



# PAGAN Moonbeams

Vol. 2 Issue 5  
December, 2008

## Staff Notes

A little note to the readers' from our small staff.  
*Staff Members listed in cronigical order.*

### TristA

*Writer, Admin, Webmaster since: Aug. 07*

Remember to blanket, protect, and come to the aid of all nature's great residents during this hard part of the year. Make good with the local and land spirits reminding them that they are appreciated always.

### Laura Shadley

*Editor since: April 08*

"In ancient times, both Druids and Romans hung sprigs of mistletoe in their homes and places of celebration to bring good fortune, peace and love."

- [egreenway.com](http://egreenway.com)

### Petra Lucas

*Writer since: April 08*

Winter is here. Time for warm fires and hot chocolate. Yule cards need to be bought and presents need to be wrapped. I think it's important at this time to remember to take ten minutes for yourself. Bright Blessings to all and have a Merry Yule!

### Mandi Aumann

*Writer & Admin. since: July 08*

What I like the most about this time of year is the food and all the excuses to eat! I especially love the pies, cookies, and sweets.

### Raven Moonshadow

*Editor & Writer since: Aug. 08*

The light returns! As the Goddess gives birth to the God, the Light returns to brighten our skies and bring us longer days. Yule is the longest dark night. Take time to reflect and rejoice with family and friends. A new year is awakening. Be open to the lessons you will learn.

### Lionfirestone

*Writer since: Sept. 08*

Happy Yule to all,  
Now is the time of the year many focus on what they are doing with their personal magick. I hope each of you have a successful and productive inner search.

### KayBee

*Writer since: Sept. 07*

"All the world's a stage, and all the men and women merely players; They have their exits and their entrances, and one man in his time plays many parts, his acts being seven ages." -William Shakespeare

## A Few Words

This is the time of year, when the weather gets colder and you can not spend as much time with nature, the spirits, and the God/Goddess outdoors. Many pagans take time to focus on indoor reading, studying and self searching. You can use this time to do the same.

This is also a good time to finish indoor projects that might be left over from the summer or fall. Or review topics that you may be a little rusty on.

However don't forget to get outside and enjoy the changes happening in nature and all around you. Even if it is only for a few minutes.

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## Issue Shorts

- This issue has many changes in content. Be sure to read about them on the News & Info. Spin.
- The weather has most of you spending more time inside so we have added more pictures for coloring for this issue.
- Due to readers' requests, we have added more activities, crafts, and recipes to enjoy. There is something in this area for all ages.

**We Appreciate Your Readership**

# In This Issue

Volume 2 Issue 5

December 2008

<b>Cover: Winter Solstice</b>		
<b>Topic Focus</b> pg. 4	<b>School Bell</b> pg. 25	English History Recess Science Elective: Photography
Natures Holiday Connection		
<b>News &amp; Info</b> pg. 5	<b>Pandora's Recipe Box</b> pg. 31	Breakfast: Apple Waffles Lunch: Chili Days Drink: Hot Raspberry Cider Dinner: Dinner in a Pumpkin Ingredient Magickal Properties
Quick Clips: Micro Animals		
Sacred Places: Knossos		
<b>Pantheon Focus</b> pg. 7	<b>Pagan Teens</b> pg. 33	Middle Magic: Writing Magick pt. 3 Bruises on the Earth: Oil Spills Winter Holiday Season
Topic of the Month: Love		
Greek Gods: Aphrodite and Eros		
Egyptian God: Hathor	<b>Puzzled Up</b> pg. 38	Issue Scavenger Hunt Common Denominator
<b>Wee Pagans</b> (grades PreK-1st) pg. 10	<b>Pagan Resources</b> pg. 39	
Crafts: Nature Seasonal Crafts	<b>Parent Section</b> pg. 40	Magickal Touch: Tables & Earth Story: Season's Greetings
Snowflake Storytime		
Color/Activity: Sun Catchers	<b>Young Foundations Classes</b> pg. 42	Red Fairy Book; The Enchanted Pig
<b>Pagan Spotlight</b> pg. 13		
Raymond Buckland		
Kelly Lincoln		
<b>Sign Language Flash Cards</b> pg. 18		
Earth		
Wind		
Fire		
Water		
Spirit		
<b>Young Pagans</b> (grades 2-7) pg. 21		
Correspondence Journal: Locations		
Pigmy Tarsier Unit		
Recycled Holidays		
<b>Herb/Mineral</b> pg. 24		
Burdock		
Topaz		

Want to see something  
else? Let us know!

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# Nature's Holiday Connection

By : Lionfirstone

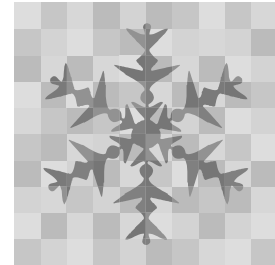
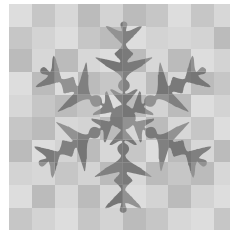
For many people December is the Holiday Month, because holidays from several different cultures happen during this month. As Pagans we have holidays all through out the year, many paths call these holidays by different names; Spokes of the wheel, High Days, Low Days, Sabbats, and by many other titles. As the calendar year comes to an end, think about your favorite Holiday. On a piece of notebook paper write about your favorite Holiday. Here are some ideas of information to include in your story.

- ⇒ Which Holiday is your favorite?
- ⇒ What is your favorite thing to do during the Holiday?
- ⇒ Do you have a special job during this Holiday?
- ⇒ You can also draw a picture of you at your favorite Holiday?

\* You can add this to your family or group altar but you should always ask your parent or adult pagan leader

## Winter Solstice/ Yule

The shortest day and longest night of the year. Cultures all over the planet celebrate this moment in time. Some cultures even viewed it as the start of the new year, before we used the calendar we have now. And the celebrations always involved the entire village or town. There are also huge monuments that were built by ancient peoples to celebrate this time of the year, many of those monuments are still standing today.



## Winter Solstice Prayer

This is the long night  
This is the dark night  
This is the cold night  
This is the night of last hope  
This is the night of little spark  
This is the night of turning from darkness  
This is the night of turning towards light  
This is the night of wonder  
The long night is here  
Come to us you spirits  
Together let us fill the long night with light,  
Calling all beings to warm themselves at our fires

From *A Book of Pagan Prayers*  
By Ceisiwr Serith

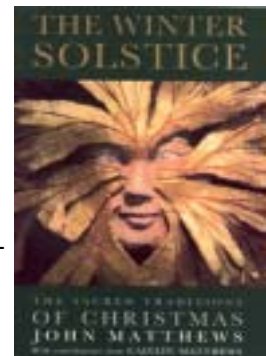
## Sabbats/Low Days

Have you ever wondered why we celebrate Sabbats/Low days. They are a celebration of important changes in nature or the turning of the wheel of the year. As Pagans we do our best to honor and respect the earth, one of the ways we do this is through Sabbat/Low Days celebrations. Sabbat/Low Days Rituals remind us of what is happening with the earth and bring us closer to mother nature.

## *The Winter Solstice The Sacred Traditions of Christmas*

By: John Matthews

If you are interested in learning about other types of solstice celebrations, then I highly recommend this book.



For more Yule information and activities take a look at the Pagan Moonbeams December 2007 Issue

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# News & Info Spin



## Quick Clips

By: P. Nichols

### Micro Animals



When we think of single-celled animals we often conjure up images of microscopic amoebas. But you don't need a microscope to see *Gromia Sphaerica*, a distant relative of the tiny amoeba. This single-celled critter lives on the bottom of the ocean in the Bahamas and the Arabian Sea. It is round, green and grows up to 1.2 inches (3 centimeters) in diameter!

### Earth Cycle For Pets

You have the freedom to go out and explore the earth and all things that live in it during the changing of the earth's cycle. Our animals are not that fortunate because many of them are caged, house restricted, or only go outside for a short time. Make this year the one you let them experience. Some ideas on how to achieve that can be found below.

**FELINE:** Bring safe items for them from outside to explore like snow, icesicles, dried leaves, and frosted grass.

**RODENTS:** Bring things for them to explore from your outside excursions like dried leaves, dried up grass, safe seeds and nuts that are left over from the warm times. Many rodents shouldn't get cold or wet so make sure everything is room temperature and totally dried before putting it into their cage. If gathering nuts & twigs be sure they are taken from a place that doesn't use pesticides and are free of other harmful things.

**CANINE:** Take your dog out in the different things going on in your world now. Make sure you bundle up good so he/she can take their time to smell and explore everything on their own time. This may mean several trips for you. If you notice something that he/she really takes a liking to while out, if possible, bring it inside for more fun.

**AQUARIUM:** Animals that live in aquariums may not be able to have things from outdoors in with them. Why not draw a temporary background image for them to look at that shows the changes outside. This project could be drawn or crafted.

## New Changes

Yes it is that time again, for Pagan Moonbeams to go through some changes. Things have been scaled down and you will see a difference in our content.

- School Bell has been split down the middle and will only show half of the subjects each month. The individual subjects will rotate. English, elective, and PE will be the only subjects presented each month.
- Young Foundations will be changed to do one story each month. A page will be dedicated to each of the classes, they will just share the story and lesson.
- Tools of the Trade will follow original format, however, will only appear every other month.
- Parents section has been narrowed down and a few sections within have been deleted.
- God/Goddess section will present only two pantheons each month. It will take three months to complete a topic.
- Each age group (3-5, elementary age, and middle/teen ages) will have 3 complete pages dedicated to them. These pages will be presented together.
- The holiday sections have been taken out. The links to the printable Pagan calendars for both U.S. & UK can now be found in the news section.

If we are missing something or there is something you would like to see, drop an email:

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

### Sacred Places

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](mailto:PaganMoonbeams@yahoo.com)

This Month's Sacred Place:

**Knossos**

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

US - <http://paganmoonbeams.com/pdfs/MBPaganDecCal.pdf>

UK - <http://www.pagancalendar.co.uk/>







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# Greek Gods of Love

By: Lionfirestone

The Greek pantheon has stayed very constant over the centuries. This is largely due to the tradition of oral or verbal passage of the god and goddess stories, ancient Greek literature, and art. When variations exist they are usually about the origin of a God or Goddess. Understanding this we will cover the original pantheons worshipped by ancient Greeks and throughout the ages.

## Love Gods Aphrodite and Eros

### Aphrodite:

There are many versions of Aphrodite's story. One of the most common suggests, she predates the Olympians being born from the foam of the seas after the genitals of Uranus were thrown into the water. She walked out of the water on the shores of Paphos in Cyprus making it her home. In another common version she is the daughter of Zeus and Dione. It was also believed that Aphrodite was married to Hephaestus but had many affairs and many children. Aphrodite is known as the Goddess of love and beauty.

### Eros:

Again with Eros, we have conflicting stories. Some stories say he is a titan, the son of Uranus and Gaea and some stories say he is the son of Aphrodite. One story has him being hatched from a cosmic egg. In some accounts he aided in the creation of Earth and the cosmos. Eros is a perpetual youth, the god of love and desire

## Myth Topic

Many stories about Aphrodite involve her falling in love, making someone fall in love with her, or causing others to fall in love with each other. And most of them end in tragedy. These stories are a good example of why matters of the heart should never be meddled with.

In some accounts of Eros, he is made fun of by the other gods. This often resulted in Eros getting back at them either by them falling in love with someone who doesn't like them or with a hideous monster.

When it comes to humans, Eros could do two things. His golden tipped arrows could make two people fall in love, even if it was not the two people intended. His lead tipped arrows could cause two lovers to no longer be in love. It is interesting that he was a better shot with the lead arrows than the gold arrows.

One myth story involves Aphrodite and Eros and the human Psyche. Eros falls in love with Psyche who is worshipped by every man that meets her. Aphrodite is jealous because men are leaving her temples to be near Psyche. Aphrodite then decides to send Psyche on a few errands to get her away from men, but Psyche is saved by Eros.

### The Names of Aphrodite

Kypris  
Cytherea

### The Names of Eros

Amor  
Erotes

## Quick Eros and Aphrodite Facts

- Aphrodite is born as an adult, she never had a childhood
- Aphrodite is credited for starting the Trojan War
- Eros is mostly associated with the love between men while Aphrodite is associated with love between men and women
- The ancient Greeks believed Eros was not such a good shot with his bow and arrow

*If you choose to use the terra cotta doll found in Dec '07 issue page 9 some ideas are below*

## Dressing Aphrodite

Aphrodite is shown as a beautiful woman in luxurious dress. She is often shown either looking into a hand mirror or on a large sea shell. Her symbols are the dove, the scalloped shell, the mirror and apple.

## Dressing Eros

Eros is shown as a handsome young man with wings. He is depicted with either his bow and arrows or a flaming torch. Sometimes he is also shown blind-folded with his bow drawn ready.



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# Egyptian God of Love

By: Lionfirestone

The Egyptian pantheon contains are over 70 Gods and Goddess' along with thousands of lesser gods . It would be extremely hard to cover each and every one. Great effort will be taken to cover in depth the most well-known Gods & Goddess' and small notes recognizing the lesser known ones as well. The information will also be from the most common stories and information available.

It is also important to note that the gods of Egyptians change often based on the desires of the current Pharaoh

## Goddess of Love

Hathor

### God's World:

It is surprising that Hathor has lasted through the centuries. She was believed to be the wife of Horus the Elder, but when Ra became the Eldest God, Hathor became the mother of Horus. Scholars had to rewrite her story to keep her in the Pantheon.

### History:

Hathor was Sakhmet created by Ra to destroy men who did not obey Him. But as Sakhmet was setting out on her task, Ra had a change of heart and flooded the valley with blood colored wine. Sakhmet drank so much wine (thinking it was blood) that she was unable to complete her mission and became Hathor.

### Myth Topic

It can be difficult to pin down one solid story about Hathor because her role in the pantheon changed so often.

Even the old stories about her contain differing and sometimes conflicting information.

A lot of the variance can be attributed to the location of worship. Hathor was viewed as a different deity in different parts of Egypt.

She was worshipped all throughout Egypt but her main temple was in Dendera in Upper Egypt.

It appears that as the Kingdom of Egypt grew, the supreme role of Hathor lessened moving her from a pre-dynasty and pre-creation goddess to a lesser goddess.

It should also be noted that Hathor along with all her other names is in fact a title. Hathor means house of Horus. Hathor does not have a personal name.

### The Names of Hathor

Sakhmet  
Ishtar  
Tanit

### Quick Hathor Facts

- Hathor is associated with many other Egyptian Goddess'
- Hathor is the goddess of love, fertility, joy, child-birth, marriage, music and the sky. Depending on what area of Egypt she was worshipped in.
- Hathor is also know as the Lady of - Byblos, Dendera, Faience, the West, and Turquoise

*If you choose to use the terra cotta doll found in Dec '0t issue page 9 some idea's are below*

### Dressing Hathor

There are several different ways that Hathor is shown.

Originally she was depicted as a lioness.

Sometimes she is shown with her arms and legs supporting the universe or with her fingers and toes pointing towards the four cardinal points.

She is also shown as a woman with a cow's head or wearing a headdress with cow horns enclosing the disc of the sun.

# Wee Pagans

By: Lionfirestone

Yule, the time of the year when most families and communities are focused on traditions and holiday arrangements. This should be a time of happy family moments, but often all the holiday preparations causes stressful moments and family members. I have included some activities that will help keep you busy and let you add to the family decorations, no matter what holiday you celebrate.

## Hand Wreath

For this activity you will need:

- A paper plate, the cheap kind works best
- Some green construction paper
- One sheet of red construction paper
- A pencil or marker
- A pair of scissors
- A glue stick or liquid glue

What to do:

1. On the green construction paper lay your hand with your fingers together. Use the pencil or marker to trace around your whole hand. Do this as many times as you can on the sheet of construction paper.
2. With the help of an adult or teenager cut the center out of the paper plate. Do not cut through the outer edge of the plate.
3. Cut out the hand shapes from the green construction paper.
4. Glue the hands to the inside of the paper plate, the bottom of the hand should be on the inside edge and the fingers should hang off the outer edge.
5. Make sure the hands overlap enough so none of the white paper plate shows.
6. While the wreath is drying, draw and cut circles from the red construction paper. They can be quarter size.
7. Once you have all the red circles cut out you can glue them around the wreath anyway you like.

\* Optional - you can cut a ribbon from the red construction paper or use a real ribbon to add to the wreath.

## Cinnamon Broom

For this activity you will need either

- A small amount of hay or
- Some small thin twigs or
- An old corn broom you can use the bristles from (You will need to ask an adult for help to cut off the broom bristles)

You will also need :

- Liquid glue
- Ground cinnamon
- A roll of twine
- A tray or box lid



Gather a hand full of (hay, or twigs, or broom bristles)

Get one end of the twine roll and lay it out on top of your hand full. Starting at the end facing the twine roll, wrap the twine roll around your pieces and the length of twine you laid on them. Try to make it as tight as you can. The wrapping should be at least as wide as the palm of your hand.

(Now you need an adults help)

Now wrap the twine 3 more times and cut it from the roll. Unwind the 3 rolls you just made and tie the two free ends together, make sure your knot is going to stay and then you can cut off the extra. (Don't forget to say thank you to the adult that helped) Use the liquid glue to coat the twine to help it stay together, let it dry before you move on to the next step.

Put your broom in the tray or lid and put some liquid glue on it. Spread it around, on one side only, with your fingers or you can use a craft stick if you want. Next sprinkle the cinnamon over it. Try to cover all the glue spots.

\* If you get a lot of cinnamon at the bottom of the tray or lid you can reuse it until your glue is all covered.

All that is left is to let your broom dry. If you want you can decorate it after all the glue has dried.

## Family Traditions

During the month of December there is always a lot of talking about family traditions and holidays. You may even have some family traditions of your own.

Traditions are something very special, they can be passed down through many years and generations or it can be something new that you and your family start.

Early in the month of December ask your parents or grandparents some of their favorite traditions. You can make a special book with drawings by you and the words told to you by your parents or grandparents.

This would make a great addition to your family altar. You can even add information about other traditions you learn about through out the month.

\* If your family celebrates more than one holiday make sure you include each holiday that you celebrate.

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# Wee Pagans

By: TristA

## Snowlakes

### Darci the Raindrop

Darci was a little drop of water that lived in a cloud. Her mother lived with her and they had a great time running around playing in the cloud until one day her mother told her that they would soon go on an amazing journey. They were going to bring magick to the world below them. This journey was somewhat of a mystery to her, but Darci was excited at the same time. The day finally came and Darci fell from her cloud home for the first time.

All the drops gathered round  
And began their float to the ground  
The air became very cold  
And to a new shape each one was mold

Darci continued to fall with her friends, each gave magick to the area where it landed.

One to the treetops giving water to that below  
One to the ground aiding to the compost hole  
One to the snow fox helping to hide it from prey  
One to the windowsill just to brighten up the day

Darci landed on a piece of black paper and didn't understand. She thought she would help nature. She was beginning to think she had failed her destiny. As her thoughts drifted on in this direction she saw a human coming her way all bundled up. She wondered if her destiny had been changed and decided to wait and see.

As the child sat outside among all the other raindrops, that were turned to snowflakes by the cold, she was given a wise lesson by the adult that was with her. The adult told her of how Darci had come to be and that she was an example of the nature's cycle of life. She was told to look at Darci through a looking glass to see the exact pattern that she had become because of the cold. The adult told of how each raindrop that fell had their own shape and each were different. Darci listened on to the adult talk as the bundled up kid learned that the spikes of each snow drop could bring a lesson and how they were filled with magick. She saw the little girl writing down the meanings of snowflakes and how important they were to the magickal world.

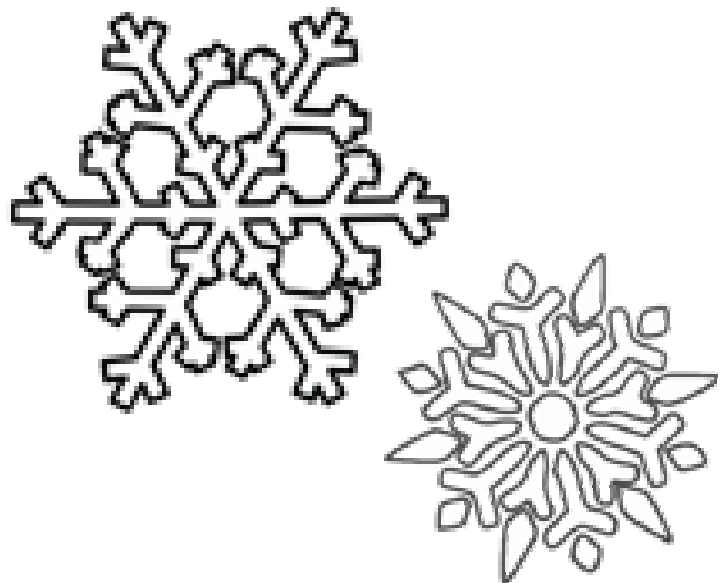
As Darci began to turn back into a drop of water and run down to the ground on her way back through the cycle to become a raindrop again, she smiled real big. She realized that she had followed her destiny; she was to understand and teach about the magick that she was. This was the greatest destiny she could think of.

### Magickal Snowflakes

Fold a coffee filter and cut it out to make a unique snowflake design. Unfold it and dip all or part of it into water with food coloring in it (the more coloring the darker the color).

Take a close-up look at your snowflake and see how the colors blended into the filter. Pay special attention to the designs it made. When done ask the adult Pagan you know about the magickal properties of the snowflake, or the color(s) that is on it.

Allow it to dry then hang up from the ceiling. It might be nice to do several of these to add to the Winter Solstice festivities as well as bring some of nature's magick inside.



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## Wee Pagans

By: Mandi Aumann

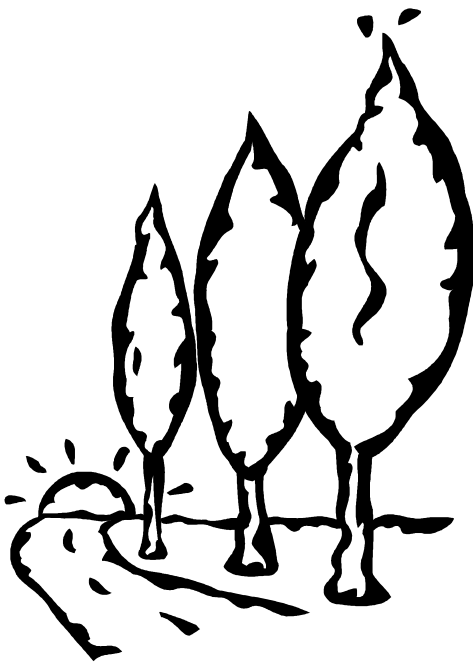
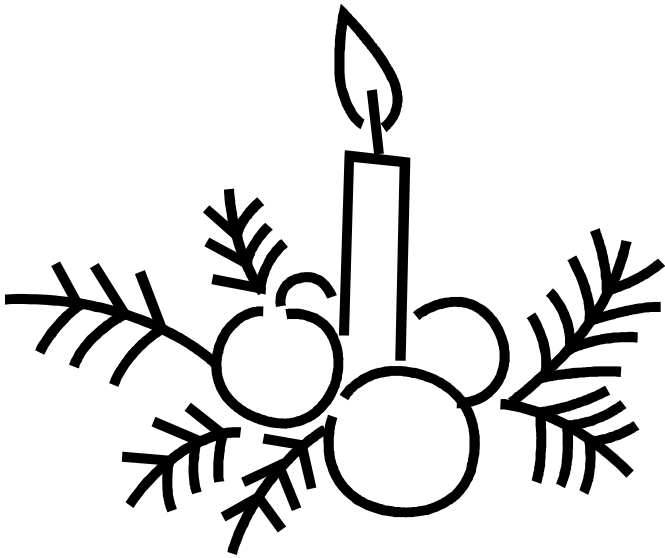
### Make Your Own Yule Sun Catcher

#### Supplies

- Waxed paper
- Construction paper
- Black permanent marker
- Other permanent markers
- Scotch tape or glue
- Bit of yarn or string
- Iron and terry-cloth towels

Using the black marker, trace the pictures you like onto a piece of waxed paper. Using the colors, color in the picture on the waxed paper. When you're finished, put a clean piece of waxed paper over your drawings. Have a grownup fuse the waxed paper together with a low to medium set iron. Be sure to put the waxed paper between two terry-cloth towels. Cut your designs out from the wax paper. Now, make frames from the construction paper. You will need front & back frames for each design. Sandwich the wax paper between two frames and glue or tape it all together. Attach a loop of yarn or string so you can hang your stained-glass designs in a window.

For more information about Yule trees and ornaments, check out the December 2007 issue of Pagan Moonbeams.



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# Pagan Spotlight

By: TristÅ

Due to the wonderful comments received on the Pagan People page, it has been decided to expand this section in hopes to opening up more of the Pagan world one person at a time. It is important for you to not only learn about those special in the vast world of Paganism today and the past, it is also important for you to become aware of the great people that are in your area. This section will be dedicated to showing those special Pagan's of the past, present, and future.

*Take time out to read this important section, get out and meet people in your area that make a Pagan difference on a regular basis, and keep thoughts rolling as to how you can make your Pagan footprint on the world.*

## Pagan Biography

There are many famous and not so famous Pagan's of the past. It is in hopes that reader's and regular staff writers will focus on these important people.

- Do some research on those of the past and learn about how they helped to pave the way for the Pagan world as it is today.
- Keep up with those that have spent their life and/or made a major impact on the Pagan world. Make a point to learn at least one thing that is not posted on the page about him/her that interests you.

## Pagan People

Explore the Pagans who are making their mark in today's world. Get to know those that you can have the priviledge of seeing their work change the world.

- Do more than answer the research questions, go beyond knowing their major accomplishments.
- Watch your local area and all the media forms to keep up with these special Pagan's as they continue in their efforts.

## Local Pagans

There are many people who have made an impact on the Pagan world right in your area. Take the time to get to know these people and share their accomplishments and plans. This section can focus children or adults and everyone is encouraged to send in work to contribute!

- See how people are changing the world for Pagans one accomplishment at a time.
- Learn about different area's and what is offered in them from special people.
- Take note of the great things going on around you. Allow them to fuel your own creativity to aid in the community around you now and as you get older.

**Help Sheets**  
(if needed)

**Biography Checklist**

**Interview Questionaire**

**Interview Checklist**

**Picture Information**

*The Pagan Spotlight section will operate on a trial basis and it's existence will depend on reader submissions!*

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## Pagan People

### Raymond Buckland

By: TristÅ



**Raymond Buckland** is a very familiar name in the Pagan world. He is revered as the one who to introduce Wicca and Witchcraft to North America. Mr. Buckland has acquired many titles; author, veteran, liturgist and Wiccan Priest. He not only became a strong figure in the Gardnerian Wiccan religion, he also started his own form of the Wicca religion without forsaking his Gardnerian vows. R. Buckland is truly a Pagan icon with great valor.

### The Interview

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

*I have been a pagan for nearly fifty years. I initially followed the Gardnerian path (and, in fact, was the person responsible for first bring it to the United States in 1963). Later, in 1973, I created the Saxon path (Seax-Wica), which I have seen grow to the point where it is now found around the world. About fifteen years ago I moved from the West Coast to central Ohio and at that time gave up practicing with a group (coven) and have since continued as a Solitary. Today I use some of the Saxon tradition, some Scottish, and the rest personal (based on how I feel at the time).*

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

*I was not raised in a pagan home but my family was not especially religious so we seldom, if ever, went to church. My family background is Romani (or Gypsy), and traditionally the Roma have always been pagan but have adopted local religious beliefs in order to "fit in".*

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

*Yes, I taught my children about paganism and Wicca. My older son was initiated into Gardnerian when he was seven years old.*

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

*When I discovered paganism I was inspired by the "Grand Old Man of Witchcraft" Gerald Gardner. When his books went out of print I wrote others to take their place, so that there would always be a "voice of paganism" available. I dedicated my life to correcting the misconceptions about witchcraft and paganism . . . so I've been kept pretty busy!*



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**Pagan People**  
**Raymond Buckland**  
By: TristÅ

**The Interview**  
(continued)

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

*Beltane is my favorite time (with Samhain a close second), since I love the spring, with the coming of fresh life everywhere.*

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

*I would tell pagan kids to believe in themselves and not be influenced by other people's negative opinions. They should read as much as they can and make up their own minds. Paganism is the oldest form of religious expression and is something to be proud of.*

# RAYMOND BUCKLAND

**Research Questions**

- What years did Raymond Buckland serve in the Royal Air Force?
- How many times did Mr. Buckland meet Gerald Gardner?
- What is the proper name of the Wiccan religion that Raymond Buckland started up?
- How many books has Raymond Buckland published?
- What are the names of his five screen plays?
- What movie was he the technical advisor of?
- What was the first Wicca book ever written?
- What year did Ray move to the U.S. from England?
- What was his religious name?
- What was the first modern witch coven?
- What are some radio shows he has appeared on?
- Who gave him his first spiritual book and started him on his career?
- Name 2 events that Buckland was a guest speaker at.

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## Local Pagan Spotlight

### Kelly Lincoln

By: Raven Moonshadow



There is no doubt that the Goddess and God are ever present in our lives. They are in everything and everyone. Sometimes we feel an affinity to a specific God or Goddess and maybe we want to show our association to that God or Goddess, but realistically there may be reasons why a statue may not really work for each of us. Since prehistoric times, dolls have been a part of humankind. Dolls have been used by children as playthings or been used to depict different times, cultures, religious figures, etc. Dolls have been used for all sorts of things. There are many types of dolls all over the world. In Greece and Rome, girls even dedicated their wooden dolls to goddesses after they were considered too “grown-up” to play with dolls. Dolls have been made of plastic, wood, clay, porcelain, as well as soft cloth material. There are god and goddess dolls as well, of all varieties. They can be used during High Day and Low Day rituals, Esbat rituals, as your representation of the god or goddess of your choosing, as an addition to your altar, or any other way you wish to incorporate Him or Her into your life.

I have had the opportunity to get to know Kelli Lincoln, creator of some beautiful goddess dolls. Kelli’s style of doll makes them usable for anyone and everything. She works with each person on an individual basis to be certain that your goddess is truly your own. Below is the interview that I had with her regarding her path, her dolls and the inspiration behind them. For more information, go to [www.dancinggoddessdolls.com](http://www.dancinggoddessdolls.com). The Goddess truly speaks through Kelli’s work, and it is easily seen.

#### Pagan Interview

##### **1. How long have you been pagan and how would you describe your path?**

*It was in 1987 that I was made aware that there was a name for the type of person I was, and that there were others like me, so I have been lucky enough to be a part of the Pagan community for 21 years now. I would say that I have been Pagan all my life, though. My father (who would NOT describe himself as a Pagan) used to say that the forest was our church, and I took it to heart. I remember as a young child talking to the Moon (and She answered!), and kneeling in front of a particular statue of Mary (one of the only living Goddesses in our American culture) on the way to school and having long talks with Her, too. I would describe myself as Goddess-centered, since that is where the majority of my energy goes, but I do honor the male divinity all around us as well, since that feels balanced to me.*

##### **2. How do you use goddess dolls in your everyday life?**

*Well I have Goddess dolls in my everyday life because I create hundreds of them each year, lol, but I think you are asking about the ones I keep for myself. Those I use both to honor the seasons as well as to honor different facets of myself, as a way to remind myself that I, too, am an aspect of the Goddess.*

##### **3. What inspired you to begin using them?**

*I believe the inspiration for my dolls came from the Goddess Herself! I remember the night vividly; I was in a meditative frame of mind late at night when it occurred to me that the Waldorf dolls I had been making for my children could be adapted into Goddesses, and I had a vision of many children cuddling their Goddesses for comfort as well as lugging them on errands with their moms. I believe strongly that our spirituality can be mundane (part of our normal daily routine) as well as something higher, and I love how my dolls blend the two sides. It has turned out that adults love the dolls as much as children, so they also allow us to honor the child within!*

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## Local Pagan Spotlight

### Kelly Lincoln

By: Raven Moonshadow

#### 4. Can you tell us about your specific style of doll and how you came up with the design? What kind of special touches go into your dolls to give or add to their magical properties?

*My dolls are an adaptation of the traditional Waldorf style cloth doll, where the face is embroidered on deliberately with no expression, so the child can decide the mood of the doll (which is better for imaginative play). I used the Egyptian River Nile Goddess design for the doll's body, a design I love for its simplicity, but also for its contemplative nature. Arms raised to the heavens in prayer or in celebration – again, you decide, based on your mood!*

*Some of the special touches I put into the dolls are obvious, like the individual embroideries, or necklaces, or hair ornaments, but a big part of it is the energy I put into each doll, which is more subtle. Nothing is mass produced, and because almost every doll is custom-ordered, for the most part I know where every doll is going, to whom, and why it has been requested, so I am able to focus on the right sort of energy to put into the doll. That's the magic! ☺*

#### 5. Who is your favorite goddess and why? What makes her different than the others?

*Oh, well, choosing one is nearly impossible, with the thousands and thousands out there from which to choose. I tend to be drawn to warrior Goddesses, but I do love Persephone. She was the first Goddess in my life; I found her in the *Childcraft Stories of the World* encyclopedia as a very young child (I was about 8). Oh, the illustration of her was so beautiful, and I looked at it so often the book naturally opened to that page. Hers was a story unlike anything I had ever read, and something in it called out to a place deep inside of me. What I love about her as an adult is that her story is one of growth and self-acceptance; she illustrates the story every woman lives, from maiden to Queen, and shows us how to do it with wisdom and grace.*

#### 6. Can you tell us what type of effect creating goddess dolls for others has had on your life?

*Creating these dolls has changed my life in ways I could never have imagined. When I first had the inspiration, I planned out about a dozen dolls and hoped to try to sell one of each. There are now about 1200 of them out in the world, and each one has brought with it a new friendship. I have created around myself a community of Goddess-loving people from many, many countries, and learned that we are all on the same path, looking for similar enlightenments. This aspect of the doll making is my biggest blessing.*

#### 7. Do you share your knowledge of the goddess' with your children? If yes, in what ways?



*Oh, yes, of course! In the first place, they are surrounded by baskets of Goddesses on a daily basis, and I always have some sort of project going on, so they hardly have a chance at NOT being a part of it all. They (the two older ones, ages 12 and 7) ask a lot of questions and we do a lot of the cultural research together, so they are actually pretty knowledgeable about different Goddesses of the world. Aside from the dolls, we've used different Goddess cards, choosing one from a variety of decks I have, and talking about Her message for the day. We also sing a lot of Pagan songs, which I think is one of the best ways to incorporate Pagan themes into our lives in a very normal, celebratory way. But in the more over-arching sense, too, the Goddess is in our home life, as we celebrate the seasons and Sabbats, and live in a mindful way on this Earth.*

#### 8. In addition to the dolls, what other goddess-inspired creations have you made?



*I started off with ceramics, actually, creating Goddess statues and painting pottery with the images I now use as embroidery designs (the wonder of technology!) I also use my Goddess embroideries to make quilts, cloth toys, purses, baby slings, and fun things like cell phone and credit card cases. I enjoy having reminders of the Goddess all around me, and I especially love sharing personalized versions of these things with other Goddess-loving friends.*

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

[www.sophiastinyhands.com](http://www.sophiastinyhands.com)



<p>To sign EARTH use your ND-hand and make a fist. With your D-hand opened flat, place it palm down on top of your ND-hand. Use your middle and thumb fingers of your D-hand to grasp your ND-hand as pictured.</p> <p>2</p>	 <p>1</p>
<p>3</p>  <p>Make a modified O handshape with both hands (as pictured). Move your thumbs across your fingers as if feeling the earth move through them.</p>	<p>EARTH</p>

*D = the dominant hand/arm. This is the most used arm and the hand you usually write with.*

<p>To sign WIND, make both hands open 5 palm with 1 hand palm facing towards you, the other palm out (as pictured). Sway your hands back and forth across your body representing the wind moving.</p> <p>2</p>	 <p>1</p>
<p>3</p> 	<p>WIND</p>

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

[www.sophiastinyhands.com](http://www.sophiastinyhands.com)



 <p>2</p>	 <p>1</p> <p>To sign FIRE, make an open handshape with both hands, palms facing towards you. Gently wiggle your fingers back and forth as you move your hands in an upward direction, as in the way flames of fire move.</p>
<p>FIRE</p>	

*ND = the non-dominant hand. This is the hand/arm that isn't used as much.*

 <p>2</p> <p>To sign WATER, use your D-hand and make the letter W, as pictured. Tap the letter W on your chin.</p>	 <p>1</p>
<p>WATER</p>	

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

[www.sophiastinyhands.com](http://www.sophiastinyhands.com)

<p>To sign SPIRIT, make an F handshape with both hands (open hand shape like the number 5 with your thumb and pointer fingers touching). Stack your F handshape s one on top of the other (as pictured). Your D-hand should be on top. Keeping your ND-hand in one place, move your D-hand in an upward motion slightly shaking your hand back and forth as you do so.</p> <p>2</p>	 <p>1</p>
<p>3</p> 	<p>SPIRIT</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](http://www.sophiastinyhands.com).



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# Young Pagans

By: Lionfirestone

## Correspondence Journal

### Magickal Mid - Winter Solstice Locations

Many of us today do not realize how important the Mid Winter Solstice is. It is highly probable that the Mid Winter Solstice has been celebrated since Neolithic times. Here are a few of the monuments throughout the world that were erected to honor the Mid Winter Solstice.

#### New Grange - Ireland

Aligned with the rising Mid Winter Sun. The sun light enters through a roof box and lights the carvings at the end of a long hallway.



#### Stonehenge - Britain

Believed to be erected anywhere between 3100BCE to 2400BCE. It's center stone is directly aligned with the setting sun of the Winter Solstice.



#### Monte Alto - Guatemala

The Monte Alto people are believed to be one of the oldest Mesoamerican cultures.

The shadow of their main pyramid and stone altars align with the Winter Solstice Sun.



#### Intihuatana Stone - Machu Picchu

These stones point directly at the sun during the Winter Solstice. It is also believed to hold the sun in place during the equinoxes.



#### Kukulcan - Mexico

When the solstice sun begins to rise, a shadow of a serpent is seen moving down the steps of the pyramid. There are serpent heads at the bottom of the steps on that side of the pyramid only.



#### Great Temples of Egypt

The ancient Egyptians built great temples in Karnac, Thebes, and Abydos. At each one the Mid Winter Sun fills the main chambers with glorious light.



Hopi and Zuni peoples had a special gold plate hanging on the wall in their homes. This plate was only fully lit one day a year by the sun of the winter solstice. The light from the sun would enter through a special window.

# Young Pagans

By: TristA

## Pigmy Tarsier Unit

### It's The News

After thinking they had gone extinct because the last one seen in the wild was in 1921. There were reports that a pigmy tarsier had been accidentally trapped by some scientists in 2000, however, there was never any hard evidence or anything to show proof of it.

Last summer Texas University found a pygmy tarsier and tracked and tagged it. Everything that they did and where they went was kept track of by the university. Last month they finally announced to the public of their findings and that there was a small clan of Pigmy Tarsiers found and doing well in the wild.

### Color the Pigmy Tarsier

Print the coloring page here:

[www.PaganMoonbeams.com/pdfs/PTarsier.jpg](http://www.PaganMoonbeams.com/pdfs/PTarsier.jpg)

Use the following description to color the primate. When done check out a picture of the pigmy tarsier and see how closely your picture looks to the real thing. If you are not happy with your results you may want to print another and try again.

The Pigmy Tarsier is only 4 inches long and weigh about 2 ounces. It has smaller ears than the other member of it's family. The pigmy tarsier has tan or buff fur that also contain a grey or brownish red color. The tail has a lot of hair. They are so cute looking at you with their big brown eyes, once you see one you are surely to fall in love with it.

Compare your picture to the one at this link:

### What Happened?

Don't you think that it is strange for a whole species to disappear from everything? You know where they were, people had been there yet no one saw them.

When strange things happen and there is no way of explaining them, there is always the desire to understand them. During these times people turn to science, faith, and/or nature to explain them.

What do you think happened to this whole species of animals? Here are some possible ideas, however until proof can be shown you must go on your individual belief, the small list below is merely suggestions.

- The Greenman was protecting them
- They entered the Otherworld
- The Kodama or Dryad were involved

### Other Connections

In 1984 a movie came out called Gremlins. It was about a boy that did not correctly take care of his new pet. Because of his mistake he let loose a whole bunch of bad creatures. It was borderline scary and funny at the same time. The progenitor character is known as Mowgli

There was an electronic toy that was called the "Furby" which made it's debut in 1998. The toy itself was inspired by Mowgli from the movie and was very popular and sold for a few years. Look up the Furby and compare it to the Pigmy Tarsier.

### Map It

Use the following clues to see if you can find where the Pigmy Tarsiers were found by the clues below? It would be easier if you found each place in the order it is presented.

- Australia
- West to Indian Ocean
- North to Indonesia
- North over the Lessor Sunda Islands into Flores Sea
- Continue North into the Java Sea
- Keep North to South Sulawesi
- More North to Central Sulawesi
- Put one finger on Danu Foso & the other on the cove to the southwest where you meet the Pacific Ocean.
- Equally bring fingers together and you will find Lore National Park.

Take a look at a map if you want to check that place you found:

[http://encarta.msn.com/map\\_701581666/lore\\_lindu\\_national\\_park.html](http://encarta.msn.com/map_701581666/lore_lindu_national_park.html)

# Young Pagans

By: TristA & Petra Lucas

## Recycled Holidays

### Celebration Collage

Talk to your family and friends to find out what their favorite part of this holiday season is. Write down what each of them are and who likes them. Be sure to add in your own too.

Skim all the old magazines and newspapers that you have to find pictures that demonstrate or relate to all the things on your list.

When done attach them to a large piece of construction paper or cardboard in the form of a collage.

Hang your creation in a special place where you can share the festivities with all your family and friends.



### Creating Your Own Staff

Take some walks in nature and search for a large walking stick. While out in nature gather things you see laying around that you are attracted to or that remind you of the season.

When you have your stick and as many things as you felt you needed, thank the nature spirits or God/Goddess for the things you have gathered. You can then take your craft inside.

Affix your items to your walking stick in the design you like. Use glue, staples, tacks, or any other medium you want to attach your items securely onto the staff.

When you have it completed, put your staff near you each time you meditate so you can share it with nature and all it's energy.

### Altar Decorations

#### Yule Tree

Using rather thick old magazines, fold the top right corner to the middle crease on every page including the covers. When done, glue the front and back covers together and stand up the magazine creation where the point is to the top. Spray paint the whole thing green. When done, you will have a great base that when decorated can become a Yule tree.

#### Mini Garlands

- Find some spare catalogues and cut some of the pages into small strips about 1 inch by 3 inches in size.
- Take one strip and glue the two short ends together.
- Now take another strip and link it through the first link you made. Glue the short ends together.
- Now keep making more links to your garland.

Decorate your Yule Tree with your garland by draping it over the 'branches'. You may need to glue it in place at points.

- If you want to decorate your bedroom just make larger loops.

#### Snow

Go crazy with your scissors and cut a page from the newspaper with little writing as possible on it, into small pieces. Feel free to sprinkle over the Yule tree when you have it completely decorated. What a wonderful illusion of snow.

#### Candles

- Find a piece of white paper. Normal printer paper will do.
- Roll it up along one edge to make a cylinder.
- Glue the paper along the outside edge to hold it in place.
- Next cut two 'flame' shapes from paper. Make sure they match up. - You could either cut it from red colour paper or colour in your paper in reds and oranges to look like flames
- Put a spot of glue at the top of the flame shapes and glue them together at the top.
- Next put a spot of glue on the outside of the flame shape and stick to the inside of the 'candle'.
- Finally, cut a circle out of pretty paper. Cut it so that it extends at least one inch further in diameter than your 'candle'. Now glue the circle to the bottom of your 'candle'.
- Make a selection of these candles to display around your Yule Tree.

Be sure to add some greenery from outside to go around the tree or smaller pieces to show from all sides of the tree bringing in a touch of nature.

## Herb Focus: Burdock



**Color:** Burdock is a large herb; it can grow as high as 10 feet. Its flowers are round, purple/green in color and found on the end of 3 or 4 foot stalks. The flowers resemble thistles. The leaves are large and heart shaped. They are green on the top and pale green to whitish on the underside. There are 10 different species of Burdock plant.

**Location:** Burdock is native to Europe and Northern Asia. It is widespread throughout the United States as well, where it grows as a weed. In Japan and parts of Europe, it is cultivated as a vegetable.

**Healing Properties:** Burdock has a wide range of uses; the root, the fruit/flower, and the leaves of the plant can all be used. Traditionally it is used as a cleanser of the blood system. Burdock is used internally and externally with little known side effects. As well as helping the blood system Burdock is also used for chronic skin conditions including: Acne, dermatitis, rashes, poison ivy and oak, psoriasis, eczema, jaundice and chicken pox. Burdock is also used for bladder infections, kidney infections; it kills bacteria and fungus infections. Burdock contains vitamins A, B and C, Chromium, Iron, Magnesium, Silicon, and Thiamine. Folklore lists it as a cancer inhibitor.

**Magickal attributes:** Burdock is used to ward off negativity, as protection, for healing, and the burrs are used in love spells. It can be used in a sachet or mojo bag or as a tea.

**Latin Name:** Arctium lappa; Arctium minus

- ◆ Burdock should not be used by women who are pregnant, it has been known to stimulate the uterus.

### Interesting Burdock Facts

- Velcro was developed by George de Mestral of Switzerland after observing the burdock seed's hundreds of tiny hooks through his magnifying glass.
- It is mentioned in three of Shakespeare's plays" *Troilus and Cressida*, *King Lear* and *As You Like It*.
- The large heart-shaped leaves were once used as masks in ancient Greek drama to cover the faces of actors when they performed which is where the name *Personata* may have come from.

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

## Mineral Focus: Topaz



**Color:** Topaz is transparent to translucent clear, yellow or brown. Topaz in any other color has been treated or altered.

**Chakra:** Golden Topaz is associated with the Sacral Chakra

**Healing Properties:** Topaz calms, stimulates emotional balance and inner peace. It helps you see your hidden potential and gives a new perspective to difficult situations. Historically Topaz is believed to bring intelligence, long life and good looks.

**Magickal Properties:** Topaz is used to protect against disease, poisoning, and sorcery. It is used to attract wealth, and love, as well as enhance the effectiveness of other stones.

**Element:** Fire

### Things to know when purchasing Topaz

- ⇒ Topaz is often confused with Citrine and sometime citrine will be sold marked as Topaz.
- ⇒ Topaz that has been treated or enhanced will lose its color over time.
- ⇒ There is a synthetic form of Topaz, sometimes marked as the real gem.
- ⇒ Topaz is a very hard stone and can break easily.

### Topaz Lore

- It is believed the word Topaz was originally used when talking about Peridot or Citrine. And that the Topaz we refer to now days was not called that until the 1700's
- It is undecided if the word Topaz originates from Greek or Sanskrit
- At one time it was believed that wearing topaz would make you invisible
- In ancient times the word Topaz was use to refer to any stone that was yellow in color.

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



# School Bell—English

By: TristÅ

## Touch of Vocabulary/Spelling

Use the following list for spelling and vocabulary as needed.

1. **Balefire** - A ritual outdoor fire built for magickal purposes.
2. **Bard** - A person who teaches through stories, songs, and poems.
3. **Chakra** - One of the seven centers of spiritual energy in the human body.
4. **Crystal** - A mystical symbol of the spirit that can be regarded as power objects.
5. **Festivals** - Times for Pagan celebrations, usually on the spokes of the wheel of the year.
6. **Herbalism** - Growing, gathering, and using herbs for magickal and/or medicinal purposes.
7. **Intuition** - When psychic information reaches the conscience mind.
8. **Linking** - tying together symbols and their power.
9. **Mage** - Wise person and/or one to be respected for their knowledge.
10. **Polarity** - Equal but opposite energies or powers.

## Grammar Focus

### Word Origins

When looking into most titles and some names as well, it isn't always important to know where they came from. It is, however, a good way to improve vocabulary and understand the specifics of it.

Looking at the Pagan world is one of the easiest and best places to explore the origins of many titles and names. This also shines true when reading ancient texts or historical records. Take a look into some origins of the words you will find often within your personal path.

### *Word = Pagan*

*Forms:* Pagas (Latin: living in a certain area), Paganus (country or village dweller)

*Current Meaning Derived from the Romans:* Romanus meant anyone not in the military=being a Christian meant you were in the army of God, if you weren't then you were a Pagan.

*Varieties:* Hellene (Late Antiquity)

## Creative Corner

Dreams are really interesting, especially to Pagans. Most all people dream and many remember what the dream was about or a portion of it.

There were philosophers that tried to interpret and understand the process of dreams like Aristotle and Sigmund Freud. They, each in their own way, paved the path to understanding one's dreams which plays an important part in today's Pagan society.

Take some time each morning to think on your dreams. Try to figure out what they meant. See if you can identify the different things found in them. Once you are totally comfortable with you explorations in your dream decide what triggers premonitions or gives information for what is to come. Keep in mind how to tell those types of dreams are coming and/or happened.

Once you are able to tell when these special dreams are coming you will know when to begin your project. It will start as soon as you have had one of these dreams.

- Take a large piece of construction paper and lightly draw a square in the center of the paper with a pencil. Be sure that the border of the square is one quarter way in from the sides of the paper in all directions.
- Start with large letters at the top of the square and allow the writing to get smaller as it goes down. Write about your dream in as much detail as you can. Be sure to cover the complete square with words.
- Pay attention to when the dream or portions of the dream (according to how dreams speak to you) become a reality.
- Starting on one of the long sides with large letters write all about the actual happening. You can write like a border going around the center square or in any pattern you want. Be sure that as much paper as possible is covered.

## Writing Assignment

Find a small feeling and write about it in at least two poems each from a different angle (why you feel, way it feels, the interaction between you and it, the before and after effect, etc...). Feel free to use props and be sure to visit the feeling in totally different lights when composing your poems. A few examples to work with are water running on toes, hand in the sand as it gets wet, mixing finger-paint, etc...

# School Bell—History

By: TristÅ

## Pagan Person Highlight

### Buffalo Bill



William Frederick Cody was better known as Buffalo Bill. He is well-known for his plays that he traveled around and performed. Almost everyone of his time saw these movies of the bad guy being the Native Americans who robbed stagecoaches and villages.

It takes a deeper look into things to truly understand Buffalo Bill. He was a man of diversity and a true humanitarian. He was actually honored in both the Native American world and by the whites trying to take over land. He narrowed the gap between the two worlds in a fun and light way by addressing all the problems of the day with the ‘behind the scenes’ look into the lives of those at battle.

He offered education and humanity and in returned received high praise and the right to walk into any Indian reservation and be held with high regard by those calling it home. He stood up for the rights of the buffalo, Native Americans, land, and many other worthy causes of the time period.

## Cool Fact

Throughout time, history has taken many different faces in major issues. Things that are labeled history today may not be considered history in the future. There are facts of history that your parents learned, however, today it is taught differently. This is because as time passes views change, new things from the past are being discovered and new information about things that have been found in the past. History is basically a guess of what happened in the past. This can also explain the differences in history within various religions and paths.

## Time Line It

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

Rosa Parks refused to give up bus seat  
Bombing of Pearl Harbor  
Delaware joined the Union  
Official end of WW II  
Alabama becomes a state  
The Boston Tea Party  
First flight of the Wright brothers took place  
Japan was admitted in the United Nations  
The first radio audio broadcast in history was sent out  
The Eerie Canal opened  
The U.S. Bill of Rights was passed

## Highlight Happening: States Joining the Union

As our country was formed every state became part of what had been titled ‘the union’. By becoming a member of the union, the state as a whole would become a portion of a larger force, offering it all the perks that come with that.

There were many different ways states were formed. Mostly it was determined by the physical location, however not always the case. Many states to the East were already formed so land boundaries were not an issue, joining the union was more of a paperwork transaction. More to the West land wasn’t already settled and made into a state so people would request, sometimes a government decision, to be a state. The government would decide the borders and names of states. The Europeans that had come to the ‘new world’ would settle land and divide it up among themselves within each state.

This procedure seemed good for the those who had just come to the land, however, this was the end of those who were born on this soil many times over. No more were the battles close to fair, the government would make all decisions as to land and placement of them after their land was taken. As they were herded into specific areas, the Pagan bond they had with the land, now our land, was disturbed.

## Creative Corner

Think of a time when you were younger, a fun time. Make sure the time you have chosen has some length to it. Once you find the year that this event happened do some research on that year. Write a small chapter book that tells the story of what happened. Be sure to mix in some things specific to the time that it happened as well. When you have proof read, made minor changes and are totally happy with your story, practice reading it a few times. Find ways to enhance this true story by using sounds, voices, music, etc... so it comes alive when you tell it. Now you are ready to act as a Bard and tell a story to people you know. Remember practice makes perfect.



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# School Bell—Recess

By: TristÅ

## Zodiac Warm-Ups

Now that winter is upon us, it is assumed that you will be doing more recesses inside. In saying that, the thing that should be done before working out is warming up.

### Equipment:

Area or areas to do calisthenics  
Paper and writing utensil

### Game Prep:

1. Write on strips of paper information you want to learn about the zodiac (names of the signs, pictures of the star layout, in depth information on each of them — try and make only one sentence per sheet).
2. Draw a picture or write a warm-up exercise on each strip of paper. Determine the amount of time it is to be done and write the number of minutes on the same side with a circle around it.
3. Place each slip of paper at the specified exercise stations so they can go from one to the other. If using only one exercise area, put the slips into a hat or something to be drawn out randomly.

### Game Play:

1. If using stations: Go from station to station to the other. At each station you will do the exercise on the one side of the paper as you recite the things on the other side of the paper for the specified time. When that time is up, you will jog or run to the next station and do the same routine there. If there are more slips of paper than stations you can rotate the slips as one is memorized.
2. If using one exercise area: Draw a piece of paper and do the exercise on the one side of the paper as you recite the things on the other side of the paper for the specified time. When that time is up, you will jog in place and draw out another slip and do the same routine there. Slips will be varied and run random, if you would prefer you can only put a certain number of slips at a time until they are learned then replace them with a different one.

## Zodiac Go Fish

### Game Specifics:

You will need at least three people to play this game.

### Equipment:

3 x5 Index Cards that are blank on both sides  
Pen and markers or crayons

### Game Prep:

1. On one side of each index card, draw one Zodiac Sign and write its name on the bottom. Make four cards for each Sign.
2. Color the other side of all the cards with the same colors or design, it is very important that the back of the cards all look the same and that you can not see through them.
3. If you want to make the game more challenging, you can also use the Zodiac Symbols from the Chinese Zodiac
4. You can also color code the cards to make play more challenging as well. Ex. Aries could be 2 red and 2 yellow

### Game Play:

This game will be played just like Go Fish. The object is to be the person being the person to end up with the most pairs at the end of the game. Remember you will be making pairs of two, not four.

This game requires at least three people to make play more fun but can be played with just two people. As you get more familiar with the Zodiac Signs you can tape a piece index card or paper over the Zodiac name at the bottom of each card. Make sure you use a small piece of tape so you can take it off again later.

# School Bell—Science

By: TristÅ

## Scientist Spotlight

**William Henry Perkin**  
1838—1907



William Perkin is well known for being the first chemist to discover a way to dye materials synthetically. When this great form of invention was made by him, he was at the young age of 18. For his great work he was knighted as well as awarded metals in the UK (Royal Medal & Davy Medal) and the U.S. (Perkin Medal), which he was the first to receive. It is also named after him. He was well-known in his own time and became very rich. He received his last award 50 years after the first discovery and passed on only one year after, from medical reasons.

## Pagan Focus

- He helped save some of nature by offering a different source for dying things.

## Science Lab Book

### Dyed Shirts

**Inspiration:** Higher priced, natural dyed items claiming to be brighter and better colored.

**Question:** When comparing natural and man-made dye is there a difference in their color?

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

**Lab:** Grab a couple of white t-shirts, pick a color, and dye each using a different form of dying.

*Natural dying:*

<http://www.pioneerthinking.com/naturaldyes.html> *Kool-*

*Aid dying:*

<http://www.scoutingweb.com/ScoutingWeb/SubPages/Kool-Aid.htm> Dye each shirt the same color or colors (if you are tie dying) to keep the playing field fair.

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

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

## Natural Dyes

Nature has her own way of dying things, and it can be found in many different areas. Most everything that has a color to it, has a purpose for that color. This is the ultimate example of chemical reaction in a natural form.

The sun itself begins this process by adding color to everything that is seen. Without it there is a good chance that we wouldn't see color at all.

Some great examples are below:

- Flamingos take color from the very food it eats.
- Chameleons change color from it's surroundings; an amazing chemical reaction on cue and hard to find anywhere else.
- Melanin in skin with sun exposure
- Hair actually loses it's pigment when it becomes grey.

There are many other examples. You should see if you can think of a few more.

Other than naturally happening, there are certain things within nature that people have used to permanently and temporarily dye things. Some berries and plants are so strong with color that they dominate the things that are mixed with them, thus dying it.

Natural dying is has been around forever and as the environment changes more will become evident. It is sure that more natural dying will be discovered as well as new findings on items that can provide dying for humans within nature itself.

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# School Bell—Elective

By: TristÅ

## Photography

### Nature Photos

The best way to work with all aspects of photography is with nature. Come up with some simple exercises to work on the things you want to learn and/or need extra time to perfect.

- Work in different kinds of natural lighting to bring out the best in the photograph, or understand flash usage better.
- Try different locations while understanding the importance of backgrounds and their purpose. Tie this in with learning about landscapes in photography.
- Practice taking action pictures using the wind as a factor, or animals, as your subject.
- Perfect your posing and composition by arranging natural things, or picking different places to snap from.
- Work on angles using different objects in nature. You can also work on how to determine the correct angle for snapping this way.
- Explore the effects of the distance of a subject, or learn more about how to focus on certain objects from different distances. You can also perfect your zoom options here.
- Learn about snapping things with several effects and how to assure pictures aren't too busy with them. For example the layered ground in front of the water with reflections, etc...

Using nature as a teacher will prepare you for almost any photo opportunity that arises, as well as allow you to connect with it and the spirits that are found in nature. You may learn a lot more than the photography purpose you are out for.



### Nature vs. Technology

Take a photo of something you feel connected to in nature. When done, create the same picture using computer software. Compare the two.

Do you really think technology can replace the effects of natural things?

### Energy & Pictures

When taking photos, it is important to take into consideration energy. The energy level of a photo can determine it's quality, as well as it's impact on the viewer.

For the best photos, it is wise to capture the energy of the subject; however, very wrong if you are taking too much energy from it. As a photographer, you should know how to skim over photo opportunities that will leave the subject having to search for energy, and switch to things that have plenty to share.

If taking a photo with several subjects in it be sure to use lighting and other factors to assist in the energy level of the photograph.

As always, show proper etiquette, and do not forget to thank and/or leave offerings the things in nature that you have photographed, because you have taken energy from them. If you are taking photos of human subjects; be sure to have permission first. Some people do not want their picture taken, and therefore, you will be stealing energy from them.

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# School Bell—Elective

By: TristÅ

## Photography

### Pagan Scrap book

Making a visual learning tool while learning about photography is a mix you can't go wrong with. Making a scrapbook will allow you to tie in Pagan pride, creativity, and your best photos.

Be sure to consider all items that are placed on the pages of your scrapbook. Some things to take into consideration are:

- The correspondences of the colors and subjects of the pictures. Pay special attention to how they react when mixed or presented together.
- The arrangement of the page allows a good flow of energy (being familiar with feng shui might be of help here).
- The finished page message. Be sure that it relays the correct message, and that the things on the page accent one another to relay that message. You may want to get the opinions of someone else on each finished page to assure that even others view it as it is intended.

Some ideas on what to include in your Pagan Scrapbook are listed below:

- Show the wheel of the year by adding dividers or headings to show each “spoke on the wheel”. Use your camera to snap pictures, showing the changes in nature for the low days (equinoxes and solstices) and items representing the holiday spirit for the high days.
- The dark and light parts of the year. Taking pictures of the same subject in both would be a great way to show this. Be sure to also include some pictures of ‘time specific’ things to both the light and dark side of the year. You could also use a demonstration of day and night on one subject rather than working it for a whole year for the impatient and younger kids.
- Cardinal directions can be shown by photos of things that are associated with each and/or the placement of them on a page.
- Devoting a page to each of the elements can be shown by dividers or a unique heading on individual pages. Pictures that show or connect with each would be a great thing to add to these pages (a blown up balloon for air, a candle flame for fire etc...).
- Gods and Goddesses can be added for any pantheon by focusing on the things they control or represent. You can also do more research and learn about their appearance and/or preferences and add them to the page. You can take on a more artsy view and make representations of each god/goddess you want to use, by making dolls or figures out of clay. If you are unsure which pantheon you want to cover, then just cover the ones you are interested in.
- Magickal tools can be added to a single page or spread over many pages showing the different forms of each tool. You could probably get permission from a new age store to snap these photos so you can put in the more elaborate ones. This would also be an opportunity to create home made tool images or do-it-yourself illustrations.
- Altars and their set-ups would be great to put in this book as well. Even if you use it for the cover and/or back page. You can even go a step further and show inside, outside, and ritual altars.
- Rituals can be added in if you have permission from all participants to do so. Another option is to use friends (that have both their parent's permission) as actors. You could also do your own altar simulation with toys like stuffed animals, dolls, or even clay figures.
- Keep a record of your spiritual growth in the scrapbook. This can be done by using natural things to represent each thing learned (a flower can mean that you have begun to open up to the public about Paganism, etc...), and use different colors or titles to show the different levels or stages you have completed.
- Correspondences of anything can be enhanced by adding photos and/or presenting it in a unique way. Although this would be very time consuming, it would surely be wonderful eye candy, and I am sure it would be totally memorized once so much work on individual things have taken place.

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# Pandora's Recipe Box

By: Pandora

The first human woman that the Gods of Olympus created was Pandora. She was entrusted with a box, or jar, that was never to be opened... However, one of the gifts that she was given was curiosity, which got the best of her. She opened the box and all of the ills contained within, escaped. Horrified at what was happening, Pandora quickly shut the lid. The only thing that remained in Pandora's box was Hope. It is my wish that these recipes give you the hope to make the kitchen a family place, again.

In each issue, there will always be, at least, one kid-friendly recipe that your younger pagans can have fun helping out with. As my mom always said, if you can follow directions, you can cook!

## Chili Days

This serves about 8, so you will have to double it if you have a lot of guests.

- 1 Pound Ground Beef
- 4 Tomatoes, Peeled
- 1 Package Hot Chili Seasoning
- 1 Package Regular Chili Seasoning
- 1 Large Yellow Onion, Chopped
- 1 Green Pepper, Roasted, Chopped
- 1 Hot Red Pepper, Roasted, Chopped
- 2 Habanero Peppers, Sliced [Optional]
- 1 Can Red Kidney Beans
- 1 Can Kidney Beans
- 1 Tablespoon Red Flake Peppers
- Chopped Green Onion [Optional]



In a large skillet combine the ground beef and sausage and brown. Drain off fat. Once drained add remaining ingredients and bring to a rolling boil. Reduce heat to medium low and simmer covered for 30 minutes. After 30 minutes, add tomatoes and mash with a fork while stirring occasionally. Let simmer uncovered for an additional 1 hour and 30 minutes. Top with optional ingredients. I don't add cayenne pepper as one of my guests is allergic. I fill bread bowls with the chili after cutting the tops off and hollowing them out. You can add shredded cheddar cheese to the top as well.

## Apple Waffles

Ingredients:

- 2 cups milk
- 1 tsp. cinnamon
- 2 eggs
- 2 cups pancake mix
- 1/3 cup butter or margarine, melted
- 1 cup finely chopped apples



Place milk, eggs, pancake mix and melted butter in bowl. Beat with mixer until batter is fairly smooth. Stir in apples. Bake in hot waffle iron until steaming stops. Place in warm oven until just before the brunch starts then place on platter with fresh butter, syrup and preserves nearby. Serves 6.

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# Pandora's Recipe Box

By: Pandora

## Hot Raspberry Cider

### Ingredients:

8 cups fresh apple cider  
1 cup frozen raspberry juice concentrate, thawed  
1/4 cup sugar  
1 cinnamon stick

Combine cider, juice, sugar and cinnamon stick in a 4-quart saucepan. Heat over medium heat, stirring occasionally, until mixture simmers. Reduce heat and simmer 10 minutes. Remove from heat. Remove cinnamon stick, and serve hot. Transfer to a crockpot and keep setting on low to serve throughout your brunch. Makes 8 cups.



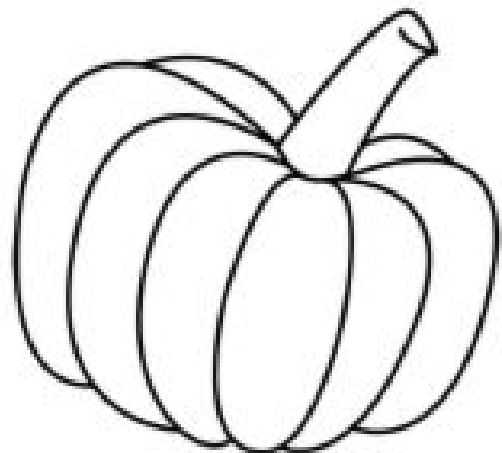
## Dinner in a Pumpkin

1 medium pumpkin  
1-1 1/2 lbs ground beef---or turkey/chicken if you choose  
3/4 cup chopped yellow onion  
1 tsp salt  
1/4 tsp pepper  
1/4 cup soy sauce  
1/4 cup teriyaki sauce (optional but tasty!)  
2-4 tbsp brown sugar  
1-2 cans Campbell's cream of potato soup  
(OR any cream soup of **YOUR** choice. I find 2 cans is better!)  
2 cups cooked rice  
1-2 cans **sliced** water chestnuts  
pumpkin pie spice

Heat oven to 350 degrees

- 1) Cook rice.
- 2) Dust inside of cleaned & hollowed out pumpkin lightly with pumpkin pie spice.
- 3) In large skillet brown ground beef (or turkey) & onion.
- 4) When browned, mix in all other ingredients including rice.
- 5) Pour mixture into pumpkin and bake for 45 minutes--1 hour.
- 6) Place pumpkin on a festive platter or in large bowl and serve your seasonal dish from the pumpkin itself! Pumpkin may be eaten as well.

As with any recipe, you may add other vegetables and even other meats to suit **your** taste. There's so much room for improvisation with this.



## Ingredient Magickal Properties

**Eggs**...rebirth, rejuvenation, and psychic cleansing to remove bad vibes/energies

**Sugar** ...loving energy, sweetness

**Tomatoes**...love

**Green and Red Peppers**...abundance, creativity, wisdom, draw spiritual energy

**Kidney Beans**...creativity, communication, wisdom love and healing

**Salt**....protection, prosperity, cleansing

**Pumpkin**....fertility, abundance, love, money

**Onion**....anger dispelling (yellow), clearing obstacles (white), absorb negative energies, spread love

**Pepper**...dispel negative energies, increase loving energies

**Rice**...loving and protective energies

**Raspberry**...playful energy, protection, calms fears



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# Pagan Teens

By: TristÅ

## Middle Magick Writing Magick Pt. 3 of 3

**Writing magical works** is something that most people do because they feel that if they write it themselves, it will have better results. It also personalizes the experience itself. You have probably been writing your own magical works for a while now, and have pretty much mastered it. It is important that you never take anything you do in Paganism as 'learned' or 'finished'. Taking steps back and rethinking or learning about the new things that have been discovered, as well as stumbled on, can bring the best results and offer the best teaching, as well. A seasoned Pagan should know that lessons come to them when they need to learn it, but they must always search for knowledge, because without it, the lessons will be overlooked. Although there are many different ways to approach writing your own magick, the basics will more or less be the same.

In this section, there will be no actual direction for you to write your own magick, because that is an individualized art that could never be directed. Instead, the section will contain things to consider and reflect on when writing your own magickal works.

### Direction

When you are writing a work that will be directed to someone, something, or a spirit there are a few things that you need to keep in mind.

- Be sure that you are familiar with who/what you are directing your words to. Make the words fit the situation as well as what you are directing it to.
- Be sure to address the entity, God/Goddess, spirit or spiritual being, or other that you are trying to reach by proper name and in a way of respect.
- After addressing, be sure that you thank. This is true for everything, even if you are using that person as a mild mention in your writing. This will aid in keeping good peace going.
- Be exact in wording to minimize any misunderstanding. Exact, precise, and crisp words are a great way to aid in this area.

### Visual Writings

There are times that your magickal writings will take form as a display. Some examples of this are: New Year Scrolls that operate as a welcome to the season, affirmations, dedication to the God/Goddess, or as a sign of respect to those that we honor.

When displaying writing be sure:

- The words fit the situation.
- Private messages and/or words are presented in a way that everyone won't know
- The material that is it written on, and with, have been carefully chosen
- The work shows justice to it's purpose

### Including Items

When writing your own magick you may want to include certain items that are not actually considered a usual tool for magickal purposes. There are a few things to consider when doing this like their importance, use, when to include and when not to be present as well as a really long list of other things. Usually all of these thoughts and questions are to the discretion of the magickal writer; however, the item itself does have individual things to consider. Although there are way too many to list here, a few are given to show examples of the things to explore on your own with your personal choices.

**Talismans & Amulets** - be familiar with them and their purpose. Be familiar with the inscriptions, if there are any. Consider what they are made of, as well as what they represent to all present during the physical reading of your written works.

**Symbols** - be sure they are displayed in a way that doesn't take from other tools, and, more important, things present. Be familiar with them, and be sure that all members present during the execution of your magickal works are comfortable with them being present. Make sure the materials, time taken in creating them, and the method being used to display them mesh with all other aspects of the ceremony, spell, or magickal works.

**Crystals & Minerals** - Be sure that they have been cleansed, and consider procedures of after-effect on them. It is best to use those you have first connected with and/or have connected with the members that will be present. Check for the correspondence of the crystal or mineral and it's compatibility with all other things present.

# Pagan Teens

By: KayBee

## Bruises on the Earth

### Bradford, PA Oil Spill

On November 07, 2008, twenty-two year old Christopher Horton was held for legal proceedings because of a 46,000 gallon oil spill from Snyder Bro.'s Inc. oil tank. Both him and his father (Andrew Horton), being disgruntled former employees, were in on the plan. Andrew drove his son up to the company and let his son unscrew the valves. The oil flowed into a stream that opened to a reservoir.

#### What happens to the Animals?

- The oil can get in the animal's eyes so they can't see other animals. They will then be either eaten or starved.
- Birds will get it in their feathers and try to clean themselves. By doing this, they get it in their stomach and it poisons them.
- Animals can get hypothermia, because the oil would cause their body temperature to be really low.
- It can kill animals, because it could enter their lungs or livers.
- This is a leading factor in the endangerment of certain species.

#### Who Spills Oil?

Many accidents can occur to make an oil spill happen. Sometimes, equipment on ships can cause an oil leak, or a ship can get stuck on shallow land, and when people start to drive the tanker off of the land, a hole can be placed in the side or the bottom of the boat. In some cases, hurricanes can knock oil tankers upside down and that could cause a spill, too.

Sometimes, though, it is not an accident. It has been known to happen before, in war. The other country would pour oil in the other countries' ocean. It's also been known for terrorists to pour oil in the ocean to make a point or to get attention. One of the world's biggest problems is illegal dumpers. People who do not want to spend the extra money to decompose their oil. They take the oil out on a boat and dump the waste in the ocean.

#### Exxon Valdez

On March 24, 1989, the hugest spill to have ever occurred happened at Prince William Sound, spilling 10.8 million gallons of oil into the ocean. The ship hit the Bligh Reef, causing crude oil to cover over 1,200 miles of beach. Many animals were also swept onto beaches, including, fish, otters, seals, birds, and micro-organisms. The damage is still being cleaned up by volunteers, and everyday we get closer and closer to clean waters. It is now abundant in marine life, and in the next couple of years, everything should be as the sound should be.

#### Kids around the world

Kids all around the world are taking part in different programs to raise awareness. Here are a few programs and educational sites that are around...

-This is just the kids section of a website and it is a four-page long educational article, complete with activities.

<http://www.world-petroleum.org/education/ip1/ip1.html>

-This site is really good, and you can actually join the project. It also offers ways to help your eco system.

<http://www.oceansidecleanwaterprogram.org/kids.asp>

-This site actually focuses more on the energy side of things. How we use oil and the sun for energy and good ways to preserve it.

<http://www.eia.doe.gov/kids/index.html>

-This site is full of educational shorts and tidbits of information.

<http://www.mms.gov/alaska/kids/shorts/shorts.htm>

-This site talks about more than just oil; it talks about coals and fossil fuels, and natural gases.

<http://www.fe.doe.gov/education/energylessons/index.html>

#### Where it Spills

You can find oil spills in many places, and each affects things in a bad way. Make a Venn diagram to get a better look at how the different spills affect things. Use the information below and add in some of your own.

##### Water Spills

1. Hurts birds
2. The water isn't drinkable

##### Land Spills

1. Kills grass
2. Chemicals get in the air

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# Pagan Teens

By: KayBee

## Bruises on the Earth: A PROJECT FOR THE FAMILY, ENJOY!!!

### ~CREATE YOUR OWN OIL SPILL~

You can simulate a very realistic looking oil spill in the given experiment. It's very enjoyable and I think adults and children working together will have fun with it. You will need to keep track of your observations in a journal.

Use a baking dish or a shallow see through container to see how an oil spill works by following the steps below:

#### WHAT YOU WILL NEED:

- Baking dish or shallow see-through container
- Water
- Blue food coloring
- 12 tablespoons of vegetable oil
- 8 tablespoon of cocoa powder
- One tablespoon of salt
- 5 popsicle sticks
- Coffee mug
- Sorbents (paper towel, cotton balls, rag, string, nylon pot scrubber, sponge, Styrofoam cup, garden peat moss, or anything that soaks up liquids)
- Squirt of liquid dish detergent
- Tweezers or tongs
- Bird feathers

#### 1. Make Fresh water...

Fill the baking dish with cold tap water. Fill until you get 1 cm (1/2") from the top. Add 5-6 drops of blue food coloring and mix. Let your solution settle for about 20 minutes.

#### Answer QUESTION 1

#### 2. Make simulated crude oil...

In a mug or bowl mix 3 tablespoons of vegetable oil and 2 tablespoons of cocoa powder with a popsicle stick.

3. Very, very slowly pour your crude oil onto the top of your fresh water. Be careful, if you pour too fast, the experiment will ruin.

#### Answer QUESTION 2

4. Wait about 5 minutes...now, do you want to change your answer to the second question?

5. Place one of your sorbent samples in the center on top of the contaminated fresh water.

Answer **QUESTIONS 3, 4, and 5**

6. Remove the sorbent with the tweezers or tongs and repeat step 5 with a different sorbent.

Answer **QUESTIONS 7, 8, 9, and 10**

7. Clean out container and make a new fresh water and crude oil mix, then add a squirt of dish detergent.

Answer **QUESTIONS 11, 12, and 13**

8. Dip your bird feather in the contaminated fresh water.

Answer **QUESTIONS 14 and 15**

9. To simulate an ocean...do all the steps from number 1 to 6 except you will need to add the salt to the water mixture.

Answer **QUESTION 16**

### QUESTIONS

1. How is the fresh water/ocean water different from the water that comes out of your faucets?
2. What happened to the oil when you dropped it on the fresh water/ocean? Did it mix, sink, or did it float?
3. How much oil did your sorbent clean up? How fast did the oil get soaked up?
4. Does the sorbent pick up water too? How can you tell?
5. Does your sorbent sink or does it float?
6. What does your sorbent look like after you put it in the oil?
7. How would you pick up the sorbent if it was a real oil spill in real fresh water/ocean?
8. How would you throw away the sorbent in a real oil spill?
9. Which sorbent, of each that you tested, worked better?
10. What other things could be sorbents?
11. What happened when you added the dish soap to your contaminated fresh water/ocean?
12. Where would the oil go in a real fresh water/ocean after a dispersant (like your dish soap) was added to the water?
13. How clean is your fresh water/ocean now that the dish soap is in it?
14. What happens when a feather gets oil on it?
15. What might happen to a bird if it got oil on its feathers?
16. How was the experiment different for fresh water and ocean water?

This project was taken from  
[http://www.amsa.gov.au/Marine\\_Environment\\_Protection/Educational\\_resources\\_and\\_information/Teachers/Classroom\\_Projects/Clean\\_up\\_oil\\_spill\\_excercise.asp](http://www.amsa.gov.au/Marine_Environment_Protection/Educational_resources_and_information/Teachers/Classroom_Projects/Clean_up_oil_spill_excercise.asp)

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# Pagan Teens

By: TristÅ

## Winter Holiday Season

**December** is the month of great holidays. You will find people more cheery, stores more busy, and things happening almost everyday. Yes - it could possibly be the busiest holiday month of the calendar year. During this time, many issues will come about and while you are in your own holiday mode it might be hard to find the right way to handle them. The following is to get you thinking on a level path.

### Sharing Holiday with non-Pagans

#### Holiday Must List

- Always show respect for people and their individual beliefs.
- Be sure not to show favoritism with friends and family during this time, especially not because of religious preference.
- Try your best to be upbeat.
- Never let go of your own beliefs or ways you celebrate the season.

Let's face it, we have many different kinds of friends, and during this time it is obvious the religious customs seem to separate you. Below are some pointers on ways to handle the holiday customs without standing out so much.

**Presents** - buying presents for those you care about should not be a problem and it is nice to get them as well. If it bothers you about this act being connected with Christmas, wrap your gift in natural wrapping paper and address it to a friend, aunt, neighbor, or whatever is case fitting. As to what to buy, just shop like you usually would for them if it wasn't a holiday. Be respectful of their religion by not sliding something Pagan into the gift, wrapping, or tag; remember this is about them not you.

**Parties/Get-Togethers** - You are surely going to be invited to join in on the festivities. Just because it isn't your holiday doesn't mean that you can't have fun with friends or family. Most of the time festivities are just that and don't involve religious doings. There will be times that you just don't feel right once you get there or about going overall, during these times it is polite to show face and only tell the host privately that you are leaving. Lying about the reason is not right and to be respectful you can't talk about the real reason, so your options dwindle but usually if you just say you hate to leave but you really have to get home for personal reasons no questions are asked.

### Sharing Holidays with fellow Pagans

Yay, your friend is Pagan and you feel like you will have a wonderful holiday season because they can relate to you on these special days. This is both true and not so true; they may be a Pagan but perhaps they are either on a different path than you are or they have a different way of celebrating because of family or path influence.

Ok, so now how do you celebrate and have fun this season with someone so much like you but also very different? Some things you should know are listed below, however, add anything that fits your specific situation and be sure to have fun. The God and Goddess would want you to!

#### Pointers

- ⇒ Never do anything that makes either you or them feel uneasy. If the situation arises and you still feel odd about it, be sure to tell your host/hostess in private. They are sure to understand your reasons. Make your exit as quiet as possible and be sure to drift away without drawing a lot of attention to yourself.
- ⇒ If giving a gift, make sure it will fit into their own religious practices. This may mean you ask the Pagan adult in their life or be very observant when you visit them. Pay attention to privacy when buying something that is Pagan connected; do not buy things they won't use. Shop wisely and never buy them anything they find personal or items that they feel they need to connect with/pick out on their own. Remember your budget, most Pagans prefer hand made things, but you aren't obligated to do that.
- ⇒ Talking, exchanging gifts, individual customs and all festivities are to be kept in total secrecy, even if you have 'come out of the closet' out of respect for the other's privacy.
- ⇒ Never invite yourself to their activities and don't ask them to yours until you have discussed it with the adults and/or other participants attending. Be sure to find out or inform them of proper etiquette for the event/party. If the event is inside a persons house it is customary to bring a gift to the host/hostess.

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## Pagan Teens

By: Petra Lucas

### Festive Fun

As the songs say, 'Tis the season to be merry'. Time to chill out and relax right? So, how come so many of us end up stressed out, fed up and hiding from the family in our rooms (don't laugh, I still do it sometimes). However, living in a Pagan way can help us through this joyous but often stressful time.

When things are starting to heat up and tempers are starting to fray, a simple breathing exercise can help. If you need to take five minutes, either excuse yourself politely or take them where you are. Before the season starts, take time to practice your meditation. In your mind, build a calming scene. Think of a place where you feel calm, whether it's a beach, a forest glade or anywhere you feel calm and comfortable.

Give the scene colour and texture, sounds and scents. Make it as real as you can and enjoy sitting in this calm place. When a situation becomes tense, recall this place and the feeling you get while sitting there. Let the feeling fill you. See what a difference it makes.

Another idea, can be to help out your parents before tempers get fraught. If you know that Mum gets fed up because she has been in the kitchen all day without a break, offer to help. Talk to her before hand about helping out somehow, it doesn't have to be with the dishes. Perhaps you can make a pudding for tea or appetizers.

Remember, tis the season for all of us. Relax and have fun.

Have a Joyous Yule!

### Quick and Easy Yule Log

This recipe is really easy. Just goes to show, good looking food doesn't have to be complicated.

Ingredients:

1 Swiss Roll cake

1 tub of Chocolate frosting

1 paper doily

Some icing (powdered) sugar to dust

Method:

1. Place the swiss roll on a pretty plate.
2. Using a dinner knife or spatula, spread the frosting over the surface of the swiss roll. You don't need to make it too smooth.
3. Let the frosting set a little.
4. Gently lay the paper doily over the cake and dust over the with icing (powdered) sugar.
5. Carefully lift the doily off.
6. You're done!

You can create your own snowflake doily with a sheet of paper and some scissors.

You can find patterns here if you need them:

<http://www.papersnowflakes.com/patterns.htm>

**Witches use brooms because  
Nature abhors a Vacuum!**



Image from

<http://www.fotosearch.com>

**Last thought:**

**Recycle your wrapping paper. Or you could have a go at making your own!**



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# Puzzled Up

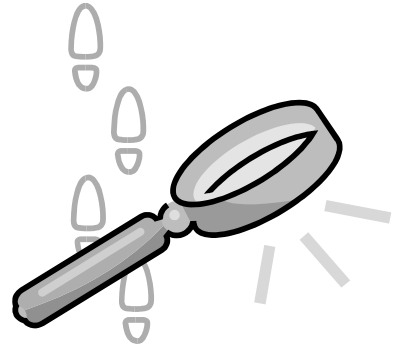
By: TristÅ

## Issue Scavenger Hunt

Find the things below and/or answer the questions using this month's issue. Remember that they may be found anywhere in the kids' portion of the newsletter (don't go past the resources page). Check your answers next month. Try and get them all.

*Have fun!!*

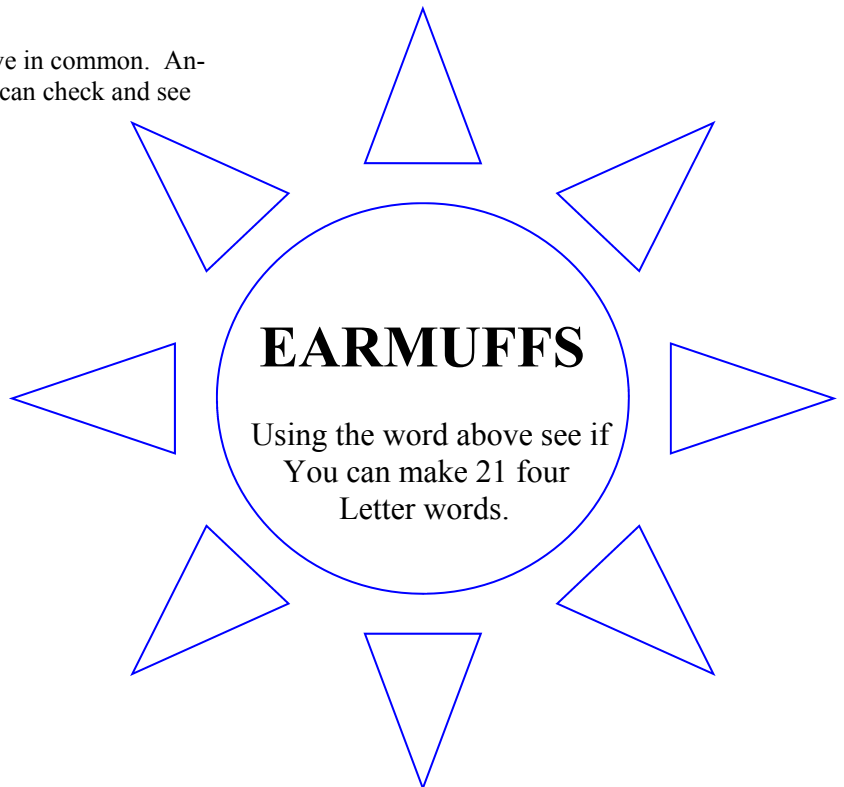
1. In what game should you draw a slip of paper before doing a jumping jack?
2. How many snowflakes can be found in this newsletter?
3. What spice can be found in a broom?
4. What kind of light is best for photographs?
5. Which wood is best for protection?
6. What animal were the fictional Gremlins, Mowglis, and Furby's modeled after?
7. What topics are the God/Goddess pages concerned with?
8. What page can you find the world on?
9. Where can you find a blue dress?
10. What two pages start off with a recent news article?
11. Where could you find a page where only an image resides?
12. What staff member quoted Shakespeare?
13. How many article headings are written in blue?
14. What year was William Perkin born?
15. How many pictures are found in Pandora's box?
16. Name one staff member that didn't write in this edition.
17. On what page can you find something about a mage?
18. How many pages have the word 'Pagan' in the title?
19. Which hand do you start off with (D or ND) when signing Earth?
20. What color is Raymond Buckland's tie in his picture?



## Common Denominator

Decide what the list of words for each number have in common. Answers will be posted in next month's issue so you can check and see how many you have right.

1. Cloth, Candle, Incense
2. Beltane, Samhain, Lunasadgh
3. Bonfire, Robe, Circle
4. Druidism, Wiccan, Hinduism
5. Fire, Air, Water
6. North, South, East
7. Bard, High Priestess, Elder
8. Crescent, Full, Blue
9. PPD, CAW, Pagan Federation
10. Easter Island, Stonhenge, Tara



## 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](mailto:PaganMoonbeams@yahoo.com)



Grey School  
of  
Wizardry



Meagan Stories



**ANCIENT LIGHT**  
*Challenge for the mind, fun for the hands, joy for the soul*



# Parent Section

By: Mandi Aumann

## Magickal Touch

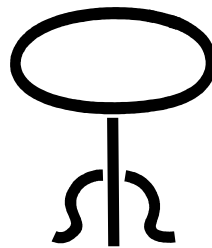
### What is Magickal Touch?

This section is dedicated to finding ways in our daily lives of incorporating our beliefs. A pagan life is one 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: Earth

Herbs: alfalfa, cotton, fern, honey-suckle, horehound, horsetail, magnolia, mugwort, oleander, patchouli, primrose, vervain, tulip  
Appliances: tables, counters, plates, cutting boards  
Colors: greens and browns  
Rooms: bedroom, any basement room, living/family room, office  
Direction: north  
Activities: walking, eating, decorating  
Food: barley, beets, butter, cheese, eggplant, mushrooms, oats, peanuts, pumpkin, rhubarb, salt, peas, potatoes, turnips  
Drinks: root vegetable juices (beet, carrot, turnip)

#### Item of the Month: Tables



Traits: balance, stability, grounding, altar, physical, food  
Element: Earth  
Deities: Azacca, Chantico, Empanda, Manisar, Penates, Sui-Ren  
Direction: north

#### An Oak By Any Other Name

In talking about tables, it might be a good idea to consider the kind of wood the table is made from.

While we don't always have a choice in the materials that go into our furniture, it can be helpful to discover the inherent characteristics of our furniture.

Shape can also influence the characteristics of a table. A round table, for example, will help encourage continuity and protection energies into any task done there. For balance, stability, and the elements, use a square table. An octagon table would hold the symbolism of life, celebration, and perfection.

So what type of wood is favorable for your household?

- ◇ **Birch:** protection, purification, fertility, new beginnings
- ◇ **Cedar:** prosperity, longevity
- ◇ **Elm:** protection
- ◇ **Maple:** divination, love
- ◇ **Oak:** healing, strength, money, longevity
- ◇ **Pine:** purification, health, fortune, fertility, prosperity
- ◇ **Walnut:** healing, protection, enchantments, wishing

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## Season's Greetings

By: Petra Lucas



Novelty tea cosy or nice lacy handkerchief or matching salt and pepper mills? Anna checked her list. Auntie Tamara was always the hardest to buy for. Memories of starched Sunday suits and Auntie Tamara's loudly ticking clock on a rainy visit temporarily distracted Anna from the tortuous decision in front of her. Erring on the side of caution, she dropped the pretty package of handkerchiefs in her basket.

"Mum?" Jess giggled in time to the Christmas Carol playing tinnily over the tannoy of the store. "Are we done yet?" Anna recognised that whiney tone. Jess' boredom level was rising.

"Yes honey. Only a couple more presents to get."

Jess gave a long sigh. "Ok. But we are going to Carlo's after, right?"

Were they ever, thought Anna. She needed one of Carlo's cream cakes to fix the strain of the day's shopping. Jess continued her giggling.

"We wish you a Merry Christmas, we wish you a Merry Christmas, we *wish* you a Merry Christmas and a Happy New Ye-ar" sang Jess amazingly off-key. Anna smothered a smile as an older woman frowned at Jess.

"Ok, ok, we're done! The rest can wait."

"Yay. Mum? You are doing Christmas, right? We still get presents and everything?" Jess peered into the basket and turned worried eyes to her mother.

Anna thought about the stash of presents already bought for Jess hidden at the back of her wardrobe. "I don't know, sweetie. What do you think?"

Jess' eyes turned round. "But Mum! What about our presents?"

"There is more to Christmas, or in my case Yule, than presents you know."

Poor Jess looked like she was going to cry. Anna thought the joke had gone on long enough. "Ok, sweetie, why don't we pay for all this stuff and go to Carlo's and talk about it?"

Jess brightened as hope returned to her. "Ok. But seriously Mum, lacy handkerchiefs again for Auntie Tamara? I'd go for the pepper mills, she loves working in the kitchen."

Anna grinned. "Right," Switching the gifts round, heading to the tills."

Sitting in Carlo's amid their bags, Anna bit into her Chocolate Éclair. She didn't know how he did it but Carlo made them so that they melted on the tongue but could still survive a trip home intact.

Jess fidgeted in her chair. She sipped her foamy drink and played with the crumbs left on her plate, casting covert glances from the bags to Anna and back. Anna licked cream from the corner of her mouth and wiped it and her hands with a napkin. Crumpling it in her hands she dropped it onto her plate and sat back with a relaxed sigh.

"So, what shall we do about Yule then?"

Jess sat up like she had been jabbed in the side. "Have presents, and Not-Christmas cake and Not-Christmas pudding."

"Not-Christmas cake?" Anna laughed. "You mean like a chocolate Yule log?"

Jess bounced in place. "Oooh, chocolate. Yes please."

"When should we get our presents? Christmas Day or Yule?"

"Erm..... Christmas." Jess nodded. "Yes, Christmas."

"Ok, you can wait for Christmas but I think I'll have mine at Yule. It is 4 days earlier."

"It is?" Jess did the Maths. "It is! Yule then."

"But what about the presents that we are given for Christmas? Shouldn't we wait for Christmas to open those?"

Jess screwed up her nose in thought. "How about... we open our presents to each other at Yule and all the others at Christmas." She beamed. "Then we get both Yule and Christmas." Jess seemed pleased with this idea. Then she frowned, "What about stockings?"

"We can have stockings. We have always had them. So, they stay. We can have them for Yule." Anna smiled. "Now let's get home and decorate the tree."

Jess jumped to her feet. Dressing the tree was one of her favourite things to do at Christmas, er, Yule.

"You know," said Anna as they collected their things, "The Christmas tree has Pagan Origins. I got a book on it in these bags somewhere. Why don't we have a looksee what else is Pagan when get home."

"Sure. But *after* we do the tree!" Jess grabbed a couple of bags and hurried out of the shop, swinging her bags back and forth. "We wish you a Merry Christmas..." she stopped and thought. "We wish you a Merry Yu-ule. Nope that's not it. We wish you a Merry Yule-ness. We wish you a Merry Yuleness. We *wish* you a Merry Yule-ness and a Happy New Year!"







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**Book Class**  
By TristÅ  
**Young Foundations**  
**Class B**

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

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

**The Enchanted Pig**

The Red Fairy Book by: Andrew Lang

Lesson: Things are harder when you don't follow directions.

**Candle of Reflection**

Make a memory to reflect your own decisions. Follow the simple directions below.

1. Start with one taper candle of any dark color you choose and one of white.
2. Each time you make a good decision for a rather large matter, break about a half inch piece off of the white taper candle and put it in an empty pickle jar. Be sure that the wick is not in that piece, if you have to pick it out do so.
3. Each time you make a bad decision use a knife to cut a quarter piece of wax off of the bottom of the colored candle. If you aren't using knives alone yet, be sure an adult helps. Cut the candle from outside to the center being careful not to cut the wick itself. Put this piece of candle in a different location being careful not to break it.
4. As the white candle begins to fill the jar pack it down with a spoon.
5. Once the jar is full of packed down white wax from your white candle, have an adult help you put it on top of a paper towel in the microwave to heat 30 seconds at a time until melted. The wax will not fill up the jar, not even close.
6. Take the wick from the colored taper candle and tie one end of it to a small twig or popsicle stick. Allow the other end to be tied to a rock or small piece of colored wax. Assure that the length of the wick will allow you to set the stick over the top of the jar and the bottom of it be touching the bottom of the jar. Place it into the middle of the jar.
7. Drop the colored pieces into the jar randomly as the candle begins to get hard. If dropping them all in at once, use a plastic spoon to arrange them in different spots within the jar itself. You may also want to avoid the wick, if your jar is small you may want to remove the wick until you have dropped all the pieces of colored wick into the jar.
8. Make sure that you are able to see all or at least some of the colored pieces from the outside of the jar. Fix the wick so that it is in the center and pretty sturdy.

If using this on your altar, light it (with an adult's aid) when it's finished. While the candle is lit it might be a good time to meditate and/or do a small spell to aid in wisdom when decisions come up, so you will make the more correct ones in the future.

This project can be done on a regular basis to compare your improvement in making wise decision. Your main goal would be to have a white candle.

**Lesson Presented**

- Take a piece of printing paper and fold it in half, turn and fold in half again. Do this until one side of your paper is about 2 inches long.
- Unfold your paper. Using the fold lines as guides, lightly draw something that represents a time where you did not follow directions. Here are a few examples to get you started: tying your shoe, making a recipe, doing a craft project, etc...
- When done add color using colored pencils, markers, or any other medium you like. A suggestion would be different kinds of homemade paints; recipes can be found here: <http://babyparenting.about.com/cs/activities/a/paintrecipes.htm>
- Fill in each picture square with add-ons that will make each unique, appealing, and interesting. Throw in some ribbon, glitter, small paper designs, buttons and many other decorations to give each piece it's own light.
- Glue your page securely to a larger piece of construction paper of your color choice.
- Run a strip of another color of construction paper to border the white piece of paper and act as a border.
- Using that same piece/color of construction paper, cut 1/2" strips into 1/4-1/2" long pieces. Glue pieces along the creases to give an illusion of it being sewn.
- Hang the new creation in a nice place to remind you of bad decisions in the past by not remembering and/or following directions. This should aid with future decisions on the same subject.

**Different Endings**

Skim over the story and make a list of all the wrong decisions the princess, her dad, and the pig made. From them, pick one to work with from your list. Rewrite a shorter version of this story with the decision being made differently. Feel free to try as many as you can think of; if there are several of you doing this project share amongst yourself. The different endings might surprise you!

When done reflect on how the bad decisions made things worse for the couple.