- An organization in Washington opening a Pagan Community Center
- Virginia Pagan Leadership Conference scheduled in July
- Effects and problems between Witch School and the Illinois town that it resides in
- The statistics showing a rise in Paganism across Europe and the US

# Monthly Unit: Sun

## Sunrise

Sunrise is a time when the earth is waking up. Mother Nature is at her brightest and all her day creatures; both animal and plant, come out to welcome her.

Be sure to greet the sun when it rises each day. Spend some time with the world around you. Wash with or observe the dew sitting on all non-moving objects.

You could even hold a small ritual as you share time with the sun coming up to light the earth. Below are a few ideas to aid you in creating your own ritual:

- Drink some warm tea or coffee and be sure to pour out a little as your offering to the earth itself.
- Burn a candle so you can draw the energy from the sun to your own area and/or give it some of the energy.
- Write a small verse, song, or chant to offer to the sun as a 'thank-you' for all it does for the life it wakes.

\* Making a similar ritual for sunset would be a wonderful way to connect with the 'completeness' of the day and aid in your personal connection with the sun.

### Morning Prayer

I bathe in the dew at daybreak,  
Sunlight crystals on my skin,  
The humming prayers of creation  
Can be heard in the morning wind.

I bathe in the dew at daybreak,  
As the wind combs through my hair,  
And my voice rises up with the prelude  
Of creation's morning prayer.

\* Seven Times the Sun by: Shea Darian

## Nature Sun Catcher

### Supplies:

Yellow Construction Paper

Hole Punch

Yarn or String

Clear Contact Paper

Scissors

Fairly Flat Nature Rubbish (found during sunrise and you have a connection with; feathers, old cocoon, etc...)

### Instructions:

Draw a large sun on the yellow construction paper and cut off the edge of the center along with the spikes on the outside (you will have a hollow sun at this point). On a flat surface lay down a sheet of contact paper quite larger than your sun, sticky side up. Carefully place your sun in the center of the paper, then arrange the items you found in the center. Make a pattern or design that 'feels' right. When done have an adult carefully place another piece of contact paper on top of your creation without disturbing anything. Press the contact papers together firmly with your hand then cut around the outside of the sun leaving about 1/4 to 1/2 inch all the way around. Punch a hole in the top with hole punch then be sure to press together the contact paper to form a tight bond in that section. Secure a string or fishing line through the hole and affix to the top of the window sill. Watch as the sun is directed through the sun catcher and into the room and feel how strong its energy is, especially when it is mixed with nature.

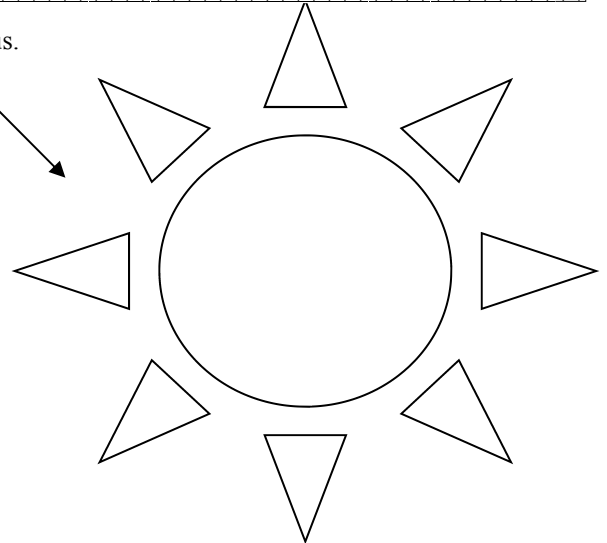
Color this sun with the different colors it shares with us.

### The Sun's Colors

Take walks on days after rain, looking closely to see the wonderful colors the sun creates for us. Take time to 'feel' each one. Notice how many different things show these colors.

Hang some blank CD's on a hanger to make a mobile and hang it near a window.

The colors the sun will bounce off of the CD's will show all the different emotions it has. Learn the meanings of the colors to understand the great sun more.



## Monthly Unit:

### Sun

# SUNDAILS

Colour this in Summer Colours!

## How to make your Sundial

### What you will need:

A 1 inch thick stick, 4 inches long (or dowel or piece of broomhandle)

A nail or awl

A screw eye

A wire nail, 1 inch long

A hammer

A thumbtack



This is what a screw eye looks like

### What you need to do:

1. With the nail or awl, make a small hole in the top of the stick in the centre. The screw in the screw eye until it is secure.
2. Hammer in the wire nail about 1/2 an inch from the top. Only hammer it in until it holds securely. It needs to stick out straight from the stick (to cast a straight shadow).
3. Cut out the Sundail diagram below. You can colour in between the lines to make it easier to read.
4. Wrap the diagram around your stick. Tape it together but leave it a little loose from the stick so it can move around.
5. With the diagram against the nail, push a thumbtack at the bottom to hold it in place. Don't push the tack through the graph as it needs to be able to move.
6. Tie a piece of string to the screw eye so it hangs straight.
7. Your sundial is ready to use. Perhaps you can take it with you to your Pagan Camp!

## Using your Sundial

1. The letters on the diagram represent the months of the year. Turn the graph until the month you are in is directly below the nail.
2. With your back to the sun, hold your sundial by the string and turn it until the shadow cast by the nail points straight down.
3. Look and see what time it is!

Note: You will see that there are two times on each line. If the sun is in the east then read the

## Adjusting your Sundial

For your sundial to be accurate, you will need to adjust it for where you live.

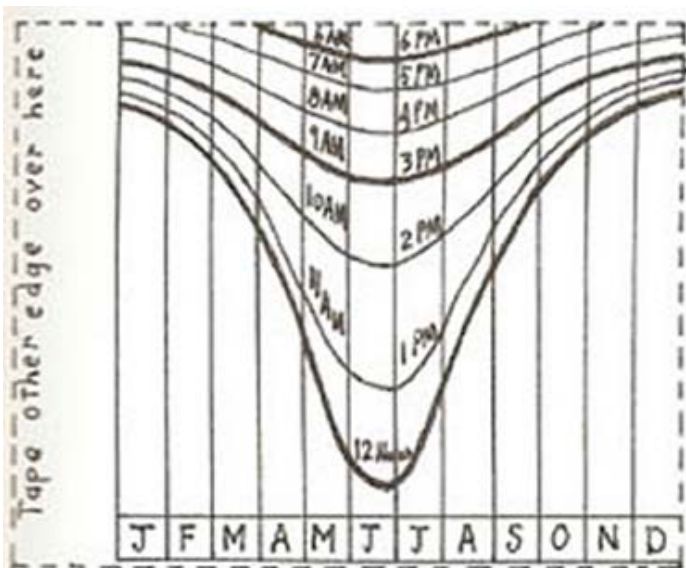
The first time you use your sundial, check it against a clock you know is telling the right time. Hammer in your nail until the shadow casts the right time.

From now on it will be right for where you live!

You can also tell the time at night with a Starclock! Check out this link for more details:

<http://homepage.mac.com/kvmagruder/bcp/instruments/starclock/clock.htm>

Sundial Diagram from: Nature Smart by Gwen Diehn, Terry Krautwurst, Alan Anderson, Joe Rhatigan, and Heather Smith. Publisher: Main Street (March 2004)



## Sunflowers

Many things in Nature depend on the sun to grow. The Sun gives the earth energy and the plants take nutrients from the earth. They also take energy directly from the sun through their leaves.

You can see this happening in the garden. If you planted sunflowers to look for bees as talked about last issue, you can watch the sunflower follow the sun.

As the day passes, sunflowers move their flower-heads to get the most light from the sun. This means that they can grow faster. Go out to your garden at different times of the day and see!

---

## Summer Solstice

(Continued from pg. 1)

In most places, there are attendants that will keep the fires burning throughout the night to show honor to the sun and continue circulating its energy on earth and all those who live on it.

This day is the longest in the year allowing more than people to celebrate, nature and even the sun joins in. The shortest night of the year comes from this time too, because the sun itself can't wait to join in the fun. All of nature's creatures are out and about full swing, even new life can be found frolicking in the bright holiday.

Although people will celebrate differently, it is important that everyone show respect and gratitude for the major life source we are given; the sun. Be sure to bask in all its glory.

**The Summer Solstice**, or whatever name the event goes by to you, shows its importance throughout the years in many different geological places. If you are close enough make the time to go and see them for yourself, if not, see if you can find a link so you can watch them 'via the web. Seeing these events will bring more energy to you as well as give you a chance to connect with the history of the Pagan religion.

### New Mexico Chaco Canyon

A small mountain with carefully positioned rocks is where the ancient Pueblo Indians created a magical sight only present in the Solstice and Equinox days of Celebration. In a small area of overlapped rocks there is an image of two spirals. During the Solstice, as the sun moves across the sky, you can see the image of a knife, known as the sun dagger, move across the spirals.

The Sun Dagger was used to determine the best time to plant and harvest for the Anasazi people.

### Baja California San Carlos Mesa

Exactly at noon the sun light hits the rock face near a petro glyph of a native house. Eleven minutes later the beam of sunlight moves across to a house then narrows to a spot of light and appears to the naked eye to enter the door. This is a ruin left from the Tipai.

The entry of the sun into its house offered the Tipai people a reassurance of the blessing of light. It would be given not only on this day but for many days to come.

*\* Do more research and see if you can find pictures or information on these events. Also these are not the only events that take place, see if you can find others and learn more about them.*

## Tara 2008

### Blackout Sabbath

Rufus Wainwright, a famous musician, has started a wave with his suggested way to celebrate the Summer Solstice this year.

Join in his effort to help the environment by picking a 24-hour period and going without electricity.

There has been a lot of construction and petition going on with the magical hill of Tara in Ireland. This hill has great tradition with the Summer Solstice, and even with all that has been going on with it the circumstances will not deter the celebrations this year.

The Mid Summer's celebration at Tara in 2008 will consist of many people from all walks of life gathering around the hill for the ritual of experiencing the sun rise. Drummers will continue through the day and follow the sun as it moves across the hill. Rituals will take place in honor of the sun and the day.

Everyone attending will take home with them a sense of peace and magical energy that only Tara and day combined can give. As your celebration of the Summer Solstice ends, keep in mind this magical place and ancient ritual; pull for it to have more years to come together.

**Herb Focus:**  
**Peppermint**



**Color:** Green, glossy leaves.

**Location:** Europe, Asia, and North America

**Healing Properties:** antiseptic, pain relief, settles the stomach.

**Magickal attributes:** Helps us to open up to the energies of the world around us.

**Elements:** Air and Earth

Peppermint tea can be bought in tea bags from most good health food shops and even some supermarkets. Be sure to buy from a reputable brand. Organic peppermint should be used if you are going to be applying it to the skin.

Drinking peppermint tea will help settle your stomach, as will sucking on a peppermint sweet. The oils in the peppermint stop your stomach from tensing up and making you feel ill.

A diluted peppermint tea can be used as a gentle skin wash to clean cuts and bruises. It can also help in dealing with acne.

**Peppermint Creams**

**Ingredients:**

450g icing sugar (frosting sugar), plus more for dusting  
1 egg white  
50ml double cream  
oil of peppermint or peppermint essence

1. Mix the sugar and egg white; cream together, adding the peppermint drop by drop until it tastes right.
2. Dust a clean, dry surface with icing sugar and roll out the peppermint paste to about 1 ½ cm thick. If it's too sticky, keep adding icing sugar until it is the right consistency.
3. Use a small cutter to stamp out rounds and leave to dry for 12 hours.

*\*\* As with all natural medicinal items and purposes, be sure to check with a parent before using.*

**Mineral Focus:**  
**Fluorite**



**Color:** Rainbow shades, sometimes banded, from green to purple.

**Chakra:** Brow

**Healing Properties:** Harmonises mental and physical healing. The different shades of colour heal different parts.

**Magickal Properties:** Mental powers.

This stone does not have a long history of use in healing and magic, but this means that we can learn more from our own experiments.

So far, people have said that it works well with your thinking. It helps clear up your thoughts and make it possible to think about a situation more clearly. It strengthens your ability to analyse things and to take in new information, so it is a good stone for studying!!

**Fluorite Colours and their Healing Properties**

**Blue fluorite:** Good for throat, nose, and ears; encourages self-forgiveness.

**Clear and purple fluorite:** Helpful with eyesight and sinus problems. Helps to ward off colds. These colours can also be used to amplify other crystals.

**Green fluorite:** Opens the Heart Chakra and stills the mind and heart, creating peace.

**Lavender fluorite:** Brings a sense of inner peace and harmony with nature.

*\*\* Crystal Healing is an acquired art and shouldn't be practiced without parental permission and/or guidance.*

## - Correspondence Journal -

### Creative Work

In the summer months, we often feel more creative. However, sometimes we want to be creative and can't find inspiration.

At these times or for special occasions where creativity is needed, we can boost our chances of finding our 'Muse'.

**Elements:** All

**Planets:** Earth, Mercury (for communication), the Moon (for inspiration), the Sun

**Best Times:** Monday, Wednesday, Sunday

*Moon waxing* – for beginning

*Near the full* – for inspiration

*Waning* – for self-criticism, reworking

*an air sign* – for mental work, especially involving words

*an earth sign* – for crafts and work with the hands

*a fire sign* – for creative energy

*a water sign* – for emotional expression

**Colours:** Gold, silver, violet, yellow, mixtures of colours

**Incense:** Bay laurel, cinnamon, ginseng

**Plants:** Laurel, lavender, valerian

**Goddesses:**

- Athena or Minerva (for knowledge, wisdom)
- Brigit (Triple Goddess of healing, poetry, and smithcraft)
- Ceridwen (Keeper of the Cauldron of Inspiration)
- Mnemosyne (Mother of the Triple Muse)
- The Triple Muse:
  - Calliope* – “beautiful face”
  - Erato* – “beloved one”
  - Urania* – “heavenly one”
- Any form of the Triple Goddess

**Gods:**

Apollo (music and poetry);  
Orpheus (music);  
Ogma (poetry);  
Hermes,  
Mercury, and Thoth (knowledge and communication);  
Credne;  
Gobniu and Hephaestus (all for crafts, smithcraft)



Mandalas are great for relaxing and focussing your mind at the same time. This can help you be more creative. Colour in this one and see.

How do you get in your creative zone?

Do you listen to music? If so, what kind? Think about what makes you feel creative. Write those in your journal as well.



# The Bard's Story Tyme

1

## Preparation

Create your own book by folding 4 pieces of light construction paper together and stapling it on the side.

Leave the cover and backside of it blank. On each page (using front and back) write one line out of this small story.

A circle is never ending because its end will become its beginning.

There is a circle of time. In that circle the earth spins around looking at the sun to make day and then hiding from it to make the night.

There is a circle of life. In that circle the whole animal world is sacrificed and born again to assure no one goes hungry.

There is a circle of existence. In that circle you are born with a purpose that you work on your whole life. Once it is completed you will return back into the soul awaiting your new purpose.

The circle the earth makes as it goes around the sun allows us to see how the earth looks each stage of its day. We call the earth's stages of day seasons, because to us its day is a year.

Most circles that are formed are done so by or for nature, a lot of these are special to Pagans. You are a part of many circles, and as you grow you will discover more circles that you belong to.

2

## Reading The Book

The child will draw a large circle on the front cover and color it however they desire.

Next, each page of the book will be read by an adult and the child will draw their best circle on each page.

Stories, visual displays, or any other form needed will be presented to aid in the understanding of the content. This book may need to be read several times until both the adult and child feel comfortable with both of their knowledge of what it says.

When the goal of understanding is reached a title can be made up and drawn on the front cover.

3

## Illustrating the Book

Search used magazines, newspapers, etc. and find pictures that complement the different pages. Cut them out and glue them to the right page on the correct spot of the circle. An adult may want to help and/or lead younger students with this.

4

## Visiting Summer

Start your own ritual of spending time with the different aspects of Summer. Start by comprising a sketch book/journal for each person that is going in search of the essence of Summer.

### Sketch Book/Journal

Staple several pieces of paper together and divide each page into four parts. Put them on a clipboard or affix a piece of cardboard on the back of the journal. Attach a pencil by using a hole punch it the lower corner of the journal and securing a string to it (if using cardboard) or tying it to the top of the clipboard in the hole provided.

Find a unique way to discuss how Gaia changes her look, appearance, clothes, etc.. as the seasons change. Be sure that it is understood how and why those changes take place from a Pagan view point.

When done take a walk in summer. Go slowly and take time to notice little things as well as big ones. When a sign of summer stands out draw it in a square in the journal. Be sure that each picture is drawn so that it is easy to tell what it is or write a small passage at the bottom of that square to assure it will be known later when flipping through the journal.

You may want to use certain sections of the book to show the signs of summer in different geographical areas, environments, or civilized areas.

After completing the journal go to the place where summers energy was more visible or gave off the most energy. Spend some time there to fill your own body with summer. Share some time with Gaia and nature while there by having a picnic, meditation, or quiet still time with summer itself.

When completely done with this project wait a few days, then sit down with the journal again and reminisce about the whole experience and talk a little about it if needed. When the summer feeling or strong energy is present draw or paint the perfect summer cover for your journal.

## Seedling Buddy

What better way to welcome in Summer, than to connect with it? Try a Seedling Buddy to accomplish this.

### Needed:

Small, Clear Pill Bottle  
Cotton or Several Cotton Balls  
Two or Three Seeds of your choice  
Water  
Yarn  
Scissors

### Directions:

Wet the cotton or cotton balls and place it in the bottle. Carefully slide the seeds into the cotton in different areas. Tie the piece of yarn around the bottle and then tie the top of it together. You will need to have a parent help you determine the length and demonstrate how to connect it to your belt loop, use as a necklace, or over a button on your shirt.

You will wear this everyday and the seeds will connect with you as they sprout. Once the sprouts are close to the top of the bottle you will need to transplant your plant to a pot, coffee can, window box, yard, etc.

## Fill It In

Do some experimenting with Summer and use your findings to fill in the blanks below.

### The Summer

The Summer sun leads me \_\_\_\_\_

The Summer moon shows me \_\_\_\_\_

The Summer breeze tells me \_\_\_\_\_

The Summer rain washes \_\_\_\_\_

The Summer trees protect me from \_\_\_\_\_

The Summer animals shares \_\_\_\_\_

The Summer's beauty reminds me \_\_\_\_\_

## Homemade Fan

Adult & Child Project

What better way to keep cool while outdoors spending time with nature during one of her most beautiful times of year than to make a fan? This project is meant to be made by both child and adult and each should make one of his/her own.

### Needed :

7 Popsicle Sticks for each fan (larger ones preferred)  
Heavy Construction Paper  
Hammer  
Large Nail  
Glue  
A Bread Tie (for each fan to be made)

### Instructions:

Child will gather all popsicle sticks and hand them to adult so s/he can make a hole in one end of them. Be sure to align all the holes in the same area on each stick. Child will run bread tie through all of the sticks and twist it together joining all the sticks and leaving as large a loop as possible. Adult & child will draw the fan shape on a piece of construction paper by first drawing a small arch on one long end. Next, child will fan out the popsicle sticks and lay them on the edge of the paper so that the drawn arch is at least 1/4 way up the sticks. A light line will be drawn across the top of the sticks. The shape should then be made smooth and even on the top with the highest lines being a guide. Sides can be drawn on by combining the top and bottom lines in an angle. A design can be drawn on the newly drawn shape and then it should be cut out. Child should spread the sticks apart and put glue on each stick where the construction paper will fit. Adult will put the paper on using the top of the sticks as a guide and allow it to dry.

Extra - Adult can fold the fan using over and back folds to make the fan portable if the child is old enough to fold and unfold it carefully when using.

## SUMMER'S HERE

Get Outdoors !

Get Active

Spend Time With Nature

Try New Things



A dandelion will seed several times a year and it doesn't take long. Adopt a dandelion and watch it go through all stages of life. Color in each stage as it comes to your dandelion and connect the pictures in correct order. Have a discussion with an adult about how other things go through cycles to make a never ending circle!

---

## Tree Wisdom: Maple

### Native American Maple Connections

**Salteaux** tribe believe the fiery autumn leaves of the maples saved the grandmother of Nanahboozhoo, the creator, from malevolent spirits of darkness. Nanahboozhoo was so grateful that he now lives amongst the maples.

**Chippewa** people believe that an evil magician was turned into a maple tree by a hero called Mishosha.

**Iroquois** have a legend of “The Hunting of the Great Bear” that tells of how four brothers were hunting a gigantic bear. After chasing him for a long time they defeated him and ate him only to look around and realize they were no longer on land but in the sky. The bones of the bear came back to life and begin to run away as the men followed with bows and spears behind him. To this day the chase is still going on, the bear is actually a constellation that every year drips it’s blood onto the maple tree from the heavens.



#### Quick Facts

**Powers/Attributes:** abundance, balance, communication, creativity, divination, grounding, longevity, love, money, positive energy, transformation, wisdom

**Elements:** air, earth

**Goddesses:** Athena, Rhiannon, Venus

**Energy:** Masculine

**Zodiac:** Cancer, Libra, Virgo

**Spell work & Ritual:** working with the faery realm; appreciating the beauty of the season in late winter/early spring; excellent for wands

#### Historical Shorts

- Settlers used its sap, in raw form, as a tonic for coughs and liver or kidney problems.
- The Anglo-Saxons discovered that the wood was excellent for high quality carving and began using it for musical instruments.
- Native American religions used the maple as a base for much of its natural medicinal remedies.
- The Old Welsh tradition of carving love spoons were, in the beginning, only done with the wood of the maple.
- Early farmers around the Alps considered the maple with farming as a whole and ate from it in many dishes, especially the leaves in salad.
- The Trojan horse was made of maple wood according to the Roman grammarian Servius in 400ce.



### Variety Specific Healing Properties

#### Red Maple

Cheer, new beginnings, assures one to be outgoing, positive relationships, aids in social skills.

#### Sugar Maple

Obtain or maintain uniqueness, brings out positive qualities, encourages interaction, heightens unconditional love.

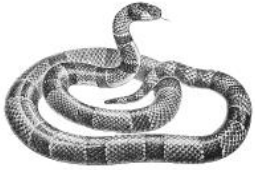
#### Silver Maple

Release disappointment, heightens love for yourself, connects you with people, focuses on your own strengths.

---

## Magic Mask of Animals

**The Snake** is probably the most widely revered of all creatures because it embodies many forces. It is associated with primal waters, the underworld, and magical underground homes.



The Roman God of medicine is a snake coiled around a rod and can still be seen today as a sign of health.

### Snake Omens

- A snake crawling from left to right could mean something bad is on the way.
- A snake crawling from the front side means you will soon get angry.
- To see a black snake before entering a building is a sign you will win over an enemy.
- A black cobra with its hood raised is a sign of wealth and good things to come.
- Seeing a snake before going on a journey brings bad luck.
- While on a journey, to see a snake and then a donkey will assure you something good is on the way.



The Chinese Zodiac contains a snake as one of the 12 animals that visited Buddha, on his invitation.

### Snake Connections in the Past

Quetzalcoatl—He was a feathered snake highly revered by many different tribes and nations. The Aztecs considered him the patron God. The Mesopotamians worshipped a feathered serpent god as well.

Medusa—The most beautiful of 3 gorgon sisters who was courted by Poseidon. Another god became angry with her and turned her hair to snakes. After the curse, anyone that looked at Medusa turned to stone.

Cerberus—A Greek hound of Hades, who assured souls could enter and none left, had snakes for a tail and mane.

*\* There are many others that are connected with the serpent or snake. Take some time to find at least one more and learn about him or her.*



The Pueblo peoples of America had a stick representing the snake in the shape of a lightning bolt. It was used during rituals and as an aid to bring rain.

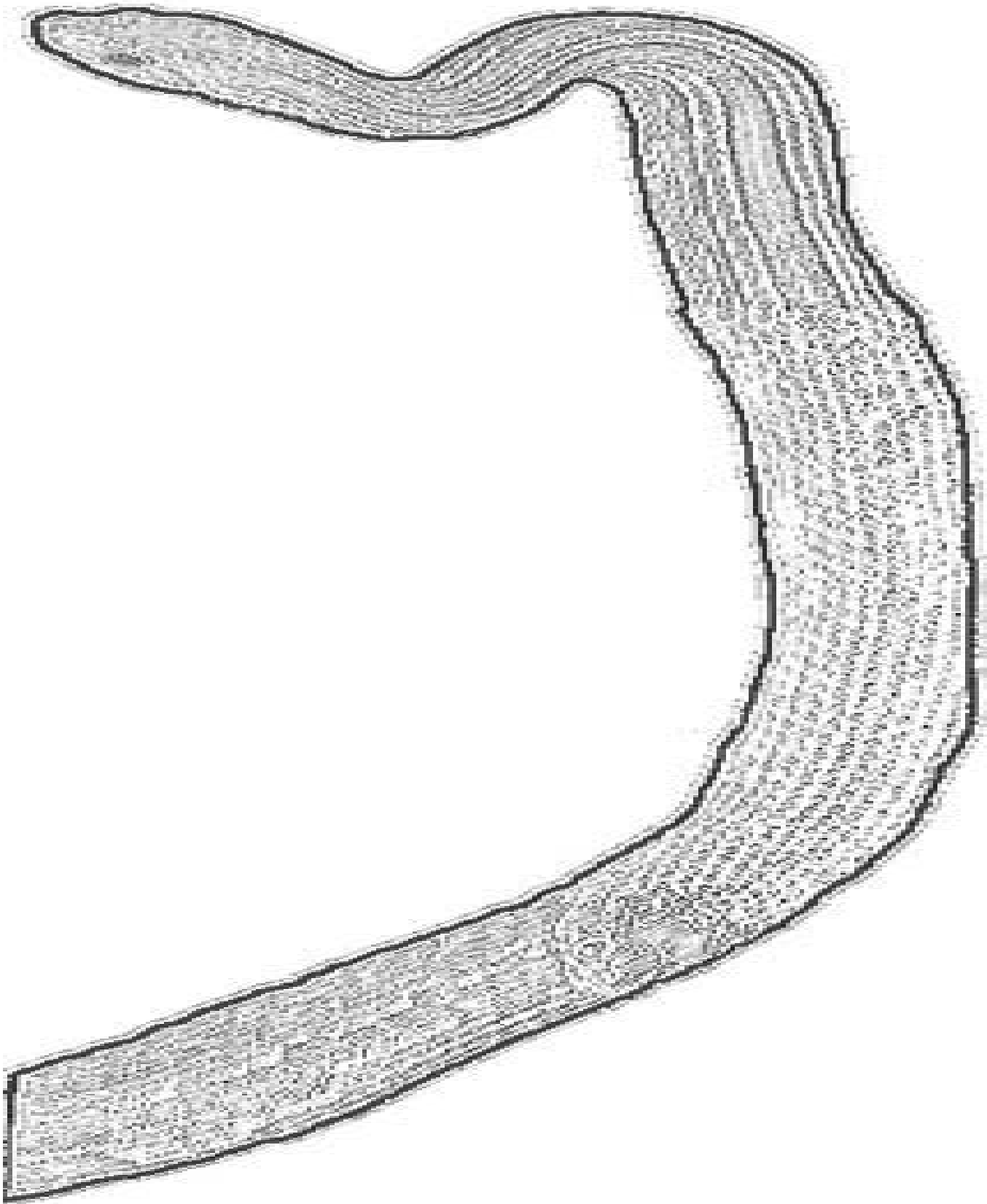


In the game of Snakes & Ladders the snake represents a negative power and misfortune.

### Dreaming of the Snake

Each specific kind of snake has a special message of its own that is sent through dreams. The actions and or situation in dreams where snakes are involved send a different message. Some of the most common are listed here.

- Coiling itself around you could mean that you are going to be put in a situation that you have no escape.
- Handling a snake might be telling you that you will conquer a problem.
- Stepping on a snake may be telling you of an unseen problem to come.
- Playing with snakes is a sign that you will have trouble separating your friends from enemies.



Looking closely at a snake as it sheds its skin will show the signs of rebirth.

---

## Simply Crystals

In this issue and the next, we will be covering the crystals that can form the backbone of any crystal-related practice.

As you can see below, we will be looking at nine different crystals in today's issue. You can print out this page to look at while going through the following pages. These crystals are easily found in shops these days and are usually inexpensive. When choosing a crystal, pick the one that draws you to it rather than the biggest or most colourful. Listen to your instincts and you will find that a crystal will stand out to you. Pick that one and take it home. Don't forget to cleanse your crystals before working with them.



**Citrine**



**Rose Quartz**



**Hematite**



**Turquoise**



**Clear Quartz**



**Amethyst**



**Obsidian**



**Smokey Quartz**



**Malachite**

*Crystal Healing is an acquired art and shouldn't be practiced without parental permission and/or guidance.*

## Simply Crystals....Continued

### Cleansing Crystals

There are numerous ways of cleansing your crystals. Some crystals require special care if they are delicate in some way, but most crystals can be cleansed using the Elements of Earth, Air, Fire, and Water. An easy way of cleansing your crystals is to leave them out in the Sun or Moon. Both the Sun and Moon will cleanse your crystal, as well as filling it with positive energy. Fire cleansing should only be used in special circumstances.

To cleanse with Air, light an incense stick (with help from your parents) and hold the crystal in the smoke for a count of nine. The crystal should feel nicer to hold afterwards.

To cleanse with Water, hold your crystal in running water such as a stream or, in a pinch, a tap source.

To cleanse with Earth, bury your crystal in the Earth and ask the Goddess to cleanse it. You may need to leave your crystal for some time. This works especially well with overworked and stressed out crystals.



**Clear Quartz**

**Color:** Clear, transparent.

**Chakra:** Brow and crown

**Elements:** Fire and Water

**Healing Properties:** Pain relief when rubbed on or near area.

**Magickal Properties:** Protection, healing, psychic, power.

**Care:** This crystal can be easily cleansed by various methods. Place in the sun for a few hours to cleanse and charge this crystal.

This crystal is very flexible in its uses. It can be substituted for practically any other crystal. It takes the intention of the person very easily and can be charged for specific purposes.

**Color:** Pale lilac and lavender to dark purple. Translucent to transparent.

**Chakra:** Crown

**Element:** Water

**Healing Properties:** Relieves headaches and eyestrain and prevents insomnia and nightmares.

**Magickal Properties:** Dreams, healing, psychic, peace, love, protection from thieves, courage, and happiness.

Amethyst is great for meditation and clearing your head as it helps bring peace and calmness to the mind. When you feel anxious, hold an amethyst in your left hand and let the peaceful energies sink into you.



**Amethyst**

**Color:** Salmon pink to pale pink.

**Chakra:** Heart

**Elements:** Water

**Healing Properties:** Eases pain and tension, speeds healing of bruises.

**Magickal Properties:** Attract love, promote peace, happiness and fidelity in established relationships.

**Care:** Treat in a similar way to clear quartz.



**Rose Quartz**

Rose quartz is known as the children's stone for its gentle powers. It soothes the heart physically and emotionally and keeps nightmares at bay. It also soothes childhood traumas in adults.



---

## Simply Crystals....Continued

**Color:** Green with black or dark green stripes.

**Chakra:** Brow

**Elements:** Earth

**Healing Properties:** Draws out pain, inflammation, depression, anger.

**Magickal Properties:** Power, protection, love, peace, and business success.



**Malachite**

Malachite is very good for relieving pain but can also be used for protection, particularly that of children. Pendants of malachite are worn to guard against negativity and dangers. Malachite is a traveler's guardian stone and is said to be particularly powerful in preventing falls.



**Smokey Quartz**

**Color:** Grey to dark grey and black.

**Chakra:** Solar plexus

**Elements:** Earth and Fire

**Healing Properties:** Alleviates depression and anxiety and lifts mood.

**Magickal Properties:** Removes negative influences and is a good grounding stone.

**Care:** Treat similar to clear quartz.

Put a piece of smoky quartz next to your computer. It will absorb the electrostatic coming off it. Smokey quartz was also used for crystal balls for divination in the past as the dark interior was perfect for this.

**Color:** Sparkling yellow.

**Chakra:** Solar plexus

**Elements:** Fire

**Healing Properties:** Clears energy blockages and detoxifies the chakras.

**Magickal Properties:** Anti-nightmare, protection, and psychic.

Citrine can be worn at night to dispel nightmares. Citrine is also very good at removing negativity so it is very protective. Wearing or carrying a piece of citrine will prevent you from taking negativity from others. Citrine also helps clear your mind of muddle and get you thinking clearly. It helps improve your memory as a result.



**Citrine**

### Recommended further reading:

*Crystal Healing Essentials* by Cassandra Eason. Foulsham Press, England. (2002) - Simple information, easily accessible.

*Cunningham's Encyclopedia of Crystal, Gem and Metal Magic* by Scott Cunningham. Llewellyn Worldwide, St. Paul MN. (2002) - More in-depth information. A good reference for learners.

*The Crystal Bible: A Definitive Guide to Crystals* by Judy Hall. Godfield Press. (2003) - A simple reference for easy identification.

Images of crystals taken from:

Amethyst: [www.jewelinfo4u.com](http://www.jewelinfo4u.com)

Clear Quartz: [www.fengshuifusion.com](http://www.fengshuifusion.com)

Rose Quartz: [www-gems.com](http://www-gems.com)

Hematite: [www.geology.neab.net](http://www.geology.neab.net)

Obsidian: [www.es.ucl.ac.uk](http://www.es.ucl.ac.uk)

Citrine: [www.fengshuifusion.com](http://www.fengshuifusion.com)

Malachite: [www.greatrough.com](http://www.greatrough.com)

Smokey Quartz: [www.mineral.miners.com](http://www.mineral.miners.com)

Turquoise: [www.cabbers.com](http://www.cabbers.com)

---

## Simply Crystals....Continued



**Turquoise**

**Color:** Light blue to greeny blue.

**Chakra:** Throat

**Element:** Earth

**Healing Properties:** Clears the system of any impurities and helps any food related illnesses and disorders.

**Magickal Properties:** Protection, courage, friendship, healing, luck.

Turquoise rings and pendants are worn to promote and protect the health; blue candles surrounded with turquoise are visualized to speed the healing process. The stone is said to prevent migraines when worn.



**Hematite**

**Color:** Silver grey/black brilliance.

**Chakra:** Root

**Elements:** Fire

**Healing Properties:** Protects from physical and emotional draining.

**Magickal Properties:** Healing, grounding, and divination

Hematite is good for grounding energy when you are feeling anxious and hectic. It also dissolves negativity and changes it into positive energy.

It can be easily used in meditation as it prevents you from going too deeply into the meditation. It grounds you and brings a peaceful tranquility.



**Obsidian**

**Color:** Black with faint banding.

**Chakra:** Root

**Elements:** Fire

**Healing Properties:** Brings light and relieves sadness.

**Magickal Properties:** Protection, grounding, divination, and peace.

Obsidian is lava that has cooled too fast for minerals to form and is actually a type of natural glass.

Obsidian is useful in protective rituals. Surround a white candle with four obsidian arrowheads, each pointing in one of the directions. Light the candle and imagine the crystals forming a protective circle.

### Crystals and Children

We often use our instincts to guide us in our choice of crystal with which to work. Sometimes, we can even use our intuition to tell us which of our crystals to use when we are hurting or confused. Children are much more aware of, and in tune with, their instincts so it makes sense that they can work easily with crystals.

Even young children can use crystals safely as long as the crystals are smooth and not too small. For small children, palm stones are a perfect solution. They fit in an adult palm and are smoothed for easy handling. For slightly older children, rough crystals can be introduced. Don't be alarmed if they sniff at or want to taste the crystals; children learn by doing and this is part of a process.

Children will often pick up a crystal and instinctively hold it to a part of them that is sore. They will rub it over the spot and then put it down again and tell you they feel better. This is crystal healing at its most basic form. If a child offers to help rub something better with a crystal, take the offer. They will know when it is enough and when to stop without draining themselves. They will also feel that they have helped you and it reinforces their confidence in themselves. Watch how your children are with the crystals. We can all learn something about how crystals work from watching children play with them.

Some crystals work especially well with and for children. While not all of them are listed in this class, they are usually easy to find. These crystals are all easy to work with instinctively. Sometimes, a child will pick a special crystal. They will be attracted to it and want to keep it with them. This will become a useful stone for meditation and centering later on, as they will have already formed a bond that helps them. Be prepared to buy several of this stone as crystals can often go missing in the strangest ways. When this happens, get your child to say thank you for all the help the stone has given and then select a new stone. Have them imagine the old crystal connecting to the new one then connecting to them. Then, have them carry the crystal around with them.

# The English Path

## Touch of Vocabulary/Spelling

Use the following list for spelling and vocabulary as needed.

1. **Blessed Be** - A greeting or farewell phrase used by many Pagans, especially Witches & Wiccans
2. **Chalice** - a drinking cup used in rituals and ceremonies by many Pagans containing both a stem, bowl, and base.
3. **Divination** - the act of foretelling the future usually with a tool one has connected with or trained to read.
4. **Folklore** - popular superstitions and beliefs that developed into a legend or story involving supernatural beings.
5. **Mythology** - a collection of myths from a certain culture or time period.
6. **Oath** - a promise or announcement that is made in the name of truth.
7. **Pantheon** - a group of Gods and Goddess' who are worshipped collectively (Greek Pantheon, Celtic Pantheon, etc...)
8. **Prayer** - the act of addressing a deity or spirit usually in ceremonial form.
9. **Rebirth** - a Pagan term meaning reincarnation or spiritual awakening.
10. **Summerland** - A place where souls go after death in many religions including Wicca

## Writing Assignment

*Spend the month working on one writing assignment. Adjust this assignment accordingly: practice writing the answer until it is neat and has no errors, give a verbal presentation with your answer, write an essay, whatever works for you..*

### How do you connect with nature?

## Creative Corner

With summer gazing in our doors, now is the time to really connect with it. Reading and writing can do this job for you and/or enhance the great outdoors through experience and knowledge.

Read two stories about summer, one should be fiction and one mythology. Make sure to read them on a sunny day near an area that could resemble some portion of the story.

Read two poems of your choice; one about summer as a whole and one about something specific showing the effects of summer (flower blooming, bee working, etc...). As you read them, again be near a natural source that can connect with what you are reading.

After the 'reading excursion' with written work on summer spend at least two more outings where you just sit, observe, and connect with summer's energy. Be sure to do this in different locations so you won't become distracted or bored with the things you see.

You will need to write your own thing next. Choose what type of writing you will do; free writing, journal entry, short story, poem, etc... Go to a place you have been or even a new one during the time that nature holds the most inspiration for you to do your writing. To add to this experience you can use special paper, notebook, pen, or even scented item.

When you have completed your writing compare it to some you have done in the past, on or close to the same subject. It is important for a writer to research more than facts; smells, energy, feelings, etc... bring a new light to writing.

I am sure feeling summer will give your writing something special.

## Word Play

**Skrying** and **Scrying** are words which may cause confusion to people. This is why:

Although the words can be pronounced close to the same, their meanings are very different.

When you travel to another plane or protect a part of you in that world, it is known as Skrying.

There is a form of divination where different, common tools are used to read and that form is called Scrying.

---

**Pagan People**  
**Zsuzsanna “Z” Emese Budapest**

**The Interview**

**How long have you been a Pagan and what path do you follow?**

*I was born into a pagan family, the origin of my practice, however, was not formal until I was 30 years old*

**Were you raised in a Pagan home?**

*Yes. My mother was an altar builder; she created Goddess statues and home altars for the folk.*

**Do you teach your children about Paganism?**

*Yes, but it didn't take except when they are in love. Then they burn red candles.*

**What inspired you to contribute to the Pagan world in the way you have?**

*Feminism inspired me. I thought I was creating a feminist spirituality unknown until I came along. I enjoy being original.*

**What is your favorite Pagan holiday and how do you celebrate it?**

*I really like the fall Equinox. The weather is warm, balmy, it can be held outdoors. I celebrate it with the usual circle, singing a lot, and dancing.*

**What advice or message would you tell today's Pagan kids?**

*Nature is our big book of sacred knowledge. More you study nature, more respect you have for our wonderful planet.*

<http://www.zbudapest.com/>

Credited with founding and spreading the Women's Spirituality Movement, Z. Budapest was born in Hungary near the studios that made Hungarian films. She has worked in various roles within the Entertainment world and is still active to this day. Her latest project is *Femina Nation*.

One of the main forces behind Women's Spirituality, she founded and sponsors the Dianic University which teaches about the Dianic Wiccan Tradition.

Z. Budapest wrote the very well-known chant below. Sung all over the world, it has come to be a unifying chant for many pagans.

“We all come from the Goddess  
And to her we shall return  
Like a drop of rain  
Flowing to the Ocean.”

**Research Questions**

Look up ‘Dianic Wicca’. What do you understand it to be?

Women's spirituality has grown as a movement. Why do you think this is? What happened at the same time in society? Could these be linked?

Z. Budapest grew up in a Pagan home. How is her upbringing similar to yours? How is it different?

# Z. Budapest



## Symbol Sudoku

### Mayan Month Signs

(as used in Mayan Inscriptions)

The symbols of the month are listed to the side of the Sudoku puzzle. Make your own flash cards or artistic designs using them within the month to aid you in remembering them.  
*Answers in next issue*

**Symbol Key**

Yaxkin	
	Uo
Mol	
	Tzec
Chen	
	Ceh
Zip	
	Cumhu
Kankin	


### Expand The Puzzle

These are only a few of the actual symbols used as month signs in ancient Mayan inscriptions, there are in fact 19 of them. See if you can find out what the rest of the 19 symbols look like. Please note they will be harder to draw, the easier ones are here.

## Celtic Corner

### The Celtic Calendar

The actual calendar the ancient Celts used may be lost forever. Historians and archeologists have tried to piece together the actual calendar used. They, along with today's Pagan scholars have basically split into two different view points; The Coligny Calendar and the Celtic Tree Calendar.

No matter which version of the calendar is used it is a belief that the ancient Celts celebrated Imbolc, Beltane, Lughnassadh, and Samhain, today they can also be known as fire holidays or high days. There is some evidence that they also celebrated the solstices and equinoxes, but they were known as "mid" days (midwinter, midsummer, midautumn, midspring), some consider them low days today.

### The Celtic Tongue

Sun

**Irish:** sion

**Old Irish:** sin

**Welsh:** hin

**Cornish:** glaw

**Breton:** hynon

Both calendars are very complex and hard to understand, however, an overview of each will be explained here.

### The Coligny Calendar

The calendar is in sync with the sun and moon cycles. The Coligny calendar was an actual physical find; it was made of bronze dating back to first century BCE. The tablet itself was to be used by the ancient Gauls, but contains Roman numbers (showing there was roman influence in it).

The calendar has 12 months and runs on a 25 year cycle. Every 2 1/2 years an extra month is added. This is done to keep the calendar even with the moon.

Samonios (Summer)	November	30 days
Dumannios (Dark)	December	29 days
Riuos (Frost)	January	30 days
Anagantios	February	29 days
Ogonios	March	30 days
Cutios (Rain)	April	30 days
Gianonios (Water)	May	29 days
Simivisonnos (Semi-Spring)	June	30 days
Equos (Horse)	July	29 days
Elembivios	August	29 days
Edriinios (Heat)	September	30 days
Cantlos (Song)	October	29 days
Ciallos—Floating Month		30 days

\* It is believed a new cycle of the Coligny calendar started in 1999. Figure out what years would have the extra month starting with that date.

### The Celtic Tree Calendar

The calendar is based on the ogham alphabet and introduced as a solid calendar by Edward Davies (Iolo Morgannwg's partner) somewhere around the 16th to the 19th century. It is believed that the ancient Celts actually wrote in Ogham and this carried over to their calendar.

The calendar itself has 13 months and each are named after a tree starting with Beth. Here is how the calendar compares to the one we use today.

Birch (Beth)	Dec.24—Jan. 20
Rowan (Luis)	Jan. 21—Feb. 17
Ash (Nion)	Feb. 18—Mar. 17
Alder (Fearn)	Mar. 18—Apr. 14
Willow (Saille)	Apr. 15—May 12
Hawthorn (Uath)	May 13—Jun. 9
Oak (Duir)	Jun. 10—July 7
Holly (Tinne)	Jun. 8—Aug. 4
Hazel (Coll)	Aug. 5—Sep. 1
Vine (Muin)	Sep. 2—Sep. 29
Ivy (Gort)	Sep. 30—Oct 27
Reed (Ngetal)	Oct. 28—Nov. 24
Elder (Ruis)	Nov. 25—Dec 22

\* Dec. 23 is not ruled by any tree, it is just a day before the new year. It is believed this is where the year and a day was determined by the courts.

***Keep in mind that both calendars are in dispute so dates that are shown may not be completely accurate.***

Do your own research and determine which Celtic calendar you will follow. Take down this year's calendar and mark the Celtic months according to that calendar.

---

## Middle Magic

Hi there!!

This page is for those of you who would like to know a little more about practicing ritual and magic. Over the coming months (and years, hopefully), we will look at various aspects of working in a spiritual way.

There are a couple of things to go over before we get started. First, talk to your caregiver about what it is you want to do with the things we talk about here. Second, get yourself a book in which to write it all down. This will help you remember what you have done. Last but not least, enjoy yourself!

### Protection and Cleansing

Key to the practice of any sort of activity is knowing how to defend against things if they go wrong. This is especially true with Magic or any type of energy practice. In the last issue, we talked about grounding. Grounding helps with protection, as when you really know yourself, you can better tell when something is wrong and knowing is the first step in problem-solving.

Part of protection is learning how to clear out the negative energy we hold on to. This happens for many reasons and sometimes can't be helped. Cleansing and protection go hand-in-hand to help us feel more secure and grounded. These three things combine to form the basis of any spiritual or energy work.

#### Your turn!

There are lots of exercises online and in books. The key is to discover which make you feel safe and comfortable

Talk to your caregiver about what you have found. See what he or she thinks about them. Work together to find methods that make you all feel safe.

#### A simple exercise

Think back (or look back) to last issue's Correspondence Journal on Chakras. There is a simple exercise for working with your chakras. Run through that exercise. How do you feel before and afterwards? That exercise can be used for cleansing your energy.

A variation can be used to protect yourself. At the point where you have the colours all around you, imagine them becoming a solid white light. You are safe and warm inside this 'egg'. When you feel unsafe, remember that white egg and call it up around you. With time, you will find that it becomes easy.

#### Using Crystals for Protection

For an easy way to protect your energy from others, you can use crystals. In this issue, there is an article on crystals.

To protect yourself, keep your chosen crystal with you. Imagine you are on a hill, at the top of the hill is a large version of your crystal. Walk up to it. Touch it. Imagine it opening up to you and inviting you to take shelter within it. You step inside. It is warm and safe. You can see out through the crystal but others can not see in. The crystal closes behind you to keep you safe. Keep your crystal with you to remind you of that safe feeling.

To protect an area, place four crystals at the cardinal points of a circle around the area. Ask the crystals to protect you. When you want to remove the crystals, remember to thank them and then cleanse them.

#### Using Incense for Cleansing

You may have heard of 'smudging.' Smudging is using incense or burnt herbs to cleanse something, whether it is a person, a room, or a crystal. Incense is often the safest to use and can be vacuumed up.

Light the incense (Jasmine or Lavender are good). Carefully wave it around you in a clockwise direction. Imagine the smoke clearing out the dirt and negativity from your aura.

#### You tell us!

What would *you* like to see on this page?

Drop me a line to: [petra@paganmoonbeams.com](mailto:petra@paganmoonbeams.com)

Looking forward to hearing from you!

## YOUNG PAGANS

### Vegetarian Recipe Fruit Salsa and Cinnamon Chips

#### Ingredients:

##### *For the Salsa*

- 2 kiwis, peeled and diced
- 2 Golden Delicious apples - peeled, cored and diced
- 225g/8oz. Raspberries
- 444g/1lb. Strawberries
- 25g/2tbsp. White sugar
- 15g/1tbsp. Brown sugar
- 60g/3tbsp. Fruit preserves, any flavour

##### *For the Chips*

- 10 (10inch) flour tortillas
- Butter cooking spray
- 400g/2 cups cinnamon sugar (add 4 tbsp. cinnamon to 400g/2cups of sugar)

#### Method:

1. In a large bowl, thoroughly mix all the salsa ingredients. Cover and chill in the refrigerator for at least 15 minutes.
2. Preheat oven to 175 degrees C/350 degrees F.
3. Coat one side of each flour tortilla with the cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet.
4. Sprinkle wedges with the desired amount of cinnamon sugar and spray again with the cooking spray.
5. Bake in the preheated oven for 8 to 10 minutes. Repeat steps 3 and 4 with any remaining tortilla wedges.
6. Allow to cool for approximately 15 minutes and serve with chilled fruit salsa.

### Omens

A dog following you home is a good omen.  
A feather that falls in your lap is a gift from the bird.



Image courtesy of:  
[www.davidrankineart.com](http://www.davidrankineart.com)

### Simple Happy Tip

At the end of each day, think of three things that went well and write them down. Take pleasure in the small things that happen.



### QUOTE

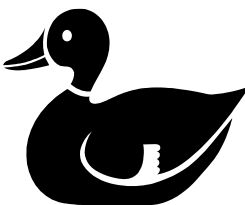
Families are like fudge -  
mostly sweet with a few nuts.  
*Author Unknown*



## YOUNG PAGANS

### FENG SHUI TIP

Open your windows for 20 minutes a day to allow fresh Chi to come in.



As Kay Bee is no longer available, drop me a line at:

[Petra@paganmoonbeams.com](mailto:Petra@paganmoonbeams.com)

## Bullying

### What is bullying?

Bullying happens. It's sad, but true. We often see in the media stories about children who have been bullied and tormented to the point that they run away from home or worse. The question is: what is bullying?

Bullying is when someone says or does something repeatedly to get power over someone else. It can take many different forms. Some ways that bullying happens are: calling names, spreading rumours about someone, getting others to avoid someone, not letting someone join in activities, hitting or punching someone, taking someone's things, and the list goes on. Another form of bullying is when someone makes fun of your religious customs. This can often happen to pagans, as people don't really understand what Paganism is.

### So what can you do?

Before you can do anything, you need to understand why bullying happens. First of all, it's important to remember that bullying is not really about the victim, it's about the bully. It sounds strange, but it's true. The bully is making up for something in his or her own life he or she doesn't like. Remember, bullying is about the bully getting some power. This means that the bully feels powerless in her or his life.

So to tackle bullying, you must take the power back. It may sound really hard, but the bully is usually trying to get a response, so don't give her or him one. Talk to someone you trust; it can be a friend, your parents, an aunt or uncle. If you are at school, then it could be a teacher. They can help you to solve the problem together. It might help to keep a diary of what is happening so you can explain what is happening clearly. Often we feel out of control when we are being bullied, so find a way to centre yourself and speak about it calmly. If you sound calm, you can be understood much better.

There are lots and lots of websites out there to help you if you are bullied. Don't forget, knowledge is power and finding out more can often be the first step to regaining your power.

### Being Assertive

One of the key points of dealing with bullies is being assertive. This means treating another person with respect while having the courage to stand up for yourself. This is different from being aggressive, which means pushing your views onto other people with no respect for how they feel. Think about your everyday life. When do you see people being assertive? When are they being aggressive? What is the difference in how these people are treated?

#### Some links for further information.

Bullying in the US:

<http://loveourchildrenusa.org/bullying.php>

Bullying in the UK:

[http://www.bullying.co.uk/young\\_people/index.aspx](http://www.bullying.co.uk/young_people/index.aspx)

Booklet on bullying: [http://www.citizenship-pieces.org.uk/downloads/pdf/Bullying%20\(KS2\).pdf](http://www.citizenship-pieces.org.uk/downloads/pdf/Bullying%20(KS2).pdf)

### Someday

by Esther R. S.

someday i'll find the piece of me they buried in the ground,  
the piece that kept me warm inside, the certain pride i found,

i once was happy and full of life, not one tear i ever cried  
but when they broke my confidence, i had to run and hide,

i hear their footsteps linger, throughout each hallway floor,  
so much bitchy conversation, i had to close the door,

someday i'll be myself again, no bullies will bleed me dry,  
someday i'll find no darkened days, just a clear blue sky....

Taken from: [The Writer Circle](#)

# YOUNG PAGANS

## MUSIC LIST

Alexian  
Emerald Rose  
Laura Powers

TRUST  
POWER  
BULLY  
HARM  
NAMES  
ASSERTIVE  
CENTRE  
CALM  
TALK

## Bullying Wordsearch

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

## Book of the Month

### *Tribes*

By Catherine MacPhail

Kevin is determined to never join a gang, but when he crosses paths with the Tribes Gang, he finds himself drawn in.

He plans to tell everyone about the gang, but once in the gang it's very hard to get out.

### AGES

Young Adult  
(12 years and over)



## RIDDLES

1. What gets wetter the more it dries?
2. The more you take, the more you leave behind.

The answers are on the following page.

## ~ONLY ONE EARTH~ CDs

CDs are a part of our everyday lives. We get them in the post from internet companies and they come free with newspapers, but when your favourite CD is beyond repair what can you do? CDs are not biodegradable so we have to find ways to reuse them.

### What you can do:

Turn your old CDs into reflective door screens by tying them together with pretty string. They can also be used outside for scaring birds if your parents have a vegetable patch. Look online for people who recycle CDs into new things.

## Your views, please!

Hi there!

I've been wondering what to call this section of Moonbeams. I could think of lots of names but nothing really sounded good. I am trying Young Pagans for now, but I would like something better. Here's where you, my readers, come in. Email me your ideas and suggestions for a title and we can pick one.

In August, we will be changing things a bit here and I would like to hear what sort of thing you guys want. Look forward to hearing from you.

Petra

## WHAT I'VE LEARNED

**That my best friend and I can do anything or nothing and have the best time.**

## YOUNG PAGANS

### Coming Out of the Broom Closet: Friends

Your family knows you are pagan, but your friends don't really. You might have mentioned magic and witches in passing, but you haven't actually told them and now you want them to know.

First of all, why do you want to tell them? Is it because you want to be honest and open with them? Or is it for some other reason? You need to think carefully about why you want to tell people you are Pagan. If you don't have good motivations, maybe you would be better off keeping it to yourself a bit longer.

How you prepare the way for telling your friends will make a difference in how they react. Imagine if a person you knew suddenly told you something completely unexpected. How would you react? Would you be surprised? The same is true for your friends when you tell them about being Pagan. If you have never mentioned your beliefs before they will be surprised. If you know your friends hold strong beliefs themselves, be respectful. If things go completely wrong, ask yourself if they are really good friends after all.



#### Some dos and don'ts to think about:

Do: Think about why you want to tell your friends.

Do: Find out what your friends think and believe in.

Do: Be respectful about how you tell your friends.

Do: Give them time to adjust to this new information.

Don't: Take it personally if they react badly. It might just be that their background makes your beliefs sound scary.

Do: Remember that friends change and that sometimes we have to go our separate ways.

Do: Talk to your parents if things become too uncomfortable.

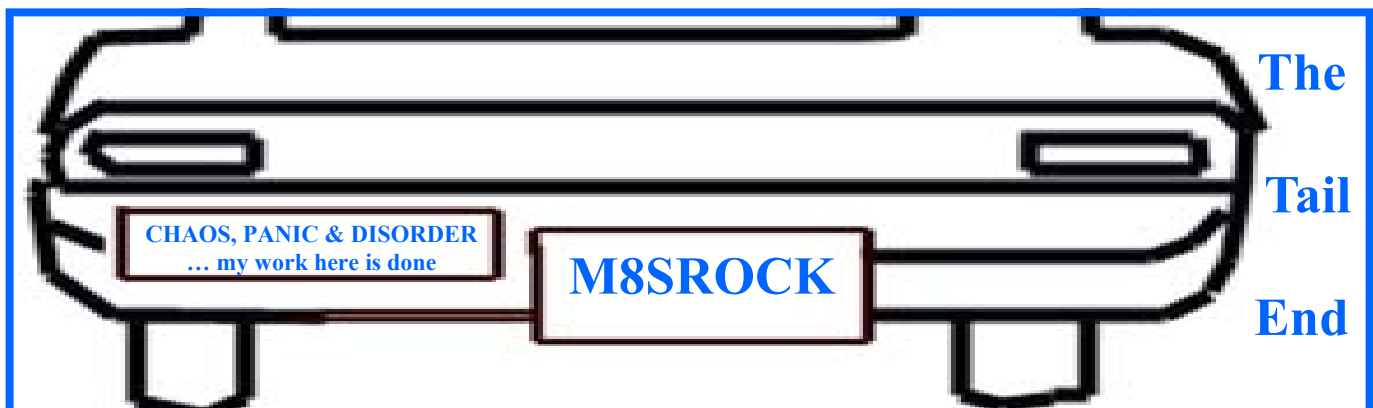
Do: Be honest with yourself.

#### Some useful sites

Young Pagan Essays from Witchvox - Coming out of the broom closet.  
[http://www.witchvox.com/va/dt\\_va.html?a=usmd&c=teen&id=9886](http://www.witchvox.com/va/dt_va.html?a=usmd&c=teen&id=9886)

Coming Out of the Broom Closet by Lady Badria  
[http://www.themystica.com/mystica/writings/coming\\_out\\_of\\_the\\_broom\\_closet.html](http://www.themystica.com/mystica/writings/coming_out_of_the_broom_closet.html)

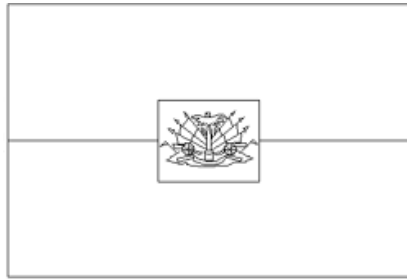
Most articles talk about telling your family, but the same ideas can be applied to telling your friends.



Answer to Riddles. 1. A towel. 2. Footsteps

## Global Beliefs

# H



Color the  
Haiti  
flag.

*Voodoo*  
*Roman Catholicism*  
*Protestantism*

# a

**Most Haitians** call themselves Roman Catholics although in the eyes of those not living in Haiti they practice more Voodoo than any other religion. This is because the form of religion that is followed is a mesh of the two religions and it seems that the Voodoo part of the combination is more prevalent.

### Voodoo Practices

- Creole drums are played in Church services
- Daily life surrounds family spirits called Laua or Misté which are determined by lineage on both the mother and fathers side
- Two holidays surrounding the family spirits are celebrated; one each year and one every generation.
- Great care and respect are undergone when dealing with the dead. Elaborate funerals and tombs are held and it is believed that even after death they can bring bad luck and communicate warnings of things in the future.
- Bobó's (sorcery and magic experts) are used to aid in finding the source of misfortune and to heal sickness. A secret society has been formed for those in this field.

### Catholic Practices

- Church is attended on Sundays and sometimes on Wednesday.
- Weddings are preformed in the church or by the priest.
- Prayers are said to God, usually on a daily or weekly basis.
- Candles are lit during Christian holidays in observance to its meaning.

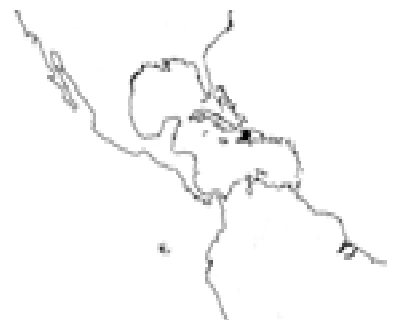
# i

# t

# i

**Protestant churches** can be found sprinkled along the Haiti land. The Haitians that have converted to Protestants have given up the believes in the family spirits. Most have converted because they feel the spirits unreal or feel that they have been let down by them. This does not mean other aspects of Voodoo were abandoned.

**François Duvalier**, one of Haiti's most religious influential presidents caused much havoc in religion. His goal was to convert all those following Voodoo to allow him to control all aspects of their lives. He opposed the Catholic church and its influence on Haitians more than any other president, so much so that he was thrown from the graces of the church. He welcomed the Protestants with open arms from the Americas in hopes to abolish the Catholic religion. Towards the end of Duvalier's rule all the Christian religions joined forces to .



## Craft – EE

### Summer Collages!

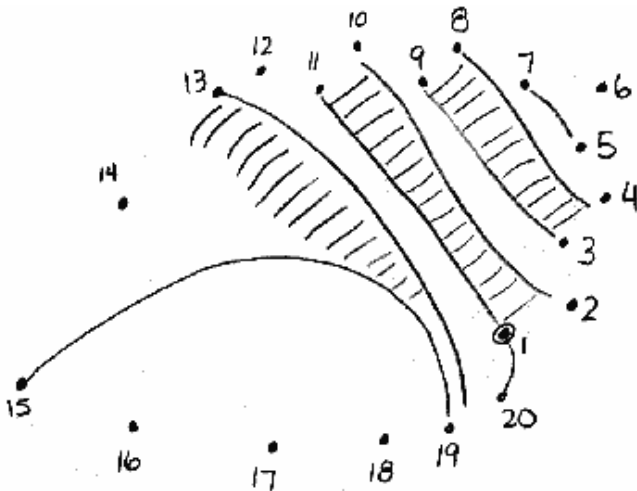
Collages are a great way of summing up how you feel about things. You can use them to make gifts, decorate boxes, and create personal pictures.

They can be as complicated or as simple as you want them to be. A collage is just a variety of pictures, things, and textures put together to make a whole picture.

#### What we need:

- A large piece of paper to stick things on
- Glue
- Lots of pictures from old magazines - be sure to ask your parents if they have finished with them
- Glitter
- Sequins
- Leaves
- Seeds
- Anything else you think will stick down well
- Some string and a piece of dowelling as wide as your piece of paper (if you want to hang it up)

Connect the dots to find something you might find on the beach.



**Knock 'em over with backyard bowling.** Find household items that will tumble over easily, such as empty cereal boxes, empty soda cans, and small stuffed toys and align them in a row like bowling pins, suggests Warner. Then, using a smaller ball for older kids and a bigger ball for the young ones, have the children roll the ball. They score a point for each object they knock down.

#### What do we do?

**Decide what you want to make your collage about. For this project, we will think about Summer.**

**Go on a hunt for materials for your collage.**

- If you go to the park or out with your parents to the countryside, ask if you can collect things for a collage.
- Look through magazines for Summer pictures.
- Do you have a crafts box? Hunt for natural looking things like wooden sticks.
- Look for different kinds of paper.

**Choose colours that go together.**

Find a colour wheel to help you. These can be found in all sorts of places. Some D.I.Y. shops have them or they can be found online.

**Choose textures that either match or contrast.**

This means ones that are the same or are the opposite. For example, something smooth like a piece of magazine paper next to something rough like homemade paper.

**Now start to put your picture together.**

Think about how things will look together. Leave the glue until you are sure you like how things look. With your parent's help, either cut or carefully tear around pictures you like. Experiment with where to put things. Swap it about until you are happy.

**Now pick up your glue and stick things down.**

Be careful how much glue you use. Wait for things to dry a bit before sticking something else on top or it will get too wet.

**When it is dry, use the string to glue a hanger on.**

Carefully wrap the top of your collage around the piece of dowelling and glue it down. Now glue a piece of string to the ends of the dowelling, tucking the ends of the string under the dowelling to make it extra secure.

For Sun colouring pages go here:

[http://www.coloringcastle.com/sun\\_coloring\\_pages.html](http://www.coloringcastle.com/sun_coloring_pages.html)

For Sun Mandala pictures go here:

[http://www.coloringcastle.com/mandala\\_coloring\\_pages.html](http://www.coloringcastle.com/mandala_coloring_pages.html)

# Taghairm's Apothecary

With Summer comes the usual problems: sunburn and tired, hot feet and bodies. Here are some recipes to take the ache out of Summer so you can really enjoy yourself.

## Easy Lavender Soap

- 10 tablespoons finely grated castile soap
- 8 tablespoons boiling water
- 2 tablespoons crushed dried lavender flowers
- 4 drops lavender oil

Melt the soap in the water in a bowl placed over a saucepan of hot water, stirring frequently, until smooth. Crush the flowers to a powder and take the bowl off the saucepan. Stir the flowers into the soap with the oil. Store in a glass or plastic bottle.

## Sunburn Reliever

- 20 drops Lavender essential oil
- 1 fluid ounce of Aloe Vera (available from health food shops)
- 1 fluid ounce of Distilled water (available from health food shops) or Purified Water

Add the Lavender oil to the Aloe Vera and Water in a spray bottle (available from chemists and some hardware shops). Shake well and spray on the affected area.

Note: Aloe Vera does best if kept cool in a fridge or cooler when out.

## For Tired, Achy Feet

- Almond oil - about 4 Tablespoons (or other carrier oil)
- Chamomile Essential Oil - a few drops (about 6)
- Rosemary Essential Oil - a few drops (about 4)
- Clary Sage Essential Oil - a few drops (about 4)

Put all the ingredients into a clean, dry jar. Put the lid on and shake well. Then, pour a little into your hands and rub on.

## Witch Hazel

Witch hazel comes in very handy in the Summer. It can be used to treat many of the bumps and bruises that come with Summer fun.

It reduces swelling and takes the sting out of insect bites. Dab some onto cotton wool and use.

## Indigestion

Indigestion always crops up with kids, especially during the holidays when they just want to run outside and play instead of eating their dinner.

Here are a few recipes to help:

- Drink peppermint tea or an infusion of half peppermint and half rosemary.
- An infusion of equal parts peppermint, camomile, and lemon balm is also useful.
- Make a tea of anise, caraway, and peppermint.

Recipes from:

<http://www.angelfire.com/realm2/amethystbt/herbalapothecary.html>

\*\*\*\*\*  
\* **Send me your family recipes!** \*  
\* Do you have a recipe or tip that you use to help \*  
\* around the house? If so, let me know. I'll \*  
\* print it here with your name. \*  
\* So, go on! Get in touch! \*  
\*\*\*\*\*

## Wound Wash

1. In 1/2 cup water, mix 5 drops each lavender and tea tree oil.
2. Dip cotton wool in the mixture and swab the area until clean of dirt and other impurities.

More recipes can be found at: <http://groups.msn.com/fullmoonparadise>

---

## Taghairm's Hearth

Summer is here!!! The weather is getting warmer, so here are some recipes to help cool you down again. Always remember to keep drinking lots of water when it is hot so you don't get poorly.

### Smoothies!

Smoothies are a great way to get a nice, cold drink and some tasty fruit as well. You will need to get help, as blenders have sharp blades and should be handled by an adult. You can help by breaking up soft fruit with your hands or peeling bananas and measuring out the ingredients.

### Recipes

#### Bananarama

1 banana, 1/2 cup vanilla yogurt, dash of milk

#### Mango Mania

1 mango (cut and pitted), 1/4 cup orange juice

#### Peach Medley

1 peach (cut and pitted), 1 banana, 1/4 cup orange juice

#### Berry Surprise

1/2 cup strawberries, 1/4 cup blueberries, 1/4 cup raspberries, 1/4 cup of milk

#### Strawberry Ice

1 cup strawberries, 1 cup orange juice, 1 cup crushed ice

#### Honey Melon

1 cup chopped honey dew melon pieces, 1/4 cup apple juice, tablespoon honey

What fruit do you like? Can you and your parents think of ways to combine your favourite fruits into a smoothie? When you find a good recipe, let me know!!!

While you are making the smoothies, why not make some frozen fruit as well for later?

**Make frozen fruit: freeze grapes, strawberries, bananas, or mashed-up watermelons. They'll be just right in about an hour.**

### Mango Berry Fruit Salad

#### INGREDIENTS

- 2 mangos - peeled, seeded, and diced
- 235 ml reduced fat raspberry vinaigrette salad dressing
- 440 g mixed torn salad greens
- 10 g chopped cilantro
- 40 g sliced red onion
- 60 g fresh raspberries
- 70 g fresh blackberries
- 75 g fresh strawberries, halved
- 70 g fresh blueberries
- 70 g toasted hazelnuts
- 115 g freshly grated Parmesan cheese

#### DIRECTIONS

1. Place 1 mango and the raspberry vinaigrette dressing in a blender and blend until liquefied.
2. In a bowl, toss the remaining mango, salad greens, cilantro, and onion. Drizzle with the dressing mixture. Top each serving with equal amounts of raspberries, blackberries, strawberries, blueberries, and hazelnuts. Sprinkle with Parmesan cheese.



Smoothie recipes taken from:

<http://www.activityvillage.co.uk/smoothies.htm>

Mango Berry Fruit Salad taken from:

<http://allrecipes.com/Recipe/Mango-Berry-Fruit-Salad/Detail.aspx>

---

## Taghairm's Classroom

Hi there! In this section, we will be looking at a recipe and figuring out how it all works together. Summer is here and with it comes the hot weather. For some of us, it can get too hot and we need to cool down. This recipe cools the skin to cool us down.

### Cooling Spray

#### Ingredients:

5 drops of Lavender essential oil  
1 drop of Peppermint essential oil  
1 cup of distilled or purified water

#### Method:

Add essential oils to the purified water in a spray bottle and shake well.

Spray on your arms and legs to help you cool down.

Note: Due to peppermint oil, do not spray on your face.

### So how does it all work?

The **Peppermint** is a key ingredient here. It has properties which cool you quickly. Think about when you put a mint in your mouth. Your mouth cools fast and the change in temperature makes you pause. The stronger the mint, the faster the cooling and the more dramatic the change.

The same is true on your skin. However, Peppermint oil is very strong, especially as an **Essential Oil**, which is a condensed version of the oil. Because of that, you need to only use small amounts. You should feel the effects very quickly.

The **Lavender** helps soothe the skin and repair it. When we get hot, our skin gets very dry and sometimes this can damage the skin. Lavender essential oil is very good at soothing the skin and relieving uncomfortable areas. While it is still strong, it is not as astringent as Peppermint so you can apply it directly onto your skin.

**Purified Water** is used so that, should there be any cuts or grazes on your skin you can't see, bacteria won't get in and make you ill. The purified water is cleaner than normal water, but only a little, so you don't need to worry about contaminants as much.

Cooling Spray recipe found at:  
<http://birchhillhappenings.com/cooling.htm>

### How to Purify Water

There are several ways to purify water.

#### Distilling

Distilling is one way. Distilled water is evaporated water (steam) that has been collected and then cooled to turn back into water. You can buy distillers for your home or buy ready distilled water from health shops or online.

#### Carbon Filtration

These are the carbon filters you see in shops. They remove impurities from the water by forcing the water through layers of carbon and 'catching' the impurities. This is one of the simpler ways of purifying water.

#### Boiling and cooling

Boiling water is one of the easiest ways of purifying water. The heat of the boiling water kills off any bacteria that might be in the water and breaks down impurities. Chilling the water after boiling it helps prevent any bacteria from growing again.

Different purifying methods get rid of different impurities better. For the purposes of the cooling spray, any of the methods above will be fine.

For more information on purification see:  
[http://en.wikipedia.org/wiki/Distilled\\_water](http://en.wikipedia.org/wiki/Distilled_water)

### Key Terms

**Peppermint:** A plant that can be found all over Europe and America. It grows almost anywhere and is often considered a weed.

**Lavender:** A plant that can also be found all over Europe and America. It has sweet smelling flowers that can be eaten or used in making potpourri and herb sachets.

**Essential Oil:** This is the flowers or leaves of a plant crushed until they give off a juice. This juice is then purified by distillation.

**Purified Water:** This is simply water that has been heated or filtered to remove impurities.



---

## Divination Roots

Most forms of divination seem to have its roots from a specific area. Check out below to see where some of the most common forms originated. Print up a world map and label it with the divinations that began there.

### Europe & the West

Cartomancy, better known as Tarot originated in Europe. The West gave the gift of Astrology. Greece and Rome contributed the form of Oracles that we use today. GalGal, a complicated divination form that uses cards containing very important names. Many different forms were created or widely introduced in this area by women counselors; many forms of scrying including with a crystal ball, tea-leaf reading and palmistry. Britain introduced many different forms as well; rhyme divination, length of life divination, marriage divination, and many forms of other divination that was introduced as children's games.

### Frozen North

Many different divinations were used in this area. The furthest back was that similar to ecstatic Shaman divinations known today.

### Celtic & Norse

Reading sticks and stones. Ogham or Ogam come from the Celtic world. The Norse world gave the gift of Runes.

### Africa

Southern Africa gave us bone divination. The Yoruba was the origin of the oracle divination.

### The Eastern World

The Mah Jongg was introduced by the Emperors. The I Ching's roots can be found in the ancient world of China. Dragon lines which can be considered a form of divination but is commonly known as Feng Shui can find its beginning in this area. Star lore, the night zodiac are a gift of India. Tibet brings forth many different forms of divination; Astrology, Omens in Dreams or appearances, Dream, bodies of water, casting of dice.

### Australia & New Zealand

The aborigines from Australia do have a very unique kind of divination, however, they are very private about it. What they do contribute to us, however, is the handing down of divination from person to person. The contribution from New Zealand are many; Dream Divination, Body Twitch Divination, and many forms of natural phenomenon connection to divination.

### The Americas

Native North American forms of divination derived from this area. Astrological divination was a gift of Ancient Mesoamerica as well.

### The World

There are forms of divination that just pop up all over the world and its origins or even getting close to it is almost impossible. Although there are many forms like this, the more larger ones are:

Numerology; among the different forms of this divination are using names, dots, the alphabet, dates, planets, and even a form that result in lucky numbers.

Geomancy

Dowsing using sticks, rods, or even a pendulum.

Dowsing

## June 2008 Pagan Calendar

1  
 Kalends of June  
 Carna  
 Syn  
 Tempestas  
 2  
 Mother Earth  
 Mother Shipton's Day  
 3  
 New Moon  
 4  
 Socrates  
 Egyptian Day  
 5  
 St. Gobnatt  
 7  
 Vesta  
 Nones of June  
 8  
 Mens  
 Lindisfarne Day  
 Egyptian Day  
 9  
 Vesta  
 Celtic Tree Month of Huath Ends  
 10  
 First Quarter Moon  
 Celtic Tree Month of Duir Commences  
 Egyptian Day  
 11  
 Fortuna  
 12  
 Goddess Month of Hera Ends  
 13  
 Athena  
 Alexander the Great  
 Goddess Month of Rosea Commences  
 14  
 Vidar St. Vitus  
 St. Dogmael  
 Runic Half-month of Dag Commences

15  
 Vestalia  
 Ides of June  
 16  
 Martyrdom of Guru Arjan Dev  
 17  
 Ludi Piscatari  
 St. Botolph  
 18  
 Full Moon  
 20  
 Iron Skegge  
 21  
 Summer Solstice  
 Midsummer  
 Litha  
 Alban Hefin  
 Seventh Station of the Year  
 All Heras  
 22  
 Egyptian Day  
 23  
 St. John's Eve  
 24  
 Fortuna  
 Old Midsummer  
 26  
 Last Quarter Moon  
 27  
 Initium Aestatis  
 Death of Julian the Blessed  
 28  
 Runic New Year's Eve  
 29  
 Runic New Year  
 Half-month of Feoh Commences  
 Petosiris

Don't forget this month is Father's Day and celebrated on June 15 in both the UK and US. Think of and thank your father, your favorite God, or forefathers this day.

**This month** is named after the Great Mother goddess Juno. This is to be a great month of marriage and wealth Can you name things below that are connected to this month?



FLOWER



STONE

**Flaming June** is said to be a determining factor in the weather for upcoming months. This is shown by Country Weather Lore:

**If June with bright sun is blessed,  
For harvest we will thank the goddess.**

Also: A wet June makes a dry September

UK friends, the best Pagan calendar for your area can be found @: <http://www.pagancalendar.co.uk/>

---

## U.S. Holidays 4 Month

### Pledge of Allegiance

Francis Bellamy, in August 1892, published his original works in The Youth's Companion (similar to today's Reader's Digest). His patriotic focused oath was prepared for a structured ceremony for Columbus Day and included rising of the flag.

Those words were:

I pledge allegiance to my flag and to the republic which it stands, one nation, indivisible with liberty and justice for all.

Many changes have been made to this original works by different people for their own reasons throughout the years. The first change was 'my' to 'the flag of the United States of America; which he openly protested and was ignored. President 1954 brought on the 'under God' change which was made by Congress turning a patriotic saying into an open prayer and something Bellamy surely would not have liked since he was literally thrown out of the Christian church for behavior not accepted by the church itself.

It is agreed that the patriotic view of the Pledge of Allegiance is something of great need and want, the Christian prayer portion of it has always been under debate. It was determined that no child would be forced to say it in public school in 1943, one year after it was officially recognized as the 'Pledge of Allegiance'. Even more recently, in 2002 a federal appeals court determined that reciting the pledge of allegiance in public schools is unconstitutional, that ruling was reconfirmed a year later.

Francis Bellamy, the original writer of the Pledge of Allegiance is a very interesting man. He claimed to be Christian but didn't follow 'the norm' for the religion at the time. He was more about standing up for what was right and just. Learn more about him and the things he did and stood for, many lessons can be learned by all his actions.

\* Know that both flag day and the Pledge of Allegiance will be celebrated in this month.

June 17-25 is National River Clean-Up Week. Do your part in helping local rivers stay clean by joining a group near you. See the American Rivers website to do a search and/or find out other things you can do to help out.

[http://www.americanrivers.org/site/GetTogether?gettogether=event\\_list&page=event\\_list&cal\\_activity\\_id=1040&cal\\_campaign\\_id=](http://www.americanrivers.org/site/GetTogether?gettogether=event_list&page=event_list&cal_activity_id=1040&cal_campaign_id=)

## U.K. Holidays 4 Month

### National Wildlife Week (Triple)

**31st May to 21st June 2008**

The Wildlife Trusts from all over the U.K. have got together to organize events to get people out into their surroundings and getting in touch with Wildlife. There are lots of activities on offer from owl encounters to rock-pool rambles as well as nature art workshops.

The National Wildlife Week (triple bill) will also show people what kind of work the Trusts do. They work to preserve delicate habitats for endangered animals and also environments that are rapidly vanishing like chalk rivers and limestone pavements. Each county has its own Wildlife Trust that will organize events in your local area. The Wildlife Trusts all rely on volunteers to be able to do their work. Maybe you could get involved with your family and find out how you can help.

For a list of activities and more information see this link:  
<http://www.wildlifetrusts.org/index.php?section=places:events>



Microchipping is a great way to keep track of your pets and is required should you ever want to take your pets abroad for any reason.

All sorts of animals can be microchipped - cats, dogs, gerbils, rabbits and any number of other pets. A microchip means that if your pet goes missing, it can be easily identified by people such as vets, the RSPCA, animal wardens and the police. The chip is only active when it is scanned and will not hurt your pet. It is very small and is fitted really quickly.

Your details are held on a confidential database such as Petlog and can be used to send out details of your missing pet to people like those mentioned above. The Kennel Club is running the Microchipping month with Petlog for more information go to the website. [www.nationalmicrochippingmonth.org.uk](http://www.nationalmicrochippingmonth.org.uk)

# World Holiday of the Month

## 5th / World Environment Day

In 1972, the United Nations started World Environment Day in hopes that everyone would look at their environment and find ways to make it better. Since then every year this holiday is celebrated in many countries and by lots of people.

It is not as important how this day is celebrated, however, it is important that you celebrate it in some way. Keeping the earth as safe and happy as possible is very important to everyone, especially Pagans. Below are some things to aid you when planning what you will do to celebrate it!

### This Year's Theme



### Main Website:

<http://www.unep.org/wed/2008/english/>

### Name Poster

Create a name poster of your own in an effort to make a lighter carbon footprint from now on.

- Write your name on a piece of card stock using markers or even in a neat design.
- Draw shapes around each letter.
- Go to the main World Environment Day website and use the alphabet list to find activities under each of the letters in your name that you are able to do.  
[http://www.unep.org/wed/2008/english/Information\\_Material/Alphabet.asp](http://www.unep.org/wed/2008/english/Information_Material/Alphabet.asp)
- Jot them down on the back of your cardstock or poster board.
- Once you have done them, or made them a regular practice color in the shape around the letter of your name the activity represents.
- When you are done hang your name poster somewhere in sight to remind you of what you are doing and the reasons for it.

Calculate you or your families carbon footprint.

<http://www.climatecrisis.net/takeaction/carboncalculator/>

You may need to take some figures from your car and your families electric bill.

### Map it out

Print out a world map, use different colors to make a path showing the countries (and cities for older kids) that have hosted the World Environment Days of the past up till the one coming up this month.

[http://www.unep.org/wed/2008/english/Host\\_Countries/index.asp](http://www.unep.org/wed/2008/english/Host_Countries/index.asp)

\*\* See if you can find a pattern of how they are being chosen and/or figure out who will be hosting it next year.

*Try to  
Attend an  
Event in your  
Local area  
To learn more !*

---

## Camp Preparation Ideas

Pagan Camp is right around the corner and filled with tons of activities and fun. To gear up or add to your 'nature knowledge' that will help you follow along more easily during the camping experience see if you can complete the list below. Don't feel obligated to do everything, but the more you are able to complete the better prepared you will be for camp.

1. Prepare a large binder to be used during camping. Use dividers to separate extra paper (both lined and plain), your camp journal, nature references, camping rules, schedule, and checklists. Parents or camp leaders can also get a binder to put their schedule and plans in. Get your favorite color or design the cover of a light colored binder.
2. Check out a book from your local library and learn about birds in the area you plan to camp. Add a page to your reference section by drawing birds or cut them from used magazines to use for identification later.
3. Find out how animals and plants are classified. Take a walk with an adult to see how many things you find that you can properly identify, or go with someone else and make a competition of it.
4. Read a story or poem about a common animal found both in the wild and around your neighborhood. You can also write one of your own.
5. Talk with an adult or local nature/wildlife expert and learn the names of poisonous plants and vines in your area that you shouldn't touch. Do your own research at the library or online and learn how to identify them by sight only. Add a page to your reference book showing these plants and vines.
6. Draw a poster showing the different animal tracks in your camping area. These can also be put on a regular sized page and put in your camp binder.
7. Pick one animal from the local wildlife. Learn more about it, enough to answer the following questions. How does the animal help humans? How do or can humans help the animal?
8. Write a song about summer or camping.
9. Learn at least 3 different kinds of rocks or minerals that can be found in your area. You may want to add them to your camp binder too.
10. Make a list of 10 local animals. Do research and find out where they live, where they can be found in the daytime or night time. Make a quick chart showing your findings in your camp binder, be sure to make a few extra lines so you can add more things while you are actually camping.
11. Learn about the plants located in your camping area and make the largest list you can. Draw or describe each plant by its name in a chart that you can add to your camping binder.
12. Spend some time outside on a windy day, rainy day, and sunny day. Write at least a paragraph about how you felt or how each one makes you feel. Use only half a sheet of paper for each one and leave the other side of the paper empty. Put these sheets in your camping binder in the journal section.
13. Listen to and try to identify the different local birds by their songs and singing.
14. Learn your state bird, flower, and tree. You may want to put that as its own page in the reference part of your camping binder. Be sure to keep a count of each that you see, maybe throw them down as tallies throughout your camping trip just to see if they are abundant in your immediate area.
15. Read a story or poem about rain.
16. Do some investigation on the plants and trees that you have identified already. See if they have special attributes; a mimosa will close if touched and at night. Make note of these special things beside the other information you have for them already. When you locate them during your camping trip pay special attention and see if you can witness those special attributes yourself.
17. Take a trip to the zoo to observe or identify some of the animals you plan to see in the wild. Be sure to make small mental notes on the things that stand out about them. When you are camping you will see how these same animals act in their natural habitat and can compare the two, you may be surprised at your findings.
18. Do some investigating to find out the plants that do not touch or live close to one another.
19. Learn about lichen and find out their purpose in nature. A little rhyme to help you remember them would be a fungus met an algae and they took a likin' (lichen) to each other. When you are out and about or during down times of camp see if you can find some lichen and observe what it is doing, where it is located or guess who ate part of it.
20. Write a poem about an insect of your choice.
21. Attend one nature program of your choice.
22. Learn the different cloud formations and what they mean.
23. Get maps of the area in different forms (be sure to include arial and geographic) add them to your camping binder.

*Try to come up with a few things for you to do on your own to learn more about nature or anything that was in the above activities which left you intrigued.*

# Camp Preparation Ideas

Have some craft fun this month while preparing things that you can use for camp or do your own nature exploring this month.

## Bug Pooter

### Supplies:

- Jar with rubber stopper
- 2 ft. of flexible 1/4 diameter plastic tubing.
- Scissors
- 1 in. square of gauze, cheesecloth, or screening
- Rubber band
- Power drill with large drill bit (1/4 in. works best)

### Directions:

Have an adult drill 2 holes in the stopper evenly spaced away from each other. Cut plastic tubing in the middle and push each piece in one of the holes (be sure that no more than an inch of each tube extends on one side of the stopper). Rubbing a little dish soap on the outside of the tube may help push it through if needed. Cover the end of one tube (small extruding side) with the gauze, cheesecloth, or screen and secure with rubber band. Place the stopper in the jar to seal it with the small sides of the tubing in the jar.

Use: Place rubber tubing without the cover near the bug you wish to catch and the other tube in your mouth. When you suck on your end the bug will be pulled into the jar (don't worry you put the gauze there to keep it from going in your mouth). This will allow you to get a close up look at the bug without hurting it. Removing the top and turning the jar on it's side will allow the bug to be released nicely too.

\*Be sure the bug will fit into your tubing and that you center the bug to the tubing to keep it safe.



## Tin Water Faucet

### Supplies:

- 1 or 2 Large Paint Tin Cans (as many as desired)
- Item to make hole in can
- Stick (large enough to fit as a plug in can)
- String

### Directions:

Wash out paint can very well. Be sure to get everything out of it and do an extra washing with dish soap. Poke a hole into the can with the item you chose to use towards the bottom. Tie the string to one side of the handle of the can and the other end to the stick. Push stick into hole.

Use: hang the bucket near the campsite. Pull the plug out as much as needed to create the desired stream of water wanted. For warm water place can in sunny area for awhile or with back towards the campfire (not too close) for a few minutes.

\* You may want to fill your bucket with water before going camping to assure that the plug will work properly. You may also want to work on controlling the water flow by pulling the plug out.



## Personal Hygiene Apron

### Supplies:

- Old Towel (bath or hand)
- Sewing Machine or Needle & Thread
- Shoestring or Belt

### Directions:

Fold the bottom up and sew about an inch along the bottom. Stitch vertically along the folded section, making pockets of different sizes. Fold the top of the towel down (so the folded part is on the opposite side of the pocket side) and sew it down leaving a hole large enough for a shoestring or best to go through.

### Use:

At the campsite you can put on your apron and fill the pockets with your hygiene items when going to the shower area. The apron can be easily hung when not wearing it anywhere using the string or belt.

## Camp Marker

Take time and prepare your own camp marker. This can be in the form of a flag, ground spike, or even a totem pole. Be sure to come up with a unique and relevant design and use appropriate colors. If using symbols make sure they represent your family or expectation of the camp.

*Try to come up with a few things for you to do on your own to learn more about nature or anything that was in the above activities which left you intrigued.*

# Camp Preparation Ideas

Have some craft fun this month while preparing things that you can use for camp or do your own nature exploring this month.

## Smudge Pots

Needed:

Can (soup, vegetable, etc...) cleaned without label  
Small Coffee Can (large vegetable can be used)  
Wick or Cotton String  
2 Short Sticks  
Wax (any form)  
Heavy Pot  
2 Tablespoon (25mL) Citronella Oil (found at drugstore)

Tie wick or string in the middle of one of the sticks then tie the other end of the string to a rock or clay ball. Fill larger can half way with wax and place inside cooking pot. Add water to the cooking pot (not the can) until it reaches half way up the can (the can should not float, if it does you will need to take some of the water out). Cook on low on the stove until wax melts. Remove the can from the stove carefully and add the citronella oil. Stir carefully using the other stick then move the wax to the smaller can and drop the rock or clay in it suspending the stick connected to it over the top of the can. At the campsite use these to deter mosquitos and other irritating bugs .

*\*You may want to make several of these so they can last throughout your entire camping trip.*

## Sock Water Bottle Holder

Needed:

2 Socks (different colors)  
16 oz. water bottle  
String  
Beads, trinkets, or talismans

Cut the cuffs off of both socks then put the water bottle inside one of the socks. Have the top go up to where it comes just below the top spout of the bottle. Tie the end of the sock (at the bottom) closed (use a 4 ft. piece of string). Trim off excess sock. Cut a slit on opposite sides of the sock leaving 1 in. at the top and run one end of the string through each side.. Use decorations that you chose to tie on the end of the string that you used to tie the bottom of the sock then tie the ends together. Turn other sock inside out and tie together the bottom of the sock then cut off access of the socks. Turn the second sock right side out and place over the first sock. Fold down the tops of the socks. This will be a great addition to your camping trip and is surely to come in handy.

## Personal Camping Preparation

It is important to make sure you take the right things when heading to the camp site. It is also just as important to be ready to go from the inside. Take some time before heading to the campground to prepare for the upcoming Pagan camping trip.

1. Be sure you know what your needs and wants will be on the campground. When packing be sure to include these things.
2. Being flexible with situations that come up, doing so keep stress down and fun up.
3. Always be curious and want to learn.
4. Stay patient. Remember you are on a camping trip away from the hustle and bustle of the world, keep it that way and forget the clock as much as possible.
5. You should always cooperate with everyone at the camp. You came together so work together to make sure things are accomplished and fun.
6. Be sensitive to others around you, especially in your camping party.
7. Always trust those you are with and be trustworthy for them as well.
8. Keep communication open and be sure you are dedicated to listening as well as talking.
9. A sense of humor will add more fun than you know.

## Worm Weights

Needed (for each set of 4):

8 small wiggly eyes  
Glass gems (found in craft stores & nurseries)  
4 Spring Clothespins

Directions:

Glue a row of 5 glass gems on one side of the clothespins and allow to dry. Next you will put two wiggly eyes on each clothespin on the bead at the end closest to the spring. Allow to dry. Repeat this process on all other clothespins.

Use:

When eating at camp and using a tablecloth, place one of the worm weights on the corners of the cloth to assure it doesn't blow away.

# Camp First-Aid

First-Aid at the campsite can be overwhelming at times. There are a variety of different kind of kits that can be used and the contents administered in many ways. It is recommended that a campground first-aid kit contain things to handle any situation that can be foreseen and smaller kits be on each member of the campsite in a small compact container for minor personal problems. Feel free to use any of the ideas here to complete your camping first-aid needs or come up with your own.

## The Camp First-Aid Kit

Problem	Natural Remedy	Common Remedy
Cleaning cuts, scrapes & bruises	Honey spread lightly Tea of thyme leaves	Antiseptic wipes
Covering cuts, scrapes & bruises	If bleeding wipe with leaf If not bleeding allow to air dry	Band-Aids
Swollen muscle or skin	Long grain rice in Ziploc or Sock (warm with fire or cool with stream water to make pack)	Hot or Cold pack
Stings and bites (nonpoisonous)	Mix of apple cider vinegar & baking soda	Benadryl or cortisone cream
Itching	Apple cider vinegar	Calamine lotion
Itching from poison ivy	Oatmeal in cool water	Fels Naptha soap
Sunburn	Extracts of calendula or nettle or use apple cider vinegar	Salve containing Aloe Vera
Chiggers		Chigger Salve
Mosquito Bite	Paste of salt or baking soda and water	Calamine lotion Benadryl cream

### Individual Hiking Kit

Bands-aids  
Small bottle of water  
Baking soda

Combining these items can heal just about anything.

### Witch Hazel Power

Witch hazel can be used alone or mixed with a few simple ingredients to heal most all of your first-aid needs. After doing a little research you may see that Witch Hazel will become almost all you need for a first-aid kit.

## Pocket First-Aid Kit

Assemble all supplies in a small container such as a small box, sealable plastic bag, etc...

Contents:

- Bandages of different shapes and sizes
- Moleskin (found in drug stores used to cover blisters)
- Lip Balm with sunscreen
- Sunscreen
- Foil-wrapped Antiseptic Wipes
- First-aid Antibiotic Cream
- Tweezers
- Baking Soda

Petroleum Jelly (put into small container like film canister or earplug container)  
Whistle (used to signal in case of emergency or help needed)

**Adding a small** paper with a symbol or picture of the healing God/Goddess to show honor when using the contents within the kit. Completing a small ritual or even a chant like the one below.

### Healing Chant

(God/Goddess name) of Healing  
Let it Begin  
Beauty Without  
Beauty Within  
Beauty of Spirit  
Beauty of Skin  
(God/Goddess name) of Healing  
Let it Begin

\* [www.ladyoftheearth.com](http://www.ladyoftheearth.com)

Find more natural recipes for camping in issue 10



# Camp Preparation Lists

Remembering all the little things can become a problem when it comes to camping. Here are a few simple lists for you to prepare to help protect you from that 'I forgot it' time when you are at Pagan Camp.

## Car Art Kit

A car art kit can come in handy for those boring car rides in between games and fun. They can be packed in a simple, large clasp envelope or heavy self-sealing plastic bag.

The contents of the car art kit will depend on the age of the user and family preferences. Here is a small list to give an idea:

Crayons	Scissors
Markers	Glue Stick
Pencils	Tape
Paper	Ruler

## Traveling Mail Kit

Going on a nature outing is not the time to bring all the electronics you are used to. Instead of texting, take along a kit for mailing letters to pen-pals, family members, and friends. Pack a large clasp or string envelope with things needed to correspond with.

Address book (be sure it is up-to-date)  
Really cool pen  
Writing paper  
Envelopes  
Postcards  
Stamps for both post cards & letters

## Repair-It Kit

Fishing Line  
Cut-out Patches From Blue Jeans  
Needles of Several Sizes  
2 Spools of Thread (1 Light, 1 Dark)  
Rip-Stop Repair Tape  
Scissors  
Superglue (not for young children)

## Dog Camping Supplies

Bottled Water (lots of it)  
Old Towels  
Blankets (or home bed if possible)  
Frisbee  
Ball  
Chew Toys  
Collar  
2 or 3 different sized Leashes  
Tether (to tie around trees)  
Flea, Tick, and Chigger repellent  
Food (amt. they normally get for the stay + 2 extra days)  
Snacks or Treats if doing tricks or training  
Bowls for food and water  
Dog ID tags (make a temporary one with camping info. on it)  
Dog Booties (if terrain is very rocky or has fire ants)  
Bathroom Clean-up items (newspapers, bags, etc.)  
Harness (for seatbelt)  
Muzzle (only to use in presence of other dogs if aggressive)  
\* If dog is going with you be sure to have them vaccinated and license current.

## Weather Kit

Floppy hat  
Light rain coat or Poncho  
Rubber boots  
Small umbrella  
Extra cloths  
Towel  
AM Radio

# Camp Cooking Preparation

## Camping With Tofu

If you are not a meat eater or have chosen the green way of life tofu is a regular ingredient in your cooking and will be needed while camping. Sitting zipper bags or containers on ice in hopes that it keeps cool while camping is probably nothing you want to take chances with.

If going camping there are a few portable tofu options:

- Japanese soft tofu comes in powdered form with simple “add water” directions.
- Koya-dofu is a freeze-dried version of tofu from Japan. This type of tofu is offered in two forms; the dried “cake” form is recommended for camping.
- Aburage is a Japanese fried bean curd. This can be sealed in an air-tight bag and used within two days of your camping trip as a tofu substitution.
- Smoked bean curd comes in a rugged form (looking like a chaw of tobacco) and is easy to pack. It can be easily added to soups, stews, and stir-fries. Most natural food stores carry it.
- Doufu pi, or Chinese tofu skins, come in lightweight sheets of dried tofu. When at the campground you can boil it until it becomes soft then cut into strips or squares and wrap food in them then steam or stir-fry.

## Camping Spices

Most drugstores carry pill dispensers and one of the larger ones make a wonderful portable spice rack that can come in handy when camping. They pack well and prove for easy access when at the campground as well.

Be sure to write the name of your spice on the lid with a permanent marker, just in case your memory fails or others are using it.

If you have a rock solid recipe plan you could even pre-mix your spices for each of the days of your trip and put them in the correct compartment. If this is more your style you may want to take several and even color code them for the different meals of the day (breakfast, lunch, and dinner).

## At Home Cooking

Don't let being at home stop you from the 'camp cooking' experience. There are many ways to make a grill using items you have hanging in the backyard already. Some ideas to get your motor running are below.

**Wagon:** Line a wagon with dirt and then with foil, set two bricks away from each other then put a grate over the top of the bricks. Place another brick on top of the grate even with the bricks. Your coals will go below the grate and the top will operate like a grill.

**Wheelbarrow:** Line the wheelbarrow with dirt then aluminum foil then a layer of bricks. You can put wood on top of this to make a fire pit. You can also make a grill using the wheelbarrow by comprising it the same as for the wagon on top of the bottom brick layer. To make a rotisserie line the wheelbarrow with dirt then foil and on the end by the handle make two piles of three bricks (one on the left and one of the right side) long ways with one end of the bricks facing the handle. In front of that stack of bricks 2 high on both sides. Place some sticks in the brick holes (2 on each of the 3-brick stacks) that are to secure a dowel rod that will hold the item to be cooked. Filled with ice it can act as a cooler or even a salad bar.

**Garbage Can Lid:** Lay out bricks in a X formation on concrete. Sit the lid on top of the bricks then cover it with dirt, next line it with aluminum foil

**Clay Flowerpot:** Line the bottom of the flowerpot with dirt and then put foil over it and onto the sides. Place coals on the foil and lay a grate over the rim to make a small grill.

**Ground:** A dry area with foil laid over it and a grill fixed where it is over, not sitting in it, can operate as a grill also.

**Shovel:** A shovel wrapped with foil makes a great frying pan to hold over an open fire.

**Pitchfork:** A very clean pitchfork can operate as a skewer or even a hotdog cooker.

**Ironing Board:** Cover it with a table cloth or piece of material to make a buffet that everyone can fill their plates from.

**Laundry Basket:** Line with a plastic bag and fill with ice to make a cooler or soda station.

**Fans:** While cooking set 2 fans facing each other on opposite ends of your work area and turn them on high. This will make things cooler for you but also keep insects away from your cooking. When done preparing food use a fan on one end of the serving table to keep the bugs away.

Use your imagination and find other things all over the yard, garden, or even house that can add to the camping experience.

---

## To The Parent

### Creating A Magically Focused Household

It is sometimes hard to find things within the Pagan realm to teach and/or show to children, especially the younger ones. For many it is resorting to the Wheel of the Year as the ‘focused teaching’ tool. Although that is very nice it only comes around certain times in the year and after awhile there just is not anything else to cover.

It might be a good idea to look to our Pagan ancestors when teaching the basic Pagan values to our own offspring. In the past the most important thing was the family which was next to the hearth or household. Small tasks like cooking, cleaning, and preparing these special things were the basis for teaching.

Involve your children in regular spiritual cleansing of certain areas of your home. Discuss talismans, trinkets, or other similar items that are a part of your house candy. Show the importance of the home openings (door, window, vents, etc...) and let them know ways to bless and protect them. Go over small rituals that can be used to add energy or please different deities. Talk about the different items located in the house (furnishings, decorations, accents) and show them the magical purpose of them. Demonstrate the flow of energy and show ways to direct it differently as well as the effects it will cause. Let them know about the various colors and/or color combinations, why they were chosen, how they work or accent each other.

Use different daily procedures to incorporate teachings and bring in core lessons that all Pagans should know. Teach small spells for protection or small blessings that focus on the house as a whole or even a certain area. Pull in cardinal directions, elements, and other basics when discussing the overall position of the house, rooms, and/or furnishings.

Break all natural things down and instruct them on the properties or characteristics of them (feathers, flower petals, mushrooms, fur, etc...). Introduce the importance and magical abilities nature’s gifts (gardens, pets, wild animal guests, etc...) give to the immediate area.

Mix nature and the inside of the home as much as possible (letting the wind blow in the window and air out the house, etc...). These small tasks can add a touch of Pagan knowledge by demonstrating nature’s direct contribution to magic and magical happenings.

Use your imagination and listen to the ‘inner Pagan voice’ and ideas will just flow out of you. It is important not only to show your children the magic held within the Pagan world, but to show them how to find the Pagan magic in the world they live in.

#### Make Nature Your Classroom

With the weather changing and Gaia putting on her best gown it is the best time to go outside. Spend the whole day outside, pick certain classes to hold, or simply make lunch into a picnic. Mother Nature will appreciate aiding in educating the children of today!

#### Home School Tip

Closing school is a must for each year, even if there isn’t really a planned break in the actual studies. This is something homeschoolers seem to overlook and label a ‘public school’ procedure.

Letting the child know that they have completed stages, steps, and years in their school studies allows them the feeling of satisfaction and completion. You closing your book and clearing shelves and the walls will give you that same feeling.

Taking a break, even if it is for a couple weeks, allowing time to rid the air of all the tensions, expectations, and memories of the year is one of the best things you can do. Be sure that when you begin the next year to make it fresh, not bringing any of the complicated rules or things that bring disagreement into the new year.

If possible plan something fun to end the year and to do before it begins. There are many possibilities from spending a week doing ‘park school’ to having them teach you a unit on a subject of their choice.

Worldly Wisdom: **Put yourself in the middle of things.**

*Being in the center of things will not only allow you to see clearly all aspects but keep you focused as well.*

---

## To The Parent

**Pagan Moonbeams** will be focused on the great Pagan Camping trip in July. I am sure your child has probably mentioned this to you already and the idea of wanting to go is in their thoughts. This page will contain more information for you, the parent, on this camping trip. It is in great hopes that your family will join in on this adventure and learn much about nature and being a Pagan.

### What To Do While Camping

The staff has been working hard to give you as many options as possible in case you need some guidance. We have included things for different circumstances, weather, and tastes. Feel free to use our suggestions, mix them with your own ideas or simply do your own thing.

Next month you will have a few itinerary templates to choose from or you can make your own. You will be given a link where you can pick the crafts, activities, adventures, recipes, games, physical activities, rainy day activities, lessons, and things that include a craft & activity together. There is also a special section for activities to do in your own neighborhood without missing out on the fun of camping.

### What to Pack

You know your family and situation better than anyone else and have probably been camping many times before. Be sure to bring the things listed if you are using any of the idea's presented by Pagan Moonbeams staff. Add in anything you will need for what you added to the list, things that will make your child feel safe, personal camping equipment (tent, sleeping bag, hygiene items), cooking hardware if needed, and any other specific things that you or family members will need.

It is also recommended that you pack light for the trip. The goal of Pagan camping is to connect as much as possible with nature. Bringing all the conveniences we have become accustomed to would defeat that purpose.

If you are planning to camp from home and will not need to pack like those going to a campground or wilderness area you will need to prepare items for that week as well. It is recommended that you do as many activities as possible outside so you will need to prepare things like outdoor cooking supplies, items for sleeping, picnic wear and/or baskets, as well as anything else your family will need to spend most of the day outdoors.

### Cooking & Eating

There will be several recipes and ways of cooking included in the plans to be released in July. Although most eating preferences are covered, there was no way to include something for everyone. Feel free to add in your favorite recipes at will.

A few recipes are included for vegetarians, but probably not enough to cover the complete week. There will be several recipes included that will require a different way to cook, they are there for educational purposes and not a requirement.

To get the maximum learning experience from the cooking side of camping it is recommended that you include the following when choosing your menu:

- A dish that can be prepared completely by your child.
- A dish that will include all the members of the camping party.
- Something made from fresh natural items (they should be found in the camping area for best results)
- A dish your child favors on a regular basis
- A dish that your child has never tried at least half of the ingredients, or those ingredients mixed together.

It is important that you bring a lot of water even though it isn't listed on the supply list. It is important to keep everyone healthy and safe from unwanted dehydration problems.

*Everyone can go camping. Plans will be included for campground, wilderness, and even stay-at-home camp.*

# To The Parent

## Let's Get Cookin'

To add a twist to your camping adventure try different ways of cooking. Below you will find directions on how to prepare for different kinds of cooking. Feel free to gather the required equipment to get ready for your camping trip, have your child help you if appropriate. If you have chosen to cook in this manner you will find recipes to choose from in July's issue.

*This information is located in the parent section to assure safety and for parental judgment.*

### Individual Burners

Individual burners can be used for cooking that doesn't require a high temperature. These burners can be used by children with care and supervision around the age of 7.

#### Supplies:

- Cardboard (corrugated free from inks, or tape)
- Tin can (tuna or canned pet food sized)
- Scissors
- Wax
- Double boiler to melt wax

#### Preparation:

Cut the cardboard into strips the height of the can. Roll it up and place it in the can. You may have to use several strips, pack it tight and cover as much area of the can as possible. Cut a small piece of cardboard into a square and slightly higher than the can to act as a lighter.

Melt the wax in a double boiler on the stovetop. After it melts pour it in the tin can. The wax will position itself between the cardboard. Stop pouring when the wax is even with the top of the can.

\*\*\*\*\*  
 ★ **Pack light**, leave the pans at home and take a few large  
 ★ cans instead. Open and discard the top and wash the can  
 ★ thoroughly. Add some aluminum foil wrapped around the  
 ★ top to prevent injuries when handling.  
 ★  
 \*\*\*\*\*

### Easy Charcoal Cooking

Take a used paper egg carton (with top cut off) and put a single briquette in each of the egg cups. To start an easy charcoal fire for cooking, place the egg carton in the bottom of the grill. For larger grills set a 1 dozen prepared egg carton in, for a smaller grill use half a dozen.

*This way of cooking with briquettes make for easy packing and the carton makes a great starter!*

### Paper Bag Cooking

If a breakfast of bacon and eggs is on your menu pack a paper lunch bag for each person to cook in over an open fire.

### Rock Cooking

Go on a good cooking rock hunt with your child. You need to find a dry rock (not near water) that is not sedimentary, it needs to have at least one flat surface, be big enough to cook on and small enough to carry.

Bring your rock home and wash it with warm water and a small drop of dish soap. Rinse and allow to dry. Do this at least 3 or 4 times. Dry it in your oven on the lower shelf.

Be sure to pack your rock so it stays safe and clean. It might be a good idea to pack a can of coating spray or container of oil to use at the campsite.

\*You may want to bring several different sizes of rocks.

### Premade Fire Starters

It is very simple to prepare starters requiring only a quick light. You can walk away and they will do all the fire starting work without any effort on your part.

#### Newspaper Starters

Roll up a newspaper length wise and very tightly. Tie the newspaper in even parts to make 4 or 5 equal parts. When done cut the newspaper in between the tied string sections.

Dip each starter in melted wax over a double burner. Hang them over newspaper to dry. Once dried you can store in a water-proof container or zipper baggy. To use set one burner on top of a piece of paper before placing firewood on top. Light the newspaper or pinecone on the bottom and the fire will be up and running before you know it.

#### Pine Cone Starters

Tie a piece of string around each dried pinecone leaving at least a 6" string.

---

## Take 10

### Today

Today is the day, I'll read that book I bought.  
The one upon the nightstand beneath the layer of dust.  
I'll rest under the oak tree, take time just for myself,  
A pitcher and some chocolates, my only chore to face.

I'll listen to the birdsong and smell the Summer flowers,  
I'll waste a full half-hour, just lying in the sun.  
With a chapter and a drink while the washing machine runs  
Though the deck chair needs a clean and the garden could use weeding.

I'll have a quick cuppa as I tweak out those few weeds  
Then I'll read a page or two before the washing is all done.  
And I'll grab a fast sandwich before the school run.  
The day goes so quickly but I've time to do those chores.

I'll dust the nightstand later, after tea would be best.  
Wonder what made me think about that dust-trap anyway  
The living room needs vacuuming and the garden needs a weed  
I'll grab a slurp of tea and get on it right away.

### Really Fast Progressive Muscle Relaxation

- While seated, tense yourself all over, a part at time.
- Pull your toes up to tense some of your leg muscles,
- tense your thighs,
- your buttocks,
- take a deep breath and hold it,
- tense your arms and fists, your jaw,
- close your eyes tightly.

Hold it for 5 seconds, then let go all at once, and feel the tension leave your system.

We've all done it. We've said we will take time for ourselves and then we don't. Then suddenly we are snowed under with work and chores and feel stressed out. Maybe if we had taken those few minutes or hour to ourselves, we wouldn't be as stressed.

There is the old Maxim that you should never put off until tomorrow what you can do today. I think that, instead, we should remember that we can't look after other people well if we aren't looking after ourselves. If we aren't at our best, we can't offer our best to others.

So, take a few minutes each day to relax. For those minutes, don't think about the chores you should be doing. Think about the things you want to do. Dare to dream and then you will find yourself refreshed and just maybe have the motivation to fulfil those dream.

Relax and, well, Take 10!!!

**Brightest Blessings  
for a glorious Summer  
full of fun  
and relaxation!**

### Tea Tree Oil

Latin Name: *Melaleuca alternifolia*

Other Names: Melaleuca oil, Australian tea tree oil

Tea tree has a long history of traditional use. Australian aboriginals used tea tree leaves for healing skin cuts, burns, and infections by crushing the leaves and applying them to the affected area.

Tea tree is an antiseptic and an antifungal. As such, it can be used for many things such as:

- Acne
- Athlete's foot
- Dandruff
- Lice
- Eczema
- Psoriasis

Tea tree oil does not burn well in an aromatherapy burner. Instead, you should use a damp cloth to wipe on skin or use a few drops to run through your hair.

Tea tree oil will keep the dreaded lice away as they don't like the smell which sticks around even after we have stopped smelling it. The oil also clogs up their breathing when it has been freshly applied.

---

## Book Classes Coming August

### Book Classes Coming

Beginning with the August issue of Pagan Moonbeams there will be a new class introduced:

Book Classes - you will need a book (or link to a book if available) at home to use along with your child . A months worth of enhancements as well as the suggested portion of the book will be in or made available through the newsletter.

Each book class will present material in two age groups but fairly easy adaptable to other ages groups as well. This will allow you to use the same book(s) for siblings and/or use the entire class again later for enforcement. Many of the books will be used for at least 5 months to get the most of them and not make it heavy on your pocketbook. By participating in the classes and acquiring the books it is in great hopes that your child will gain knowledge as well as a great library to be of use to them throughout the years.

All book classes and their information will be placed within the parents section of the newsletter which will allow you, the adult, to decide what portions of the lesson to use and not cause conflict if it is your choice to not participate. When deciding to participate with your child in the individual classes please read descriptions' in detail and consider the age or stage of your child. It is also recommended that you review the book and its contents yourself.

Two classes will start in the August issue. Information for them are below:



#### Young Foundations

**Ages:** pre-k-early elementary & later elementary

**Book(s)** - This class will be using Andrew Lang's fairy series of books. There are 12 Fairy books in the set, starting with the Blue Fairy Book. The class will jump around so the complete set will be needed before class begins. If hard copies of 12 books are way too much all at once; the complete set is online and free to access. Even if you don't get them for this class the set is a great addition to any child's library - even as an adult I find myself flipping through them now and then.

**Information:** Not so well-known fairy tales will be used to show your child how to connect with the magical world in many different ways. Through hands-on experiences children will learn about the Pagan and Spiritual world.

#### Tools Of The Trade

**Age:** upper elementary & teen

**Book(s)** : The Magick Toolbox by Carl Neal. This book can be found on ebay or Amazon used starting at \$1.50 + s&h.. The book itself is on a middle school level and does contain some sections (pipe & smoking, chalice & drinking, and candles); these sections will be of use later in your child's life and will be the last ones within the class so if you choose to skip them it won't mess up the class. \* If you have younger kids you may want to actually get the book for you to follow along and translate (into easier understanding) for your child, however, it would be a great addition to their library later on. This is a great reference book for both the beginner and seasoned Pagan.



**Information:** The class will show your child all it needs to know about the magical tools of the trade; how to make them, bless them, uses, and care. The book is very in depth and easy reading, and for the most part the class will go into more detail and out of the box.