

G R E E N A N



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PAGAN Moonbeams

Vol. 2 Issue 1
August, 2008

Staff Notes

A little note to the readers' from our small staff.
Writers' then editors listed in hiring order

TristA

Writer, Admin, Webmaster since: Aug. 07

In a year full of bright colors be sure to take notice and show the bare earth spots attention; Give offering, or energy; so it can be fruitful in spring. Remember it has made the ultimate sacrifice to assure nature's cycle continues.

Petra

Writer since: April 08

Hi there from the UK! August for me is about getting out and seeing the countryside while the weather is good. The longer days make it possible to spend lots of time in my local park getting ideas and inspiration for all my projects.

Mandi Aumann

Writer & Admin. since: July 08

Hello! My favorite time of year is Spring and Summer, when the weather is warm and the rains come. I love watching new life sprout in the world around us and sensing Mother Nature on the breeze.

Laura Shadley

Editor since: April 08

"We must protect the forests for our children, grandchildren and children yet to be born. We must protect the forests for those who can't speak for themselves such as the birds, animals, fish and trees." Qwatsinas

Raven Moonshadow

Editor since: Aug. 08

August for me remains a time of winding down from Summer as the Wheel turns yet again. A time to be outside to enjoy the Earth's bounty and Spirit's gifts before the changing of seasons.

Rhiannon Swanshadow

Editor since: Aug. 08

Merry meet to all from England. My partner and I will be celebrating our daughter's first Lammas together, although she will be more interested in the food! It was also the first spoke of the Wheel I celebrated all those years ago.

A Few Words

Here it is; the long awaited walk to the second year of Pagan Moonbeams. The first year was great and things have grown tremendously. We are walking into the new year with great confidence and a new level of maturity.

Great effort has gone into making this year offer more for both the homeschooler and those who are finding, learning, or teaching the Pagan way. For everyone we hope you will find the new addition of library books, games and puzzles, more in depth god and goddess information and complete Pagan focused classes. For the homeschooler we have added a section broken down by subject that can easily be intergraded into your regular curriculum as well as scattered items to make unit studies and day activities. We have actually added a section for the special needs children with fresh ideas and information to help them on the Pagan path.

We would love to hear from you! Drop us a line with your comments, suggestions, and overall thoughts on the new year two format and offerings. You can also send an email to the actual staff member of your choice by putting their name in the subject line of your email.



paganmoonbeams@yahoo.com

Issue Shorts

- Sign Language Flashcards are located in a section together, so you will need to print them on individual pages to use.
- The new School Bell section has individual subjects listed with Pagan themes. Inside the parents section is more information on how they will be operated each month.
- The book classes begin this month and can be found on the last pages of the newsletter for easy access to the parent/instructor.

We Appreciate Your Readership

In This Issue

Volume 2 Issue 1

AUGUST 2008

Cover: Focus the Greenman Drawn by: Laura Shadley		
Topic Focus: Personal Harvest	pg. 4	
Greenman	pg. 5	
Activities & Information Robin Hood Song		
News & Info	pg. 8	
Simple Symbol: Ourorboros Quick Clips: Fish & Growing Up		
Wee Pagans	pg. 10	
Moon Activities Moon Coloring Printable Moon Diary Printable		
Wormy's Review	pg. 13	
I Love You Stinky Face		
School Bell	pg. 14	
English History Geography Recess Science Math Elective: Study Hall		
Cinderella Contest Winner	pg. 22	
Shiori, Age 12		
Sign Language Flash Cards	pg. 23	
Greenman Tree Leaf Bird		
Wormy's Book Builder	pg. 26	
Forest Child		
Middle Magic	pg. 27	
Simple Rituals		
Young Pagans	pg. 28	
Out & About		
Pagan People	pg. 30	
Margot Adler		
Symbol Sudoku	pg. 32	
Chinese Importance & Elements		
Puzzled Up	pg. 33	
Greenman Search Word Animal Messengers Crossword		
Dieties		pg. 34
Questionnaire		
Magical Touch		pg. 35
Item of the Month: Stove Trait of the Month: Fire		
Herb/Mineral		pg. 36
Sage Carnelian		
Correspondence Journal		pg. 37
Planets		
UK Holidays		pg. 38
Bank Holiday Notting Hill Carnival		
USA Holidays		pg. 39
Kids Day Bottler Day		
Resources		pg. 40
To the Parent		pg. 41
Burnout information & Tips School Bell Information		
Special Pagans		pg. 43
Greenman Sign Language		
Take 10		pg. 45
Essential Oil: Clary Sage Story: New Beginnings Topic: Relaxation		
Young Foundations A Class		pg. 48
White Snake (Green Fairy Book)		
Young Foundations B Class		pg. 50
Yara (Brown Fairy Book)		
Tools of the Trade Class		pg. 51
Introduction Acquiring Tools Altar Review Toolboxes		

**Want to see something
else? Let us know!**

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Topic Focus: Personal Harvest

By: Petra Lucas

August is the time of the first of the seasonal harvests, the corn harvest. Nature is coming into fruit. Everywhere you look, there is fruit in the trees and berries are growing and ripening. In less industrial times, everyone would be needed to bring in the first of the harvests and to prepare for correctly storing and selling the crops. The whole family would be up early to get ready and to make the most of the good weather.

So what does this mean for us today when we get our corn from a shop and very few people are involved in the harvest. Well, it can still be a time for the family to get together and go harvesting. Many places now offer the opportunity to pick your own strawberries or maybe there is a blackberry bush nearby. Go and see how the berries are progressing and then go blackberry picking as a family.

When you are picking the fruit from the plants and trees, remember to thank the plant for their sacrifice. We are all part of a cycle in Nature and while you are picking, think about your family and how you fit into the cycle. Are there any plans or goals that are ripe for picking in your life?

These days, Summer is seen as a time to relax and let things go. However, Summer is also a time for seeing where we are in our lives. Have we let something slide because we ran out of time around schoolwork and chores and seeing our friends? Is there a project you have been meaning to get done and just haven't got around to it? Summer is the perfect time to get them done. The Sun is lending its energy to our work and we can honour that by fulfilling our goals and plans. What is your harvest for this year?

Part of the first harvest is a celebration of what you have achieved. The fields are plentiful and there is plenty to be seen and collected. What is there in your life to celebrate? Take a look at what you have done so far this year and take time to pat yourself on the back for the good stuff. If there is something that hasn't gone quite right, then is there something you can do to get it back on track in time for the end of Summer and the last harvest? Try to find something you can ripen over the Summer to celebrate then.



Useful Links:

For more information on SMART goal setting see: <http://www.goal-setting-guide.com/smart-goal-setting.html>

For some useful sheets to help with writing down your goals see: http://www.activityvillage.co.uk/goal_setting_for_kids.htm

Reaching Goals

We all have problems getting everything done but sometimes we need to look our plans and goals and check that they are still possible. So how do we find out if our goals are reachable. Well, good goals are SMART: Specific, Measurable, Achievable, Realistic and Timely.

Specific - what is it you want to do? Is your goal to help the environment? Well how do you want to help? Are you going to recycle all your used newspapers or are you going to go on a litter pick? The more specific your goal is, the more likely you are to not feel overwhelmed and the more likely you are to achieve your goal.

Measurable - what are the steps in achieving your goal? Can you find a way to measure your progress?

Achievable - can you actually achieve your goal? World Peace is a great goal but actually getting all the world leaders together in a room might be difficult from your bedroom window.

Realistic - Do you really have the time or skills to achieve your goal right now? If not, why not? Maybe you need a skill, this could become a goal in itself.

Timely - Set a specific amount of time for your goal. How long do you think it will take you to achieve your goal? If it is longer than a month, will you be able to keep up interest for that long?

Finally, imagine yourself achieving your goal. Make it as real as possible. Now start working towards that and see how far you can go!

The Green Man

By: TristÅ

Imagine a spirit found in nature, one so strong that it might be believed to take a human form. This is exactly what was found by our ancestors; back as far as the Neanderthal times. It is time to explore this spirit, what it is, and how it has evolved.

This spirit has taken on various physical and spiritual forms throughout history. It has been given many different names and honored in more ways than you can imagine. Almost all religions and cultures have taken hold of it and shaped it to represent something acceptable and revered. Today Paganism as well other causes (many connected with saving the earth) continue to embrace the spirit of The Green Man.

Forms of this Spirit:

Man
Woman
Spirit
Smoke
Monster
Vegetation
Fruit (both in seed and full form)

Labels or Names of this Spirit

The Green man
Jack in the Green
Robin Hood
King of May
Garland
Chloris
Robin of the Wood
Wodwo
Wodehouse
Wild Man
Wild Woman
Jack Barleycorn
And many, many more.

Connecting to nature is the main focus of the Green Man, however, he is much more complex than that. He is most always a representation of the process of life and death as well as the only one who can travel to and from it as needed. He is connected to harvest (both growing and sleeping), the seasons, sacrifice, and rebirth. If searching through history you will find patches of time with the spirit and without it; yet, no evidence of an explanation as to what happened during the times he was not present, nor is it needed.

Press nature's disregarded leaves then comprise them into your own version of the Green Man to hang up.

Research It

Below are some names and/or titles of stories where you can do your own research on the spirit's form from the long ago past.

The Golden King reigned for a year in a Roman myth; you can read more about him in the book "The Golden Bough" by Sir James George Fraser.

Read about one of the celebrations and rituals alive today surrounding the Green Man in Castleton, England called the Garland King. It is interesting to read both the history of it as well as the modern day celebration.

The ballads of Robin Hood that were used as a base for the story and movies that are commonly known today.

Check out the history and present day famous Morris dances which are performed in many areas of Europe.

Read the poem "Sir Bawain and the Green Game" which is better known as 'Gawain and the Green Knight'.

In the Epic of Gilgamesh many characters are forms taken from the Green Man such as Enkidu and the Greek poet Orpheus.

The character of Herne in Shakespeare's 'The Merry Wives of Windsor' the mistress talks of the Green Huntsman.

The Green Man

By: TristÅ

Robin Hood

Before the stories of Robin Hood were stretched there was a series of songs that together told pieces of the legend of the well known Green Man. These songs are not sung today, so one has been added here so all can enjoy. Links have been included for both the sheet music (most intermediate music students can play) or the mp3 of the tune so all can sing along.

Robin Hood and the Ranger

1

When Phoebus had melted the sickles of ice
And likewise the mountains of snow,
Bold Robin Hood he would ramble to see,
To frolic abroad his bow.

2

He left all his merry men waiting behind,
As through the green valleys he passed.
There did he behold a forester bold,
Who cried out, "Friend, whither so fast?"

3

"I'm going," said Robin, "To kill a fat buck
For me and my merry men all;
Besides, e'er I go, I'll have a fat doe,
Or else it shall cost me a fall."

4

You'd best have a care," said the forester then,
"For these are His Majesty's deer.
Before you shall shoot, the thing I'll dispute,
For I am head forester here."

5

"These thirteen long summers," quoth Robin, "I'm sure,
My arrows I here have let fly
Where freely I range. Methinks it is strange
You should have more power than I.

6

"This forest," quoth Robin, "I think is my own,
And so are the nimble deer, too.
Therefore I declare and solemnly swear
I will not be thwarted by you."

7

The forester he had a long quarter-staff,
Likewise a broad sword by his side.
Without more ado, he presently drew,
Declaring the truth should be tried.

8

Bold Robin Hood had a sword of the best;
Thus, ere he would take any wrong,
His courage was bright, he'd venture a fight,
And thus they fell to it, ding dong.

9

The very first blow that the forester gave,
He made his broad weapon cry, "Twang!"
'Twas o'er Robin's head. He fell down for dead.
O, that was a terrible bang!

10

But Robin Hood soon did recover himself,
And bravely fell to it again.
The very next stroke, their weapons were broke,
Yet never a man there was slain.

(continued on next page)

The Green Man

By: TristÅ

Robin Hood and the Ranger (Continued)

11

At quarter-staff they then resolved to play,
Because they would have t'other bout.
And brave Robin Hood right valiantly stood,
Unwilling was he to give out.

12

At length in a rage the bold forester flew
And cudged bold Robin so sore
That he could not stand; so, shaking his hand,
He said, "Let us freely give o'er.

13

Thou are a brave fellow; I needs must confess
I never knew any so good.
Thou'rt fitting to be a yeoman for me
And range in the merry greenwood..

14

I'll give thee this ring as a token of love,
For bravely thou acted thy part.
That man that can fight, in him I delight
And love him with all my whole heart."

15

Then Robin Hood, setting his horn to his mouth,
A blast there he merrily blows.
His yeomen did hear, and straight did appear
A hundred with trusty long-bows.

16

Now Little John came at the head of them all,
Clothed in a rich mantle of green.
And likewise the rest were gloriously dressed,
A beautiful sight to be seen.

17

Lo, these are my yeomen," said Robin Hood then,
"And thou shalt be one of the train.
A quiver and a bow, a mantle also
I give them whom I entertain."

18

The forester willingly entered the list;
They were such a beautiful sight.
Then when a long-bow they shot a fat doe
And made a rich supper that night.

19

Robin Hood gave him a mantle of green,
Broad arrows, a curious long-bow.
This done, the next day, so gallant and gay,
He gathered them all in a row.

20

Quoth he, "My brave yeomen, be true to your trust,
And then we may range the woods wide,"
They all did declare and solemnly swear
They'd conquer, or die by his side..

Sheet Music

[http://paganmoonbeams.com/pdfs/
RHoodShMusic.pdf](http://paganmoonbeams.com/pdfs/RHoodShMusic.pdf)

To find more stories/songs check out
"Song of Robin Hood" by: Anne Mal-
colmson & Grace Castagnetta

Mp3 Played by: Mandi Aumann

[http://paganmoonbeams.com/offerings/
robinhood.mp3](http://paganmoonbeams.com/offerings/robinhood.mp3)

During the time of this story, Paganism and the lessons taught by those who believe were done so in a way that most people would not recognize them. Take some time and read the lyrics to the song/story and see how many hidden messages or lessons within them.

News & Info Spin



Quick Clips

By: P. Nichols



Talking Fish?

Researchers studying the midshipman fish found that they, and all fish, use the same part of their brain that we do to communicate with each other. Fish use grunting and vibrating noises in much the same manner that mammals like whales and dolphins do. For example, male midshipman fish can use their air bladder to make very loud vibrating sounds to call out the females. People in house boats have reported feeling their homes vibrate and hearing a foghorn type sound coming from these fish.

Growing Up Fast

Hey kids! Can't wait to grow up? If you were a Labord's chameleon living in Madagascar you would reach adulthood only 60 days after being born. Not surprisingly they are very small and only live for about one year with 8 or 9 months of that time spent in an egg. Growing up fast is actually not that uncommon in animals. There are known to be 9 types of marsupials and 12 lizards that only live for one year.

Message To You All

By: TristÅ

As we enter the second year of Pagan Moonbeams; A great big **THANKS** is in order

To the staff who worked on the newsletter, old and new

To those who donated time, money, and personal works

To those who volunteered links, ideas, and information

To those who took time to do our interviews

To the loyal readers and dedicated members

To each and everyone of you Pagan Moonbeams lifts a chalice in your honor!



Without YOU Pagan Moonbeams wouldn't be

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

Simple Symbols

By Petra Lucas

Ouroboros

Also spelled Ourorboros, Oroborus, Uroboros or Uroborus

This symbol shows a serpent or dragon swallowing it's own tail. It's meaning has changed slightly over the centuries but generally it is said to represent unity, cycles and infinity.

This symbol has been part of religion and mythology for centuries, but it also appears in Alchemy as the symbol of purifying. More recently, it has been used by psychologist Carl Jung to represent the merging of two opposite parts of the human 'psyche'.

One of the oldest symbols known, it appears in many different cultures including Aztec, Middle Eastern and Native American cultures. Other cultures have their own version of the symbol including Norse and Hindu.

Ouroboros: More information

A good overview is to be found on wikipedia:
<http://en.wikipedia.org/wiki/Ouroboros#Alchemy>

A short history of appearances of the symbol can be found at:
http://www.geocities.com/Paris/Cafe/1200/bw_symbol_s.html



An engraving by Lucas Jennis, in alchemical tract titled *De Lapide Philisophico* (also known as the Book of Lambspring)

News & Info Spin

Sacred Places

By: TristÁ

Each month a Sacred place will be listed for you to research on your own. If you would like to share an article, picture you have drawn, small report, or anything else about it with readers or staff feel free to send it in with your first name, age, and let us know if you want it placed in the next issue of Pagan Moonbeams.

Email: PaganMoonbeams@yahoo.com

This Month's Sacred Place:

La Venta

My Local Spotlight

By: TristÁ

Do you know someone in your area that you admire? Do you feel that they are contributing to the Pagan community in a big way? Do you think they will make such an impact in the Pagan world that all should know?

Starting next month we would like to give you your chance to tell the world about these special people you know. Simply interview or just write about this person. Show their accomplishments, goals, and how they are rockin' the Pagan world.

Send in your information to:

PaganMoonbeams@yahoo.com

* Be sure to get permission from the individual and your parents before submitting.

It's that time again



During the months of August, September, and October Pagan Pride Day will be held.

Remember to check your local calendars and be sure to attend!

Last Month's Sudoku's Answer

☞	U	ΔΔΔ	⊙	℞	†	✕	☞	☹
℞	☹	☞	ΔΔΔ	✕	U	†	☞	⊙
✕	†	⊙	☞	☹	☞	℞	ΔΔΔ	U
☞	☞	✕	℞	ΔΔΔ	☹	U	⊙	†
U	⊙	℞	☞	†	✕	ΔΔΔ	☹	☞
†	ΔΔΔ	☹	U	☞	⊙	☞	℞	✕
ΔΔΔ	✕	†	☹	⊙	℞	☞	U	☞
⊙	℞	U	†	☞	☞	☹	✕	ΔΔΔ
☹	☞	☞	✕	U	ΔΔΔ	⊙	†	℞

Sign Language Flashcards

By: Raven Moonshadow

Starting this issue **Sophia's Tiny Hands** will be offering a series of flashcards to go along with the Pagan topics within the newsletter. They will also be an accent to the new Special Pagans section of the newsletter.

How to make flashcards:

(Be sure the written word is always facing you while following directions)

- 1) Cut out the four panel card.
- 2) Fold in half horizontally.
- 3) Glue together
- 4) When glue is dry fold vertically.

www.sophiastinyhands.com

Wee Pagans

By: TristÅ

Messages from the Gods & Goddess !

Moon Shapes

Have you ever looked right at the moon? Do you notice there are gray spots on it? Take time to look at the moon and you will see them.

Do you they look like shapes? Just like clouds, it seems that the shapes on the moon change. They look like something that you have seen before or know about. Just like the clouds too.

The people of the past, and some of today, feel that the moon is a messenger of the Gods or Goddess'. Those people feel that when you see shapes on the surface of the moon you are to think about it deeply and must meditate on it. After great thought on what you have seen you will know what the message was.

Take time to see what you think of this theory. For a few nights keep a diary of what you see in the gray shapes on the moon by drawing them. When done use your drawing as clues and see if you can figure out what it is saying to you.

Moon Birds

In ancient times people believed that birds were messengers for the Gods and Goddess'. At night the birds would come with the messages for us. They would fly from the moon to the earth.

It was great fun for the kids of the time to see how many messages were coming in their area. They would sit outside and count the number of birds that flew across the path of the moon.

Take some time to count the moon birds for yourself. Go outside when the moon is out (it can be day or night, but night will be more fun) and count the number of birds that fly in front of the moon. Make sure they fly in between you and the moon.

You can count moon birds on many days and compare them to the days on the calendar or the weather that day. Try to see when are most messages are coming from the Gods and Goddess'.

My Moon

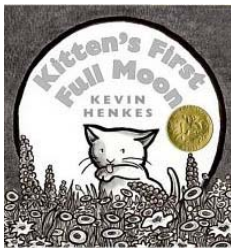
So big it is in the sky
It could cover me like a blanket
It watches over me by and by
And loves me since the day we met!

Full Moon Bath

Next time the moon is full and you see all of it. Go outside and sit somewhere it can shine on you. Close your eyes and let your mind wander. Feel the energy it is giving you.

This is a version of the Full Moon Bath!

Book Focus



Kitten's First Full Moon
By: Kevin Henkes

Activities

Notice how the kitten feels connected to the moon. Spend some time watching it and see if you feel connected to it.

The kitten sees the moon on earth. Visit a pond, river, or puddle where you can see the moon. Do you have as much of a connection to it as you do the real moon?

It is said that the moon watches over us. Have you ever felt that it was? Take a walk in the moonlight and watch the moon close. Do you feel it is following you? After the walk do you still feel the same as before about the moon watching you? Why or why not?

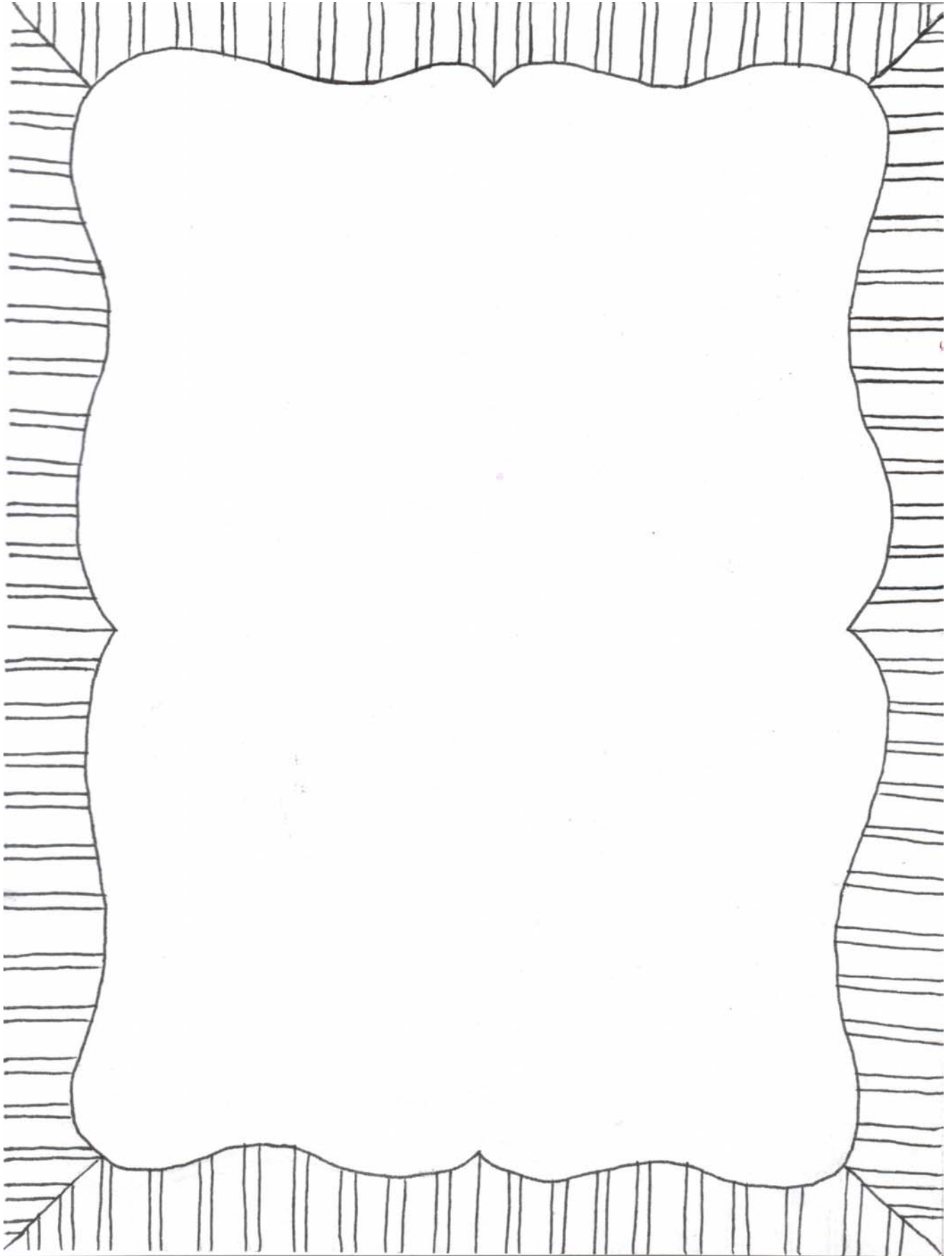
Coloring Page

By: Mandi Aumann



Flying in the sky so high,
Ever glowing, ever bright;
Watching 'til the morning's nigh,
Ever guiding through the night.

Draw your own moon here ! [By: Mandi Aumann](#)



Wormy's Review

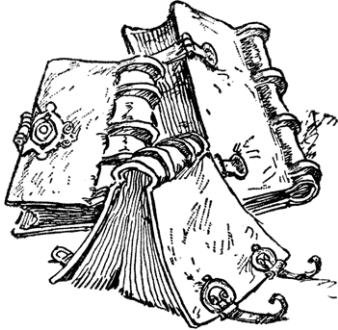
By: Mandi Aumann



Hi kids! I'm Wormy! I love to read books. But, even more than that, I love to share about books I've read! Each month, I'll be telling you about a book I've read. Each book will get a certain number of smiles:



Since I read so many books, it's not easy to impress me this much! I save this rating for books I'd read again and again.



Most of the books I share will probably get this rating. These books are great stories and/or great pictures. These may be books you want to think about buying.



These books are books you will want to read at least once.

Title: **I Love You, Stinky Face**

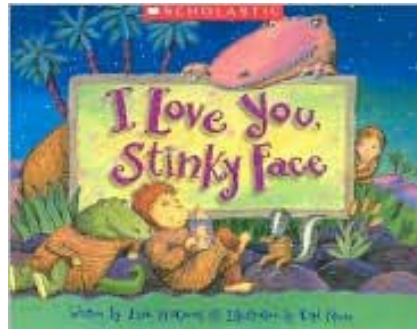
Author: Lisa McCourt

Illustrator: Cyd Moore

ISBN: 0-8167-4392-4

Price: \$5.99 new, \$1.72+ used

Rating: 😊😊😊



Summary: A young child asks his mother if she would still love him if he was various scary creatures. Mom assures him by explaining all the special things she would do for him if he were those creatures.

Wormy's Thoughts: This book always makes me smile. The child in the story is very imaginative in his ideas of creatures he could be. His mom is equally imaginative in her ways of showing her love. The pictures are beautiful. Each page shows, in detail, the things the characters describe. I think this book is definitely one every mother should have. It's a great book for tough times in the family, or anytime you want to have a fun story.

I've also just discovered that the author and illustrator have teamed up on three other "Stinky Face" books to make a series. See if you can find these in your library:

- **I Miss You Stinky Face** by Lisa McCourt, illustrated by Cyd Moore
- **It's Time for School, Stinky Face** by Lisa McCourt, illustrated by Cyd Moore
- **Merry Christmas, Stinky Face** by Lisa McCourt, illustrated by Cyd Moore

School Bell—English

By: TristÅ

Touch of Vocabulary/Spelling

Use the following list for spelling and vocabulary as needed.

1. **Empowering** - The act of moving energy into an object.
2. **Energy** - A general term for the power that exists within all natural objects and beings—including our own bodies.
3. **Planes**— The different parts that make up the universe.
4. **Visualization** - The forming of images for needed goals during magick.
5. **Spirit** - A divine spark or essence inside each person that unites a person with those worshipped or strongly honored. Also used for discarnate.
6. **Aura** - The energy field of a live object, that can be seen or felt, that can be interpreted to offer more insight into the live object.
7. **Cosmology** - Mostly used for the study of god and goddess. Can also mean the study of the universe, beginning of life, and the ultimate reality.
8. **Discarnate (Spirit Being)** - A being living without a body (living in spiritual form).
9. **Besom** - A broomstick made of different woods used to clean the ritual area. Used mostly by those in the Wicca religion.
10. **Mantic** - A title given to anything related to prophecy or divination.

Grammar Focus Capitalization

When talking Paganism it is important that you are familiar with capitalization. The basic rule of thumb is to capitalize when using exact names.

Example 1: Orchosi is the god of hunters and wild animals.

- Orchosi is the actual name of the god. The word 'god' is not capitalized because it is used as a general word in this sentence.

Example 2: Tom believes in Santeria and believes Ochosi to be the most powerful God.

- Santeria is the name of the religion and they are always capitalized. God is used as a title here so it should be capitalized.

Creative Corner

Take the time to do some writing experimentation. The goal is to see if you can find the situation that works best for your creative juices to come through. Take a look at things that you find challenging and/or boring from your assignments or homework to use for this experiment.

Some ideas on things to use for your experiment are listed below, however, feel free to try any you come up with as well.

- Near water; sitting by a pond or lake, in the bathroom with water running (maybe filling your bath) or near a quiet washer.
- In certain scents; try different incense or air fresheners.
- In company of animals; either wild (non-threatening) or different pets.
- Different times of the day; don't only make it day and nighttime, use position of the sun and/or moon to determine the time.
- Facing different directions; it is best to experiment from the same location for an accurate outcome.
- Different locations in the home; make sure each time you experiment with this that the same level of noise and/or distraction is present.
- With certain objects; surround yourself with different things that you either have an emotional bond with or that you feel are soothing.
- Special writing utensils; see if what you write with makes a difference. Remember to not only try different types of writing gear (pen, pencil, etc...) but also take into consideration what things are made of. Another idea is to make one yourself.

This experiment may take a long time to complete, however, it could be very fun and interesting.

Writing Assignment

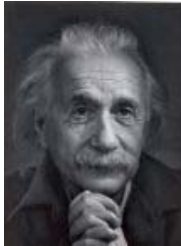
Spend the day observing an animal. You can choose a wild animal within a limited area or a pet of yours or someone you know. Follow them and watch and document all the things they do. When you are done, spend time meditating and then write a story explaining their actions and the possible reasons for them.

School Bell—History

By: TristÅ

Pagan Person Highlight

Albert Einstein



Albert Einstein was a very fascinating man. He was a mastermind of science and math. He was, quite possibly, the first outwardly eclectic when it comes to religion.

He studied many religions and chose three main ones to follow. He felt that one religion could not hold enough ‘correctness’ for him. So what he did is take from the religions he felt the most important and comprise them to suit his needs. In today’s Pagan world this practice is done a lot.

Albert Einstein was in a time where it was unheard of to think outside of the box. He openly displayed his disbelief in almost all religions. He talked of how joining beliefs could become a belief all in its own. He was shunned by many people and even a few religions for this. However, he stuck by his guns and stood by what he believed in.

Cool Fact

When dating history for the longest time dates were determined by what was considered the birth of Christ. The dates were even labeled B.C. (Before Christ) and A.D. (In the Year of Our Lord). In the last couple decades B.C.E. (Before Common Era) and C.E. (Common Era) have replaced the older version of dating. In some areas it is still in controversy, however, most Pagans prefer to use B.C.E. & C.E. because it has no reference to religion. This might have something to do with so many different cultures and religions being comprised together to form the Pagan Community.

Time Line It

Comprise your own timeline using this month’s events below derived from both U.S. and World history.

Anne Frank’s last diary entry
Iraq invading Kuwait
Lincoln signing the first federal income tax law
Soviet Union declared war on Japan
Nixon resigned as president
First atomic bomb dropped
Woodstock began in New York
Bill Clinton gave testimony before the grand jury
Vesuvius erupted destroying Pompeii
Dr. Martin Luther King gave the “I Have a Dream” speech

Highlight Happening: Atomic Bomb

After consulting Albert Einstein about the effects of an Atomic bomb there was an atomic bomb set off twice in this month; once on August 6 and again on August 9. Both bombs killed many people and animals. It also made a grave impact on Gaia.

Both areas that were bombed were as a desolate bare land for a long time afterwards. The first bomb started a fire that killed everything in its path. Both flora and fauna was affected by the bombs impact by death, distorting, or retardation.

There is debate even today of new species in both the animal and plant world being a result of the atomic bombs. Many ‘freak of nature’ events with the life in and around the bombing area can be linked back to the bombing.

Pick one of the bombings and do some major research on its effects to Gaia. Send in a report of your findings to share!

paganmoonbeams@yahoo.com

Creative Corner

There are many painters that paint totally historically correct pictures showing history. They paint the people, places, and pictures showing the event in great detail.

Read over the list in the Time Line It section and pick an interesting event from it. Do your own research of it. Then draw or paint your own historical correct picture on that event.

School Bell—Geography

By: TristÅ

GENERAL GEOGRAPHY

Landforms

The beginnings of Geography is the land forms. Whether you are just starting, or you are way past the basic geographic terms, take some time to learn or re-learn them. Do more than look at pictures and read. Go outside and visit the ones closest to you. Some project or discussion ideas are listed below for you to explore on your trip(s).

- Take into consideration it's past. A hill or mountain has developed years of history as each layer was formed. At each stage that a new layer came about, the energy of the time was concealed in it as well. If you are careful, respectful, and able to totally concentrate you will be able to feel the different energy forms.
- Sit with each landform and meditate. Let it or the land spirits within know that you acknowledge and/or appreciate it. Leave an offering for allowing you to spend time with it.
- Observe or brainstorm about all the different beings that each landform supports. Notice the wear and tear this support has taken on the form itself.
- Make a list of the God/Goddess' within the pantheon that you follow. When you are out, determine who the landforms you find are connected to. See if you can feel the presence of the God/Goddess within the form.

Experiment: It is said that ancestors not only knew which God or Goddess was connected to which landform, but, they could tell by the energy felt as they passed the form.

GLOBAL GEOGRAPHY

Country Facts

N O R W A Y

Cultures 2 Explore: Semi // Take some time and learn about the Semi of the past and present. Look at how the people stayed the same but their religion and traditions mixed with that of the one around it. / or/ Learn about their religion and everyday life. Compare it to your own.

Geo Terms: Glaciers, Fjords // These can be found in Norway and will be a great addition to your geographic term flashcards!! Remember pictures and words make the best flashcards.

Nature Spotlight: Aurora Borealis // What better gift than the Northern Lights. Take time to look at some pictures of it. Also find where Norway is on the map and see where you think you could stand to see them. / or / If you are near them take a look at them to see their immediate effect on the energy from the earth and sky.

Lands Owned: Queen Maud Land // Find Queen Maud Land on a map then see if you can figure out how Norway got possession of a place in that area.

Fauna Focus: Fjord Horse // Find pictures of this horse and determine what characteristics it has that prepare it for the weather in Norway. / or / Look up the magick properties of the horse. Look at the horse and see if you can determine how it's special characteristics enhance or lessen those magickal properties for it.

Flora Focus: Short summers & wildflowers // Take a look at the different wild flora in Norway, see if any of them can be used in medicine and/or are in your area. / or / Do some research on the people that live there and compare them to the people in your area. Do you feel like the short summers effect them and/or the energy they have?

World Focus: Animal Conservation // See what animals are protected there and choose one to research. / or / Find the magickal properties of the animals that are being conserved in Norway.

Tongues

Take some time to look and try to pronounce some of the alphabet: <http://www.norway-hei.com/norwegian-alphabet.html>
Listen to a song: <http://www.youtube.com/watch?v=OL1DUsgvvMY>

School Bell—Recess

By: TristÅ

God/Goddess Juggling

Game Specifics:

1-25 players

Age: All ages

Equipment:

Ball or Balloon

Game Prep:

1. Players make a circle. If only one player then they find a play area that allows them to move fairly far in all directions.

Game Play:

1. Players will volley the ball or balloon assuring it doesn't hit the ground. If only one player they will volley the ball themselves taking 2 steps in any direction each time the ball is hit, continuing game until they are out.
2. Each time the ball or balloon is hit the name of a God or Goddess must be announced.
3. A name that has already been said, not announcing a proper name, or allowing the ball or balloon to touch the ground will cause the player to be out That player will leave the playing area and watch/referee from sidelines.

Game Object:

To be the last player in the game. If playing alone you will try to beat your last number of correct names/volleys.

Alterations:

Use different items for main play (Frisbee, odd shaped ball, flour sack, water balloon, etc...). Use one pantheon per game until all names are learned.

Games Skill of the Past

The first known activity considered a game by today's standards was baggataway. It was played by the first known settlers of the land; Native Americans. It is believed that the origin of baggataway took many faces; religious, action to settle disagreements, game of fun and leisure. It is unknown if this was something planned by the original folks that started it. The French are known for starting the game of Lacrosse, which is a variation of the great baggataway. The game has changed from a group of people (number not important) on an area they liked using items found around them to a strict game with regulation equipment and number of members.

This month let's practice taking a walk back to the original skill of baggataway. You will need to make your equipment and practice with it. This can be done by a single person or a group just like it was back in it's beginning. Be sure to thank nature and bless the practice before and after; keeping the sacred portion of it alive.

Equipment

Ball: Use an old pair of panty hose. Cut out the leg and fill it with two rocks, tennis balls, or rubber band balls. Tie off the open end with string, fishing line, or a rubber band wrapped tightly. Put one item on either end of the length of hose, making sure that there is a fair amount of hose between them.

Stick: A stick about the same height as you. Be sure it is as straight as possible.

Practice: Start with the ball sitting on the ground and pick it up by putting your stick in between the 2 items and lifting the bare hose portion. To throw it, toss it up by lowering the stick and quickly pushing upwards. Catch it in the same spot you picked it up.

Fun Find

Ever thought about what you want to be when you grow up? Have a dream of pursuing a certain career field? Find both by printing, coloring, and using this printable career centered spell book at Lanternfish:

<http://bogglesworldesl.com/spellbook.htm>

School Bell—Recess

By: TristÅ

Inactive Recess

Each month an inactive game that can be played anywhere will be listed here. Directions for equipment will be listed each time a new one is presented, but will be used for several different games so hold on to them.

Pantheon Rummy

Game Specifics:

2-4 players

Age: 6+

Equipment:

Portable Game Board (directions below)

Regular Deck of Playing Cards

Game Prep:

1. Comprise a set of 4 pantheon cards using a sheet of cardstock or printer paper cut into fourths. A suit will be drawn on the top of the card (diamond, heart, club, spade). Directly under the suit a pantheon will be written as a title (appears larger than other writing on the card). Below the title write A, K, Q, J and circle them. By each one list a God or Goddess until you have 4 from that pantheon (it is recommend to put equal number of God & Goddess). Once made they are to be shuffled and one of them randomly drawn from the cards. Players can keep the Pantheon cards in their hand or lay them face down in front of them.
2. Set-up portable game board in a circle and turn over at least every third lid (more if you wish).
3. Divide the card deck as follows: face cards (A, K, Q, J) will need to be shuffled and placed face down, cards numbered 8-10 set aside, number cards 2-7 shuffled and laid face down near (but far enough away not to be mixed with) the face card pile.

Game Play:

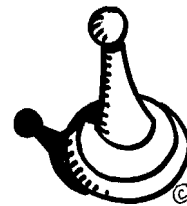
1. Each player will determine their playing piece and put it on the start space.
2. Order of play will be from youngest to oldest in clockwise direction; which will determine the seating arrangement.
3. Each player, on their turn, will draw a low number card and move their piece the same number of spaces the cards.
4. If a player lands on a lid that is upside down they have the option of drawing or discarding a face card from either the draw pile or discard pile which will both be upside down.
5. When only one pile exists the cards are shuffled and placed back down for a fresh take.

Game Object:

A player will be the winner when they have collected all the God/Goddess of a single pantheon, lays them down, saying the proper names of the God/Goddess that make up that pantheon group. Their hand must properly reflect their pantheon card they were given at the beginning of the game.

Portable Game Board

Put in a zip lock type baggy lids from items you have used around the house (mayonnaise, pickles, mustard, ketchup, etc...). These lids can be of different sizes and shapes. Use as many as you can or start with a few and add as you can. These lids will make the actual game board allowing kids to lay them in any pattern they want or as the game requires. For playing pieces use different colored bottle water or 20 oz. soda lids. Each game and/or family will require a different number of playing pieces so it might be nice to put up to 8 in the bag (this also allows for selection when playing a game).



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on DiscoverySchool.com/

School Bell—Science

By: TristÅ

Scientist Spotlight



Charles Darwin 1809-1882

Charles Darwin is a well-known scientist who came up with a theory (educated guess) that people were not created from a superior being, but instead from a freak natural happening. This theory is still in debate many years after he has gone away. His theory was backed up by real evidence so no question could debunk his findings. Although the 'evolution theory' that he gave birth to may not be what you believe, it is still something you need to give respect to.

Pagan Points

- Darwin dedicated his life to nature. He took many travels and re-introduced the world to nature and it's natural inhabitants.
- In the days when Pagan beliefs were not accepted, Darwin advertised the concept of Natural Law placing nature above man and concepts of a single God.

Science Lab Book

Incense

Inspiration: In May there was an article posted online involving some studies made by John Hopkins and the Hebrew University in Jerusalem stating that the resin inside incense contain chemicals that would act as an anti-depressant.

Question: Will incense relax me during stressful times?

Hypothesis: Try to guess the answer to the question as well as the reasons why you think that way.

Lab: Do your own experiment for lab. Be sure to take the following things into consideration when doing your experiment.

- The same kind of incense should be used
- The same circumstances or stress level should be present

Conclusion: Write the conclusion you reached after holding your own experiment to find the answer to the question.

Opinion/Grade: Write your own grade or opinion on this month's lab and your involvement in it.

Nature Science

Nature science is a gift from Gaia and the 'God/Goddess'. It is the most complex form of science ever found. Some of the best scientific finds of today can be found in nature.

Most everything in nature science has a purpose. On the same note almost everything that is in nature is comprised of many things and each thing has a purpose of it's own.

In reality, nature has figured out everything that modern science is discovering. The biggest discovery science can chalk up would be to recycle and reserve sources that we need. Nature science has done this from day one, nothing is totally wasted.

Although you can jump on the internet or grab a book to find out a lot of nature science, your best teacher is nature itself. The information will probably be the same in the end, but by learning from nature you have not destroyed Gaia and/or her world, which she has shared with us.

When studying science, if possible, go outside and observe instead of using other means of obtaining knowledge. To get you started, go outdoors and find something that has been discarded by nature and used by an animal. See if you can determine what animal used it and what it was made of. See if you can make a circle of life chart for at least half the things that you found in your examination.

School Bell—Math

By: TristÅ

Religious Math Importance

In today's world math is important for everyday life. If you are to manage money correctly it is important that you perform certain mathematical equations correctly. A list similar to this one could go on forever.

Things were different for our Pagan ancestors. It was true that mathematics were important for everyday living, it was just as important in religion. There are many times throughout ancient history where your religious worth and well-being was a result of your mathematical knowledge.

A prime example of this is the Sulbasutras, which acts as an appendix to the very important Vedas. The Sulbasutras operate similar to a math book by showing equations and mathematical procedures that can be used to make an altar. It was believed that if the altar was not of appropriate size to the offering one would not please the Gods & Goddess'. In this one task of building an altar came a complex math lesson as well as religious meaning and dedication to one's worship.

Today stress is not put on certain things within the religious realm by the masses. This does not mean that you can't make your own expectations on the things you do to and for your religion. Try adding in some math for the things that are required for your own practice and I am sure you will find more meaning in the things that come from your efforts.

History Short

The ancient Etruscans had a very precise number system. Each number had a name and symbol to represent it. The number system and its symbols were used later by the Romans.

Although not much evidence of their actual numbers can be found; one find was used to determine how they utilized their numbers; it was the Tuscania dice. There is still debate over some of the numbers on it, especially the 1 & 5. There is plenty of evidence of their larger number symbols, however what they were called is still under debate.

Monthly Math Research

Baudhayana

Math Assignment

This month we will add some mathematics into our religion to see if the article "Math Importance" rings true. Use some modern and primitive ways to do your equations and/or figure answers. You will need to complete at least four assignments and keep a math notebook, chart, or graph to come to your own conclusion.

- Getting correct measurements for your altar cloth.
- Taking your own measurements for your ritual gown, robe, or cloak.
- Properly positioning items on your altar.
- Arranging your room or altar using feng shui and proper measurements.
- Comprising a system to arrange your Pagan books on a shelf.
- Determining the size of an area needed for ritual, keeping in mind the number of guests that will attend.
- Making a book cover for your BOS or most valued Pagan book.
- Creating your own herbal remedy, natural recipe, or spell including ingredients.
- Positioning your altar or meditation area in a spot that receives the same amount of sun throughout the day.
- Make a drawing of a sacred symbol using correct dimensions. This can be decorated and hung somewhere near a sacred place.
- Start a routine path to walk before doing divination, ritual, or special time that shows respect for the cardinal directions or other special symbol of your choice.

Pagan Puzzler

Follow the directions below to see if you can write a problem that comes out with the same answer posted here.

The number of days one would study beginning Wicca divided by the how many animals are in the Chinese zodiac then multiplied by the number of cardinal directions.

122

School Bell—Elective

By: TristÅ

Study Hall

I know, we are home schooling and don't have study hall. No home schooled children do more in the way of study hall than public schooled kids. Any time you are sitting alone doing a self-directed project or assignment without direction from an adult you are in study hall.

Another sad fact is that study hall can be the most stressful of times. Usually there are other things going on around you; siblings getting lessons, house cleaning going on, and many other situations. The opposite could be true where you are used to all of these sounds and during these times you are sent to a quiet area that causes you to search for commotion because you have trained yourself to focus with them going on.

The main purpose of Study Hall is for you to have time where you can concentrate and work on or learning skills that are needed to excel in school. Although a lot of expectations for you come with that task, it is most important to relax your thoughts and condition your mind so it can perform at it's best.



Quick Meditations/Breaks

Take a few minutes as study hall time begins and in between subjects to do some form of meditation. Make a goal of releasing all stress up to that point for the meditation session.

The meditation itself can be as simple as a few minutes of quiet, a three line chant repeated twice, a count of concentrated breathing or combination of things. The most important thing is that you get your mind clear for the next subject or project.

You will need to be sure not to do the same meditation procedure every time you perform it. During short meditations it is easy to lose focus if they are just a small routine that is repeated.

Feel free to do reverse meditations if they are more effective for you. Concentrating on what is to come instead of what is to be let go might be an approach that works better with you.

If you are more advanced and able to do things like astral-projection or channeling instead of meditating, This would be a great time to do small exercises using the advanced talents you have acquired. Concentrating on a completely different topic might aid in forgetting stress.

Release what has past so that it takes all of it's baggage with it and/or prepare for what is coming. By learning to do one or both of these things on a regular basis you will make the best of your study hall periods.

Back to Roots

There are always times when certain tasks or subjects are difficult for you. No matter how you try to approach things they don't iron out. The stress that comes with this can be very heavy and hard to deal with.

During these frustrating times you might try to stir things up a little by going back to your roots of certain situations. Try using more primitive manipulatives and resources to aid you. Although these methods will surely add a little time to what you are doing, they may just take away much of the unnecessary man-made energy flows; which may be the reason you are struggling.

Although each person and situation will be different, this offers an opportunity to go to the roots in a unique way. A few ideas are listed below to get your creative roots rolling.

- Use an abacus instead of the calculator
- Instead of paper and pencil use a stick and sand
- Tap your hand on the table for music instead of listening to the CD player for relaxation while doing work
- Try a change of scenery instead of turning on the television
- Close your eyes and picture what needs to be done instead of scratching it out on paper
- Turn situations and problems on paper into something visual by using things from nature so you are able to share or borrow it's energy.
- Surround yourself with things you magically connect with; nature, scents, sounds, animals, etc...

Remember to never take energy from the things you choose to aid in your time of need. It is better to borrow it, or just observe it as an incentive to find the energy and strength within ourselves.



The Cinderella Story contest winner will receive a \$50.00 gift certificate from Ancient Light the gracious sponsor this event. Her story can be found below and at Ancient Light's store.

Visit the most unusual store for all your magical needs at a reasonable price: <http://www.ancientlight.info/>

Cinderella

Written by: Shiori

Once upon a time there was a girl, and her name was Cinderella. Cinderella was a sweet and kind girl who loved doing spells. Unlike others Cinderella was a witch. She was not a mean witch, not at all. Cinderella has one problem in her life though, her step-mom and her three step-sisters. Cinderella's step-mom and step-sisters liked to take advantage of her. They make her wash and clean and scrub and loads more. The real true reasons they did this to her is because of her name, her religion, and because she was more different and beautiful than they were. Cinderella's step-sisters were very wasteful with everything. Cinderella made a robot out of things her step-sisters had wanted to get rid of. She even put food they didn't eat in a composting bin to make the best soil in the land. Nobody could believe how she could deal with everything in her life and still have fun.

I believe I told you that Cinderella was a witch, and that she was nice, right? What I meant by that was she studied animals, she learned about the environment, and when she went hunting she used all of the parts. She did more than just that in her religion but there's too much to talk about in one story. Besides that she made valuable things to help people, animals, and the environment. Since she did all of those things she had even helped the king, and got a reward for it. Cinderella loved all of the things people said to her, but she wanted one person out of the whole kingdom to ask her one question. However, she told me to tell you a little later.

Now back to my story. At home she wasn't treated very nicely. They made her do everything around the house because they were very jealous. Finally Cinderella's birthday arrived. On Cinderella's birthday she could do whatever she wanted, but she still got the mail though. In the mail on her birthday there was an invitation for the royal ball, and, even better, at the palace. She thought to herself, "I am finally going to meet the prince." Cinderella wanted the prince to ask her the special question of marriage. Of course every girl in the whole kingdom wanted to marry him, but only for power, and riches beyond their greatest beliefs. The bad thing was Cinderella's step-mom saw it and said to her daughters, "Sabrina, Emily and Sophia, we're going to get you new clothes." They wondered what the occasion was and demanded Cinderella to tell them. When Cinderella told the three step-sisters they screamed, ran, and got dressed.

Later that night when the girls came home, Cinderella asked her step-mom if she could go to the ball. Her step-mom said only if the whole house was completely clean. Then Cinderella asked about a dress for the ball. Of course her step-mom said, "I am not buying you a dress! Make one yourself." If you're thinking that her step-mother is mean and rude, you are so right. The only reason Cinderella's step-mom said everything had to be clean is because she didn't want her to go. Her step-mom also knew she would start cleaning right away, but for once she didn't. This time she actually didn't. Instead she decided to cast a spell. The next day it was time to go, the house was completely clean, but she had no dress to wear to the ball. Since she had such wonderful animal friends they made her the dress she had dreamed of. The problem is, when she got downstairs, everyone was gone. She had gotten so upset that her powers, feelings, and emotions all came out. Her powers came out so much that she broke loads of things. But after that, the head fairy came and gave her everything she needed, and even rewound time for her. Cinderella got there on time, but forgot to listen to the rest of the faerie's words.




Cinderella finally got there at 8:00 p.m. When she walked in the ballroom it was her step-sisters' turn to bow. It didn't happen though because the prince saw a beautiful girl. The girls got jealous of her immediately. There's one bad thing for that beautiful girl though, the handsome guy doesn't know her name! To make it worse, that pretty girl just changed back in front of him and ran away! But the important thing is he now knows where she lives.

It is finally the day Cinderella has dreamed of. The prince asked her for her hand in marriage. Of course she said yes. And now the whole family is a family of witches. Since she married the prince nobody has said anything bad or treated her mean. On every single honeymoon they go to the forest and camp for a week. They even take a bath in the river. They also put shiny things in the river and put food around it. They named it "The Fairy River". Now they had the greatest happily ever after, after all.

- THE END -

Flashcards Courtesy of: [Sophia's Tiny Hands](http://www.sophiastinyhands.com)

www.sophiastinyhands.com

<p>The ASL sign for GREEN is as follows, dominant hand in a closed fist with your thumb and pointer out (as above) like you are grabbing something between the two. This is the A SL letter G. Gently shake your hand back and forth and that is the sign GREEN.</p> <p>2</p>	 <p>1</p>
<p>3</p>	<p>GREEN</p>
<p>From the BOY sign bring your hand down to the middle of your chest palm-open, thumb facing towards you. Place your hand on your chest. This is the ASL sign for FINE.</p>  <p>2</p>	<p>Using your dominant hand (typically the hand you write with) act as if you are grabbing the brim of a baseball cap. This is the ASL sign for BOY. The 2nd step makes it MAN</p>  <p>1</p>
<p>BOY + FINE = MAN</p> <p>3</p>	<p>MAN</p>

Flashcards Courtesy of: Sophia's Tiny Hands

www.sophiastinyhands.com

<p>For the sign TREE, place your non-dominant (ND) arm face-down like resting it on a table. Take the elbow of your dominant (D) arm on top of the back of your ND arm and spread your D hand into a number 5 handshape (as pictured). Rotate the D hand back and forth and that is the sign for TREE.</p> <p>2</p>	 <p>1</p>
<p>3</p>	<p>TREE</p>

<p>For the sign LEAF, D-hand is open-hand number 5 handshape. With your ND hand in a closed fist, extend the pointer finger of your ND hand to touch the bottom middle of the palm of your D-hand. Moving together, move both hands back and forth in a downward rocking motion just like a leaf falling from a tree.</p> <p>2</p>	 <p>1</p>
<p>3</p>	<p>LEAF</p>

Flashcards Courtesy of: **Sophia's Tiny Hands**

www.sophiastinyhands.com

<p>Open and close the G handshape like a bird's beak.</p>  <p>2</p>	<p>Make the G handshape with your D-hand in front of your mouth.</p>  <p>1</p>
<p>3</p>	<p>BIRD</p>

About Sophia's Tiny Hands

By: Raven Moonshadow



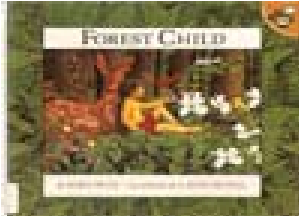
Sophia's Tiny Hands is an authorized retailer of Signing Time! products. Signing Time! is a producer of DVDs, books, flash cards and music aimed at teaching American Sign Language (ASL) to children of all ages and abilities. Sophia's Tiny Hands was created out of a mother's love for her deaf daughter. She had found Signing Time! and was amazed at her daughter's receptiveness to learning this language. Sophia's Tiny Hands is proud to retail such an awesome product as Signing Time! Out of this company also came a non-profit entitled The Sophia's Tiny Hands Education Foundation, created to provide opportunities for higher education for Deaf students as well as future ASL interpreters. For more information, log on to: www.sophiastinyhands.com .

Wormy's Book Builder: Ages 7-11

By: TristÅ



Title: Forest Child
By: Marni McGee
Illustrated by: A. Scott Banfill



ISBN: 0-671-86608-7

Pages: 35

Used at Amazon: \$ 1.70

Libraries: Most have this book

Forest Child is a story about a boy who has become lost and wanders into a forest. He is able to talk to the animals and finds a peace that all Pagans struggle to reach throughout their life. The book is fairly easy reading but is the kind of book that you can read over and over to find the hidden lessons it teaches.

Point of View

Have a discussion or think deeply about the following things:

- The Owl's words as the boy entered the forest.
- The rabbit's feelings as the boy approached it. Also the feeling the rabbit had after the boy's visit.
- The boy's feelings as he looked at the circle.
- The boy as he bathed in the water.
- The boy as the dark approached.
- The boy when the moon spoke.
- Each animal as they looked upon the day.

Animal Research

Take a new look at the different animals in the book, paying attention to what each of them do. Write down a list of them and what they each volunteered or were chosen to do.

Do your own research to see if they were the one chosen because of a fact or a stereotype. Be sure to document this on your list, even if you are just highlighting one or the other.

When done think about how these same types of opinions are reached in today's world with all things in society and nature. Think of ways you can be sure to stop stereotyping these same things and how you can deter others from doing the same.

Turn these thoughts into actions at least once every three times where the situation arises.

Living the Story

The main points of the book are possible even though the book itself was fiction. Have a discussion with an adult or friend about how this book could become a non-fiction book. If this is not your style, go and live the story your own way or try the steps below.

1. Find a place in nature you feel connected with.
2. Visit it several times each day. While there, work to share energy with it.
3. Be sure to stay long enough to pay attention to the smallest details, especially with the greenery around.
4. If you feel inclined, take offerings to help. Crumbs for small animals and/or water for flowers and shrubs.
5. Help the things in the area out. Move crumbs closer to the ant hill, separate plants that are growing together, or bring some natural deterrents for small bugs that are destroying plants in the area.
6. Visit until you don't feel like a stranger to the area around you.

Take the time to record this feeling; throughout your Pagan life you will strive to feel that. Keep the final project that you do so you can look at it whenever you need an extra lift.

Write in your diary, journal, or just discuss with someone special how it felt to be a part of a small area of nature.

Make a painting or drawing of how it feels to be one with even a small portion of nature.

* Remember that even if you reach this goal; becoming one with nature entirely is very hard to achieve.

Middle Magic

By: Petra Lucas

Simple Rituals

What are rituals?

The word ritual has two things associated with it. A ritual is something that we do over and over again all the time, like brushing your hair before you leave the house or having a drink with a meal. If you do the same thing everyday, it's a ritual. However, in the Pagan world, when we think of rituals we think of the parts of celebrations where we all get in a circle and address the Goddess and God. That is one kind of ritual and this is the sort we will be talking about here.

So how do we tell the difference. It may seem silly, but in actual fact there isn't one. A ritual usually follows the same pattern and layout regardless of what you are doing. Every Pagan ritual has the same basic core.

But what is a ritual for? Well, Pagan rituals are designed to help you focus on the task at hand. By following the same routine each time, your mind can worry less about what you are doing and you can concentrate on *how* you do it. Think about it, a dancer learns the basic steps of the dance. They practice and practice until they can just hear the music and move without thinking about what they are doing. Then they can add their own flair and personality to the dance. That is what we do in ritual. We do it over and over again until we can start to add our own specialness to it.

Rituals are also used to provide a sacred space to work in and to connect to the Goddess and God. As Pagans, we don't generally have a place to go to worship as a group or individually but we still need somewhere we can connect to the Divine. That's why when we are thanking the Gods for the harvest, we do a ritual. This is part of creating a space that is separate from everyday life. It's a place where we put aside the everyday worries about schoolwork and friends and household chores, and, instead, concentrate on the Divine in our lives.

Rituals can have many different purposes but, in the end, ritual is about telling the Divine what you are doing and why in a thoughtful and spiritual way.

Before you do a Ritual, consider the following:

Your intentions - are you spiritually ready to perform your ritual? What is it exactly you are trying to achieve? Be as specific as possible.

Your timing - Have you chosen a good time for your ritual? Will you be disturbed during this time?

Your tools - Do you have all your tools? Are there any items you need to make or bless first?

The content of the ritual - Does your ritual actually do what you need it to? Are the words right for what you are doing? Will they help you focus more or distract you?

Versatility - If the words aren't quite right, how can you change them?

Energy - Can you actually create enough energy for the ritual? Or is the ritual too long? How can you maintain the energy?

Basic format for a Ritual

Here are the basic steps in a ritual:

1. Make sure you have everything you need with you. Crossing in and out of your sacred space can dilute the energy you are trying to create.
2. Calm your mind and focus on what you are about to do. A meditation can often help with this.
3. Create your sacred space. The most common way to do this is to cast a circle.
4. State your intent. This helps you focus more and reminds you what you are doing.
5. Call to the Elements or Goddess and Gods as is appropriate to what you are doing.
6. Perform your ritual. Now that you have the attention of the Deities, you need to show them what you are trying to do. For example, in a healing ritual at this point you would say who you are trying to heal and why and then perhaps say a healing charm.
7. Thank the Deities for their attention and the Elements. Do this in the reverse order you called to them.
8. Release your sacred space. This is telling the world and yourself that you are ready to return to everyday life.
9. Take away everything that you brought. Clean your tools and return them to their homes.

Useful Link:

This worksheet takes you through the steps of a ritual:

<http://www.apath.org/docs/Ritual%20Creation%20Worksheet.pdf>

Over the next few issues, we will look in detail at the individual steps of a Ritual.

Young Pagans

By: Petra Lucas

Out and About

Summer is here! Hot, sunny days beckon with endless possibilities. It's lighter in the evenings and this means more time to be outside. However, Summer is also the time for more accidents and problems at home. The added heat can make everyone grumpy and arguments break out.

So how do you make it through Summer without too many problems? Simple enough. You make sure you think through what you are going to do. Some small strategies will help you cover most problems and stresses that can arrive along with those hot days.

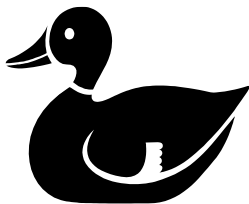
Remember, to let people know where you are going and preferably who with. This might seem annoying but think about it. If something goes wrong, how will people find you? If you are going to be staying out later than planned, call your parents and let them know. A few minutes spent calling them and telling them now will save you a lot of bother later on (including being grounded. Who wants to be stuck inside in good weather?).

Help out with house chores before you go off with your friends. You have time to relax, when do your parents get to relax? If you have younger brothers or sisters, you could offer to take them to the park. Your parents will be pleased and may even reward you with more freedom than if you are forced into doing it.

Try and learn (it may not be schooltime but learning takes place everywhere) one new skill in your free time. It doesn't have to be schoolwork related. How about learning to juggle or make something like homemade cards? That way when boredom beckons, you have something to plug the gap (other than bugging your siblings, that is).

Finally, in this day and age, we have to worry about the effect of the Sun on our skin. Taking a few minutes to put on sun cream can save you trouble later. We all know sunburn isn't fun so put some cream on before you leave. If you forget and end up a little burned put some After Sun Lotion on. You will need to rehydrate your skin and the lotion does this.

Oh, and, HAVE A GREAT SUMMER!



KayBee's Duck!

In honour of the person who started this section, I have decided to make KayBee's duck the page Mascot!

Now all we need is a name and a motto.

Drop me a line with your suggestions to:
petra@paganmoonbeams.com

Some do's and don'ts to think about:

Do: Remember to tell people where you are going. It helps keep you safe.

Do: Help out with chores. You may have some time to relax but do your parents?

Do: Take time to be with your siblings. They may be a pain sometimes but they can be fun.

Don't: Forget to put sun cream on. Sunburn is not a pretty thing.

Do: Try and learn a new skill. It'll give you something to do when boredom strikes.

Do: Have a good time this summer. Relax and enjoy yourself and let us know about it!

QUOTE

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

James Dent

Simple Happy Tip

Take the initiative.
It feels better to do something because you want to than if you are told to do it.

Young Pagans

By: Petra Lucas

Some useful sites

Look on the internet for a wide range of activities to suit all ages and budgets or you can check out the many “How to...” sites that are available like this one:

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

Or find out if your local youth club is running any activities or outings. Check your local council or government website for details of youth activities.



MUSIC LIST

Damh the Bard
Daughters of Gaia
Celtic Woman

~ONLY ONE EARTH~

Plastic or Paper Bags

We've all been asked whether we want a bag when we go shopping. While they can be made from recycled material, it is still harmful to have so many bags floating around (sometime literally in the street). Many of these bags end up in landfill sites and plastic especially can take years to degrade.

What you can do:

Instead of taking the offered bags, take your own! If you have plastic bags at home, take them with you in a pocket next time you go shopping. Alternatively, there are lots of pretty cloth bags out there to use.

Reuse paper bags in a variety of ways. You can use them for making notes on or can turn them into toys for your cats to play with. Many cats love to play with empty paper bags. When you are done, put the bags in the recycling.

Visit Recycle City for more ideas on recycling:

<http://www.epa.gov/recyclecity/>

Book of the Month

Juggling for the Complete Klutz

by John Cassidy and
B.C. Rimbeaux

With clear instructions and pictures, this book teaches the basics of juggling before leading onto more complicated tricks.

Comes with juggling bean ball and storage bags

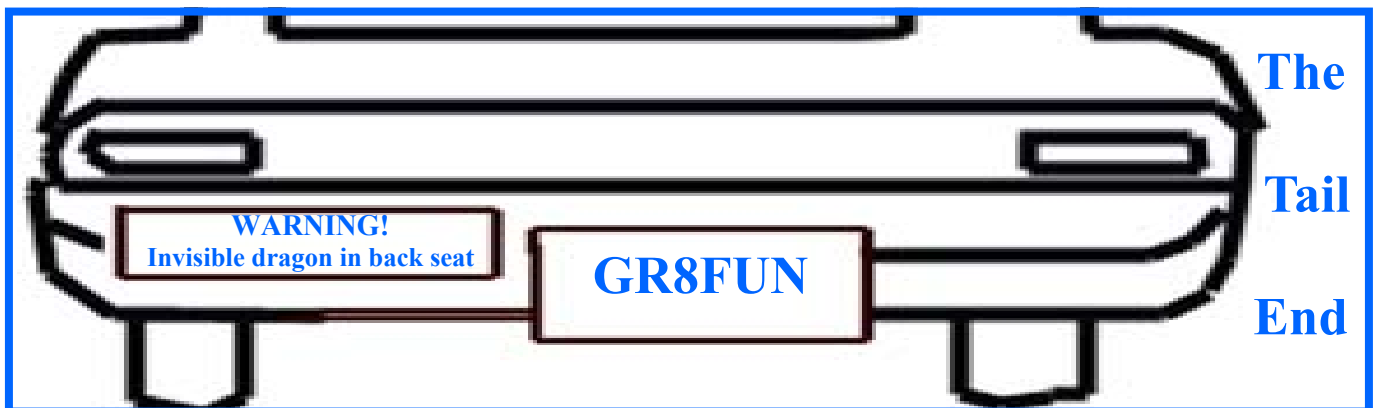
Available from Amazon.com
and Amazon.co.uk



www.ThePlanetBag.com
Because you don't have to be a superhero to save the world.

Available to buy from www.amazon.com

and <http://www.greenshopper.com/>



Pagan People
Margot Adler
By: TristÅ



Margot Adler has many titles, however the ones most Pagans are familiar with is author and lecturer. She has also held many workshops. Her list of accomplishments is very extensive. She is a big believer in equality and freedom which she has fought for no matter her cost. Margot has a rich history in radio and talk shows where she has never hidden her beliefs or religious path. She was a key figure in the Pagan Movement, closing the gap that once existed using resources beyond others like media and protests. There aren't very many Pagans that can say they went the extra mile to bring peace to the world in all aspects. Margot is one of the few.

The Interview

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

I have considered myself a Pagan since 1971, that's 37 years... but like most Pagans, I actually feel it was "always my religion" ever since I was twelve and came across the Greek gods and goddesses and mythology. I was pouring libations to Athena and Artemis very early in life. Then came a belief and wish to find a nature religion or an ecological religion. I started out in Wicca because that was what was around me, although I think if someone had said they were a group following the ancient Greek gods I would have probably gone in that direction. I have been involved in Gardnerian Wicca for many years, but truthfully I am mostly eclectic at this point, and consider myself more of a Pagan than a Witch.

Were you raised in a Pagan home?

No, I was raised in an atheist home, but my mother was always reading the Zen and beat poets, books like the Way of Zen by Alan Watts, and Zen and the Art of Archery, so I think there was a spiritual something in my home that was not antithetical to Paganism.

Do you teach your children about Paganism?

My son is an atheist at the moment. He liked Pagan rituals as a child, but never really got into the religion, and I believed he should find his own path, just as my parents believed I should.

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

I think it was a deep core belief that the earth was in danger and that Paganism was the religion of the ecology movement down deep. I believed and still believe that Paganism has answers that are not for everyone, but it does have lessons that the planet needs.

Pagan People
Margot Adler
By: TristÅ

The Interview
(continued)

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

Oh, that is hard, I think Beltane, just because I love spring I love May, it is perhaps my favorite month, maybe because I am a birder and love when migration happens and the birds are so beautiful, right in early may... I usually go to a public park where there is a big May Day celebration, sometimes with four maypoles ... my favorite celebrations have been sunrise Mayday celebrations, with Morris dancers and everything, but I have only had a chance to do that a couple of times.

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

Study nature, get out in nature, and study other religions besides Paganism, do you have a context for your own beliefs. Make room for joy and laughter no matter what... don't sweat the small stuff in life.

Margot Adler

Research Questions

What was the name of the first book to give a detailed account of Paganism she wrote in 1979? This book is on the reading list for most all Pagan religions.

Can you name some of the equality and freedom movements she was involved in?

What was the name of the radio talk show that she worked as a freelance reporter?

Find one book that an interview or a biography of her can be found in and name three very unique things you can find that she has done.

How was Margot's handfasting to Dr. John Gliedman in 1988 special?

Symbol Sudoku
Chinese Importance & Elements
(as used in Mayan Inscriptions)

By: TristÅ

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	
Sky	天
Yang	阳
Ch'i	气
Yin	阴
Earth Element	土
Metal Element	金
Fire Element	火
Wood Element	木
Water Element	水

			木	火		水		
	阴		水			气		阳
水					气	阴	木	
火	天							
			天	气	水			
							阳	阴
	水	火	气					土
阴		木			天		气	
		气		阳	金			

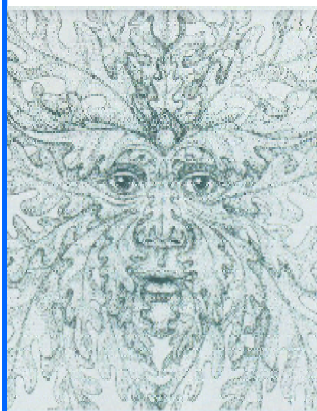
Expand The Puzzle

The elements are used in connection with the Chinese Zodiac; do some research and see which one you and other family members are. The symbols of importance listed here are main points that surround the Chinese religions. Pick one and see how much you can find out about it.

Puzzled Up

By: Mandi Aumann

Names of the Green Man Word Search



Word List

- Chloris
- Garland
- Jack Barleycorn
- Jack in the Green
- King of May
- Robin Hood
- Robin of the Wood
- The Greenman
- Wild Man
- Wild Woman
- Wodehouse
- Wodwo

Image from Joelle's Clip Art
<http://www.joellessacredgrove.com/Clipa>

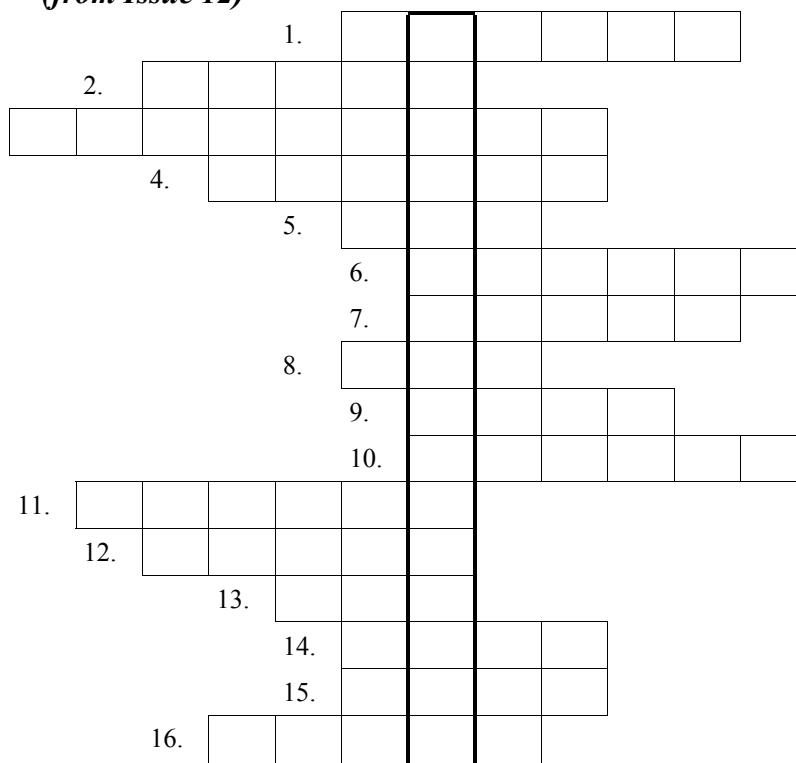
S X U J W R A K W K U T R M J
 C G G G I I B X I I B H Q W A
 W E G H L D Q X L N T E W L C
 C I O C D E L R D G B G O I K
 B V I T W T H X M O G R D Z I
 B O B H O E N M A F G E E X N
 I U Q O M U D K N M A E H V T
 P T F C A R S I S A R N O V H
 R O B I N H O O D Y L M U Z E
 U K O P O Q C F J Y A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

Animal Messenger's Crossword

(from Issue 12)

Clues

1. Supernatural power, mischief, playful
2. Trickster, teacher, hoarder, healing, initiation, protection, shaman's power, transformation, change in consciousness, mark of a shape shifter
3. Enchantment, the Gateway, the inner call
4. Instinct, persistence, determination, wisdom, inspiration, rejuvenation
5. Guardian of the night, cleaner, obscurity, messenger, double nature, happiness, good luck, longevity, peace
6. Conservation, agility, promotes dreaming
7. Headstrong, unstoppable, longevity, value, integrity
8. Immortality, rebirth, industry, order, purity, soul, chastity, messengers between worlds, secret wisdom, Mother and priestesses
9. Grace, balance, innocence, faithfulness, solitude, retreat, poetry, sincerity
10. Creative, pattern of life, connects the past with the future, creating possibilities
11. Self contained, creative source, Earth, informed decisions, planning, adaptability
12. Vigilance, quiet, power of water, the underworld, tact, delicacy, renewal, life, transformation
13. Guidance, protection, loyalty, fidelity, faithfulness, watchfulness, the Hunt
14. Primal power, mother, cunning, healer, gentle strength, dreaming, sovereignty, intuition married with instinct
15. Messenger, death, wisdom, communication, the underworld
16. Guardian, watchful, wind, the sun, war, inspiration, swift, happiness, providence



Deities—You Decide

By: Petra Lucas

Hi everyone!

After much thinking and researching and scratching of my head, I have decided that the best way to serve the readership of Pagan Moonbeams is to get your opinion on something.

Simply put, we know the readers like the God and Goddess section (for simplicity's sake I will now refer to it as the Deities section) and want more but the question is, how do I give you more of what you want? However, there are many pantheons and deities which we could cover and picking the right ones for our readers can be somewhat difficult. So here is my cunning plan - you tell me which ones you want!

So, please, fill in the brief questionnaire below and email it back to me by the 20th August 2008 at

Petra@paganmoonbeams.com

Section 1: Pantheons

Do you have a favoured pantheon that you follow? _____

Please list three pantheons you would be interested in learning about.

Section 2: Deities Figure

Do you still use the ceramic figure for dressing the featured Deity? YES/NO

Would a refresher on the figures be useful? YES/NO

Are there any uses for the figures you can suggest? _____

Section 3: Layout

Please list your preferences for the following aspects of layout for the section. (Number from one to six. One being most preferred)

Pictures of the Deity _____ Attributes or Traits _____ Description _____

History _____ Symbols of the Deity _____ Myths _____

Which of the following options do you prefer? (Please tick)

A God and Goddess featured each issue _____ OR A featured Topic with corresponding Deities _____

Thank you for your time.

Magical Touch

By: Mandi Aumann

What is Magickal Touch?

This section is dedicated to incorporate our beliefs into our daily lives. A pagan life is a life of symbolism and mysticism. We recognize and celebrate the emotions and memories that daily life holds for us. A bed is not just a bed—it is a mystical place of dreams, peace, togetherness. Everything in our lives holds new meaning when we open our eyes to the emotions and energies around us. How can we bring that to our magickal lives? Join me as we explore the magickal energies we awaken every day.

Trait of Month: Fire

Herbs: pepper, chili powder, cayenne
pepper, paprika

Appliances: stove, coffee pot, micro-
wave, clothes dryer

Colors: reds, oranges

Rooms: kitchen, utility room, any south-
facing rooms/windows

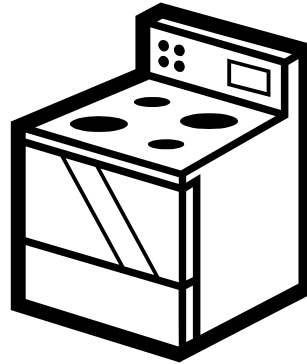
Direction: south

Activities: exercise, cleaning, cooking,
baking

Food: jalapenos, chili, oranges, carrots,
tomatoes, horseradish

Drinks: coffee, orange juice, vegetable
juice

Item of the Month: Stove



Traits: health/healing, pros-
perity, nurturing, passion,
fertility

Element: fire

Deities: The Hunter, Hestia,
Vesta, Brighid, Agni, Ban-
nik, Tsoa-wang, Vulcan,
Agnayi, Dugnai, Fornax

Direction: south

Modern Hearth Blessing

Country pagans of the past had hearth fires which were the heart of every home. Today our lives tend to lack center. We can renew that center by designating a hearth of our own. Whether you have a fireplace or not, consider your stove as your modern day hearth.

Set aside some time to bless your hearth. On the next full moon, cast a circle, make some blessed water, and consecrate your stove as the hearth and heart of your home. Visualize the warmth and love for your family. Envision light, love, and laughter in your home. Draw some meaningful symbols on your stove with the salt water. Sprinkle the blessed water inside, on top of, and around your stove. As you're doing this, recite a blessing, such as the one below. Don't forget to thank deity and close your circle when you're done.

*Fornax, Bannik, Brighid, Hestia,
Bless this stove, the hearth of my home.
My hearth, the light and center here,
May it always guide us, from wherever we may roam.
Agnayi, Dugnai, Tsoa-wang, Vesta,
Bless this stove, the hearth of my home.*

Herb Focus:
Sage



Color: Green, glossy leaves.

Location: The Mediterranean and anywhere with a hot climate. Sage needs full sun to grow well.

Healing Properties: Rich in minerals, it acts as an anti-depressant and relieves dizziness and emotional swings.

Magickal attributes: Use sage in cooking to promote a long life.

Elements: Air

Dedicated to Zeus by the Greeks and to Jupiter by the Romans, sage has been used in cooking for over 2000 years. It's Latin name, *Salvia Officinalis*, comes from the Latin word *Salvus* meaning "safe" or "save". This is due to its healing qualities.

It was believed that fresh sage could help you live a long life as is shown in this rhyme.

"Eat sage in May
And live for aye"

Aye means ever in modern English.

Sage can help in healing diets if you have stomach problems. It has a calmative effect on your digestive system.

Using Sage

Sage should be used in small amounts for short periods of time as it will become less efficient the more you use it.

A suggested dose would be to have 1tsp of dried sage as a tea with honey. Drink one cup a day for as long as you need it and then stop.

Sage is best used to cure problems instead of preventing them. There are other herbs that can be used to prevent problems.

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

Mineral Focus:
Carnelian



Color: Red, sometimes with bands in.

Chakra: Sacral

Healing Properties: Helps to absorb vitamins, minerals and nutrients. Also helps to warm and cleanse your blood.

Magickal Properties: Protection, peace, eloquence, healing and courage.

Element: Fire

Carnelian was worn in Ancient Egypt to still anger, jealousy, envy and hatred. These days it is still used to promote peace both within yourself and in the world.

It can also be worn to help you feel more confident when you need to talk in front of other people. Many of us get scared at the thought of standing up and talking in front of people. Carnelian strengthens your voice and helps you to speak more clearly. Wear a piece of carnelian on a necklace around your neck or in a ring for this.

This stone can also be used to get rid of negative thoughts and dispel doubt. It also gives you patience both with yourself and others.

Scientific Properties:

Carnelian is a chalcedony, also called *cornelian*, this translucent, reddish orange variety of chalcedony was once thought to still the blood and calm the temper. It's various shades of red and due to the presence of iron oxide. Stones may be uniformly colored or faintly banded. The best carnelian is from India, where it is placed in the sun to change from brown to tints to red. Most carnelian on the market is stained chalcedony from Brazil or Uruguay.

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

Correspondence Journal

By: Petra Lucas

The Planets

We live on the Earth which is part of the Solar system with 7 other planets. Those planets being Mercury, Venus, Mars, Jupiter, Saturn, Uranus and Neptune. Until recently, Pluto was also considered to be a planet. However, scientists decided that as Pluto is smaller than our Moon and doesn't orbit in the same way as the rest of the planets, it should be called a dwarf planet or planetoid.

This is all fairly recent history though. In the ancient times, the astrologers and astronomers didn't have high powered telescopes so they couldn't see all of the planets. This is why astrology is based on 6 planets as well as the Sun and the Moon.

Here are some things that relate to the planets from Astrology.



Mercury



Venus



Mars



Jupiter



Saturn

Planet	Day of the Week	Colour	Metal	Stones	Oils/Incense	Deities
Mercury	Wednesday	Changeable colours/ multicoloured	Mercury also known as quicksilver. Substitute aluminium instead for safety.	Carnelian, Fire opal, Agate	White sandalwood, Storax.	Mercury, Thoth, Hermes, Anubis, Maat, Odin, Ogma.
Venus	Friday	Light green, Light blue, Pink	Copper	Amber, Malachite, Jade, Peridot, Turquoise	Apple blossom, Verbena, Rose, Red Sanders or Sandalwood	Venus, Aphrodite, Astarte, Hathor, Freja
Mars	Tuesday	Red	Iron or steel	Garnet, Bloodstone, Red agate, Ruby, Red Topaz	Dragon's Blood, Any peppery scents.	Aries, Mars, Tyr, Horus
Jupiter	Thursday	Blue, Purple	Tin	Lapis Lazuli, Amethyst, Turquoise, Sapphire	Lilac, Storax, Saffron, Cedar, Nutmeg	Jupiter, Zeus, Amun, The Dagda, Thor, Marduck
Saturn	Saturday	Black, Indigo	Lead	Onyx, Obsidian, Jet, Star sapphire.	Myrrh, Storax, Civet	Saturn, Kronus, Nephthys, Isis, Demeter, Ceres, Nut, Cerridwen, Danu, Hecate

UK Holidays

By: Petra Lucas

Notting Hill Carnival

24th - 25th August 2008

The Notting Hill carnival has been running for 39 years, this year will be the 43rd Carnival. The Carnival, as we know it, began in the 1960s after respected social worker Rhaune Laslett invited a steel band to take part in the annual street festival in Notting Hill. The immigrants in the area (many from Trinidad) flocked to see the steel band, bringing their own traditions of carnival with them.

The Carnival has evolved from that small beginning to today's colourful event. It is the opportunity to sing, dance and perform without the pressures which many immigrants could not enjoy in everyday life in the 1960s.

Sunday is usually family day when children dress up and compete in a slightly small version of the Adult carnival.

Details of past events and a history of the carnival are available at: <http://www.thecarnival.tv/info/main.htm>

This includes a route map for 2007, as the route for 2008 has not yet been finalised. The route is expected to be similar to last year's. Find the map here:

http://www.thecarnival.tv/quickmap/Quickmap_page.htm

Summer Bank Holiday

25th August 2008

This bank holiday falls during the Summer Holidays. Many activities can be found in your local area to coincide. Check your local library for activities for the bank holiday and also throughout August.

British Bank Holidays are so called because these are Mondays when the banks are not allowed to trade. They stay shut for the day and normal banking starts on the following day. The Bank Holidays were introduced by law in 1871, to give the common people more time off work, as up till then, they were only allowed to have two days off a year. These are known as Common Law Holidays such as Good Friday and Christmas Day.

It happened this month on...

August

- 2nd, 1875.** The first roller skating rink opened.
- 6th, 1762 (approx)** The sandwich is named after the Earl of Sandwich
- 15th, 1872** The first police detective force is formed.
- 18th, 1945** The National Fire Service is established.
- 22nd, 1483** The Battle of Bosworth takes place, Henry VII beat Richard III beginning the Tudor Royal family.
- 26th, 1936** The British Broadcasting Corporation (BBC) transmits the first high-definition television pictures.
- 27th, 55B.C.** The official date of the Roman Landing by Julius Caesar on British soil with 10,000 men of the 7th and 10th Legions.

Advice for attending the Carnival

1. Dress cool and comfortably
 2. Remember the Carnival Route is over 3 miles long and there are many activities on the roads within the route. By the end of the day you would have walked about 6 miles so comfortable footwear is vital.
 3. Essential Carnival equipment includes:
 - * Carnival guide to find out where the activities are located
2. * Money to buy food and other goodies
 - * A rag to mop the sweat

All this should be carried in a bum-bag or small ruck-sack so that you can keep your hands free for jumping.

 4. Remember that Carnival floats are large lorries, do not run across their paths and do not get too close to them.
 5. Do not jump on and off floats
 6. Always go with the flow of the crowd, not against it.
 7. If you have enjoyed yourself properly, you will have done the equivalent of twelve hours of aerobics, socarobics, raggarobics or whatever takes your fancy!
 8. Above all - enjoy yourself

Advice taken from:

<http://www.thecarnival.tv/info/advice.htm>

Notting Hill Carnival related websites:

Official website of the Notting Hill Carnival
www.lnhc.org.uk
The Royal Borough of Kensington and Chelsea website
www.rbkc.gov.uk/NottingHill07/general/
The Carnival Roadshow website
www.thecarnival.tv
The BBC Notting Hill Carnival website
www.bbc.co.uk/london/features/events/carnival

USA Holidays

By: Mandi Aumann

For a great keepsake calendar, color the cover image, and attach it to the printable calendar linked below!

Not Mother's or Father's Day—Kids' Day!

Shortly after Father's Day, my son asked me, "Isn't there ever a Kids' Day?" He was very disappointed when I told him that to most parents, every day is Kids' Day. I'm sure you can imagine my surprise when I discovered there **is** a Kids' Day!

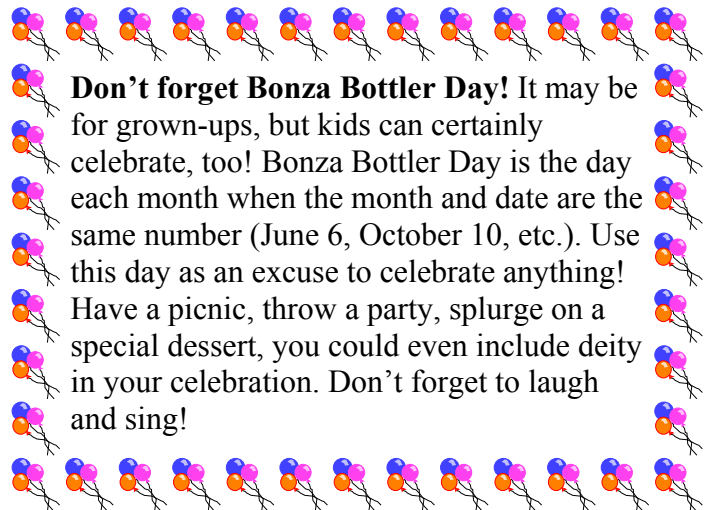
Kids' Day is celebrated the first Sunday in August, every year. The website (www.kidsday.net) explains the holiday as "a day to celebrate and honor children through...time spent between adults and children that both consider engaging, important, and enjoyable."

As pagan parents, and especially as homeschooling parents, it can be difficult to remember to spend time that is meaningful with our kids. We tend to get caught up in the parent side of things—teaching manners, chores, making appointments, planning field trips, lesson planning...

On this day, let's ask our kids what they would like to do. Much like they ask us what we want for Mother's Day and Father's Day, we should ask them what they want for Kid's Day. Play some board games. Go on a picnic. Throw a party. The possibilities are endless. Of course, we do have to keep things within reason...

Holidays & Observances in August

- 1st—Sister's Day
- 3rd—Forgiveness Day
Friendship Day
Kids Day
- 4th—Chocolate Chip Day
- 6th—Peace Day
- 13th—Festival of Hecate
- 15th—Festival of Vesta
- 16th—Salem Heritage Day in Massachusetts



Don't forget Bonza Bottler Day! It may be for grown-ups, but kids can certainly celebrate, too! Bonza Bottler Day is the day each month when the month and date are the same number (June 6, October 10, etc.). Use this day as an excuse to celebrate anything! Have a picnic, throw a party, splurge on a special dessert, you could even include deity in your celebration. Don't forget to laugh and sing!

For a printable calendar of this month's Pagan dates, download from here: <http://paganmoonbeams.com/pdfs/PaganCalAug08.pdf>

Pagan Resources

There are many Pagan resources for kids, however, they seem to be hard to find. Below is a small list of the ones we found for you to check out. If you know of others or want your own listed here feel free to email us!

PaganMoonbeams@yahoo.com



Grey School
of
Wizardry



Meagan Stories



ANCIENT LIGHT

Challenge for the mind, fun for the hands, joy for the soul

To The Parent

By: Mandi Aumann

Burnout is a state of emotional and physical exhaustion caused by excessive and prolonged stress.

I'm Not a Light Bulb!

I know, it's a hokey title, but I do feel like a light bulb sometimes. Life goes on, no matter how I'm feeling or what I'm dealing with. Unfortunately, it always happens that I wake up one day without energy and feeling completely drained. Some days my body aches too. I have no motivation for anything, even things that usually satisfy me.

So, what's with the light bulb reference? I'm burned out! Just like any light bulb, I need to be renewed and rejuvenated. It's difficult, though, to deal with the effects of burnout, and many of us don't have room in our fast-paced lives to take time for ourselves—for sometimes hours, or even days, until we feel capable of dealing with things again.

Before I continue, I want to take a moment to remind everyone that stress and burnout can both be handled more easily if you make sure you are taking care of your body regularly. Eat the right foods. Exercise as much as possible. Be sure you get enough sleep.

There are several answers to dealing with burnout. If you are already burned out, like me, I suggest you start with some of the techniques listed below, as well as taking some time off. If you are a caregiver, splurge and find someone who can help you out for a couple of days. Make time to get away—even if it's just a day trip somewhere fun. While you are taking time off, see if you can rework your schedule to set aside time on a regular basis to take care of yourself—a fragrant bubble bath once a week, time to read, quiet time daily—any way that refreshes you on a regular basis.

If you are not yet burned out, be sure to learn to recognize the signs of burnout and stress, and be sure to schedule time to deal with your stress on a regular basis. This is the biggest key to avoiding and dealing with burnout. Be creative, and find ways to reduce your stress levels and feel free to use any of the suggestions below.

Signs & Symptoms of Burnout

- Powerlessness
- Hopelessness
- Emotional exhaustion
- Withdrawal
- Isolation
- Irritability
- Frustration
- Being trapped
- Failure
- Despair
- Cynicism

Ideas for Relief

- Relaxation techniques
- Deep breathing exercises
- Progressive muscle relaxation
- Meditation
- Exercise (Yoga, Tai Chi)
- Massage therapy
- Stress journal

Biggest Causes of Burnout

1. Trying to do more with less (energy, resources, time, etc.).
2. Having plenty of responsibility but not enough authority.
3. Juggling an unmanageable schedule.

Key Points

- Building and maintaining strong physical health is essential.
- It is important to recognize and acknowledge your needs and make efforts to meet them.
- Key step for relief is maintaining relationships and practicing healthy communication.

Some Herbs for Relief

You can use these herbs in your bath water, make a tea, or simply as aromatherapy by slowly heating in a small pot of water. You may also want to try steeping these in a warm cup of milk, sweetened with a little honey, for a nice relaxing drink before bed.

- Rosemary
- Lavender
- Thyme
- Sage
- Chamomile
- Vanilla
- Cedar (not for tea)

Burnout vs. Stress

Most people experience stress. Stress is about too much (pressure, responsibility, etc.). Burnout is about not enough (time, energy, money, etc.)

To The Parent

By: TristÅ

School Bell Introduction

I am sure you noticed a new section this year: School Bell. This section is to aid homeschoolers combine their regular subjects with the values and teachings of Paganism. Although you are free to use the provided material as you see fit in your own home school, some suggestions and information on each subject can be found below.

English

Each month there will be several sections to the English portion of the newsletter. You will find writing assignments, creative writing fun, vocabulary/spelling words, and a grammar focus. Each will usually list one assignment but they are designed to last from one week to the complete month.

Geography

There will be two sections to Geography each month; General and Global. The general will be more of a set of assignments in the local area and/or learning general geography terms. Global geography will focus on a random country and show fun ways to explore it with a Pagan touch.

Science

Each month will focus on a Scientist; research and a special journal can be compiled by your child. The lab book will offer a chance for your child to put together current events into an experiment. A Pagan or nature lesson and assignment will be included each month.

Elective

A different Elective will be present each month with some tips, information, and tools to combine it with Paganism. This section may contain links, however, the actual link posted will be to a kid appropriate page.

History

History will focus on the month with different sections that will blend together. A person and event will be highlighted each month. There will be a timeline activity to be completed with a list of 'this month in history' events. To top the subject off will be a unique and creative assignment.

Recess

The recess section will contain activities to enhance your PE class or to use during breaks that have a Pagan base. A historical skill will be included so you can do overall physical training as our Pagan ancestors did. A fun free Pagan link will be included in this section when possible.

Math

A small lesson and assignment will be included each month. They will always be fresh and a great effort will be taken to add Paganism into them as much as possible. The name of a mathematician will be listed each month for further research on your end. The Pagan Puzzler will be a regular to help in learning different aspects of Paganism through numbers.

Reading

Reading was not listed in School Bell because reading is covered in other areas. There are two level book reviews with activities included which can act as a reading class. Both book classes can also act as a reading/religion class and cover each week of the month.



School Bell Extras

There will be periodical contests and games for those who are following along with certain School Bell activities. The information for these as they are being held can be found in the news section on the months they are held.

Starting September, with reader participation, we would like to include a 'School Bell Honor Board' where your child can have their best or favorite School Bell assignment displayed.

This is a new section and we would love to hear how you like it. Let us know what you would like to see added. Tell us what you don't like. Feedback will help this section be what you want to see!

Admin@paganmoonbeams.com

Special Pagans

By: Raven Moonshadow

Bringing the Faith to Your Special Needs Child

Sharing your Pagan faith with your children can sometimes seem daunting, especially if one of those children has special needs. First and foremost, remember that you are the best parent and teacher for your child. As the mother of a special needs child I often have to re-think the way I am conveying a message. Each month a different segment of our faith will be presented with ways to convey to your child. While I will give suggestions for ways to convey meanings, in the end it is you, the parent, who knows which ways work best for your child.

The Green Man

This month's segment is on the Green Man. The Green Man is known by many names and is found within all of nature. Conveying this to your child can be rather difficult. Start by showing pictures and depictions of the Green Man. From there the most simple explanation of who the Green Man is and embodies is important. Stories that depict the seasons, the animals or anything nature related can help to put your child in touch with Pan. Put in a CD of the sounds of nature; whether it's the soothing sounds of the ocean tides crashing on the shore, birds in a forest as the rain gently falls from the sky creating it's own musical symphony or an awesome power of a thunderstorm in all of it's glory. Have your children relax and calm their breathing. See if they can visualize what they are hearing and really tune themselves in to the magick of Father Nature.

Not all children are auditory learners and our most special Pagan children are no exception to that. There are visual, tactile and kinesthetic learners as well. For the visual learner, a trip into nature itself can oft times be wonderful. Taking a trip through the woods or park is a wonderful experience. In addition there are beaches, mountains, lakes, rivers and valleys. The magick of the Green Man, as previously stated, is all throughout nature. A trip to any one or a combination of these places can be a wonderful sensory experience. Take time outside and have your children sit and observe the world around them. Quietly watch the birds in flight, ants as they crawl carrying that very important crumb of bread back to it's colony or a doe and it's fawn as their graze in the cool evening on the hillside.

Tactile learners can benefit from some wonderful projects expressing either concepts or representations of the Green Man. Break out the finger paints and let your special Pagan dip their fingers and create a nature masterpiece! How about gathering some leaves from the ground after a nice stroll through the woods and creating a mask face of the Green Man. If leaves aren't your style, try different colored construction paper or felt to do the same thing. Help your child make a leaf rubbing or place a leaf in between two pieces of wax paper with crayon shavings all around it. With the iron set on low, gently

press a leaf. Watch as the crayon shavings melt against the leaf. Beautiful!

Now for the kinesthetic learner, plenty of movement is in order. Yoga anyone? Teach your children to move like a various aspects of plants and animals. Maybe try starting in Tree Pose and then make your 'tree' move in the wind and sway. From there maybe try moving to a bird and then back to a flower. If your Special Pagan has limited mobility all movement activities can be adapted to your child's abilities. Have fun with this as the movement experience can prove to be very beneficial.

All types of learners can benefit from basic stories being acted out with props. This can become a great, new way to present ideas. You can even try combining ideas like nature music with movement. Let the moment and whatever feels right guide you and your children. Also for all types of learners is sign language. American Sign Language (ASL) appeals to all types of learners and can be a great communication tool. Throughout the newsletter are flash cards for some "Green Man" ASL vocabulary fun. On the following page is also an article on sign language use with special needs as well as some links for ASL and BSL (British Sign Language) sites.

It is my hope that the information and ideas given on presenting the Green Man to your Special Pagans will benefit you as you continue to share your faith with your kids. Remember that all ideas can be adapted to the level and abilities of your child. As a parent of a special needs child, you know your child's abilities and limitations as well as the best method to help them learn and understand. I hope to support you all in your continued journey.

Until next month,
Blessed Be

- Raven Moon shadow

For questions or comments regarding the Special Pagans section of Pagan Moonbeams feel free to e-mail me at:

Raven@paganmoonbeams.com

Special Pagans

By: Raven Moonshadow

Using Sign Language With Special Needs Kids

In the Green Man article I briefly touched on using sign language with your special Pagans. I wanted to expand on that a bit here and offer some signs to go along with this unit as well as some links for both American Sign Language (ASL) and British Sign Language (BSL). Sign language has long been known to be the language of the deaf. However, recent studies have shown that it can also be quite beneficial for children with other types of special needs as well. While I can't necessarily get into the scientific aspect of how it is that it is helpful for other special needs children, I can tell you that I have seen first hand what it has done for all types of children. Sign language offers the special needs child the ability to communicate when barriers may have existed previously. Children with autism have profited greatly from using sign language as a means to communicate. As well, a child with Down Syndrome may also benefit. I have seen children with autism completely blossom through the use of sign language as they are finally able to communicate their wants and needs. My friends whom have children with Down Syndrome have had the same experience. Not only do their children have Down's, but some have had strokes making the already difficult to speak aspect even more challenging. Through the use of sign language their children can hold complete conversations with them. Sign language has been able to break down barriers for so many children.

Not just for special needs children, but typically developing children as well benefit from the use of sign language as another means of communication. Some children are naturally visual learners, so the ability to learn sign language is easy and can be quite fun and rewarding. Studies have shown that it is possible for the IQ of a child who signs to be up to 13 points higher than that of their peers. Sign language can even jump-start your typically developing child's ability to read and spell at an earlier age.

Imagine going to a noisy place where attempting to speak to your children is next to impossible. How would you talk to them? And what would you do if a bout of laryngitis sets in leaving you without a voice? Some may resort to trying to strain their voice further, others may use pen and paper. Both of these methods can be quite frustrating to the individual attempting to communicate and the person with whom they are attempting to converse. With sign language, your voice becomes your hands, body movements and facial expressions, while your ears are really your eyes. Sign language can be a great second language for anyone to learn. It can be used practically anywhere, anytime and at times is much better than using your voice. In the United States, ASL is the third most used language behind English and Spanish. In learning and sharing sign language with either your Special Pagans or another person in your life, you are taking the time to open up new opportunities.

Helpful Links:

BSL: http://www.dictionaryofsign.com/main.php?g2_itemId=156
<http://www.freeinfo4everyone.com/Scan0001.jpg>
<http://www.britishsignlanguage.com/>

ASL: <http://commtechlab.msu.edu/sites/aslweb/browser.htm>
<http://www.aslpro.com/>
<http://www.jal.cc.il.us/ipp/Classifiers/>

The Scientific Stuff:

www.autism.org/sign.html
www.apraxia-kids.org
www.makaton.org/research
www.csdsa.org (look under resources link)

For questions or comments regarding the Special Pagans section of Pagan Moonbeams feel free to e-mail me at:

Raven@paganmoonbeams.com

Take 10

By: Petra Lucas

Essential Oil: Clary Sage

Properties:

Warming, soothing, antidepressant, antiseptic, antispasmodic, astringent, carminative, digestive.

Uses:

Menstrual problems, depression, anxiety, high blood pressure, muscular aches and pains, asthma, throat infections, whooping cough, colic, cramp, dyspepsia, flatulence, acne, dandruff, hair loss, wrinkles, migraine, nervous tension and stress related disorders.

Use the oil in an inhalator to relieve colic. If you don't have an inhalator, drop one or two drops in steaming water and inhale the steam.

Use as part of a massage oil to relieve muscle cramps and aches.

Tension is who you think you should be.
Relaxation is who you are.

~Chinese Proverb

Hi there!

Take 10 is proud to announce that we will be hosting a short story each issue for you to enjoy. Written with our readers in mind, we hope that you will like them enough to let us know what you think. If you have an idea or story you want to share, send it in! Please keep your stories under 1,000 words though.

Drop me a line with this or any relaxation tips you have at: Petra@paganmoonbeams.com

A simple relaxation exercise

When you are getting frustrated with something at home or at work, take a minute to do this simple exercise to calm yourself.

Close your eyes and take three deep breaths.

Let your thoughts and feelings fall out of your head.

Focus on breathing in for a count of three and out for a count of four.

Once your mind is calm, open your eyes and begin to breath normally.

You will feel calmer and maybe even have a new idea for what is frustrating you.

New Directions

By Petra Lucas

The wind rushed through her hair as she drove along with the windows down. Tendrils of hair tickled her ears making her laugh out loud. The sun was shining and it was a lovely day. It was a shame to be stuck indoors. Light sparkled across the lake as she drove passed and found herself longing to stop for a few moments. Glancing at the clock, she reckoned she could take 10 minutes before picking the kids up. Signaling, she turned down the track to the lake and parked up.

Getting out of the car, she took a deep breath. Freedom danced enticingly calling to her as she walked to the lakeside. The stresses of everyday life fell from her shoulders as she looked into the water. Fish hung under the surface moving their fins in a slow, steady rhythm. Anna sighed and watched.



Tchaikovsky's *Danse De La Fee* startled her out of her thoughts. Scrabbling in her handbag, she pulled out her mobile phone. It was Jessica's school! She answered before they could ring off.

"Hello"

"Mrs Davenport? This is Parkways Primary School. We were wondering what time you will be arriving to pick up Jessica. We have been waiting for 10 minutes now."

Shock warred with dismay as she glanced at her watch and realised she was indeed 10 minutes late. "I am so sorry. I don't know what happened. I'll be there in 15 minutes at most."

"Very well. She will be waiting for you by the receptionist's office. Do you need directions?" The condescension was clear in the woman's voice. Anna held onto her temper.

"No thank you. I can find it. Thank you for calling. I am on my way now."

"Your welcome, Mrs Davenport. See you soon." Anna hit 'End' and raced for her car. Where had the time gone? Pulling away from the lake, she cast one last look at the calm waters and headed into traffic.

Take 10

By: Petra Lucas

Home again, after much apologising to Miss Sturton, the receptionist and Mr Hemswell the Head Teacher, Anna couldn't help but feel rushed and out of sorts. Jessica had been quiet in the car, but that was nothing unusual these days. Jessica missed her dad, plain and simple. Anna did sometimes, too, but not often. That was usually when it came to fixing the sink or one of the other 'Man' jobs around the house. She was slowly learning to do them all. Just last week she had successfully put up some shelves. Ok, so they weren't entirely straight but they had stayed up and did the job. Pulling a recipe book down from those shelves, she picked out her planned new recipe. Another thing she could do now was try new foods. Humming to herself she got on with making dinner.



Washing the dishes, Anna glanced out the window and spotted her neighbour working in her vegetable patch as usual. Anna looked at her own patch and sighed. Once upon a time, she had dreamed of having a little veggie patch although probably without the wind chimes and features her neighbour had, but they were certainly charming to see. Anna's patch was made up of lumpy grass and toys.

Matt had bought those goalposts when Anna had been pregnant with Jessica and refused to give up hope of having a boy to play with. Yet one more thing Anna hadn't lived up to. She shook her head to clear her thoughts. She had promised herself she wouldn't dwell on those things. She was going to change all that, starting with actually speaking to her neighbour of four years and learning her name. Wiping her hands, she headed outside.

Her neighbour was singing to herself and was carefully picking leaves off a plant. Anna was pretty sure it was a herb of some sort, but wasn't sure which. Nerves hit like a brick wall and she hesitated, uncertain where to start after pretty much ignoring the woman for so long. She was about to go back inside when her neighbour looked up and smiled.

"Hi there!" she said. "Lovely day isn't it?"

Anna looked up at the sky and nodded. "Er. Yes. Hi." She flushed, she sounded so stupid. "I, er, was wondering what plant that is?"

Her neighbour glanced at the plant under her hands. "This? This is just a bit of rosemary. It needs a strong hand or it'll take over and get really stringing." She snipped a piece off. "Here, have a smell."

Anna took it and sniffed obediently. And then she inhaled deeply. She had some dried rosemary in the cupboard but it was nothing like this. "Er. Thanks." An idea struck her. "Actually, can I be really cheeky and ask for a bit more? I'm trying out a new recipe and it wants fresh rosemary, if possible, and I only have the dry stuff."

The woman looked at her thoughtfully for a moment. "Sure. I have plenty. Anything else you need for that recipe?"

"Erm, I'm not sure." Great, back seeming stupid again. "I could look though," said Anna.

"Great, you go ahead. I'll be right here." Anna hurried back to her kitchen to fetch the book. Grabbing it, she hurried back outside just in case her neighbour changed her mind. Anna needn't have worried, as the woman was sitting on a little seat in her garden, waiting.

She smiled, "That was quick." She crossed to the fence. "So what do you need?" The next ten minutes were spent discussing the herbs and how to treat them in cooking. Anna went back inside with her prizes. Not only had Isabelle, her neighbour, given her the rosemary and herbs for this recipe but had promised her fresh herbs for three other recipes. Anna couldn't believe it. Nobody was that nice these days.

Over the next few weeks, Isabelle was true to her word. Anna found herself taking a few minutes in the garden each time she saw Isabelle. Every time, Anna went back inside with new ideas and inspirations. Her garden was still grass but she had plans to change that. She thought if she turned the patch under her kitchen window into a small herb or vegetable patch, there would still be room for Jessica to play. Especially if those goal posts finally went. Pulling on her brand new gardening gloves, she went out with her own goals in mind.



"Are you ok?" Isabelle's voice called over the fence.

Anna glanced up. "That depends. Can you break your foot on a goalpost?" Anna's foot was throbbing. Her toes felt strange. Anna wished she hadn't given into her temper and kicked the thing.

Isabelle chuckled. "I guess that would depend on whether it was cemented in or not."

"Cemented in?" That would explain a lot. Anna had been out here for ages trying to shift the posts to no avail.

"Yes, I'm pretty sure your husband did that. I could be wrong though."

"How do I tell?" Anna had long since learned she could get away with daft questions with Issy.

Take 10

By: Petra Lucas

“Use your spade to cut into the grass until you hit something solid. Then cut out a ‘U’ shape and peel it back to see.”

“Won’t that kill the grass?”

Issy shook her head, “No. Trust me.” Surprisingly to Anna, she did. She stood and her foot complained loudly making her wince. “On second thoughts, that looks painful. Come over to my place, I have something that will help.”

Anna nodded. Right now, anything that would help would be a blessing.

The inside of Issy’s house was not at all what Anna expected. There was a broom hung over the inside of the front door. The old-fashioned type, at that. The living room was fairly normal, although there were odd books sitting on the coffee table.

The kitchen, on the other hand, was amazing. In one area, paper bags hung from the ceiling, in another were stacks of jars. Most of the kitchen was given over to cupboards but still gave the impression of open space. Issy went to the cupboard beside the hanging bags and opened it. Anna gasped. Inside were neatly labelled jars with things in them. It looked like her Grandmother’s cupboard, except these weren’t filled with chutneys. Instead, there were many jars that held what looked to be dried herbs.

Issy got out various jars and grinned at Anna. “This’ll just take a minute. I prefer to make fresh stuff if I have the time.” From another cupboard she got a pan and a blender out. Anna wasn’t sure what this had to do with her foot but she was sitting now and she was curious. She sang a song while she worked. Something about herbs and power, but Anna couldn’t follow it.

Issy heated up a block of something and then combined it in the blender with other things. In less than ten minutes, she had poured it out into a small jar and was waiting for it to set.

“There you go, put that on your foot. It’ll take any swelling down and make the bruises heal faster,” said Issy.

Anna blinked. “I put it on my foot? But it looks like salad dressing.”

Issy laughed. “Well, I suppose if I left out the butters I could but this will go better on your foot.”

“But how?” said Anna.

Issy hesitated for a second, “Ah well, you see, I am interested in the healing properties of herbs and things.” She fiddled with her necklace. Anna noticed it was a five pointed star in a circle and very pretty. “I’m a pagan and, to me, herbs are Mother Nature’s way of helping us. A lot of modern medicine comes from herbs so I just take it back to the source as it were.”

Anna nodded. “That makes sense. Er... What’s a Pagan?”

“Oh dear,” said Issy. “That may take a while. Do you want a cup of tea while I explain? You could slip your shoe off and we can take a look at your foot as well.”

“Oh. Sure, if that’s not too much trouble.”

“Not at all,” said Issy. “Let’s get you settled and I’ll make the tea.”

When Anna returned home, she was carrying one of the books from Issy’s coffee table. Listening to Issy talk about being with nature was like reading one of her old diaries. For as long as Anna could remember, she had been fascinated by nature and felt there was more there than what her scientific family told her there was. It also explained her habit of losing time while out and about in the countryside.

She grinned. She couldn’t wait to start reading. It really felt like coming home after too long away. Maybe she could go to the lake tomorrow and read the book after dropping Jess off at school. Feeling lighter than she had in years, Anna headed out to the car. Pulling out of the drive, it occurred to her that her foot wasn’t even hurting anymore. She laughed and drove off.

* * * * *

Clip Art from: <http://www.barryscupart.com/barryscupart.com/index.php> Rosemary from: Wikipedia images
Pentacle from: http://www.goldengecko.co.za/wholesale_silver_jewelry.htm



Book Class
By TristÅ
Young Foundations
Class A

PreK—Early Elementary (approx. Ages 3 - 7)

Parents - This book unit is designed to last for the entire month. For younger kids you may want to reword or simplify the story so your child can understand and stay interested enough to hear it. The story should be read to the child several times throughout the duration of the class. There are many things offered with the story to enhance their learning experience. Feel free to do all, pick and choose, or add your own. The main lesson of the story is listed. Please be sure that your child absorbs it.

Andrew Lang’s Fairy Collection Free Online: <http://www.mythfolklore.net/andrewlang/>

Class 1

The White Snake

The Green Fairy Book by: Andrew Lang

Lesson: Be kind to nature and you it will be kind back to you.

Animal Coloring Book

Make a small animal coloring book for them to color while you are reading the first time. Afterwards it can be used as a search and find according to the story for recognition.

Ant - <http://www.first-school.ws/t/cpant.htm>

Goose - <http://www.first-school.ws/t/cpgoose.htm>

Crow (Raven) - http://www.first-school.ws/t/cp_animals/crow_1.htm Snake - http://www.first-school.ws/t/cpsnake_viper.htm

Fish - http://www.first-school.ws/t/cp_animals/fish_generic.htm

Nature Exchange

To enforce the lesson this month you will allow your child to ‘see’ an exchange between nature and humans. This can be done in any way that fits your area or situation. A few ideas are listed below to get your motors running:

1. Find some ants near a busy or important area for you and your family. Allow your child to see the ant hill and offer them food one day to give them a break from hunting. On a day not long after, try something sweet and sticky in the busy or important area and ‘accidentally’ drop a very small morsel. Point it out that it has been dropped and come up with a story as to how you want it picked up and can’t do it right now. Later show them the ants are cleaning it up for you. You can even take some time to allow them to watch or check often on the ants doing so.
2. When bringing in the garden allow them to leave a little of the crops on the ground which will bring those plants next year without having to buy feed. You could also allow the unused parts to remain and/or be worked into the dirt which will allow them to aid in fertilizing next year. Either of these things couldn’t happen without the help of nature and its winter clothing.
3. Leave an offering to nature in the middle of the forest. Return another day with a basket and gather nature rubbish to make incense for your home since nature is helping point you or them in the direction for each item you should use for your predetermined purpose.
4. In cold areas leave offerings to the local lake or river to bring forth a nice layer of ice for skating come the winter.

Magic Snake Cake

Ingredients:

Whip Cream
Favorite Fruits

Flat Plate

Bowl that will fit over plate

Directions:

Allow the kids to stir the whip cream in its container to make it easier to spread. Have them use their finger to draw a snake pattern on the plate with the fruit. Next they will take the whip cream and use a wooden spatula or butter knife to spread the whip cream over the fruit (there will be a lot needed here to cover in bare spots where the fruit isn’t). Have them play with icing until it looks like a snake.

** If they require specifics a piece of a fruit roll up can be a tongue and small cut up morsels of the fruit can be eyes.*

Adding Magic:

To add magic to the snake cake before serving have them say a small blessing over some sugar then lightly sprinkle it over the snake giving it spots.

Serving:

To serve the magical snake have them cover the plate with the bowl and sit it out for a family member. You may want to make this a game for them so that they eat it before it is eaten by others. Let them know that the magic goes inside them once they eat it. It is not at this age that you tell them an outcome or specific traits to the magic, just that the magic is now inside them.

Book Class
By TristÅ
Young Foundations
Class A
PreK—Early Elementary (approx. Ages 3 - 7)

Class 1

The White Snake

The Green Fairy Book by: Andrew Lang

Lesson: Be kind to nature and it will be kind to you.

Quest

Set up a quest for your own child to go on similar to the one they read about in the book. Creating one is as easy as following the steps below.

1. Do some research to see what animals are in your local area. Be sure to think about location when choosing the ones to use. You will not want younger kids going 8 blocks over to aid Mr. John's dog, etc... Also the list should be enough, but not too much for your child to complete (try making a list as long as the child's age plus 2).
2. Take some time checking them out and seeing what could actual aid them no matter what day it is. If you have chosen pets be sure to discuss options with the pet's owner.
3. Write or draw the quest on paper. Use special paper and pen. (ex. Black paper using gel pens and the corners burned for effect).
4. Giving the quest can be as easy as handing it to them or secretly hiding it in the book so when they open the book to the story it will appear.
5. Reward them when the quest is completed. It can be anything you choose. Perhaps a printed award or a natural type addition to their altar.

Animal Activities

Pull the story and regular school activities together with imagination to stir things up a little. Try some of these ideas to achieve this.

- Read to your child the part in the book that pertains to one of the animals, then have them expand on the problem it is having. Have them imagine how the animal got into that predicament and some of the ways he/she could have tried to fix it themselves.
- Write a story or journal entry from the point of view of the animal that had the problem. A special journal and cool pen will be a wonderful addition.
- Have your child make a list of the animals that are discussed and draw a picture of them. Older kids can draw a before and after getting help.
- Make a small journal booklet with the name of each animal on a page. Have lunch outside for awhile or on certain days of the month allowing them to search for the animals in the clouds.
- Have them put on a small play or write one for friends and family members to act out. Another idea is to allow them to act out the book as it is being read.

Double Take

Because our world is full of man made items with get it now ideas, it may be hard to actually see how nature helps us. These ways need to be looked at many times, especially when situations in life change.

Do a walk around your house and yard area. Try to locate some of the ways nature is helping you right now. Do some obvious (the tree shades your swing set so you can swing on sunny days) and some not so obvious (a tree gave it's life so you can eat dinner at this table) ones.

Next you will do a double take and compare what things from nature have helped you and see what you have done for them in return. It might be helpful to make a poster or list of the nature items and list under them the things that can be done for them.

Be sure to dedicate time as often as possible to return the favor to the items that have helped them. These tasks can be as small as assuring all the trees in your area are watered or as elaborate as joining the arbor society and spending a lot of time and energy aiding them. Whatever you choose to do remember that you and nature are working together; without this there would be no Pagans and eventually no life at all.

Book Class
By TristÅ
Young Foundations
Class B #1

Early Elementary—Later Elementary (approx. Ages 7 - 10)

Parents - This book unit is designed to last for the complete month. It is recommended that the story be read by you and your child several times each throughout the duration of the class. There are many things offered the story to enhance their learning experience, feel free to do all, pick and choose, or add in your own. The main lesson of the story is listed, please be sure that your child absorbs it.

Andrew Lang's Fairy Collection Free Online: <http://www.mythfolklore.net/andrewlang/>

Class 1

The Story of Yara

The Brown Fairy Book by: Andrew Lang

Lesson: Strength from within can create the most powerful magick.

Diary Fun

Take an in depth look at the main characters in the story (one of two). Decorate a small notebook up to resemble a special diary tailored to the person of your choice.

As you follow slowly with the story make entries in the diary as you feel the character would. When done compare your diary with others.

Resisting Temptation

Make a list or tell of at least 5 times you had to resist temptation. Think of how you were able to resist it. Talk with your parent or adult Pagan instructor about magickal ways to accomplish this and write their suggestions in a notebook or post-it note.

The next time you get into situation where you have to resist temptation use some of the methods you were told about. Try using all of the ideas for resisting temptation that the adult told you. When you are done go back to where you wrote them and decide how effective each one was for you. Make a note of the one you felt the most effective.

Think of different ways you feel would aid you in resisting temptation and try them out from time to time. Eventually you will have a complete list of ways that work for you and will be able to pick and choose from them on a regular basis making resisting temptation a breeze for you.

Legends

This story focuses on a girl's belief in the legend among her people. She believes in it so hard that when it comes to light she actually has plans on how to overcome it. Even though she is not the one to actually overcome the fate of the legend she is the major reason it was actually overcome.

Take a look at the library and/or talk to people in your area to see if you can find out about the local legends. Pick out the ones that you feel are believable. Take some time thinking about its resulting factor and see if you can find a way that you feel you can will overcome it.

Visual Reminder

No actual object can do as much for you as you can by pulling from your own inner-strength. This is a great message, however, it is not that easy to remember when you need it the most.

Try making a visual reminder that can go with you anywhere and be seen at anytime. It will not actually give you strength, it will merely be a reminder to you to look inside yourself.

Supplies:

Clay (natural, modeling, etc...)
Quiet place to work
Toothpick (if desired)
Choice of String (if desired)

Directions:

1. Take a portion of clay big enough to make the item of your choice; either a statuette or charm for necklace.
2. Put it in a separate container or re-closeable bag.
3. Spend time with your clay working it everyday (it is suggested around the same time). This is done to help you connect with the clay. When you are done put it back into the container.
4. During the moon phase of your choice take the clay out and work it into the shape you desire. This can be your favorite animal, something from a dream or vision, or just go with the flow and allow it to take on a shape or design of its own. Be sure to meditate focusing on the item that you are making or the feeling that you have while making it. It is best to complete the shape in one sitting.
5. If you are making a necklace use the toothpick to make a hole in it for the string to fit once it dries.
6. Find a nice place free of frolic to allow it to dry. It is recommended that the moon be the first to look at your creation.
7. Once it is dried feel free to put it in a place that you will notice it often or on the string and begin to wear it.

Book Class

By TristÅ

Tools of the Trade

Class #1

Parents Note: Classes are written to the children in case they are taking them as a self-directed course. All important parent notes are written in italics to be noticed easily; if child is taking class themselves, after reading, it would be best to use white-out or marker to cover them up. The material in each class, even if the child is learning on their own, should have some kind of addition or guidance from you; this will add to or begin the Pagan bond and religious relaxation opening between the two of you.

Each class will be broken down into weeks, usually 4 per month but can be done as you have time or see fit. Great effort will be taken to supply each lesson with vocabulary, assignments, enhancements, and with Pagan specific topics (obstacles, interaction, etiquette, values, etc.). Although not specified in each and every lesson, students are to use their notebooks to document, do assignments, and to use as a journal. The same notebook should be used to write down any questions that they have during each class, which are to be answered by you before going on to the next lesson. If research is needed to answer them, allow your child to accompany you in doing so; this will make it easier for them to do it on their own later.

Although classes are presented in a 'formal' way, present and hold them in a very informal way, keeping the relaxing environment that should be present in all things Pagan. Some added touches to the class would be; to hold it outside, indoors in your pajamas, reading by candlelight, holding class during special times of the day like sunrise and sunset, or any other way that works for you and your child. It is suggested that you read through each lesson before presenting it; as with all things you may wish to omit things due to personal belief or views.

Have a great class/experience with your child/ren !

Week 1 - Intro

All - Read the introduction section of textbook; pgs 1-8

Study Terms: Myriad, Path, Ritual, Spell, Supply, Tool, Tradition

As with many things there exists debate as to which magickal tools are needed, or even if they are needed at all. There are as many views on tools as there are paths of religion. What you feel about tools will probably change as you progress in your path, find a more suitable path, or however life guides you. No matter what happens, learning about tools will be a valued lesson that may aide you throughout your lifetime.

Assignment Prep: (Class A) make a list or (Class B) make a mental note of proper tool etiquette: Do not touch others' tools unless directed to do so. If a tool comes from a box or bag do not touch it. Never ask a person a question about their tools when they are holding them. Show respect and be silent when a person is handling his/her tools; they are very private and it is a privilege for them to be shared with you.

Assignment: Have some adults you know that use tools as part of their regular religious practices do a small presentation of the tools they have. During this presentation be sure to learn what the tools is, how they use it, and where they got it. Take notes (physical or mental) on not only what they have but the value they put on them, the care used when handling them, etc. If possible try to have the presentation be from different households, religions, and/or paths.

Assignment Follow-Up: Be sure to thank your presentation host/hostess with a small Pagan focused gift of appreciation.

** Parents it might be better if you schedule this presentation in advance with the adult; but it is imperative that the 'formal' permission come from the child asking to see the tools. This will be a valuable lesson, which will aid in approaching other Pagans with personal matter as they grow.*

Class A - Review your tool etiquette list until you know it by heart. Review the tools you saw and think of the ones you would like to have then make a list of them in your notebook.

Class B - Talk to your Pagan family members to learn about traditional tools in your family (or lack of). Do both meditating and concentrating on the things you do or plan to do that would require tools and/or what kind of tools you think necessary.

Book Class
By TristÅ
Tools of the Trade
Class #1

Week 2 - Acquiring Tools

All - Read chapter 1 Acquiring Tools; pgs 9-19

Study Terms: Acquire, Cleansing, Energy, Profane, Sacred

There are many points in this chapter to think about concerning choosing tools; be sure to ponder and understand each of them. Remember that choosing tools, personal or magickal, is something that actually 'finds' you. Your part is assuring that you know when they have and can recognize the 'right fit'. Remember that tools are not something to be taken lightly. They are one of the many personal and/or important things in magick, so keep all things dealing with them on a very serious note.

Assignment Prep: Do some cleansing exercises with different tools found around the house (both magical and common). Use the exercises to determine positive and negative energies and the importance/concept (whichever conclusion you decide) of cleansing.

Assignment: Visit a local new age store that has tools as a part of their inventory. Take your time browsing and looking. Allow things to draw you to them. Put your hand near or on them and see if you can feel energy. The goal is to understand that everything has energy, understand how to feel it, and to experience both positive and negative energy.

Assignment Follow-Up: Anytime you find an object that has energy pulling you or totally giving off bad energy (not during the assignment activities) document in diary experience form into your notebook.

Writing Assignment: Make an outline of the key points section of the book.

** Parents during both assignment prep and assignment you will need to accompany your child until they begin to 'feel' the energies and probably have to do a lot of answering questions. Some children aren't as open as others so be prepared to show, demonstrate, and discuss energy in many ways. Once they have an understanding and can feel the energies be sure to give them some space to fine tune it and do their own connecting.*

Class A - Make a chart out of the 'Key Points' section of Chapter 1 to keep in your notebook. Write a list of the ways to acquire magickal tools and come up with your own opinion on them.

Class B - Comprise an outline of the 'Key Points' section. Do some serious thinking and/or documenting in your notebook about the two main debates in this chapter; Sacred vs. Profane & Making vs. Purchasing.

Week 3 - Altar Review

All - Read Pagan Moonbeams Altar Unit; Yr.1 Issue 6 pgs. 5-6

Study Terms: Altar, Invocation, Preparations, Preservation, Progression, Purification

Choosing tools is just as important as knowing where to put them when you have collected them. Although how to store or hold them depends on each individual. The main way is to display them on an altar, or store them in a box or bag. For the next two classes we will be covering each way so as you collect or make your tools you will be able to store them as well. Altars, being our first is a great way to display tools and for the paths that use them during ritual it is a very handy way of having them readily available. Keep in mind that making or using an altar is a science in itself and reflects the beliefs and preferences of those who use them. The intent of this class is to just show how it can be considered an option for storing tools.

Assignment Prep: Take a good look at the list under 'Choose Many' pg. 6. Look around your living area and consider whether each kind discussed would be the kind of Altar you would use.

Book Class
By TristÅ
Tools of the Trade
Class #1

Week 3 - Altar Review...cont.

Assignment: Make a small list of things that are important when choosing the size and shape of an altar. Here are some things to get you started: Amount of space available, how often it will be used, what purpose it will serve, etc... When done, look at your list and decide what type of altar would fit it. If none would, or if you prefer to make one of your own, create a list of types of things that could be used to comprise your 'ideal' altar. Please keep in mind that most people don't perfect their altar to what they first envisioned until long after using one. As a personal note, know that altars are more used for energy transferring and above all this is what holds the most importance when choosing one.

** Parents it would be a great addition to this class if you would talk about your own 'altar' experience; if you use them at all, when you got your first one, how they have changed or grown as you have, etc... If they already have an altar it is important for them to understand that the tools on it are not 'have to keep or use' and that growing spiritually will make many changes in their life; your own story will be the best teacher for this.*

Class A - Look at the list of 'Meaningful Additions' pg. 6. and compare them to your already made list. How many of them do you find on your list?

Class B - Look at the list of 'Types and Ideas of Altars' pg. 5 and choose one tool that would fit that situation or type.

Week 4 - Tool Boxes

All - Read chapter 15 Toolboxes; pgs 249-258

Study Terms: Camouflage, Compromise, Conventional, Mini, Security

Not only is it important to have a display and place for use for your tools, it is also important that you have places to store your tools. The forms of magical tool boxes is unending. At one time or another you will need to buy or make your own tool box. Remember, as with all things magical, you will need to listen to the energy from your tools and assure that both you and the tool connect to what is holding them.

Assignment 1: Search a new age store online or locally and look at the different kinds of toolboxes they have available. Be sure to take notice of the different kinds, colors, shapes, and textures.

Assignment 2: Visit a local department store (good choices would be Wal-Mart, Myers, or K-Mart) and slowly walk through all departments to see if you can find 25-50 different things you can use as a toolbox (try to only pick 5 from each section or aisle).

Assignment 3: Look around the whole house, a certain room, or your bedroom and see if you can come up with at least 20 different items to use as a form of toolbox.

Assignment Follow-Up: Make a list in your notebook of the best or preferred toolboxes from all you found. Do some thinking on materials and how to comprise toolboxes. If you plan to do this you may want to jot some of your ideas down in your notebook.

** Parents you may want to share the website trip, and act as a guide for the department store and house tours to assure they get their creative juices flowing so the maximum things are acknowledged. If comfortable you may want to give them a gander at your toolboxes or share stories of past toolboxes you have used.*

Class A - Take all of the Study Terms listed here and put your them in your notebook and for each term write its definitions in your own words and a list of at least 6 different toolboxes that apply to the term.

Class B - Think about your preferences for toolboxes then write a small paragraph explaining how your toolbox choice reflects your personality or personal Pagan views.