



Sunburns  
won't

# STAFF SHORTS

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Short notes from all of our lovely volunteers, in chronological order.

TristA –

(Founder/Writer since August 2007)

With the winds of winter entering the world Mother Nature takes a look at herself. What a wonderful time to look at yourself from the inside out. I am sure you are going to find there is more greatness than you expected in the first place.

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Laura Shadley -

(Editor since April 2008)

Winter came down to our home one night  
Quietly pirouetting in on silvery-toed slippers  
of snow,  
And we, we were children once again.

~Bill Morgan, Jr.

Raven Moonstone –

(Writer/Editor since August 2008)

Winter is almost upon us. The Northern Hemisphere is settling in for wonderful slumber. Use this time to look back at the past year and reflect upon the year's events. Be mindful of your thoughts, turning negatives into positives.

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Lionfirestone –

(Editor since September 2008)

Fall, leaves, fall; die, flowers, away;  
Lengthen night and shorten day;  
Every leaf speaks bliss to me,  
Fluttering from the autumn tree.

– Emily Brontë (1818–48)

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Betsy –

(Design Layout since November 2010)

I look forward to contributing to a fantastic magazine. Winter is always an interesting time of year for me. I'm glad to be a part of something so wonderful! Blessings!

Pandora –

(Writer/Editor since December 2008)

As it gets colder, in the Northern Hemisphere, I turn my thoughts to those of warmth. Including keeping those that can't be with us--whether passed or kept away from family--close in heart and mind. Warm thoughts and memories can go a long way toward making all of us, near and far, feel better about the world we live in and how we care for our Great Mother and her children. Thoughts of our greater family keep we warm on many blustery days, and I hope it does for you, as well.

Remember, it is always what is beyond us and our actions towards that that truly define our character!

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December 2010 Issue

Contact: [TristaA@paganmoonbeams.com](mailto:TristaA@paganmoonbeams.com) with any questions or ideas regarding this publication.

# NEWS

Written by Trista

## The Old Regime

All victims of the old Regime, or Ancient Régime, which refers to a time period in history in Switzerland will now be recognized. This vow was made back in October when a new road sign was unveiled named "La Catillon" after Cathrine Repond. Accused of being a witch, Cathrine was strangled and burned in the 1700's.

## What is it?

Used for medicines and spells when using all parts of herbs and flowers.



Last month's answer:

*Sensor*

## Paganism in Schools?

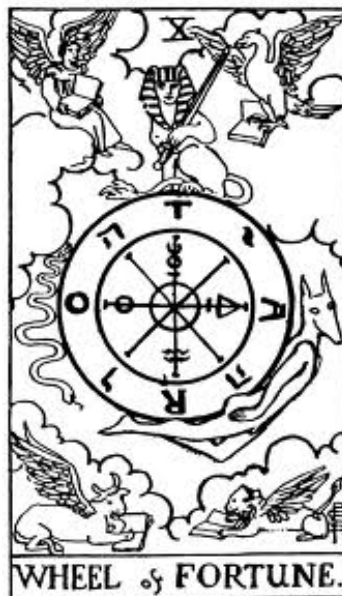
It has been determined by the Religious Education advisor in Lincolnshire Co., England that discussed adding Paganism to the six world religions to be taught in schools at the Lincolnshire County board meeting. It has been brought up before and the Religious Education advisor determined that it would be up to the different schools as to whether or not to add it. The Religious Education board has determined to keep their eye on this situation and see what happens. What do you think it would be like to learn about Paganism in school? Do you think it would be a good or bad thing?

## Tarot Drawing

In November there was news of two teens; Raaj-vee & ViraaJ Mehta who learned about Tarot from their mother who was a met physicist. The brother and sister pair had entered their drawings into a contest and won. Their cards will now be a part of an official tarot deck. The contest was held by Tarot Museum in Bologna, Italy. This contest repeats every year where a theme is chosen and you can submit any card from the major arcana of your choice to go with that theme. They begin posting about the new contest early in the year with the deadline usually being in November. The deck that Raajvee & ViraaJ Mehta won card entries in was the theme of great literature. You can take a peek at the offerings from this museum at: <http://www.arnellart.com/museodeitarocchi/home.htm> .

## Site of Interest

Take a look at many different Tarot and playing card decks at the Tarot and Playing Cards Museum located at: <http://trionfi.com/tarot-playing-cards-museum/index.php> . See if you can find a deck you have seen before or one you like better.



# DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Kalends of December Poseidon	2	3 Bona Dea	4 Pallas Athena
5 Nones of December	6 Thor Egyptian Day	7 Egyptian Day	8 Astraea	9 Egyptian Day	10 Lux Mundi Liberty	11 Egyptian Day
12	13 Ides of December Half month Jara starts	14	15 Alcyone Halcyon Days Starts Egyptian Day	16 Sopientia/ Sohpia	17 Saturnalia	18 Egyptian Day
19	20 The Mother Night	21 Winter Solstice/Yule/ Midwinter/ Alban Arthuan	22 Tree month Ruis Ends Egyptian Day	23 Last day Saturnalia Acca Larentis	24 Celtic tree month Beth starts	25 Goddess month Astraea ends
26 Goddess month Hestia starts Boxing Day	27	28 Runic half month Eoh starts Egyptian Day	29	30	31 Hogmanay Asatru 12th night	

# WEE PAGANS

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Written by TristA

## Energy Balls

Play ball with some of the energy inside of you to strengthen yourself. Whenever you want to play draw or feel all of your energy in a ball in the center of your chest or a place that it is easy for you to start with. Feel the tense hardness of the ball and move it to another place. Start slowly and then go faster. See if you can move the ball to the many different places in your body like your fingertips, toes, back, shoulders, head, and chest. The more you practice the stronger you will get.

Don't get discouraged if they don't move or come as quick as you want them to, it takes time to get it right. You will know when they are there and feel them as you will them to move. It is fun to practice but remember it is a secret talent that you only share with yourself and those you are training with.

## Energy Rhyme

We all have energy, yes we do.  
Your energy is all inside of you.  
Hold it close or let it flow;  
Share it with someone you know.

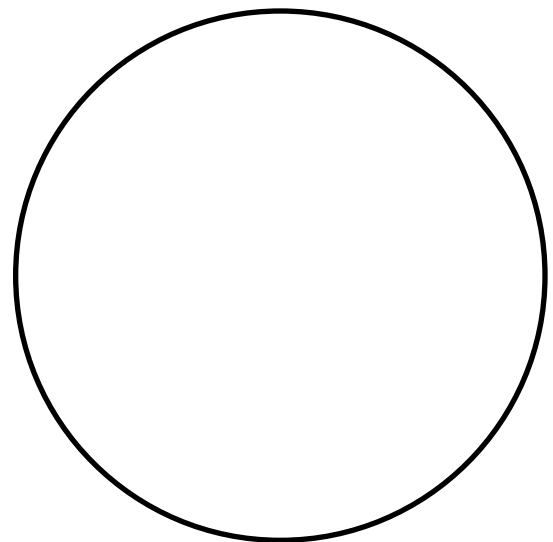
## Banishing Bad Emotions

When you are having emotions that are taking control of your actions it is easy to get help with them. Take a walk or use some already discovered items and talk out your emotions with it or as you make it. When you are done simply put it outside and allow your God/Goddess or nature spirit to take care of it.

*Some idea's of items to use are:*

Sticks  
Stones  
Bread  
Leaves  
Sandwich of Peanut Butter

Do not check with your item until at least three days after you have placed it out to be taken care of by those who are watching over you. You may notice it gone, but if it is not then just leave it there; the one you chose to take care of the situations may have different ways to rid you and your area of it.



Create your own energy ball! Color it as a rainbow or another color you think represents your favorite emotion.



# SPEAKING STONES

Written by Trista

Asana would walk in the woods every afternoon before the sun went down with her mother and brother. She would love the walks because it was a time when everything was quiet. There was another reason she loved the walks; the adventures. Her mother would come up with many fun adventures for Asana and her brother Myson.

She thought back on her favorite adventure; it was the feeling the earth one. Asana and Myson took off their shoes in the middle of the barren forest and walked around on the floor. They got to feel the energy that different temperatures of the soil gave them. It was the best time she has had on an adventure; so far that is.

It was the beginning of a new week and Asana and Myson waited to find out what their adventure would be about for the week. Their mother told them that it was going to be to find a stone. They were to find not just any stone; they needed to find a stone that spoke out to them. The stone they chose they would later charge with the moon. It was the magic stone that would help keep them safe and happy throughout the upcoming winter.

On the first day Asana and Myson both found stones. They picked them up not long after they entered the woods. Asana's mother asked both her and her brother if these stones spoke to them because if not they weren't to get them.

"How do you know if the stone speaks to you?" Asana asked "Does it whisper or yell?"

"Asana, the stone will not actually form words it will just let you know you are right." Her mother tried to explain, "You will just know it is right without any question, a feeling from inside you that the stone helped you get."

"Oh, so kinda' like when I know I am not going to like a food that I taste before it hits my mouth?" Asana asked.

"Yes, similar to that. It will happen when you least expect it and once it does after that you will always know

when things are speaking to you." Her mother ended the conversation with.

After talking to her mother she realized that the stone she had picked up had not spoke to her so she placed it onto the forest floor. She walked the rest of the way through the woods and listened closely but didn't hear or feel anything else so she went home empty handed.

Every day of the week she went out with Myson and her mother and hoped she would find a stone of her own. Each night she would ask the moon to help guide her to her special stone in great hopes it would help. Even with all her efforts each afternoon she would come home empty handed.

On the last day of the week the family headed out to the forest Asana looked up and noticed the full moon out in the day time and how beautiful it was. She felt different when she looked at it then she had before and a warm feeling came over her. She asked the moon to help guide her in her walk today and on her search for the stone.

As she walked through the forest Myson had to tie his shoe so everyone stopped. Asana looked up to see where the moon was then down to see if Myson had finished tying his shoe. She caught a glimpse of something out the corner of her eye, it was a stone. The stone seemed to glow and shine to her and she felt strange when she looked at it. She picked it up and her arm felt strange and great at the same time. Asana decided then that she had found her stone. When she picked it up the first thing she did was look at the sky and thank the full moon for helping her find it.

After getting home her mother helped her wash the stone in flower water and sit it in her window sill. Asana was told to allow the stone to stay there until the full moon left the sky. As it sat there freshly cleaned the moon would charge it and she would be safe and happy all through the upcoming winter.

Asana did as she was told; and her winter was wonderful!



Image by Melissa



# Pagan Moonbeams

# Minnie's Great Big Little Feast

Written by Pandora

Minnie tried to stay out from underfoot as her family ran around crazily planning meals for family visits. There was a reason that they all called her Minnie, even though it wasn't her "real" name; Minnie was just a tiny little thing. And, this year, she wished she could help, but being so small, she couldn't even lift the pans that Mama needed for the many wonderful dishes she would whip up for the pending visitors.

So, Minnie went for a walk outside; she always felt at home, amongst Mother Nature and her little creatures. (Daddy called her "Gaia." They must have grown up together, if Daddy could call her by her name; besides, Daddy DID seem pretty old!) As Minnie walked, she noticed how all of the trees had dropped their leaves much earlier, this year. She was glad to have her hat and warm coat, as it had gotten colder much earlier, too!

At that thought, Minnie started to pay closer attention to the little creatures scampering about the forest that surrounded her home. They seemed to be in a bigger rush than usual. As a bushy-tailed squirrel paused on a nearby tree stump, Minnie asked if they were expecting company, too.

"Company? Oh, no. We're collecting leaves, twigs and other bits to add extra warmth to our homes. After all, we don't have winter coats and mittens, like YOU, Miss Chickadee. Plus, we're collecting as many nuts and other goodies as we can carry. We need to make sure that we have a large store of them, to get us through the winter."

"You have stores?!?!" Minnie asked, excitedly. She'd never heard of squirrels going shopping!

"Well, yes. But not the kind you shop in; it's called a store because we STORE our food there," the squirrel answered, patiently.

Minnie was a little confused. Why didn't they just go out and find some food, when they needed it, just like Mama went on trips to the grocery store or Farmer's Market?? She asked the squirrel that very question.

"Minnie, the forest IS our Farmer's Market. But, when it's covered in ice or snow, it's really, very hard to find food. By gathering our food in the fall, we make sure that we have enough for the whole family, and for

the entire Winter."

This made sense, so Minnie let the squirrel get back to his "shopping." After all, the Winter was a long time: a few weeks, at least! He'd need a whole lot of food, if he and his whole family were going to have enough to eat.

Minnie continued to watch the forest animals scurry back and forth, as she continued wandering through the forest. The next animal to stop was a cute little chipmunk. Oh, how Minnie loved the chipmunks! They were so cute and little, and everybody loved them. This one, however, didn't seem so cute. She seemed a little panicked, and was soon joined by a friend that shared her feelings.

"There's no time, no time!" they chimed.

"It's only afternoon, you two. There's plenty of time," Minnie assured them. "But, um, time for what, exactly?"

"Not today. It's the fall that there's no time for. Not enough time for us to gather all of the food we'll need for the winter, Miss Chickadee!" The forest animals were always so polite, when they addressed Minnie, always calling her by her "real name." Oh, how these two nibbled on their fingers; they were THAT nervous!

"Why is there no time? You mean because it's getting colder, even earlier this year?"

"Oh, yes. YES! Oh, we must go. We can't stop. So much to do!"

And with that, her chipmunk friends were off to find and collect more food. As she walked on, Minnie pondered their predicament. (Mama says predicament is when somebody's in a bad or uncomfortable situation.) She noticed the birds were flying frantically, too. If only she could let all of the forest animals into her house, where Mama would feed them and keep them warm. Oh what a great idea! Minnie hurried home, excitedly thinking how Mama would fix everything for all of the forest animals.

Rushing inside, she feverishly told Mama about her idea! Mama, it seemed, was not so excited about saving all of the animals in the forest...

"Minnie, dear. We can't fit them all inside. There are more than just squirrels, chipmunks and birds, you know. There are the not-so-little animals,

like bears, too! Plus, we have family coming to visit. Remember?”

“Ohhhh. But, isn’t there SOMETHING we could do to help? It IS so very cold, already!”

“Minnie, I don’t know about ‘we’, but maybe YOU could do something. After all, dear, WE have to get all of this food ready for family coming to visit. Hmm, let me think on it, and we’ll see if I don’t come up with something by dinnertime. Okay?” Mama was always good about finding a way. She was always so very, very creative!

As dinnertime approached, Minnie got more and more excited. She could barely wait until Mama would tell her the magickal solution! She skipped to the dining room, a few minutes early, hoping she’d get a hint. Instead of a hint, she was handed a basket full of pinecones, peanut butter, honey, nuts and birdseed???? No, wait, there was also a bunch of string, too. What in the world was she supposed to do with all this stuff, Minnie wondered aloud.

“You, young lady, will be making bird and critter feeders! The string is so you can make then different lengths so that ALL of the forest creatures can reach some! I wrote it all down for you. You can work on this, after dinner, ok?”

“OK!”



Minnie wants to help the forest creatures, and she even gets to make her very own feast for them, too! By following her example, you can even watch as local birds and critters enjoy your feeders.

### **Ingredients:**

*Newspaper to spread on the table*

*Lots of pinecones, picked up from the ground\*\**

*Peanut butter (Minnie used chunky) and/or honey*

*Popsicle stick*

*Nuts*

*Birdseed*

*String, to hang the feeders*

*Plates or bowls to hold the birdseed and/or nuts*

### **Directions:**

1. Spread the newspaper across the entire area that you’ll be working.
  2. Have a separate area to put your finished feeders, until they’re ready to go outside.
  3. Have an adult cut different lengths of string, then tie one piece around the end of the pinecone. Have them alternate between tying to the top and tying to the bottom of the pinecone.
  4. Put some birdseed/nuts into the bowls, before you start.
  5. Using the popsicle stick, spread the peanut butter and/or honey across the pinecone. **YOU WILL GET A LITTLE MESSY**
  6. Next, dip the coated pinecone into the nuts/birdseed.
  7. Set aside the finished feeder into your separate area.
  8. Make another one, and continue until you’re finished with all of your pinecones.
  9. Have your adult help you hang them... Maybe from a tree, or on garden hooks, since it’s colder and you’re not as likely to hang plants outside.
  10. Clean up!
- Remember, you don’t have to hang ALL of your feeders. Try laying some, in a bunch, on the ground, and hanging others. Put some in the trees, and others where you family can enjoy watching the local birds and forest critters. Plus, you’ll see when it’s time for a “refill”, too!

Now, you can help Mother Nature take care of some of her furry and feathered family. How Magickal!

\*\*You won’t want pinecones you can buy in the store because those could be treated with chemicals and sprays that aren’t good for the animals, OR you.

# Making the Connection

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Written by Raven Moonshadow

Religion, at best, can be daunting. If you are a young child or teen, the task of making a connection between yourself and where you fit in to your religion, no matter the path, can be a difficult one. Don't allow this to discourage you, as we have all, at some point in our lives, felt this same way. Allow yourself to listen to the whispers deep within you, as they will bring you to the path you were meant to walk. When you open your mind and spirit to let these whispers in, you may even find that they have been leading you down your path all along. Being Pagan, we realize that we are connected to everyone and everything around us. Finding that connection is easier than you think.

This month we are discussing inner reflection and self-esteem. For the Northern Hemisphere, the end of the Celtic New Year and the upcoming Calendar New Year are a perfect time to reflect upon the last year and your state of being. For our friends in the Southern Hemisphere, as Beltane has just passed, this is a good halfway point to see what goals you have reached, set new ones, and maybe adjust some that may need a bit more tweaking. This is a time for all to really spend some time looking inward at ourselves and reflecting upon how we view ourselves and how our viewpoint may or may not be affected by how others view us. In other words, it's time for a "magickal health" checkup.

Growing up is hard enough. Growing up Pagan in a very Judeo-Christian-Islamic world can be even more difficult. Having been young once, I learned that, while it may not be done purposely, children can be downright mean to each other. The unfortunate prejudices that parents carry become the ones most likely to be passed down to their children. To give an example, in the movie *Practical Magic*, the two sisters, Sally and Jillian, grow up in their aunts' house. Like their aunts, the two girls are witches, and are being raised in the craft. Due to their difference from the other people in the town, the girls are looked down upon, taunted and made to feel "different." Sally grows up trying to deny who she is, and looking down upon herself and her magic just so she can fit in and be "just like everyone else." Her sister, Jillian, runs off, leaving the town saying that she wants to go where no one has ever heard of their family. She, like her sister, is looking to fit in. Finally, by the end, the two sisters, now grown, decide to stop denying who

they truly are and admit to their inner selves.

While Hollywood is very good at sensationalizing things, there is truth in the way these two sisters felt about themselves. Have you ever felt "odd" or out of place compared to others around you due to being Pagan? Have you ever felt that you couldn't show your "real" self to others so you give a false impression of yourself just so people will like you? If you have said yes to either of these, don't worry; you aren't the first and certainly will not be the last.

Words, no matter how shallow they may be, can sometimes be more hurtful than someone coming along and punching you in the stomach. When those words are said over and over again, you even start to believe them. On the outside you may be saying, "yeah, whatever." But on the inside your subconscious has been hurt. This can bring you down spiritually and affect your over all being and everything you do, including rituals and magick.

So, how does one combat those nasty naysayers? First things first – don't buy in to what everyone has to say about you. Most times (I have personally found this to be true) people are ridiculing you for the things that they dislike about themselves, or they are just jealous that they can't be as free-spirited about life as you. Second, act; don't react. Just because someone takes a shot at your self-esteem/self-image does not give you carte blanche to return the favor. This is not a game of "gotcha last." These are, however, your feelings and you are entitled to them. If you're upset and hurt, be upset and hurt, but don't be bitter. Release those feelings; keeping them in will only continue to hinder you. No matter the age or status of the person, remember the saying, "No one can hurt me without my permission." Third, find a friend and confide in them. While a person may be their own worst critic, friends can be a great self-esteem boost. Last but not least, believe in yourself. Like I said, a person is their own worst critic, but you have the power to change that and be whatever you want. I recently saw a saying on a necklace that fits well within the realm of this subject, "Believe in the best version of yourself."

Now it's time for that "magickal health" check-up I was talking about. It's not hard, and much of it is grounded in common sense. But, it's always good to have a starting point and something to fall back on when in need.

## YOUR “MAGICKAL HEALTH” CHECK-UP

Grab a notebook (preferably one that you have been keeping track of how you’ve been feeling, magickal workings you have been doing, etc) and your favorite writing instrument. Begin by noting the day and time and how you are feeling. Be sure to write down anything that may have happened since the last time that you wrote in this journal. If you have never had this type of journal before, now would be a great time to start.

Acting under the guise that you, the reader, probably have some type of journal to this effect, I will continue with that premise. Start to review your journal. Have there been particular times that have been more difficult than others? Are there certain people in your life that have just brought you down to the point that your magick or rituals have lacked? If there has been something just eating away at you from the inside, you’ll be able to find it and act on it. Next, find one or several of the following exercises to re-attune yourself and boost not only your “magickal health,” but your overall health as well.

1. On a particularly frustrating, nothing is going your way, you need to scream kind of day, dump the entire content of the dirty (yes dirty) clothes basket on your floor. Make sure you have a good pile. Now, standing in the middle of your dirty clothes pile, jump up and down and send all of that negative energy out of your body, through your feet and into the dirty clothes. Next, with the help of a grown-up (unless you’re old enough to do it yourself) gather up all of those dirty clothes, including the socks you were wearing while jumping, and throw them in the clothes washer. Now go take a nice cleansing shower.

2. Having an “I need a good cry” day and need to just let loose the river of tears? Grab your pillow and go for it. Afterwards, change the pillowcase, wash your face and spritz with rosewater. While you’re at it, spritz the pillow too. Roses are definitely for love, and loving oneself is important (P.S. Sharing that love with the pillow that let you cry all over it helps too.).

3. Go to your sacred space. Take with you a notebook with paper you can rip out, a pen, a candle, something to light that candle with and a heat resistant container of some sort. Light your candle. Using the pen, write down all of the things that have you troubled, upset and doubting yourself both mundanely and magickally. Now, rip that paper out of the notebook and either rip it into small pieces or crumple

it up into a ball (either way, releasing that energy will feel good). Place the crumpled ball or bits of paper into your heat resistant container and ask that the Gods/Goddesses carry these negative feelings far away from you. If your sacred space isn’t outside, now would be the time to take your lit candle and the container with the paper outside of the house. Light the paper on fire (hence the reason I said to use a heat resistant container) again asking the Gods/Goddesses to carry the negativity far away from you. If there are any remnants remaining, be sure to dump them off of your property somewhere that the winds can catch them and blow them away from your home. Be sure to thank the Gods/Goddesses for freeing you from these burdens.

4. Go to your sacred space and surround yourself with white light. Use as many white candles as possible. Take this time to journal your feelings, talk to the Gods/Goddesses of your choosing and ask for help. You may want to drum, sing, chant, or just remain in quiet reflection. However you are moved by Spirit is up to you. Make the connection with them and allow them to help you heal your soul.

5. Stand in front of a mirror. Make sure your person is free of distractions (remove large jewelry, refrain from wearing “loud” colors/patterned clothing). Spend time just looking at yourself. For people whose self-esteem/self-worth is low, this is a hard task. Take the time to really look at yourself. Look into your eyes. Find the spark of the wonderment that is you. It’s there. I promise. Remind yourself that you are very loved. Tell yourself “I love you.” As I said before, loving yourself is truly important. While looking at your reflection, come up with a positive mantra; something you will tell yourself and believe in. It can be as simple as “I am beautiful” or anything you want it to be. From this point forward, every time you see your reflection in the mirror, repeat this mantra out loud.

6. Who is your favorite God and/or Goddess? How are you like him or her? What is it about them that you favor so much? Write it down. Keep it somewhere handy that you can take it out every now and then to remind yourself about this Deity. Call upon them for strength and/or guidance when you really need them. And always, always, make sure to thank him or her.

It’s always important to remember the wonderful person that you are. Inside each of us is a God or Goddess. Believe in yourself and he or she will come shining through.

# What IS It Called?!

Written by Pandora

After her debut with the Pumpkin seeds, Samantha wanted to be involved with the many different things that could be made in the kitchen. Believe it, or not, Mama actually let her! Just not in the way that you might expect.

Samantha wanted to know more about specialty recipes, like her roasted Pumpkin Seeds. It came from her Grandma's Kitchen Witchery cookbook, as a matter of fact! Upon finding out that little tidbit, Samantha had a goal in mind: to collect recipes from each family member that came to visit. But, she didn't want just any recipe; it had to be their favorite, or their 'specialty'.

Samantha didn't realize that it was definitely a task to undertake, simply TRYING to get recipes out of some of her family. Especially those that liked to play games, as most of them did! She first encountered her opposition when one of her favorite uncles came to visit.

The entire family had a blast when Uncle Pappy came for a short visit, before Yule approached. Daddy said Uncle Pappy chose this time, because Yule was approaching, and their worlds were about to explode with busy times, and bustling around from place to place. Not that Samantha understood HOW her uncle could live in her world as well as a completely different one. She'd ask Mama about that one, later.

When Uncle Pappy knocked on the door, Samantha almost made it to the door first. Mama headed her off, to tell Samantha to let her uncle settle in before nagging him about her desire for a recipe. Reluctantly, she agreed and watched her big brother, Hunter, welcome her uncle. She waited until Uncle Pappy's coat was hung, and then launched her biggest bear hug.

Returning her hug, Uncle Pappy laughed. Soon Jessica, the youngest member of the household, joined in; seeing the group hug, everyone joined in. Releasing the hug, everyone began talking at once. Nobody even heard Samantha ask her uncle for a recipe. Apparently, she'd have to wait until nobody was around. Hmmp!

Later that day, Samantha sought out her uncle. Sitting down on the end of the guest bed, she kept him company while he unpacked his suitcase. Noticing that

she seemed barely patient about something, her uncle asked her about it.

"What's up, Kiddo?" he asked.

"Uncle Pappy, I was wondering if you had a recipe," she answered.

Confused, he asked Samantha to explain what she meant. After all, he didn't read minds. At least, Samantha thought, that's what he SAID. She knew he was just that special! After all, he's the one who taught Hunter to make the turkey take a shower, you know.

"Are you making your own cookbook? I heard your Roasted Pumpkin Seeds were just like Granny's used to be! Were you thinking of making a Family Cookbook? Because, you know, that sounds like a wonderful idea."

As much as she loved him, her uncle still made her feel a little nervous. He didn't seem to be getting the point that she wanted a recipe from HIM. How to ask, how to ask.....? Well, direct seemed to be a good approach.

"Uncle Pappy, do YOU have a recipe that I could put into this book?"

"Hmmm," he wondered aloud. "I do have some, at home. I'd have to check in my cookbooks to see which one has..."

"No," Samantha interrupted. "One that is YOUR'S. That you're known for, or something like that."

As Samantha listen to him tell her he'd think about it, she wandered out of the guest room.

Later that evening, while the whole family was eating dinner, Mama mentioned Samantha's idea for collecting family recipes. Hinting that it would be nice to have one from Uncle Pappy, Mama asked if he had any ideas. He mentioned Snow Cones!?

Playfully smacking her brother, Mama scolded him, "That doesn't count, and you know it. Pouring pancake syrup over snow you've packed into a cup does NOT count as a recipe!"

As the mother and uncle laughed, the kids were all confused.

"What???? THAT is how they make snow

cones????” they chimed, in unison.

“Not quite. That is how your uncle used to make ME snow cones, when we were little,” Mama answered them.

“Well, there’s always my famous Chicken Cacciatore,” Uncle Pappy offered.

As amazing as it sounded—exotic, too—Mama actually admonished her oldest brother! She tried to explain that Samantha wasn’t looking for just any old recipe, and certainly not one that could be found in a book, or online. She wanted honest-to-goodness REAL FAMILY RECIPES!

“Well,” he started, “what about GORP, sis?”

“That’s PERFECT!” she squealed, elated.

Hunter, Jessica, Samantha and their father stared, blankly, at each other. No one besides Mama and Uncle Pappy seemed to understand their exchange. Samantha wondered if they were supposed to make the little brother of Giant, from those books about wizards and witches that go to schools to teach them magic. Even she knew it didn’t make any sense, whatsoever.

“Is somebody going to explain whatever it is that you two are talking about?” Daddy spoke up.

In unison, they responded, “You’ll see.....”

The following afternoon, Samantha happened upon her uncle, in the kitchen. He had bowls full of random things, spread across the kitchen counter. As he surveyed his handiwork, he noticed his niece’s wide eyes.

“This, my dear, young niece.....THIS is how you make GORP!”

“You fill all of Mama’s bowls, with random yummy things. Somehow, I don’t think this would have excited her... Uncle Pappy, are you pulling me leg?”

“My hands are over here, Sam. How could I pull your leg?” he chuckled, amused.

“Ugh! Uncle Pappyyyyyy... Seriously, what’s the deal, here? You said you’d show me how to make this, whatever-you-call-it.”

“GORP,” he interrupted.

“Yeah, that,” she responded, exasperated.

“GORP, Sam. G-O-R-P” he began to explain.

Apparently, it didn’t actually mean anything. Nobody seemed to be able to remember how it got the name, nor where it came from. It’s just what the grown-ups called it, since they were brothers and sisters...oh, and little, too! It always had to have a good mix of all the yummy goodness that now filled all of her mother’s bowls; that was a rule. Another rule was that you

couldn’t pick out the things you extra-liked, from the stuff you kinda liked. You had to eat it all!

Samantha had never heard of rules to eating snacks! However, once Uncle Pappy showed her how to combine the ingredients in all of the bowls, she understood why her mother and uncle got so excited. She made sure to write it all down. GORP was intended to give you lasting energy, and taste good, while doing it.

While concocting their GORP masterpiece, Mama walked in and sat down at the table, to watch. Shortly after, Samantha’s big brother walked into the kitchen to get a bowl of oatmeal. Boy, you should’ve seen his face when the cupboard was empty, and he turned around to see all of their bowls spread across the table! When Samantha and Uncle Pappy started explaining what it was that they were doing, Hunter pulled up a chair and started to reach for the goodies in one of the bowls. Thanks to Mama’s swift action, he only got a handful of air where the goodies used to be. Uncle Pappy explained the rules of eating GORP to Samantha’s older sibling. Feeling dejected, since he couldn’t eat any of the ingredients before the GORP was mixed, Hunter sulked out of the room with a banana in his hand, instead...

The three left in the kitchen chatted and chuckled as they finished “brewing up” some GORP for the whole family. On Samantha’s suggestion, they even separated some into a zipper baggie, for each family member.

“What fun to make something so fun, and with your family, too,” Samantha thought aloud.

Take a look, for yourself!

## GORP

Yogurt and chocolate covered raisins

Sunflower seeds

Peanuts

Walnuts

Dates

Dried pineapple cubes

M&Ms

Cashews



# GARLIC

Written by Lionfirestone

- The irrational fear of garlic is alliumphobia
- The sticky juice within the bulb cloves is used as an adhesive in mending glass and china.
- In general, a stronger tasting clove of garlic has more sulfur content and hence more medicinal value it's likely to have. Some people have suggested that organically grown garlic tends towards a higher sulfur level and hence greater benefit to health.
- Raw garlic is very strong, so eating too much could produce problems, for example, irritation of, or even damage to, the digestive tract.
- There are a few people who are allergic to garlic. Symptoms of garlic allergy include skin rash, temperature and headaches. Also, garlic could potentially disrupt anti-coagulants, so it's best avoided before surgery. As with any medicine, always check with your doctor first and tell your doctor if you are using it.
- Garlic is an important medicinal herb that is readily available everywhere, unlike some of the other herbs mentioned on these pages. It is one of the safest herbs, and, as such, can be taken often. It does, however, have its drawbacks, as we all know. Bear this in mind when using remedies (especially internal ones), and cut back when family and friends start avoiding you.
- Garlic does indeed have scientifically-proven medicinal properties. It contains a substance called Allicin, which has anti-bacterial properties that are equivalent to a weak penicillin. It appears that cooked garlic weakens the anti-bacterial effects considerably, however, so don't count on cooked garlic with meals for much in the way of a curative.
- Garlic appears to have anti-bacterial and anti-viral properties. The list is long when it comes to its uses as a remedy. This list includes wounds, ulcers, skin infections, flu, athlete's foot, some viruses, strep, worms, respiratory ailments, high blood pressure, blood thinning, cancer of the stomach, colic, colds, kidney problems, bladder problems, and ear aches, to name a few. It is believed to cure worms in both people and animals - try giving the dog a clove of garlic daily (but he's not gonna like it).

Cabbage and Garlic Soup:

8 cups of chicken stock.

6 cups of shredded Savoy cabbage.

1 cup of long-grain white rice.

3 tablespoons of minced garlic.

16

1 teaspoon of freshly-ground black pepper.

Salt, to taste.

6 croutons.

2 tablespoons of minced parsley, for garnish.

Instructions for Cabbage and Garlic Soup:

In a medium-sized saucepan, combine the garlic, 2 cups of chicken stock and rice. Bring to a boil over moderate heat; cover. Then reduce heat to maintain a simmer, and cook for 20 minutes.

Transfer to a blender or food processor; then add 4 cups of the stock and blend. Return to saucepan; add remaining 2 cups stock and cabbage. Simmer for 15 minutes over low heat. Add freshly ground black pepper and salt.

Place croutons in individual soup bowls and ladle soup over. Garnish with parsley and serve.

Cut out for bookmark!



## GARLIC

**Parts Used:** The bulbs, but all parts are edible.

**Location:** Now common in most locations with a mild climate.

**Healing Properties:** Garlic has long been considered a herbal "wonder drug," with a reputation in folklore for preventing everything from the common cold and flu to the Plague! It has been used extensively in herbal medicine (phytotherapy, sometimes spelt phitotherapy). Raw garlic is used by some to treat the symptoms of acne and there is some evidence that it can assist in managing high cholesterol levels. It can even be effective as a natural mosquito repellent.

**Magickal Attributes:** Honoring Hecate: Cloves of garlic were placed on cairns and at crossroads, to honor Hecate. Eating garlic bread in a silent meal is one way to honor Hecate. Many cultures associate garlic with the Underworld. Oath-taking: Pliny tells us the Egyptians associated garlic with the divine and used it in oath-taking ceremonies. Garlic can be used in dedication and initiation ceremonies.

**Latin Name:** Allium Sativum



# RHODOCHROSITE

Cut out for bookmark!



## RHODOCHROSITE

**Color:** Red to pink, sometimes almost white, yellow and brown

**Chakra:** Solar Plexus and Heart

**Healing Properties:** Rhodochrosite is believed to release the suffering based on past lives and energize the pancreas, spleen and kidney. It increases the ability to handle life problems and increase personal self-confidence

**Magickal Properties:** Its powers include drawing love to the wearer, helps release past psychological issues and improves eyesight. Rhodochrosite is thought to relieve stress and is used by healers to cleanse the aura.

- Its powers include improving eyesight and drawing love to the wearer, it also helps release past psychological issues.
- Rhodochrosite is thought to relieve stress and is used by healers to cleanse the aura.
- Many believe that it can release the suffering based on past lives and energize the pancreas, spleen and kidney.
- It increases the ability to handle life problems and increase personal self-confidence.

## Written by Lionfirestone

- The pink color of rhodochrosite is caused by the element manganese and it is formed when manganese is dissolved by ground water and combines with a carbonate material and then drips off the ceiling of caves and crevices deep underground. It is found in Argentina, Peru, Colorado and Montana, U.S, and Quebec, Canada.

- It is commonly found in the form of stalactites and stalagmites in the caves of Argentina. Rhodochrosite (whose name means rose-colored) often forms pink and white bands. It is often carved into figurines or boxes while the tubular stalactite formations are often sliced for use in jewelry.

- Fine gem quality crystals are sometimes cut into gemstones for use in high end jewelry, but the more common grade is used extensively in silver and gold jewelry.

- Rhodochrosite became the official state mineral for Colorado in 2002 after the Platte Canyon High School in Bailey, Colorado made the proposal based on the fact that the Sweet Home Mine near Alma, Colorado produces the highly prized and rare red crystals which are found only in a few places on earth.

- Rhodochrosite is also believed to help in the development of inner freedom by helping to resolve inner conflicts and as a stone of love and balance. It is a powerful healer for the 4th chakra and used to cleanse the heart chakra.

- Used to detox or heal the blood, liver, and cancer

- From Dictionary.com -- a pink, red, grey, or brown mineral that consists of manganese carbonate in hexagonal crystalline form and occurs in ore veins. Formula:  $MnCO_3$

- The Incas, who called it Inca Rose, believed that rhodochrosite is the blood of their former kings and queens that was turned to stone.

# MIDDLE MAGIC

## KITCHEN WYTCHERY

Written by Pandora

## AKA KITCHEN WITCHERY

To build off of last month's theme of weaving your intent into what you are doing, this month we're going to look at Kitchen Wytchery. (A side note: I spell it "wytch" as a way of paying homage to the original spelling: "wych.") To the average, non-magickal-minded person, we're simply talking about cooking.

Well, sure we are! But it's much more than simply throwing together a few ingredients and calling it a meal. Again, it all goes back to intent. Even the direction that you stir your pots can affect your outcome. It may sound complex, but it's actually a very simple concept. You (as well as any others who may be consuming your cooking) will get out of it, as much as you put into it.

What that means is that you don't want to concoct any meal, when you're in a sour mood. If cooking relaxes you, set up your area before you start. That may start to relax you, so that you can put all of the right intent into your cooking. If you simply cook because you have to, then so will your meal be eaten because eating is a daily necessity. If you put your heart and soul into your cooking—and have fun, while you're at it—you'll be amazed at the compliments you receive! Of course, there will be times that you're being creative and trying something new, and it doesn't go as you'd planned; perhaps, you were distracted even before you started!

First thing's first! When it comes to Kitchen Wytchery, you need clear space. That means you want the kitchen to be neat. I'm not saying you need to clean it, top-to-bottom, even if that IS the ideal. However, I am saying that you want your workspace to be clean/cleared and orderly. Mind you, Auntie Pandora is not the neatest person in this world...but, some things just gotta be the way they gotta be! This neatness is actually a physical manifestation of clearing your mind for the task at hand: making Magick with your food! Plus, it helps to know that you won't have to worry about food contamination, especially if anyone eating your food has any food-borne allergies. These people are more common than the ones who are fortunate enough to have been diagnosed! (I'm one of those, even though I never cook that particular food. It took, literally, years to figure out what was making me so ill!)

Anyway, back to the kitchen! So neatly clear off

and clean the area you'll be working in. It sets the tone for your magick, even if it's already "clean". You'll want to make sure all of your tools are set out, or within easy reach. Try to make sure the sink is cleared of other dishes, so you can move your dirtied tools, once you've finished with them. Any food that doesn't risk spoiling should be placed nearby, as well.

As we've talked about, previously, everything has a magickal correspondence. So, do your research. BUT, keep in mind that just because you read it in print does not mean it's "written in stone." If you are more drawn to a different ingredient for a certain purpose, than that is the one you should use; in addition, keep in mind those pesky food allergies. Your intent will not be corrupted if you need to omit a certain spice, or substitute another one. Just be sure it's complimentary to your intentions and goals.

Now, the RULES: (You KNEW there had to be!)

1. If you're grumpy, no cooking. Period. One caveat: if cooking will likely put you in a better mood, start with cleaning and setting up. If you're not feeling even halfway better, DON'T DO IT.
2. Whenever possible, use fresh, locally grown, and/or organic-grown foods. We treat Mother (Earth) as we are supposed to, including in the choices of the food we prepare and eat. Chemicals aren't good for Mother, nor are they good for us to ingest, whenever possible.
3. Unless working directly from a written recipe, try to keep a record of what you used. Sure, for those pesky allergies, but also so you can record your recipe later... Whether in response to someone's request for a copy of your recipe, or so you can keep a record. (So that you can keep a record of what you did—whether that's good OR bad!)
4. Use easily understandable measurements: cups; liters; a pinch; even simply quantities.
5. When using herbs, use double-to- triple the amount of fresh herbs as you would compared to using dried herbs. Dried herbs have a more potent flavor.
6. BE SAFE: use cutting boards, with knives; use hot plates; try not to burn yourself, by using protective gloves or mits; pay attention to what/who is around you AND your food/food's cooking vessel, etc.
7. Don't mix cutlery or cutting boards. Meats, chicken, fish each gets its own. THIS IS A MUST

8. Clean up after yourself, when finished. The only caveat, here, is if someone OFFERS to do it for you. Extra points if you clean as you go!

**BONUS RULE:** If using someone else's recipe, ALWAYS follow it—exactly, to the 'letter'—the first time that you prepare it. It is simply polite, and will give you an honest feel for how you can adjust it to your own magickal workings.

I know, that was a little boring, wasn't it? What's the point of "kitchen wytching", if you have to follow rules? Well, you can dismiss them as the rules of that loony Wytch, Pandora. OR, you can try it MY way, for at least 3-6 months' worth of cooking, i.e. at least twice a month, if you can't manage to work your way into the kitchen more often. After that long, try it differently, to see how it feels. You may decide that you prefer a Magickal Middle Ground. Or, that I know a thing or three! \*wink\*

Speaking of things I know.... Stirring is important, you know. Not only because you want to evenly heat your ingredients, and keep what's on the bottom from burning to the bottom of your pot/pan—not to mention the huge hassle of cleaning THAT would create—but because the direction in which you stir matters, too. Clockwise (deosil – pronounced "jess uhl") is for bringing a quality to your food, whereas counter-clockwise (widdershins) is for removing/banishing qualities from your food. The interesting part of this is that I almost ALWAYS stir widdershins—simply because it's more comfortable for me. In short, clockwise feels more "right" to me. Who knows? It could be as simple as me bringing certain qualities to the foods I "spell" up, and banishing negativity from it, all in one motion!

Trust me, I know my stuff, especially in the kitchen!

Speaking of kitchens, you may decide that there are certain things that you absolutely do or do not want in what will be your own kitchen, when your very own "someday" comes. Beginning Kitchen Wytchery while you're still young, albeit ALMOST grown, is a great treat for the entire family. You can share family recipes, passed down through generations. You can take part in family rituals from a different perspective. You can even share with younger siblings, allowing them to stir, etc. Let them help you, in some small way, and you'll do wonders for the way they feel about themselves, their abilities, and even YOU! The interesting part, here, is that you can observe how THEIR intuition guides them!

More details about Kitchen Wytchery can be found everywhere: from books, to the Internet, to your family "chef." You can even mail Pagan Moonbeams, and I'll answer you! Even more important than the information these sources provide, is the intuition guiding you! Sure, it's great to know the steps of how to sauté something properly, but, when it comes to making your own Magick in the kitchen,

only YOU know what your 'spell' needs!

Below, you will find my most recent "from scratch" recipe, that I pulled "from thin air." The measurements, themselves, speak to that. Give it a try, and see if it doesn't make you feel better!

Remember, I know things!



# GROWING UP A WITCH

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Written by Raven Moonshadow

Meet Sierra – typical high school student. She is the oldest of six kids. She lives with her mom, dad, brothers and sisters in your typical home, almost out in the country. She attends the local high school. Sierra spends her days hanging with her friends, chatting on the phone, texting, playing video games, studying like mad to meet the demands of school, and riding her bike; typical teenage girl. The one thing that sets her apart from most kids her age is being Pagan.

She is very proud to say that she is Wiccan, but doesn't go shouting it out at the top of her lungs. No, Sierra keeps that privately to herself. She wears her pentacle on her person; never goes a day without it. She participates in family rituals, leading some of them herself. She has an altar set up in her room for her own private time with the Gods and Goddesses. Sierra's dream journal practically sleeps in her bed with her, and her Book of Shadows is always close at hand. I did say she was proud of who she is, didn't I?

Sierra has a wonderful relationship with her mother. They are very close; closer than most teenage girls her age are to their mothers. Her mother attributes part of that to having had her at a young age and so, in her mother's words, they practically "grew up together." The rest was just always trying to make she was there for her and making sure that her daughter knew, no matter what, she could come to her with any situation and talk.

Samhain had recently passed. For Sierra, that was a difficult night for being a kid because it was the first time she wasn't allowed to go trick-or-treating. She did, however, dress up along with everyone else, including her parents. Her mother, being traditional and knowing that they would be having their family ritual after trick-or-treating was finished, dressed up as herself in her ritual wear and off the family went. While out, the family ran in to a friend of Sierra's younger sister, Leah, a second grader at the local elementary school. Leah's friend was costumed as a witch with the typical pointy hat, black dress and black boots. She was chatting happily about being out and then began to talk about all of the costumes people were wearing. Upon seeing their mother, Leah's friend stopped and asked, "Um... what are you supposed to be?" Leah and Sierra's mom replied quite simply, "Well, dear, I am a folk

witch." Leah's friend nodded her head, but the expression on her face gave away the fact that she was quite puzzled and didn't understand. Sierra and her dad had quite the difficult time from laughing too loudly at the response given by her mom. When they were out of earshot, she turned to her mom. "Seriously, Mom? A folk witch? LOL, Mom. You're funny." "Well, Sierra, do you think Leah's little friend would have understood if I would have said I'm dressed as myself?" The family chuckled and kept walking. The ritual was wonderful that night, and the kids chatted about it for days.

Sierra's mom had learned that, depending upon your audience, you give enough answers to satisfy the question. Over the years, Sierra had always watched as her mother would answer the questions that people had once they had caught a glimpse of the pentacle or the Goddess that hung around her mother's neck. Mom was always very matter-of-fact and gave simple explanations. She was also incredibly kind about the way she answered people. The answers she gave were always spoken in such a way that anyone knew that they could ask her more questions should they have any. Her mother was also not above putting someone in their place when it came to family matters if the situation presented itself.

As much as Sierra was like her mother, almost exactly, this was something she couldn't do. Sierra shied away from questions about her faith. She would quietly answer those who asked, but it never extended much beyond telling those who asked about her pentacle that it was a symbol of her faith. When other questions regarding her faith were posed to her, Sierra typically became flustered and so overwhelmed that she couldn't speak. Then she'd come home, tell her mom, and just get embarrassed. Sierra felt that her mom held an air of confidence in this area that she just lacked. Her mother would always tell her that there would come a day when speaking up about who she is will happen.

One very cold, rainy day during the waning period of the moon, Sierra came home angry, crying, and, in general, all stressed out. She fumed on and on in a rant not making much sense. Her mother knew that Sierra had been under some stress recently from exams and was also easily irritated by the drama of life as a teenager in high school, so she wondered which of these things it was and so ques-

tioned her daughter. "What's up, sweetheart?" "Grrrrrrr. Ugh. You have no idea, Mom," Sierra began. "School sucks and I hate it, hate my life and want to crawl under a rock and stay there." Believing it to be the typical teen angst story her daughter usually had to tell, Sierra's mom continued to question her.

"Mom, today was quite possibly the worst day of my life! Why do people have to be so nosy, talk crap about other people and why can't they all just GO AWAY!!!!!!!"

"Ya know, Sier ..." her mother started, but was interrupted by a teenager on a rampage.

"Today was bad enough for me. Please don't start on me now. I went to school, minding my own business. GAH! It's those stupid girls in my gym class. They just can't leave me alone. It's always got to be someone they pick on, and they've turned it on me. I try, Mom. I try really hard to fit in like everyone else. I don't talk about people, I don't make fun, none of that. WHY ME?"

Sierra's mom then, finding a moment when her daughter stopped for a breath, interjected to ask what the exact problem was expecting it to be the usual. What came out of her daughter's mouth was the opposite.

"Our religion. These girls found out we are Wiccan and have been spreading rumors about me all around the school. People are saying I sacrifice animals, some girls called me a devil worshipper, and today during lunch a boy stole a broom from the janitor's closet and began riding it around the lunchroom cackling and screaming 'Look! I'm Sierra. Better watch out because when the full moon comes I'll steal your babies in their sleep.' Then another boy threw a class of water at him so that dumb 'broom rider' screamed, 'AAAHHHHHHHH!! I'M MELTING!!' And the whole lunchroom erupted into laughter. This was my day."

Seeing how hurt her daughter was, Sierra's mom hugged her. Sierra was down-trodden and ready to "throw in the towel" on her own faith just to survive high school. Sierra's mom looked at her and reminded her that she is a beautiful girl and isn't a bit of the things that anyone said about her. She also reminded her that she knows the truth about her faith and who she is, so it is up to her to continue to be those things and show people who she really is and that she isn't any different than the rest of them. Since, by this point, they had made it up to Sierra's room, her mother pointed to the statues on Sierra's personal altar of a God and Goddess.

"I'm going to leave you alone right now to do, in your heart, what you need. Maybe a conversation with your patron God and Goddess may be in order? Oh, and go in my magick cabinet. You'll find a special cleansing bar made with lavender and rose. Go wash the day off." Her mother reminded Sierra that tomorrow was another day, and while gossip hurts, it's best to ignore it, refuse to respond to it, and be the best version of yourself. The gossip, no matter how old you get, will always be there, from the local sewing group to the typical day-to-day office chatter. Then her mother walked out, closing the door behind her singing all the way down the hall.

Left to her own thought, Sierra sat there. How could her mom just leave her in her hour of need? The longer she sat; she realized her mom was right. Sierra got up, ran down to the cabinet for the soap, took a long shower to "wash off the day," put on her yoga pants, lit the incense and set about to cast her circle. She spoke out loud to the Goddess and then grabbed a large quartz point. She held the crystal point in her hand and took all of the negative thoughts and energy that people had blasted her with that day and imagined that it was all draining into that crystal. She then took the crystal to cleanse it and leave it sit for a full cycling of the moon.

Meeting up with her mom down in the "witch room" (this is what her younger sisters and brothers named that particular room) she went over and kissed her mom on the cheek and gave her a big squeeze hug.

"All better?" asked her mom.

"Much. Thanks. I meditated for a while and know that no matter what, I just need to be true to myself. My new mantra - 'sticks and stones will break my bones but names will never hurt me.'" She then just grinned at her mom.

"I promise, Sierra, it gets better as you get older."

"I know, Mom. And I know that I'll be fine."

Then, giving her daughter an elbow nudge in her side, Sierra's mom asked, "Still, you want me to hex the girls who started this? Maybe make toads come out of their mouths? Ya know, I could call your aunt to come help with that." Both Sierra and her mother then broke into a fit of giggles knowing that what her mom said made no sense.

The next day, Sierra got up, smiled at herself in the mirror and simply said, "Today is a new day. Time to be the best me that I can."

# PANDORA'S CHICKEN SOUP

## Ingredients:

2 boneless, skinless chicken breasts  
A medium-sized bag of noodles (I used egg noodles)  
A handful of short celery pieces  
2 large handfuls of carrots  
2 large pinches of Himalayan pink salt  
3 Bay Leaves  
A pinch of Calendula flowers  
A pinch of Goldenseal  
A pinch of Echinacea  
A pinch of Thyme  
½ small Yellow Onion  
3+ cloves of Garlic  
3 8-ounce glasses of water  
Thinly-sliced Ginger root  
3 cans of low-sodium chicken broth  
pepper, to taste

Written by Pandora



## Directions:

1. Empty broth and water into a large pot. Set to simmer, while you work.
2. Cut chicken breasts into small pieces. Add the pieces to the broth, as you work.
3. Cut carrots and celery into small pieces, and then add to pot. Cover.
4. Cut up onion into smaller pieces. Add to pot, and stir to thoroughly mix. Cover.
5. Chop garlic, and add to pot.
6. Add Bay Leaves, and 1 pinch of pink salt. Stir, and then cover.
7. Chop more carrots and celery. Trust me, you don't have enough. Add to pot and stir. Add dried herbs, stir, and then cover.
8. Raise temperature to medium. Wait 5-10 minutes.
9. Add a few slices of Ginger. Not more than 7 very thin slices.
10. Stir. Add 2nd pinch of salt, and some pepper. Stir, again, and cover.
11. After another 5-10 minutes, add the noodles. Stir, thoroughly.
12. In 5 minutes, taste-test. Remember to cool the soup in the spoon!
13. Based off of noodle consistency, you will know when your soup is finished.

## Pandora's Hints

- this makes enough for 6 people, PLUS LEFTOVERS
- Put the onion in the freezer for a few minutes, prior to slicing. You won't cry.
- Don't try to save time by putting the noodles in sooner. It will still be fabulous, but your noodles will be mushy.
- Get your herbs ONLY from a reputable source.
- Chopped garlic has more flavor, and more healthy compounds, when compared to crushed
- Sometimes it's the natural health benefits, as opposed to the Magickal correspondences, that lead you to choose an ingredient, as in THIS recipe
- if you love more of one ingredient, than another, adjust the quantities accordingly
- You can even take into account the Moon and Astrological phases, too!
- Sometimes, just making something yummy is all the Magick you need!



# 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)



Meagan Stories



Grey School  
of  
Wizardry



## ANCIENT LIGHT

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

# NOTE TO THE PARENTS

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Written by Raven Moonshadow

Greeting Parents! Well, another month has passed and the Wheel of the Year is turning ever forward, never reversing. It is my hope that the month of December finds you well as I am sure your family is busy preparing for the Holiday Season. Here in the Western Hemisphere we are preparing for Yule. I know my kids are all a buzz about this month's events and can't wait to celebrate. The energy is running high!

As high as the energy is running and as tired as that can make me, I am quite thankful to the Lord and Lady that my children are so happy about their faith and excited about the celebrations. Around the globe, all people celebrate this time of year differently. Sometimes, this can lead to finger pointing, laughing, mocking, etc. Nothing makes a kid feel worse than being the "odd man out" so to speak.

While schools nowadays do a pretty good job at covering the various religious holidays that happen at this time of year, Pagan celebrations don't always make it into their lesson plans. This may leave your child feeling left out, singled out and looking like the "red-headed stepchild." You can help.

First things first, talk to your child about the differences in celebrations, but also point out the likenesses. If you are unsure of how other religions celebrate, go to the library. This is a great time to educate your child that, even though we are all different, we are all celebrating something. Depending upon the age group, contact your child's teacher and offer to go in and talk about your family's way of celebrating during this festive time. Last year, as my one child in pre-school was working on an entire segment of holidays for the month of December, I emailed her teacher and sent in a book which had stories and explained a little about how we celebrated. Our way of celebrating Yule was included in with Christmas, Hanukkah and Kwanzaa traditions in the class. My daughter was even asked to share a little of our celebration with the class. This simple kind act by the teacher really boosted my daughter and made her feel just as important as the other kids.

Holiday celebrations aside, make sure you are taking the time to "check-in" with your kids on a daily basis. Be sure to know what's going on in their lives. Being a mom of

six (yes, I really said 6) kids of varying ages, it can be a little overwhelming, but we make it a part of our day-to-day chatter in the house. At dinner, once we have mostly finished eating, we go around the table and talk about our favorite part of the day, our least favorite part of the day, and something that we learned. We all take turns, including us parents. It's a great family ritual. We listen to each other and no one speaks until the person talking is through, then if there aren't any questions, suggestions, etc, we move on to the next person until we have all answered. As a family, this has really helped all of us connect to each other. It has also made for some great conversation!

Openness is important, no matter the age of the child. My kids' age range goes from teen all the way down to infant. There are varying levels of communication, but sometimes all you need to do is listen. Many times that's what kids need – someone who cares and is willing to take the time to listen. There are lots of things going on in kid's minds and it's important to make sure that they are doing well. Even the older teen, no matter how independent they may be, needs mom or dad now and again to help them through something and bolster their self-esteem. Make your children feel empowered and that they have importance in the grand scheme of things.

Even if your religious paths differ, don't make your child feel as if they're religious choice is inferior to your own. You never want to shut a door so hard that it doesn't open again. If there is something you don't understand about your child's faith, ask them. If you share the same religious path and your child has questions, answer it. Don't brush it off. Instead, help them make that ever so important connection to what your family does/practices and why.

Through the triumphs and the tears, parents can be the greatest cheerleaders a child has. Making sure to keep their feelings in mind will be important as they are growing. I am not one to ever tell a parent how to parent their own child. Just love your child, as I am sure you do, for who they are and make sure that they know how loved and important they truly are in this life.



# BRINE-CURED ROAST TURKEY

Written by Pandora

## Ingredients

3 gallons of water divided into singles  
1 ½ cups sugar  
1 cup kosher salt  
2 carrots, chopped  
2 large onions, chopped  
2 leeks, dark tops trimmed off, chopped  
1 small stalk celery, chopped  
4 bay leaves  
2 Tbs black peppercorns  
2 Tbs coriander seeds  
½ tsp crushed red pepper  
½ tsp fennel seeds  
4 star anise  
5-6 sprigs fresh thyme  
1 12- to 14-pound naturally fed, free-range turkey  
1 large sprig rosemary (for basting)  
3 Tbs Extra Virgin Olive Oil (for basting)

## Directions

1. Bring 1 gallon water to a boil in a large non-reactive pot that will hold your turkey and fit in your refrigerator. Stir in sugar and salt until completely dissolved. Turn off the heat. Stir in carrots, onions, leeks, celery, bay leaves, peppercorns, coriander, crushed red pepper, fennel seeds, star anise and thyme. Add the remaining 2 gallons of water. Place the turkey in the brine and weight it down with a plate, if necessary, so it stays below the surface. Refrigerate for 72 hours.
2. Preheat oven to 425 Degrees.
3. Remove the turkey from the brine, brush off any briny bits and let stand at room temperature for 30 minutes. (Discard the brine) Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Place the turkey on a roasting rack, set in a large roasting pan.
4. Roast the turkey until the skin starts to brown, about 40 minutes. Use rosemary sprig to baste the turkey with oil. Reduce oven temperature to 350 Degrees and continue roasting the turkey, basting with more oil about every 30 minutes, until an instant-read thermometer inserted into the thickest part of a thigh without touching the bone registers 165 Degrees, 1-to-1 ½ hours more, depending on the size of the turkey. If the skin begins to darken too much, cover it loosely with

foil.

5. Carefully transfer the turkey to a large, clean cutting board; let it rest, loosely covered with foil, for 20 minutes before removing the string and carving.

**Yields:** 10 servings, plus leftovers

**Cost, per serving:** Under \$2.50

**Nutritional Info:** Per 3-oz serving (w/o skin):  
147 Calories; 4 g Fat (1g sat/mono, ea); 66mg Cholesterol; 0 g Carbs; 25 g Protein; 0g Fiber;  
96 mg Sodium; 253 mg Potassium; 20% DV Zinc

**From:** Eating Well Magazine, November/December 2009

## Pandora's Suggested Adjustments:

1. Purchase a brine/brining bag, instead of trying to find a pot that will fit into the refrigerator. Follow the directions on the bag's package, for combining the brine and turkey.
2. Do NOT baste the turkey, using the rosemary sprigs. Instead, drape some rosemary across the turkey. Baste with olive oil and drippings in the bottom of the pan.
3. Use some of the brine, if desired, in the bottom of the pan. Consider using it as the first baste, by pouring 1-2 cups over the top of the turkey.
4. If you don't use the brine in the basting oil, add some of the same herbs to the basting oil.
5. Use the drippings for to-die-for gravy, by mixing together flour and some cool water, then adding that to the drippings.
6. For an even moister turkey, cover with foil during the roasting process to 'tent' in the natural moisture.

# HELPING PAGAN ESTEEM

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Written by Trista

It is quite apparent that in today's world, being Pagan does not make one at the top of the popularity chart and can add more to the already brewing 'self esteem pool' that today's kids seem to have to live in. It is important that as a parent you walk softly when it comes to Pagan matters with your child.

At the same time most children are not privileged enough to have Pagan peers so they compare themselves to the only Pagans they know when it comes to magickal workings; adults. This is an unfair comparison to start with and hard to keep up with and maintain. This alone will start some Pagan esteem problems.

It is believed that if you can balance the major issues listed above equally that you will have balance in your home as well as lay a good Pagan base for your child.

## A few tips to help you out with this

- Allow him/her to take the lead on how much information is released about your religion and/or religious practices to friends. This might mean that the family altar has a way of being hidden when friends come over to play. Do not announce that this is an option, only a solution if a problem arises or the situation as a whole makes your child feel uncomfortable. Remember that as a child it was different for you as well, being an adult the issue of your personal religious freedom and what that right means has changed. Kids work hard at fitting in at times and it is bad when the parent doesn't back them up even if it does go against our soap box or moral grains so to speak.

- Leave the lines of communication open at all times when it comes to Pagan matters. By talking to your child often about any matter, especially Paganism, you will be more in tune with the issues they face. If you aren't able to help them right away, be prepared to tell them how to find the answer or allow them to work with you to find it. Sometimes learning how to handle situations and problems are just as much help as someone giving you and answer right away.

- When doing any magickal workings be sure to tell them in detail how things will be and what is to happen. Too many time kids think that 'Harry Potter' means magick and become disappointed that what they are doing doesn't have the same outcome. It is important for them to know exactly how it works so they don't become disappointed in themselves or their ability.

- Keep praise a constant in how they handle any Pagan related thing; workings, altar set-up, how they handle information told to friends, anything. Make sure that you give them honest opinion too and not the usual cookie-cutter words that have been over used. By making it unique and honest they will appreciate it more and it will go further.

- If you notice that there is an area where they feel uncomfortable in Paganism allow them their space to work it out before coming to aid them. Don't allow too much time to pass where they become so uncomfortable that they learn to avoid it though. When you do address it with them, take a different approach and make it age appropriate. A young child you might just have them help you when you do it where as a teen might be told that it is part of things and they need to stand up and face it but you will accompany them in case they have questions.

- Do not force anything Pagan on to them, even if you feel they should be a part of it. It is one thing to take them to the ritual and quite another to make them participate. When children are forced to do something they are not only embarrassed, they become uncertain with their own abilities within it and tend to shy from it in the end. On the same note do not keep them so sheltered from your own Pagan beliefs and practices that they become nervous around it due to lack of exposure.

# SPECIAL PAGANS

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Written by Raven Moonshadow

## **Bringing the Faith to Your Special Needs Child**

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

## **Self-Esteem**

Our topic this month is self-esteem and self-image. As a typically developing, normal (someone please define that for me) person, having a high self-esteem and maintaining one can be hard enough. Now, imagine if you will, that you are not a typically developing person; you have special needs or requirements to keep up with the typical routine of your day. As parents, we try to shelter our children, all of our children, from the “evils” that lay waiting in the world. Sometimes having a Special Pagan makes you want to shelter them that much more. Other times, you may wonder if they even notice. They do.

On a daily basis, check in with your Special Pagan. Talk about the day and ask lots of questions. Talk about feelings and find out how their feelings changed throughout the day. If they mention a certain event that happened, ask more. Depending upon the age and abilities, use open-ended questions rather than yes or no questions to keep the conversation going. This will help you really understand their day and how a certain event, or chain of events, has affected them. If it's a situation that needs addressing, make sure to reassure your child that you will do all that you can to resolve the problem. If it's a moment of great triumph, be sure to share in that joy with them. This will help bolster them. Small achievements, that may seem insignificant to us, may mean a great deal more to your Special Pagan. Small “failures” may mean the same. Never overlook the small as something too insignificant to be recognized.

In a mainstream society, fortunately, at least from my little spot in the world, acceptance of our special children is much greater than years ago when I was growing up. This doesn't mean, however, that there isn't still the occasional child that points and laughs or the parent that still comes up to you and tells you how sorry they feel for you

and “Oh that poor, poor child.” It makes your skin crawl, you get angry and fume. The best thing you can do for your child though is to not show the anger to them. Try not to let that negative energy hit them. I have a deaf daughter. She has some hearing, but is progressively losing it. I have had people come up to me and say, “What's wrong with her?” Sound familiar? Yeah, I hate that. My daughter would just look at you and say that there's nothing “wrong” with her and she is right. There is NOTHING wrong with our children. They may learn differently, speak differently, get around differently, but they are just as “normal” (there's that word again) as everyone else, and they deserve the same respect.

If a particularly hard day happens, make sure your Special Pagan knows just how much they are loved, that they are just as good as everyone else. Remind them that the God and Goddess created them exactly as they were meant to be and that they are destined to be someone wonderful. You may want to take the time to help them reflect and meditate and connect with the deity of your, or their, choosing. Point out how different everything is from each other. Show them how the Gods and Goddesses brought forth different trees, plants, flowers and even rocks, yet Deity is in all of them. Show them how people, even if they may look the same, are all very different. You can even show them what you have learned from your Special Pagan because the God and Goddess chose to bring them into your life.

Now, life isn't all bad, and there have been many wonderful things that have come from and/or happened to persons with special needs. In ending, I wanted to share a link to a news article regarding a teenage boy with autism. The event was a wonderful testament to how accepting people really can be of one another regardless of differences. The article was found through the Facebook group: PPSN Pagans Parenting Special Needs. A very special thanks to Mrs. B for telling me about the group!

The article can be found here: <http://www.yourpennttrafford.com/pennttraffordstar/article/classmates-crown-autistic-teen-king?ref=nf>

Until next time, May the Light of the God and Goddess be ever present as it shines down on you and your Special Pagan!

# MYSTICAL EVENINGS

Written by TristA

## Expand the Rhyme

Expand on the small rhyme on the Wee Pagan page to teach your own child the basics of magic; energy. Show them how to work their own energy or at least let them know they have control of it. Play small games where you share it with one another or with things around you. Be sure to also teach them the importance of privacy and keeping things to themselves. This can be a great opportunity for you to start them on the path of Paganism and the open communication on that topic.

## Evening Toast

Set aside some time to have an evening toast that will include everyone. Toast to the best attribute of each person allowing them to state their own or take turns toasting one another. It is important that everyone included know that they are special and has their own positive attribute to offer and without them the 'family wheel' would not turn as well.

## Menu

Chicken Soup (show how many good ingredients make a wonderful whole person)  
Biscuits or Bread (used for soaking up extra good energy floating and consumed)  
GORP.

## Animal Feeders

To add excitement, take a walk before, after, or as a highlight of your dinner to spread the feeders made by the kids for the animals. This would be a good time to talk about the Pagan world with your child. One-on-one time is always a plus and adds so much more to things.

## Making It Special

Where to have your special dinner could be as important as how to have it. Having a picnic in the middle of the woods would be ideal; however, it is not always possible. You can have a special of a dinner at home at your regular dinner table as well.

Setting the mood may be the most important part of the night as well as where it is. Adding some candles and turning off the light might be all you need to make things special. You may plan to go all out and move the table to the side of the room and have a picnic type meal on the floor by candlelight with all the trimmings.

Borrow some of nature's things to aid in your setting if you don't plan on going out. Some fallen pine branches in the middle of table in some water make a great centerpiece. Have the kids help with this part of it and show them how things in nature can connect with them as they choose what comes in and what doesn't.

Be sure whatever you do that the dinner is nowhere near the normal dinner. It is important that they 'feel' the magic that flows throughout and although adults may because we know what to feel for the kids might not. This means that more will need to be present to teach or show them how to tell. Do not get discouraged if at first they don't find it because it may take awhile to understand the feelings. Remember kids feel first then find labels to the feeling later. The way things are set up may help them to concentrate more on their own feelings and what you are trying to achieve.

# Tasting Game

Play a game with the main dish of the dinner. Go around the circle letting everyone tell one ingredient that they taste in the soup. After they tell what that ingredient is they will tell what it makes them think of. Once everyone has told what that ingredient makes them think of then the next person will tell of another ingredient and so the game will go.

Explain during or after the game that this is how correspondence works. There are correspondences for everything and you can find them in a book and you can add the things it makes you feel like. Together they become the correct correspondence that belongs to just you.

If you are dealing with only older kids you can expand this game to some easy correspondences that you know to give them more of an idea how it works. An example would be the egg representing birth. Just make sure the things are so easy that they understand how the items could correspond.





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