

Happy New Year  
MKL  
18.12.08

# PAGAN Moonbeams

## 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*

With the weather being so harsh it is like most to spend more time indoors. Be sure not to forget nature during this time. Spend moments with the cold wind, freezing ice, and delicate snowflakes. Remember all nature deserves attention.

### Mandi Aumann

*Writer & Admin. since: July 08*

My favorite thing about this time of year is the food: hot oatmeal, homemade soup, herbal teas, and baking breads, cookies, and cakes.

### Raven Moonshadow

*Editor & Writer since Aug. 08*

As the winter seems to dig in deeper, the world almost seems to wind down. With that in mind, I turn to caring for my loved ones, especially my little pagans, thinking of love, health and prosperity. I wish all of these things for you, during the colder, and seemingly slower period, as the wheel of the year continues to spin.

### Rhiannon Swanshadow

*Editor since: Sept. 08*

Brightest Blessings, and Happy New Year from chilly, damp England! Even though there's no high day this month, it's still the perfect time to reflect on the new year, your plans, your hopes, and, maybe to make a few resolutions.

### Lionfirestone

*Editor since: Sept. 08*

Wow, 2009 already. January marks 5 months for me as a volunteer for Pagan Moon Beams and I have been having a great time. I wish each of you a productive and prosperous year, full of magick and wonder. May your journeys bring you adventure, insight and happiness. Blessings

### Pandora

*Editor since: Dec 08*

Winter's a time that makes me want to snuggle up with my loved ones and keep warm. It's my wish that you can share the warmth in your heart, and stay close and snuggle up to all the memories and people..and animals..that you care about. Blessings abound!

## A Few Words

As with everything else today Pagan Moonbeams will be going over some new changes. The economic and society changes in today's world affects everyone, including our volunteer staff.

We are totally dedicated to getting this newsletter to you on a regular basis, however, the time we all have been dedicated to the e-zine has shrunk as home demands more from the staff volunteers.

The new changes that will take place are listed below:

- A new e-zine will be released bi-monthly instead of each month. We are hoping to include more usefull information as well as a more quality publication by doing this.
- This will be our last issue before beginning the bi-monthly issues in April/May. March will be spent revamping and working on our facelift and pondering improvements.

It is in great hopes that the changes will aid to adding Paganism in everyday life for your home!

If you have any suggestions or comments feel free to let us know: [paganmoonbeams@yahoo.com](mailto:paganmoonbeams@yahoo.com)



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

## Issue Shorts

- The Bruises on the Earth section will take a small break due to a series of articles and lessons with the elements. It will return once this series has run it's course, which will be in four months.

## We Appreciate Your Readership

# In This Issue

Volume 2 Issue 6

**Jan. - Feb. 2009**

**Cover: Happy New Year**

**News & Info** **pg. 4**

Quick Clips: Jelly & Milk  
Sacred Places: Aramaddanapura  
Things to do in the Cold

**Crafty Pagan** **pg. 7**

Imbolc Candles

**Pantheon Focus** **pg. 8**

Topic of the Month: Love  
Roman God/Goddess: Venus & Cupid  
Norse Goddesses: Sjofn & Freyja

**Wee Pagans (grades PreK-1st)** **pg. 11**

Crafts: Snow/Winter Crafts  
Winter Nature Fun Activities  
Snowflake Man Story

**Pagan Spotlight** **pg. 14**

Colleen Kelly

**Young Pagans (grades 2-7)** **pg. 17**

Correspondence Journal: Music  
2008 in Review  
Candle Contest Story & Activities

**Herb/Mineral** **pg. 20**

Cinnamon  
Smokey Quartz

**School Bell** **pg. 21**

English  
Recess

Elective: Orienteering

**Pandora's Recipe Box** **pg. 25**

Lunch: Shepard Pie  
Drink: Passion Drink  
Snack: Ice Cream & Blueberry,  
Lemon & Yogurt Muffins  
Imbolc: Crescent Cakes, Dream-  
Walker Tea & Bridgid Soup

**Pagan Teens** **pg. 28**

Middle Magic: Magickal Records  
Element Studies: Earth

**Puzzled Up** **pg. 34**

License Plates  
Gemstones  
Cryptogram

**Pagan Resources** **pg. 35**

**Want to see some-  
thing else? Let us  
know!**

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

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# News & Info Spin



## Quick Clips

By: P. Nichols



### Tis The Season For Jelly

Jellyfish that is. From tiny jellyfish the size of peanuts in the Pacific Ocean around Australia, to those as big as refrigerators in the Sea of Japan, countless billions of jellyfish are being seen in all over the world right now.

Huge swarms of jellyfish, some covering hundreds of square miles, are popping up all over the world and no one is quite sure why. Some say climate change is to blame and others say it is a natural cycle or due to overfishing. Maybe it's pollution or the presence of more artificial structures. Whatever the reason, tis the season for jelly.

### A Sea of Milk

For at least 400 years, sailors in the Indian Ocean have been telling tales of "sailing in an ocean of milk" and how the ocean water would glow with a beautiful white light at night. This old seaman's tale has been found to be true. It seems that bacteria are the cause of the glowing white sea water.

Bacterial blooms consisting of trillions of bacteria with the ability to glow just like a firefly have been photographed by a satellite flying over the Indian ocean at night. The photos coincided perfectly with reports from a boat in the area at the time.

## Kudos To Laura!

By: TristA

I would like to take this time to throw out a big Thank-You to one of the most dedicated staff members we have. She is an editor, general drill sergeant to us writers, and a great research person. Each month she spends many countless hours dedicated to the issue going out, even if it means she sacrifices the things she has going on her end.

She has put in countless hours assuring that issues go out on time. Laura is one of the 'backbones' of this e-zine. Without her, many issues would have been later and/or not received at all. December was a very busy month and she took time out of her own holidays to assure this issue was a success.

***Thank You Laura, Pagan Moonbeams is lucky to have you!***

### 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:

**Aramaddanapura**

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

US - Jan.= <http://paganmoonbeams.com/pdfs/PaganCalJan09.pdf>

Feb.=<http://paganmoonbeams.com/pdfs/PaganCalFeb09.pdf>

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

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# News & Info Spin

## Digging For Fun

By: TristÅ

Even though the weather has turned cold and outside is a now a small amount of time every now and then, this doesn't mean that you are out of luck. You need to dig a little deeper to find fun and we have already started the process for you. Check out some of the fun things below to brighten up this dark part of the year!

Outdoor Hour :

Warm Weather:

<http://handbookofnaturestudy.blogspot.com/2008/09/where-to-start-with-outdoor-hour.html> (accompanies Handbook of Nature studies)

Cold Weather:

[http://handbookofnaturestudy.blogspot.com/search?updated-min=2008-01-01T00%3A00%3A00-08%](http://handbookofnaturestudy.blogspot.com/search?updated-min=2008-01-01T00%3A00%3A00-08%00)

(accompanies Discover Nature in Winter)

The Green Hour is just a lesson and nature fun wrapped in one. It offers an activity, craft and other educational sources to make a really fun outside time for each week: <http://www.greenhour.org/>

Yoga & Meditation classes that include reading and video lessons. Many different classes are available for you to do.

<http://anmolmehta.com/blog/classes-online/>

Writing exercises & tips to complete them:

<http://www.meredithsuewillis.com/writingexercises.html>

Gain Computer Skills with weekly video lessons:

<http://www.learnmypc.org/>

Learn the latest discoveries as well as brush up on interesting things found in the past with this earth and sky radio stream that is updated regularly:

<http://www.earthsky.org/> Try some contests and rack in some prizes!

Ages 11-18—write a book review and win an autographed book from the author (Jan 27 entry). This blog is also offers many book reviews and writing pointers for same age group.

<http://www.rachelstarrthomson.com/inklings/>



This is a yearly event that is a wonderful addition to winter nature studies and gives kids the chance to aid in the bird population, as well as help scientists. Click on the image above or visit:

<http://www.birdsource.org/gbbc/whycount.html> to get started!

## Pooka Purrs Again

By: Raven Moonshadow

Many of you readers are or may have been fans of Elsie and Pooka, the little country with and her mischevious black cat. The stories, written by Lora Craig-Gaddis, have been delighting children world-wide for years.

Prior to each Sabbath, Lora sends out a newsletter to all of her readers including stories, book reviews, spells and crafts for the younger Pagan children. In addition to this Lora has signed a 3 book deal chock full of stories and her artwork. Two of those books will be released together.

While Lora is doing all of this, she also has moved her website. You can now find Elsie and Pooka on [www.pookapages.com](http://www.pookapages.com). Her web-store, which had been closed for remodeling, will be re-opening shortly with all of your favorite Elsie and Pooka items that you have come to love.

For more information, or to drop Pooka a line (it's rumored he loves to get mail too), you can contact Lora at [pookachild@hotmail.com](mailto:pookachild@hotmail.com)

# Think!

Weekly Challenges to Encourage Kids to Think OUTSIDE of the box

[www.kidswhothink.blogspot.com](http://www.kidswhothink.blogspot.com)

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# News & Info Spin



## Answers to Last Month's Puzzles Up

### 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? [Zodiac Warm-Ups pg. 27](#)
2. How many snowflakes can be found in this newsletter? [4 Pg. 4 & 11](#)
3. What spice can be found in a broom? [Cinnamon pg. 10](#)
4. What kind of light is best for photographs? [Natural pg.29](#)
5. Which wood is best for protection? [Birch, Elm, & Walnut pg. 40](#) (sorry about this one going past the boundaries)
6. What animal were the fictional Gremlins, Mowglis, and Furby's modeled after? [Pigmy Tarsier pg. 22](#)
7. What topics are the God/Goddess pages concerned with? [Love pg. 7-9](#)
8. What page can you find the world on? [News & Info Spin pg. 5&6, Young Pagan pg. 28](#)
9. Where can you find a blue dress? [In the Local Pagan Spotlight on Kelly Lincoln pg. 16](#)
10. What two pages start off with a recent news article? [Young Pagans Pigmy Tarsier Unit & Pagan Teens Bruises on the Earth pgs. 22 & 34](#)
11. Where could you find a page where only an image resides? [Cover](#)
12. What staff member quoted Shakespeare? [KayBee pg. 2](#)
13. How many article headings are written in blue? [92](#)
14. What year was William Perkin born? [1838 pg. 28](#)
15. How many pictures are found in Pandora's box? [4 large /or/ 10 total pg. 32](#)
16. Name one staff member that didn't write in this edition. [Laura Shadley /or/ Rhiannon Swanshadow \(they are editors\)](#)
17. On what page can you find something about a mage? [School Bell—English pg. 25](#)
18. How many pages have the word 'Pagan' in the title? [12 pgs. 11-17, 21-23, 33-37, & 39](#)
19. Which hand do you start off with (D or ND) when signing Earth? [ND pg. 18](#)
20. What color is Raymond Buckland's tie in his picture? [Red or red with white designs pg. 14](#)

### 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 [Altar Tools/Supplies](#)
2. Beltane, Samhain, Lunasadgh [Pagan Celebrations/Holidays/High Days, ???Sabbat??](#)
3. Bonfire, Robe, Circle [Things at a Ritual](#)
4. Druidism, Wiccan, Hinduism [Pagan Paths/Religions](#)
5. Fire, Air, Water [Elements](#)
6. North, South, East [Cardinal Directions](#)
7. Bard, High Priestess, Elder [Pagan Positions](#)
8. Crescent, Full, Blue [Moon Phases ??](#)
9. PPD, CAW, Pagan Federation [Pagan Organizations](#)
10. Easter Island, Stonehenge, Tara [Pagan Landmarks](#)

## EARMUFFS

Using the word above see if you can make 21 four letter words.

FAME	MARE	RUFF	SEAR
FARE	MESA	RUSE	SERF
FARM	MUFF	SAFE	SURE
FEAR	MUSE	SAME	SURF
FUME	REAM	SEAM	USER
FUSE			



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# Crafty Pagan

By: Pandora

## Imbolc Candle Crafts designed for everyone!

Fire and its symbolic use in candles are an important aspect of this festival. Brigid is the goddess of poetry, healing and smith-craft. As the Goddess associated with Imbolc, she is also associated with holy wells, sacred flames and healing. The lighting of candles and fires represents the return of warmth and the increasing power of the Sun over the coming months.

**Add burning a candle to your family Imbolc celebration with your own candles as the star of this important event.**

### Decorated Pillar Candle

#### Items needed:

Large wide pillar candle (at least 3-4 inches wide)  
hair dryer  
wax paper  
personal additions  
lot of imagination

#### How to:

- Create a clear space to work on, such as a table or counter top.
- cover your work space with newspapers
- cover a smaller area with wax paper; this is where you'll keep the candle
- Assemble all of your ingredients. (Don't forget you can personalize your candle with items such as:  
bits of old candles, for color  
"nature's rubbish"...pinecones, seeds, flower petals, herbs, leaves  
anything that has personal meaning (as long as parents say it's ok)
- Arrange everything in a way that makes it easy to reach
- Set the pillar candle in the middle of the wax paper
- Using the hair dryer, heat the outside of the candle, to soften the wax.  
Quickly and carefully add your ornamentation to the candle  
\*Try working in sections, to make it easier\*
- Allow to dry, after all decorations are finished

#### Adornment Ideas

*Rosemary*: for general protection  
*Rose, lavender, jasmine*: for love  
*Red and white pieces of wax*: candy cane effect..love, purity  
*cinnamon sticks*: divination  
*moon shapes*: cycles  
*seeds*: growth  
*Cloves*: prosperity



### Make Your Own Candles

(for teenage or older Pagans)

#### Items Needed:

Pieces of old candles (wick removed)  
broken crayons (label removed)  
candle wick (available at any craft store)  
double-boiler & oven mitts  
metal can (old concentrate juice cans work great!)  
disposable pen barrel (it's got to be hollow)

#### How to:

- Bring water to boil, using the double-boiler
- While the water is heating, prepare your wick (measure the wick plus 2", along the length of the can & tie a knot at one end. Thread the rest through the pen barrel)
- Once the water has started boiling, add in your pieces of wax
- Once melted, turn off the burner, and move the candle can, only, to the sink
- Get the wick-pen, and gently push the wick down the center of the can (knot down)
- Put cool water into the sink, to speed the hardening. (Keep water out of candle)
- Slowly remove only the pen barrel
- Leave until hardened, then tear away cardboard juice container. Or put in freezer to loosen the hold, for a few minutes.
- Clean up your work space, and enjoy!

[Burn candles, only with adult supervision, and in fire safe containers and areas](#)

By: TristÅ & Lionfirestone

Remember these main facts:

- Throughout your studies** of the God and Goddess' within any pantheon it might be in your best interest to regularly consult and/or discuss the material presented with your parents and/or another Pagan adult. You may want to do your own research as well. Opinions and information will not always agree so you will need to do some personal inner research to find the correct way from within and guidance from the Gods themselves.

By: Lionfirestone

♥ ♥ If you decide to do research on the internet, make sure you talk to your parents or adult pagan leader first. They will want to ensure the content settings are set so you do not end up on a site you shouldn't. ♥ ♥



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# Roman Love Gods

By: Lionfirestone

The Roman pantheon contains a tremendous number of Gods and Goddesses as well as some that have changed in name over the centuries. This is because the ancient Romans seemed to have allowed culture, rulers, and surrounding areas to influence the names of their Gods. As well as trying to assimilate the deities of those they conquered. In this section the most well-known Gods and Goddesses known in this pantheon will be covered.

## Venus and Cupid Roman Love Gods

### Cupid:

His origin is listed in several different versions, son of Venus by Vulcan, son of Mercury and Diana, son of Mercury and Venus. He is now largely associated with Valentine's Day, however there are two faces of Cupid. He is portrayed as the cute little chubby boy who flitters around trying to help people fall in love and he is a very naughty and mischievous boy who causes problems everywhere he goes.

### Venus:

Was originally a vegetation and fertility goddess. Later she became the Goddess of Love and Beauty and the daughter of Jupiter. Venus gained great popularity from Julius Caesar and Augustus who both claimed her the ancestor of their family (Julian). Venus is also listed as the mother of Aeneas.

## The Coming of Venus

Venus is one of the deities that was assimilated into the Roman Pantheon. It is suggested that she was originally an Italian goddess.

When Julius Caesar ruled Rome he claimed Venus was his ancestor and her popularity grew quickly. Temples dedicated to Venus were built and a Venus cult gained favor. Venus was worshipped by nobles, commoners and soldiers.

Because Venus was assimilated, it is very difficult to find information that is not borrowed from another culture. Most stories of Venus are really stories of Aphrodite.

There is mention of a story involving Venus and Cupid, and their escape from the monster typhoon. Venus and Cupid are either turned into fish or escape on the back of fish. However, there are not many references readily available on this tale.

### The Names of Venus

Venus Verticordia  
Venus Victrix  
Venus Genetrix

### The Names of Cupid

Amour  
Cupido

## Quick Facts

- Venus and Cupid are the fish Pisces symbol
- Both Venus and Cupid were worshipped in temples
- Venus is the brightest object in the heavens after the Sun and Moon

*If you choose to use the terra cotta doll found in Dec '08 issue page 9 some ideas are below.*

## Dressing Cupid and Venus

Cupid is depicted as a small boy or baby, either in a diaper or with a bare bottom. He has small wings and a bow and arrow. Sometimes he is also shown with a helmet and a shield.

Venus is most often shown either completely naked or with little clothes on. There are some paintings of her from Pompeii that show her clothed.

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# Norse Love Goddesses

By: Lionfirestone & Pandora

The Norse pantheon is a collection of gods and goddesses from the northern Germanic tribes. Norse mythology remained mostly unchanged during the Christian movement. This could have been due largely to the fact that the Norse gods and goddesses were based on real people. Unlike other cultures, Norse gods were mortal and had to eat.

## Sjofn and Freyja Norse Love Goddesses

### Sjofn:

Is the goddess of love and harmony. She inspires men and women to fall in love and she keeps married couples from fighting. She often uses potions or her seductive songs to inspire two people to fall in love. Sjofn was an attendant to Freyja.

### Freyja:

Goddess of love, beauty, fertility, magic, and youth. Freyja is the daughter of Nirod and Nerthus or Skadi. She rules death and love. She has been considered the inspiration of love poetry, as she is the true sense of love. Freyja, or Freya as she is sometimes called rules the Valkyries and the world of Death. She is not to be feared, for she is not mean in any way; she is not the bringer of Death, but a guide to those that pass. Freyja is the protector of the weak, a healer, a granter of magic, and a source of love and peace.

## A Valkyrie's Love

Freyja was the daughter of Nerod and Nerthus, and half-sister to Thor and Loki. She also had a brother name Frey or Freyr. They were all born into the god race of the Vanir, but Freyja married into the other race—the Aesir—to end a long-standing war. Her husband's name was Odur and they loved each other deeply. After the wedding, Freyja, Frey, and their father all went to live in Asgard, as a token of their friendship.

Every morning, Freyja would fly over the earth and sprinkle the fields with morning dew and summer sunlight behind her. When she shook her hair, spring flowers could be found. One day, Freyja was tricked into going on a long journey, and leaving her husband behind. While journeying, she came to visit some dwarfs. While there, she noticed a beautiful handmade necklace of gold, called Brisingamen, which meant “jewel of fire”. Freyja could think of nothing but having this necklace for herself. But when she asked about the cost, she was told that it was not for sale, unless she would marry each of them for one night and one day. Feeling so drawn to the necklace, Freyja agreed, knowing in her heart that she would have to redeem herself with her husband, upon her return to Asgard.

However, upon her return, Freyja found that Odur had gone out looking for her. So distraught by what had happened, she knew she must go looking for her husband. Taking advice from Odin, she wore her necklace while she searched, but it was stolen...probably by Loki. But it was soon found, as was Odur, who forgave fair Freyja.

### The Names of Freyja

Freyja  
Freyia  
Gefn

### The Names of Sjofn

Siofn  
Sjofna

## Quick Facts

- Astrild is a God or Goddess of Love but is not listed in any mythology. Astrild is only mentioned in the Eddas
- It was said that the tears of Freyja turned to gold when they touched the earth or amber when they touched the sea
- Sjofn would invite guest over with the intention of making them fall in love

*If you choose to use the terra cotta doll found in Dec '08 issue page 9 some idea's are below*

## Dressing Freyja

Freyja was well know for her beauty. She was said to have beautiful blue eyes and long flowing blonde hair. But she was also a warrior and was shown in full leather armor, with helmet, shield, and spear over her long flowing gown.

Sometimes, she flies across the skies in the form of a falcon, due to the magical cloak she wears that is made of feathers; it allows her to change into this form. She travels the world, in a chariot pulled by two large cats, searching for those needing her assistance. All cats are important to Freyja, and it is believed that they carry messages to her.

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## Wee Pagans

By: TristA

### Snow Painting

Take some squirt bottles and fill them with water and a few drops of food coloring. Once you are bored on a snowy day go outside and use the spray bottles like spray paint, to make designs in the snow. You can use different colors, for added fun.

*Don't forget to show off your masterpiece!*

### Recycled Sled

Sledding is an all-time favorite of everyone, when the heavy snow comes. You don't have to have a fancy sled to enjoy the fun. Try this 'recycled borrowing' project to make your own and have the most fun of all.

- Find a used and clean cardboard box from a trash bin or left over from the December holiday festivities.
- Bring it in the house and have an adult cut it, so that it is wide enough for you to fit on. Take a bar of soap and 'color' with it, until it covers the whole bottom of the cardboard.
- Make a 'hood' ornament for your soon-to-be sled just in case other's show up at the snow with the same kind of sled. This can be anything you like to make that goes well with the season. Some idea's would be a snowman made of cotton balls, a sled made of popsicle sticks or a tree made of pipe cleaners. Attach your ornament to the cardboard, where you have determined will always be your top of your sled, with super glue, string, or anything else that will hold it firm.
- Lay the cardboard flat on the floor and leave it overnight (if parts won't go flat, sit heavy stuff on it, to help keep it flat).
- Use your homemade cardboard sled on a nice snowy hill with others and have fun.
- When you are totally done with your sled have an adult help you bring it inside for drying. Place it somewhere that a little water can get in like in the bathtub or on a tiled floor. Take the hood ornament off and run a damp warm rag over the soap to remove as much of it as possible without drenching the cardboard. Leave to sit until dried.
- When dried fold up cardboard so that you are able to carry it around.
- Have an adult call ahead of time to a store that recycles cardboard and set up a time when you can bring in your cardboard to add to recycle it. This trip to the store may even include a small field trip allowing you to go 'in the back' with personnel and watch how they prepare for recycle pick-up.

### Home Icicles

There are many times in these cold months that we feel to enjoy nature we have to go outside and the weather or other conditions restrict us from that. Here is an activity working with nature from the warmth of indoors.

#### Craft

1. Put a large dab of glue (clear drying works best) the size of a quarter on the top of a piece of wax paper.
2. Line the working area with newspaper. Next, hold the piece of wax paper up from one end and allow the glue to drip down the side. It is best to only hold it long enough for the glue to reach a little over half-way down.
3. Repeat procedure (numbers 1&2) as many times as you wish to make individual icicles.
4. Allow all the glue to dry. It works best if you allow them to sit overnight.
5. Have an adult help you carefully peel the glue off of the wax paper. Be sure to go slow so the drips will stay in one piece.
6. Tape the freshly made icicles on the windowsill. It is best to tape them in the center cross section and not allow them to touch the glass pane.

#### Project

Now that you have you home icicles hanging from the window, you can try to have some fun with nature. This project needs to be done on a sunny day.

1. Open your curtains where you can see your icicles well from across the room.
2. Clear the spot on the floor where the light rays travel through the icicle and land naturally. Be sure you can view it well. If the rays is blurry or hard to see you can place a piece of paper, white sheet or towel in that area to help view.
3. Spend time looking at the rays. See if you can find images or designs in them.
4. An adult could help you find the meaning of the images or objects that you spot and aid in putting their meanings together. This will help you understand the messages you are getting from the sun.

Have fun listening to the sun as you learn a little of it's power and some correspondences of the things that you see.

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# Wee Pagans

By: TristA

## Nature in Winter

Going outside to play in the snow is about all most people do in this season. Make this the year that you do more than that. Take time to bond with things and learn more about what Nature does this time of year.

No matter where you live, you are sure to see things that you can't see any other time of the year. Open your eyes to what Nature shares during this season each year.

### Photo Journal

Although many people think you are too young, it is true that your age group loves to take pictures. This time of year is a great time to take pictures too because not only is it beautiful, it is full of life and energy.

Share walks in the wintertime with nature. Stop and look at all the things you can only see during this time of year. Take your camera along and make a photo journal of the things you see. Below are some ideas that you can add to your photo journal.

- Animals that are active during the winter. This can mean the actual animal or signs of the animal like tracks, nests, burrows, etc...
- Trees. The evergreen trees shine more in the colder months than the warmer ones. Bare trees make it easier to take photos of the bark, as well as signs of the special things they do this time of year.
- The sky puts on a beautiful show this time of year. Even though it seems that the clouds are thick and it is overcast, you can find some really cool shapes and images in them. The sun, moon and stars seem to shine better in the winter because you are able to focus more on just them.
- Small beauties that you find. A glistening icecicle, melting snow, gleaming iced-over pond, or anything else you feel pretty or catches your eye.

After taking the photos of your choice and having an adult print or develop them, arrange them however you want to in your own journal. If you are not partial to an actual photo album there are many other ways to document the things you find: scrap-booking, reconditioning books, bulletin board display, wall hanging, collage and anything else you can think of.

### Ice Bridges and Roads

Did you know there are some places on the planet that can only be reached during the winter months when ice bridges or roads form? The people that live in these areas have to get their supplies for the whole year during the freezing months of winter.

During the Ice Age, early men traveled to places they had never been before on ice bridges.

### Cold Winter Scavenger Hunt

Have fun with a scavenger hunt in the winter snow while you learn some really cool things nature has to offer. Some ideas of what to put on your list are below:

- Ice on water forms that show signs of thick and thin parts. Nature knows which areas need more protection and forms thicker ice to help them with that. The animals and life forms that live in the shallow areas do not have as much protection from what is happening outside the waters.
- When the snow covers the ground, it is helping in the compost of nature's rubbish over the past seasons. This will help the new grass, bushes and trees that plan to come up when the winter comes to an end. Find up to 5 different pieces of nature's rubbish that will aid things in your area.

Although this is written for areas that get snow, the idea can be used and adapted to any kind of environment.

### Window Art

To learn more about nature during this time of year, try a different twist on the regular art project. This is to be done on a day where the snow has gathered on the window sill.

1. Draw the window as you see it from inside the house (do not draw the curtain) using a dark crayon or marker on a piece of construction paper.
2. Use a magnifying glass or hand microscope to view the snow. Look at all the detail, dust and other close-up things in it.
3. Draw the snow showing all the things you found in it on a piece of white paper.
4. Cut the white paper out and glue it to the construction window page you made before.
5. Hang it in your room to remind you how much life is in one of the calmest forms of water.





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## Wee Pagans

By: TristA

### Read With Me! The Snowflake Man




A  age **15** got A  . He  d at

A  , A  , A  , & A  with

his  . He liked the  s best .

He grew  & still  d at  s .

He got A   & took  s of

 s . He took  s of  s all the

 .  call him the   .

**For Fun**

**big**

Take a hard look at the snowflakes in your own area. If you don't have snowflakes, look at the crystals in your freezer ,or at some ice. For a better look, make sure you put them on a dark piece of cold construction paper or cardboard. Use a magnifying glass or microscope to see them up close. See if you like them as much as the Snowflake man did. If you have a camera, you may even want to snap a few pictures so you can see how they look when photographed, too!

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# Pagan Spotlight

By: Lionfirestone

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 Pagans of the past. It is in hopes that readers 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 whom 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 Pagans, 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 areas, 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 Questionnaire](#)

[Interview Checklist](#)

[Picture Information](#)

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



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## Local Pagan Spotlight

### Colleen Kelly

By: TristÅ

I chose to interview Colleen Kelly in great hopes that her spirit and strength will rub off on others. That spirit and strength is what is needed today to make the world a Pagan friendly environment. I feel that is her best accomplishment, in this little corner of the world!

There is so much to say about Colleen because she continually does amazing things and is the one to initiate those well needed 'baby steps', which starts that gigantic leap for Paganism, locally. She has a very cheerful disposition and seems to share happiness where ever she goes. She is a very strong Pagan and knowledgeable in most paths. I have met her several times on a personal and professional level and all of them have been very pleasant experiences.

*Even if you can't do so many large things like Colleen, at least make your best effort!*



**Were you raised in a Pagan home?** *When I was very young, say from age 3 to 6, my parents took me to a Baptist Church. My one real memory of that time was that my 2 older sisters and I sang in a talent contest at church. My mother dressed us up in fluffy dresses and hats. Our song was, "Somewhere over the Rainbow" which is from the Wizard of Oz.*

**Did you raise your children as Pagans?** *No. I raised my children to make up their own minds. I tried to expose them to many ideas about religion so they could experience different things; including Christianity. I tried to teach them to think for themselves and make their own decisions. I did expose them to pagan ideas and practices.*

**How long have you been a Pagan and what path do you follow?** *I remember a vision telling me I was a Druid when I was around 3 years old. I asked my parents what a "Druid" was and they did not know. No one I asked knew for several years (including myself).*

*Now, more than 50 years later, I practice what I call a 'Druid with Shamanistic and Voodoo tendencies' path. For several years I was a member of ADF; Ár nDraíocht Féin: A Druid Fellowship. Their website is [www.ADF.org](http://www.ADF.org)*

**Tell about what drove you to begin Pagan service for the community.** *Basically I simply could not find other Pagans when I moved to Michigan in early 1998. I had found likeminded people in New York (where I lived for 15 years) but I did not know anyone in Michigan except my family. The Mid-West is not as open in some areas as the coasts (East Coast and West Coast states); so there were no openly Pagan or Metaphysical stores and no groups which advertised.*

*Once I found out how difficult it was to meet people I set up an umbrella organization called, "Seekers of Light" which put on rituals and helped people find others who followed the same path they did.*

**What accomplishments have you made for the local Pagan community?** *This is such a difficult question to answer. Much of it depends upon perspective.*

**I have done the following things:**

- *Founder of Seekers of Light*
- *organized and was the Local Coordinator for Pagan Pride Day in Kalamazoo, Michigan for 3 years*
- *one of the founders of Hearth and Grove Church*
- *past president of Caer na Donia y Llew (a Welsh Pagan Church)*
- *Ordained Pagan Clergy through Caer na Donia y Llew*
- *Helped put on the 1<sup>st</sup> and 2<sup>nd</sup> Indianapolis Witches Masquerade Ball – now in its 4<sup>th</sup> year (March 2009)*

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## Local Pagan Spotlight

### Colleen Kelly

By: TristÅ

- *one of the founders of Gaia Works here in Indy*
- *one of the founders of Gathering Spirit – a metaphysical Church Community*
- *leader or co-leader of CUUPs (Covenant of Unitarian Universalist Pagans) for the past 3 years and a founding member of the CUUPs group*
- *presented several speaking engagements for local hospitals, mental health organizations and other public presentations*
- *currently I do Pagan Prison Ministry in two central Indiana prisons*

**What is your hope for Paganism in the future?** *I really hope that we mature and are able to begin to work cohesively together for the common good of the community.*

**What advice would you give to Pagan children?** *Sometimes it can be difficult to be different. But different is not necessarily bad. It is hard when people talk about doing things like going to church youth groups or Sunday school. Sometimes they will make fun of you because you are not like them. Sometimes they will be mean to you.*

*That does not make them right and you wrong. In fact it does not make you right and them wrong either. Each and every person must, one day, make up their own minds about what they believe. And sometimes those beliefs change or evolve as you grow. That is really ok. We are introduced to new information and ideas all throughout our lives. It only makes sense that your beliefs about religion would change and evolve as you learn more. Try to be comfortable with this idea. And also understand that others have the right to believe what they want to as well. This is called ‘religious tolerance’. It is a great thing to practice with everyone.*

**Is there anything else you would like to say to our readers?** *Long ago my group had to put on a ritual and do a teaching for every holiday. It was because there were so few groups around and so few stores or magazines. There simply was no place else to go.*

*Today, we are blessed with an abundance of options. For Winter Solstice this year I have the option of participating in at least 6 Winter Solstice gatherings or events. There are several magazines and publication that provide information about the Solstice, its customs and fun activities to do during the season.*

*This is simply amazing. I am sad that I have to make choices about which event I can actually attend but also overjoyed that there are choices to be made; because I remember the days where there were no choices. We live in a wonderful time and place. Make sure you enjoy some of it and help to keep groups and publications alive by helping out, volunteering or even just attending events or reading publications.*

## What They Are !

*Gaia Works* - A community support group consisting of Pagans. This group does many different projects like ‘Cards to our Troops’, Gaia’s Kitchen food pantry, Veterans Programs, Educational Outreach and much more.

*The Pagan Ministry* - A group of volunteers that visit the local prison’s Pagan population. They help find book donations and aid Pagans in prison as much as possible. The Pagans that are in prison have a hard way to go because a large portion of their connection with mother earth has been taken from them. The Pagan Ministry does their best to keep the hopes high to those who need it so much.

*Caer na Donia y Llew* - (House of Goddess and God), Welsh group that meets for the 8 Pagan holidays and American holidays, holds open circles, ceremonies, herbal workings, and many other major activities as well as co-sponsors the local Paganstock Music Festival and PPD. This group is located in Michigan.

*Hearth & Grove Fellowship* - an inter-path church located in Michigan. They celebrate holidays, offer classes and other services to members. They hold regular meetings and have special get togethers on the Wheel of the Year holidays.

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# Young Pagans

By: TristÅ & Pandora

## Correspondence Journal

### Music

There are a few things that never make it into correspondence journals because they just aren't thought of, or the connection to them and the Pagan world seem to be overlooked. Even though it plays a big part in Paganism, music is one of those things. Music can be found in the heart of everyone; it can be found at most all gatherings and for many, plays an important role at rituals. There is a Pagan position that is held called the Bard, and he/she depends on music a lot for most everything they do.

*This month let's add in musical instruments to your correspondence journal.*

#### The Harp



The harp sometimes can be considered a ladder (due to the arrangements of it's strings) going to the otherworld or underworld. It can also be associated with a journey one takes to bring happiness. Certain paths connect a God or Goddess with the harp and it is believed that the harp can be used to call, comfort, or simply please them. It has

been used in sacred music as far back as is documented.

#### The Drum



The drum symbolizes the first sounds, divine truth, and speech. It is associated with thunder and, to some, it is considered the heart of the universe. In the beginning they were used with dance, which they still contribute to today.

#### The Flute



The flute generally spreads joy and happiness. It has the power to restore order and peace when it is heard. Some believe that it is the voice of eternity calling all living beings to himself. In many different paths, it is used and liked by the gods to aid them in their endeavors.

#### The Gong



The gong has a rich Pagan history and major part in certain Paths. It is associated with the water element, healing, fertility, friendship, psychic powers, spiritual love, beauty, compassion, happiness and other similar energies.

#### The Bell



They can be used to invoke directional energies, to ring in the sunrise on any spoke on the Wheel of the Year, or to frighten away baneful spirits or draw fairies, if desired. Bells have been believed for centuries to possess magickal and/or spiritual powers and are often used to invite, call, or invoke spirits.

#### Wind Chimes



Wind chimes hung in doorway guard against unwanted intruders and stagnant Energy. They also help clear the psychic energy of your home, or other area

*Add in other instruments as you pay more attention to what is being used during Pagan happenings that you come in contact with. As you get older, you could add a page behind this one, on aspect of music (volume, genre's, etc...) which require more research.*

# Young Pagans

By: TristA

# 2008

## In Review

While you are counting down the top hits, sports, actors, etc... take some time out to see how the year treated the earth. Pick things from the list and do your own research. Become more familiar with how they work and their effect on the earth, people, and area where they were. This will help you become more familiar with the natural world around you.

You can try this activity in future years, as well. Comparing the results may help you understand some problems the natural world faces. You can even come up with ideas how to help the earth through her hard times and/or extend her life.

### Earthquakes

Canada 2	Russia 2	Columbia 1
Greece 3	Solomon Islands 1	Tibet 2
Congo 1	Mexico 1	East Timor 1
Indonesia 1	Philippines 2	Mexico 2
Norway 1	China 2	Kyrgyzstan 1
USA 3	New Zealand 2	Afghanistan 1
UK 1	Peru 1	Tonga 2
Japan 4	Iran-Iraq 2	Virgin Islands 1
China 2	Papua New Guinea 2	Bolivia 1
Colombia 1	Tajikistan 1	Pakistan 1
Iceland 1	Vanuatu 1	Vanuatu 2
Russia 2	Chile 2	El Salvador 1
Tonga 1	Indonesia 3	Panama-Costa Rica 1
India 1		Sea of Okhotsk 1

### Typhoons

Neoguri	Vongfong
Rammasun	Nuri
Matmo	Sinlaku
Halong	Hagupit
Nakri	Jangmi
Fengshen	Mekkhala
Kalmaefi	Higos
Fung-Wing	Bavi
Kammuri	Maysak
Phanfone	Haishen
	Noul

### Hurricanes & Tropical Storms

#### Atlantic

#### Pacific

Arthur	Ike	Alma	Iselle
Bertha	Josephine	Boris	Julio
Cristobal	Kyle	Cristina	Karina
Dolly	Laura	Douglas	Lowell
Edouard	Marco	Elida	Marie
Fay	Nana	Feusto	Norbert
Gustav	Omar	Genevieve	Odile
Hanna	Paloma	Heman	Polo

### Threatened & Endangered Species Additions

Polar Bear—Threatened  
Grey Wolf—Endangered  
Bald Eagle—Threatened

### Tropical Cyclones

Gene  
Nisha  
Halong  
Narqis  
Neoquri  
Jokwe  
Ivan

### Other Natural Happenings

#### Americas

#### Africa

#### Asia

#### Europe

Floods  
Explosions

#### Oceania

Floods  
Landslides

Cold Wave  
Droughts  
Floods  
Landslides

Severe Local Storm  
School Collapse  
Volcanoes

Rift Valley Fever  
Flash Floods  
Floods  
Land Slide  
Severe Local Storm  
Airplane Crash  
Cyclones

Cold Waves  
Droughts  
Floods  
Flash Floods  
Landslides  
Snow Avalanches  
Ferry Disaster with Toxic Cargo  
Cyclones

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# Young Pagans

By: TristÅ

## The Candle Contest

By The Open Hearth Foundation

Once upon a time, four young witches visited an elder at her small house where they talked long into the night about many wondrous things. Finally it came time to sleep and the elder said, "I'm sorry friends ... but there is only one spare bed, so the rest must sleep on the floor."

"So who should get the bed?" asked one.

"And how should we decide?" asked another.

The elder thought for a moment and said, "I'll place a candle on the table for each of you to blow out... and the one to use the best magick will win the bed."

So the first witch approached the candle and focused on the air. Soon a strong wind was circling the room and knocking pictures from the walls. Finally the wind hit upon the candle and blew out the flame.

"Very good," said the elder as she re-lit the candle and re-hung the pictures, "Who would like to try next?"

So the second witch approached the candle and focused on the flame. Soon the flame was three-feet tall and burning like a torch. The candle was quickly consumed and the flame snuffed itself out. "Again very good," said the elder as she set out a new candle and inspected the ceiling for scorch marks, "And who would like to try next?"

So the third witch approached the candle and focused on the wax. Soon the wax was melting and forming a gooey puddle that ran off the table. The wick was eventually drowned and the flame sputtered out. "Again very good," said the elder as she set out a new candle and pried melted wax off the table, "And who is left to try?"

So the fourth witch, who was the youngest of all, approached the candle and thought for a moment. Then licking her thumb and forefinger, she reached out her hand and pinched out the flame.

"Ah ha!" said the elder, "That's the best of all!"

"What?" cried the others. "How can that be? You said the best magick would win!"

"And it has," said the elder, "For the first, best magick is sometimes simple mundane effort."

So it was that the three witches had to sleep on the floor, and the youngest got the bed.

THE END

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### The Moral

I know you have heard someone say "The moral of the story", but what does that actually mean? According to Merriam-Webster dictionary, it is: expressing or teaching a conception of right behavior. So the moral of the story is actually the positive lesson it teaches.

This is a great story to look for the moral because it is easy to find and figure out. There are other stories that the moral is more hidden and you will have to think harder to find it. Some say that if you learn your morals from reading then you have learned much more than the moral itself; you have learned to think on your own, come to conclusions, and look for lessons in everything life offers to you.

Although in this instance it is the 'moral of the story', you can also find morals in poems, books, sayings, quotes and many other writings.

*As a Pagan you are to be able to handle any situation with your own inner strength and your brain first, using Magick as a last resort!*



## Herb Focus: Cinnamon



**Color:** It has deeply-veined ovate leaves, 7–18 cm (2.75–7.1 inches) long, that are dark green on top and lighter green underneath. The bark is smooth and yellowish. Both the bark and leaves are aromatic. It has small yellowish-white flowers, which are arranged in panicles and have a disagreeable odor that bear dark purple, one-centimeter berries, containing a single seed.

**Parts used:** Bark is used to make cinnamon sticks and powder. Essential oil is made from the leaves

**Location:** Cinnamon has been cultivated from time immemorial in Sri Lanka. It is grown commercially in Southern India, Bangladesh, Java, Sumatra, the West Indies, Brazil, Vietnam, Madagascar, Zanzibar, and Egypt.

**Healing Properties:** Cinnamon is reported to have significant effects in the treatment of type II diabetes and insulin resistance. It once had a reputation as a cure for colds. It has been used to treat diarrhea and digestive system problems. It also has high antioxidant and antimicrobial properties. Cinnamon is also suggested for use as a mosquito repellent. The leaf oil is effective in killing mosquito larvae.

**Magickal attributes:** Purification, luck, money, is often used in solar invocations

**Latin Name:** Cinnamomum Zeylanicum

### Cinnamon Facts

Cinnamon is one of the oldest known and documented spices.

It is important to note here that cinnamomum zeylanicum is considered the true form of Cinnamon. It is cinnamomum zeylanicum that is being referred to in this article. But what is sold in the grocery store is cinnamomum cassia, which may have harsh side effects if taken in large quantities and will not produce the same effects as listed above.

\*Cinnamon oil does not contain the same healing properties as cinnamon powder.

\*\*Cinnamon oil can cause severe skin irritation when placed directly on the skin.

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

## Mineral Focus: Smokey Quartz



**Color:** Quartz ranging in color from light grey to black

**Chakra:** Root

**Healing Properties:** Helps with endurance, depression and fatigue. Used to reduce ailment of the lower back, intestines and reproductive organs.

**Magickal Properties:** This quartz is used to help ground to the earth, focus thoughts and ideas into productive actions. It activates your survival instincts, improves intuition.

**Element:** Earth and Fire

Smokey Quartz is great for solid earth grounding. It can be used after intense energy work or in a crisis situation. It will ground both the spiritual and physical body.

Smokey Quartz can also be used to absorb negative energy, either from you or around you. When worn, it produces an absorbing field.

It has also been suggested that Smokey Quartz can be used to aid in the healing and pain relief of Chemo treatments.

### Topic

- Smokey Quartz can be found in natural colored specimens and treated specimens. The treated form is not adversely affected when treated and its magickal properties are not reduced.
- Sometimes Smokey Quartz will be incorrectly labeled as Smokey Topaz.
- Smokey Quartz has a very high energy level.
- It can be placed anywhere on the body to promote quick pain relief and healing, or held in the hand to reduce fever.
- Use Smokey Quartz to focus and ground in times of stress, depression or crisis.

*\*\* 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. **Elder** - Someone considered a Pagan mentor to all. Some paths use this title as a position.
2. **Esoteric** - secret teachings for deserving members.
3. **Exoteric** - Teachings that can be released to the public and members alike.
4. **Entity** - a sacred spirit.
5. **Equinox** - The time the sun crosses the equator.
6. **Eclipse** - Time when the moon blocks the view of the sun.
7. **Ecstasy** - state of joy or spiritual enlightenment where you enter an altered state.
8. **Elementals** - Spirit-creatures that are said to take on the qualities of the four elements (salamanders, mermaids, undines, sylphs, gnomes or goblins, and sprites).
9. **Empathy** - The ability to notice and understand the state of mind or emotional state of another.
10. **Earth Power** - The power that exists in both the earth and in nature.

## Grammar Focus

### Spellings

There are many Pagan words that are spelled differently. You may even see them change their spelling within one article. This becomes a little confusing, especially when most language systems use words that have different spellings for different meanings.

The confusion starts when we look at where our language came from. Many Pagan words find their origin way back in time, some before writing was in existence. This means that a single word could have been used in different countries, cultures, times, etc. With so many different hands in the pot, words may have changed their spelling many times; Ogham and Ogam is one example of this problem. Here, different spellings mean the same thing.

Then we come into the more modern times; today people realize that different spellings should mean something different. They try to 'fix' the problem by sorting the spelling issue out; Magic and Magick are an example.

## Creative Corner

It is true that most things are made of, or consist of, different shapes. To draw a house, one could make a square and a triangle stacked on one another. People can relate to the house just by looking at the shapes, even if no detail has been added.

In the Pagan world, shapes do much more than just exist. They represent things or emotions, contain energy, and relay messages or feelings when seen. This can stand true for both abstract and conformed shapes.

If a Pagan was looking at the house mentioned earlier, they would see a lot more than just the shape of a house. It would be the combination of the shapes and colors used, as well. The lines themselves would add to the feeling and emotion as it is interpreted by the Pagan observing it. Afterwards, there can be insight into the energy it relays.

When examining something made from shapes, it can take a lot of concentration and knowledge to fully determine what is represented. It takes just as much to create one. Most people either read better or create better. Do some exercises to see which one you do best.

1. Create a picture using words which describe your feelings, or are presented in the form of a poem that is written in the form of shapes. Do not worry if the shapes are proper or not, just write and create with what seems natural. When you are done, take your picture and find the shapes. Then do research on them to find out their correspondences and how their energy effects you. Did your picture relay your initial intent? If it did, you are a natural creator.
2. Write a paragraph or page explaining your feelings on a subject written as if you are telling someone, or in poetic form. Use your prior research to find the things that fit your meaning. You may need to research a little here, too, if the feeling wasn't completely expressed in the shapes from before. When done, use your pre-written work to form the correct shapes on your paper. Allow someone else to review your work and see if your original intent was relayed. If it was, then you are good at relaying feelings, when guided.
3. Have someone else try to make a picture and see how good you are at interpreting their meaning. If you are correct, then you are good at reading.

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# School Bell—Recess

By: TristÅ & Lionfirestone

## Altar Recognition Cool Down

### Game Specifics:

2 or more players  
All ages

### Equipment:

- Clear area for cool down after vigorous exercise.
- A set of home made flashcards that have pictures of altar tools on one side and a cool down exercise on the back of each card (according to the number of altar tools you want to use you may have to use certain cool down exercise more than once).

### Game Prep:

1. Determine the person that will not participate in the exercises and be in charge of the flashcards and commands.
2. Everyone doing exercises will need to spread out, so there is room to exercise. The current player will stand in front of them where all can see him/her well.

### Game Play:

1. Players will begin with hands on hips, standing straight up.
2. Command person will yell out the exercise listed on the first card and all will begin doing it.
3. Players will determine the proper name of the altar tool. This is to be yelled out.
4. Players will be forced to continue the exercise until the correct name for that tool is called out.
5. Each time a tool is guessed the Command person will quickly yell out the next exercise to move to, then show the next tool to be guessed. Alternately; the first player guessing correctly gets to call out the next command.

**Game Object:** Play continues until either the complete deck of flashcards were guessed properly. If an exercise is done for more than 30 seconds the game stops. Players determine whether they want to continue, start over, or just stop for the day.

## Altar Guess Itz

### Game Specifics:

2-10 players  
All Ages

### Equipment:

Altar: any altar that you have permission to use. If none is available, you can use any table or area, as long as it is large enough to fit all or most of the altar equipment on it.

Altar Tools: any tools that you have permission to use and that are fine for handling and moving around. If none are available, you can replace them with slips of paper with the names of different tools or drawn tools on each slip of paper.

### Game Prep:

1. Clear altar and have all tools nearby
2. Find an area for playing, that will comfortably fit the number of people playing where they can sit and view the altar.

### Game Play:

1. Oldest player goes first by setting up the altar or area in whatever fashion they see fit.
2. Everyone is allowed to stand up and view the altar for no more than 1 minute.
3. All players other than the person chosen to be 'it' will then sit down facing opposite the altar or area.
4. "It" will remove one item from the altar.
5. All players will then stand up and view the altar again to try and guess what is missing. You can accept descriptions of what it is, but slowly work to only accepting the proper name of the item.
6. The one who guessed now becomes 'it' and play begins again.

**Game Object:** to be the first one to guess the altar tools, the amount of times agreed upon, or until it becomes to easy.

\* To make the game more advanced you can guess the proper name of the item, its uses, naming a time when it is used. Another variation can be where 'it' scrambles the altar contents before allowing anyone to guess.

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# School Bell—Elective

By: TristÅ

## Orienteering

**Orienteering is something** fairly new to the craze scene but it seems to have taken the bull by the horns, so to speak. Although actual orienteering is an adult or expert past-time, it has been altered to many different forms that is totally kid friendly and lots of fun at the same time. It has become a great way to exercise, challenge the mind as well as get people outside and visit the beauties of nature.

### Letterboxing

Letterboxing is one of the simplest forms of, and a great starting point to, orienteering. This activity can be practiced by all ages; the only criteria is to know how to use and read a compass. Letterboxing is set up where volunteers have hidden boxes in their area for people to find, using clues given, and a compass.

To participate supplies consist of a compass, pad of paper and a stamp, which can be homemade. There are some boxes which require one to bike or hike to find, however, you can find them in local parks and other easy access patron-friendly places.

Each box waiting to be found contains a stamp, notepad and pen; some even contain an instruction pamphlet or special gift from it's creator. As a letterboxer, when you follow the directions given to find a box, it will contain a stamp to add to your notepad and leave behind your stamp and a little information about yourself so the owner of the box can see who has actually visited the box.

Another up-side of letterboxing is that it is very educational. Many boxes are hidden in historical and special areas, and the box itself contain information about the area, events and history from there.

These boxes can be found all over the world, and is continually growing. To get involved, you may want to check out these sites:

International Letterboxing: Atlas Quest -  
<http://www.atlasquest.com/>

North America Letterboxing: Letterboxing -  
<http://www.letterboxing.org/>

U.S.A: Letterboxing U.S.A. -  
<http://home.snu.edu/~dwilliam/letbox/>

UK (Dartmoor): Dartmoor Letterboxing -  
<http://www.plympton.info/dartmoor/>

Germany & Continental Europe: Letterboxing in Germany -  
<http://www.letterboxing-germany.de/>

### Quests

Letterboxing has evolved into Quests. These are a set of Letterboxes to find in one area that, when finished, you will know the history of the area, an in depth piece of history or even follow the life of an important person from the past.

Most quests are set up by teachers, historians or anyone who wishes to educate. Setting up a quest would be a great project within itself. It would take a lot of work and probably many trips to the library and/or local historians.

Think about starting a Quest of your own. It would be a great hands-on educational experience, like none before. Some ideas that might be fun to try are listed below.

**The land itself** - You could do research at the local genealogy department, at the local library. Look at maps from the past. Find out where geological forms were and remind everyone of them. Hide your clues in that area.

**The inhabitants** - You could find out what cultures have shared the land that you walk on. Tell a little about each of them by hiding the clues in areas that set off the surroundings they may have shared, to add to the excitement.

**Land Usages** - Tell the uses of each small part of the area you live. Share where major attractions and matters of interest were. Tell of the fields that brought in the means, the burial grounds of the Native Americans, the port used when trade took place from the south and the area that was lined out as a refuge for native animals of the area.

**Keep in mind** that not only you will be in the area you hide your boxes, but all who complete the quest will have to come there too, so permission and assuring the area is safe should be taken into consideration.

### Map Making

Make your own map using the compass and/or local natural land forms. Draw your map with detail and compare it to other maps you can find of the area. You may be truly surprised!

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# School Bell—Elective

By: TristÅ

## Orienteering

### Geo Caching

Geo Caching is not actually a new idea, however, the equipment is fairly new. Geo catching is similar to letterboxing, however, you use a GPS system instead of a compass.

You start by joining in one of the geo caching groups and getting the GPS coordinates of a hidden box. Take your GPS system with you as you trek the area to find the box that you have been given. Once you find it, jot your name down on the log inside it as proof that you have been there. You can keep track of your geo caching adventures by documentation or sharing with friends. Most people take pictures and some even keep scrapbooks to remember all their adventures.

With new technology new additions have been added to the world of geo caching. Computers allow participants to get coordinates of any area, and talk to people from all over the world about this hobby. Cell phones offer a light and easy travel companion, as you can not only talk to others while you are out and about; you can photo yourself, write and photograph at will during your adventure.

Many boxes are hidden in solitude areas, rough terrains, and hard to find places. Because of these factors, geo caching is more than a hobby, it is also a great way to get to the outdoors and stay fit.

When doing this type of activity it is best to travel in at least pairs and have your cell accompany you if possible. Dress in comfortable clothes and make sure they are weather appropriate. It is also a good idea to check terrain before going so you can carry the correct equipment as well.

### GPS Adventure

A new development starting this year in geo caching will target the younger groups. Mazes will be used to teach ages 6 and up how to use their GPS system indoors.

There is also an online site that will show locations, as well as allow you to post your most current indoor find: <http://www.gpsmaze.com/>

### Bugs & Coins

There are many items that can be tracked online which are hid in random geo caching sites. These come in the form of promotional items, bugs, coins and many more. While you are out geo caching keep your eye out for things you feel are traceable and report there whereabouts online!

### Make a Map

As an introduction or just for fun it might be interesting to make a map of your own. Try to make a local map using orienteering equipment, or be one of the first to make an actual map from an image of a very far away place.

Locally, you can use any, all, or none of your equipment, as you make a map of your town, city, neighborhood, etc... In this map you will need to name and use only natural land forms. Be sure to include all trees, hills, streams, bush and shrubbery, ditches, and all landmarks.

You can write down items. Make a list of their coordinates or proper placement, compared to the other things in the area. Comprise your information to draw an accurate scaled down map.

In doing this kind of map, you can follow up on it by checking around about every month and updating your map. This will be a little tedious but lots of fun.

Try to be one of the first to make a paper map by first looking at a picture and scaling it up. Use your ruler to estimate how far things are from one another then convert those measurements into a grid with common GPS degree markings.

Your image will be that of the moon and released back in November. The Chinese revealed the first ever moon map which consisted of moon images which can be found at the link below.

<http://images.spaceref.com/news/2008/chinamoonmap.l.jpg>

Feel free to send in your maps to be published in future issues of Pagan Moonbeams!

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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!

## Aphrodisia: A passion drink

1 pinch Rosemary  
2 pinches Thyme  
2 tsp. Black Tea  
1 pinch Coriander  
3 fresh Mint leaves (or 1/2 tsp. dried)  
5 fresh Rosebud petals (or 1 tsp. dried)  
5 fresh Lemon tree Leaves (or 1 tsp. dried lemon peel)  
3 pinches Nutmeg  
3 pieces Orange peel

Place all ingredients into a teapot. Boil three cups or so of water & add to the pot. Sweeten with honey, if desired. Serve hot.



## Shepherd's Pie (with Lamb)

### Ingredients

#### Filling

1 (10 oz) pkg frozen lima beans  
1 cp lamb gravy\*\*  
1/4 cp finely chopped onion  
1/2 cp finely chopped celery  
1/4 tsp dried marjoram leaves  
1/4 tsp salt  
2 cp cubed cooked lamb (1-in cubes)

#### Potato Crust

1 (6.5 oz) pkg instant mashed potatoes  
1 tsp salt  
2 tsp minced onion  
2 Tbs butter or margarine  
1/4 cp finely chopped pimiento  
1 egg, slightly beaten  
2 Tbs grated parmesan cheese

#### \*\*Lamb gravy

##### Ingredients

1/2 cp fresh lemon juice  
1/4 cp olive oil  
1 clove garlic, crushed  
3/4 tsp salt  
1/8 tsp pepper  
finely chopped parsley

Mix well.

### Directions

1. Preheat oven to 350 Degrees. Lightly grease a 2-qt casserole dish.
  2. Make Filling: cook lima beans as package label directs; drain.
  3. Meanwhile, combine gravy with onion, celery, marjoram, and salt; bring to boiling, stirring. Remove from heat. Add lima beans and lamb, mixing well; cover, and keep warm.
  4. Make Potato Crust: prepare potatoes as package label directs, using amount of liquid specified on package, the salt, onion, and butter. Add pimiento and egg, beating with fork, until well combined.
  5. Spoon half of potato mixture into bottom of prepared casserole; add filling. Swirl rest of mixture over filling; sprinkle with cheese.
- Bake, uncovered, 30 minutes, or until crust is golden.



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# Pandora's Recipe Box

By: Pandora

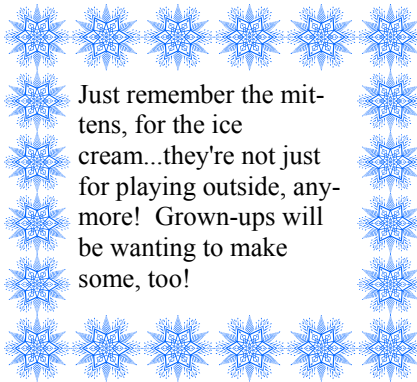
## Ice Cream in a bag

### Ingredients

2 cups Heavy Whipping Cream  
2 cups Half-and-Half Cream  
½ cup White Sugar  
2 tsp Vanilla Extract  
1 bag crushed Ice  
4 cups coarse salt

### For each child you will need

2 pint-size resealable plastic freezer bags  
1 gallon-size resealable plastic freezer bag  
Gloves or towel to protect fingers



### Directions

1. In a pitcher or large measuring cup, stir together the whipping cream, half-and-half, sugar, and vanilla extract until sugar has dissolved. NOTE: You can customize your ice cream before or after the big shake up by adding flavored syrups, bits of fruit, crushed cookies, or small candies.
2. Pour about 1/2 cup of mixture into a pint-size plastic bag and seal carefully, squeezing out extra air. Place each sealed bag into a second pint-size bag, again squeezing out extra air. Seal carefully.
3. Fill each gallon-size plastic bag about halfway with ice and add ½ cup coarse salt. Place one sealed small bag into the large bag, squeeze out most of the air, and seal the large bag.
4. Wearing mittens or thick gloves, or wrap the bag in a towel to protect hands against the extreme cold. Shake and massage the bag for about 5 minutes or until the mixture thickens into ice cream. Add more salt and ice to the outer bag if ice cream hasn't formed after 10 minutes of continuous motion.
6. Remove the outer pint-size bag before you open the inner bag so you don't get any of the salty ice on your ice cream. NOTE: If you add extra stuff to your ice cream afterwards, be sure to fold it in gently or you might end up with ice cream soup!

### Safety Alert!

This process creates temperatures below normal freezing, therefore you must protect your hands with thick gloves or a towel while shaking the mixture into ice cream.

## Blueberry, Lemon, & Yogurt Muffins

Non-stick cooking spray  
1 cup all-purpose flour  
1 cup quick-cooking oats, uncooked  
1/2 cup firmly packed brown sugar  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 cup non-fat plain yogurt  
4 tablespoons stick margarine (4 tablespoons = 1/2 stick)  
1/4 cup Egg-Beaters Original  
1 teaspoon vanilla extract  
1 cup fresh or frozen blueberries, thawed if frozen  
1 teaspoon grated lemon peel



Preheat oven to 425 degrees F. Spray regular 12-cup muffin tin with cooking spray. In a large bowl, blend together flour, oats, brown sugar, baking powder, baking soda, and salt. In a separate bowl, stir together yogurt, margarine, Egg-Beaters, and vanilla. Pour wet ingredients into center of dry ingredients and stir with rubber spatula just until combined. Do NOT over-mix. Fill the muffin cups 2/3 full. Bake 12-14 minutes, or until a toothpick inserted in the center comes out clean. Cool 5 minutes in pan. Remove from pan and cool completely on wire racks.



# Pandora's Recipe Box

By: Pandora

## BRIGID SOUP (for Imbolc)

(a.k.a. "Fire Soup")

### Ingredients

2 tsp olive oil  
1 red onion, chopped  
2 cloves garlic, minced  
1 carrot, chopped  
1 red, yellow, or orange bell pepper, chopped  
6 cups broth  
2 cups red lentils  
1 can chopped tomatoes with juice (16 oz.)  
1 tsp cumin  
½ tsp coriander  
1 Tbs lemon juice  
salt and pepper to taste

### Directions

1. Heat oil in a pot and add onion, garlic, carrot, and pepper.
2. Cook until soft. Add the rest of the ingredients except for the lemon, salt, and pepper.
3. Simmer for about 90 minutes, covered.
4. Add lemon, salt and pepper before serving.

~Safety Note: Due to the oil and heat, in this recipe, Little Pagans should probably be limited to helping gather and prepare the ingredients for the soup. As always, use your best judgment~

~Side note: This one is also a fun way to show your appreciation for anyone you know who may be named Bridget! She'll be sure to get a kick out of it!~

## Dream-Walker Tea

(from the pages of *Cooking By Moonlight*)

Enhance dreaming using this blend to relax mind & body

### Ingredients

¼ cup lavender buds  
½ cup chamomile flowers  
½ cup peppermint leaves  
½ cup dried hops  
3 star anise  
2 cinnamon sticks, broken into pieces  
1 tsp whole cloves  
1 Tbs orange peel  
Honey (if desired, to sweeten)



### Directions

1. Blend all ingredients together, then store in a plastic zipper bag, or other airtight container.
2. Before bedtime, bring a pot of water to boil and steep 1 Tbs of mixture in 8 ounces of steaming boiled water.
3. Steep for 5 minutes.
4. Strain, and add honey, if desired.
5. Sip slowly, and start setting your intentions in your mind, to help you remember your dreams. Climb into bed, snuggle in, and relax into sweet sleep.

**\*Young Pagans can help gather the ingredients, as well as crunch them between fingers. This helps release the yummy goodness of the herbs and flowers, and is a great way to teach about intention in everything we do. You may even wish to use a mortar and pestle, as well. Do what feels right, and you usually end up where you were meant to be!\***

## Crescent Cakes

~Serve these at your Imbolc celebration to welcome the sun.~

\*Serve on any Esbat to welcome the full moon.~

### Ingredients

1 cup flour  
1 cup sugar  
1 cup finely ground almonds  
3 drops almond extract  
1 cup butter or margarine, softened  
1 tablespoon honey  
1 egg yolk

### Directions

1. In a large mixing bowl, combine the first four ingredients.
2. Add the butter, honey, egg yolk and mix together well.
3. Cover with plastic wrap, and then chill for 1 to 2 hours in the refrigerator.
4. When ready, pinch off pieces of the dough (about a tablespoon) and shape them into crescents.
5. Place the crescents on a well-greased cookie sheet and bake in a 350-degree preheated oven for approximately 20 minutes. The recipe yields about one dozen crescent cakes.

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# Pagan Teens

By: Lionfirestone

## Magickal Records

Keeping a record of the workings you do is very important. Many times when working magick or doing ritual, we request from the Gods a result that will manifest itself at a later time. If you do not keep a record of what you have done, how will you know when your request is being met? Keeping records does not have to be a difficult or time-consuming task. All you need to record are the basics. I have created a form for you to use or you can create your own.

### Magickal Record

Type of Ritual or Work: \_\_\_\_\_

Date and Time: \_\_\_\_\_ Length of Time: \_\_\_\_\_

Phase of the Moon or Sun: \_\_\_\_\_ Day of the Week: \_\_\_\_\_

Location: \_\_\_\_\_

Purpose: \_\_\_\_\_

People present: \_\_\_\_\_

Format Used: \_\_\_\_\_

Deities Invoked: \_\_\_\_\_

Ritual Tools used: \_\_\_\_\_

Magick or Spell Performed: \_\_\_\_\_

Date of Manifestation: \_\_\_\_\_ Results: \_\_\_\_\_

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# Pagan Teens

By: TristÅ

## The Elements, An In-Depth look

As you are getting older, a deeper, more meaningful look at the elements becomes necessary. Although you should always have a connection to the elements, as a Pagan that connection should grow as you do. With this growth comes a new understanding and a tighter bond as well.

A wonderful series of articles can be found online and the author; LINK, has graciously agreed to share them with you. You will see a different article posted each issue for the next 4 issues. Take your time reading them, learn all you can, be sure to take notes, add information in your correspondence journal, and put the ideas into practice. This is your chance to start on the path to a deeper bond with the elements; one you will need as you grow in life and magick.

You will notice that, in the articles there may be references to things that you don't believe in or are not a part of your path. Do not just pass up what is written about them even though you don't believe in them. Instead, make them a lesson and/or insight into how the elements effect these things and/or how other Pagans connect them to the element.

*The wisest Pagan will be familiar with all of Paganism, but, totally true to his/her own path.*

### Everyday Earth

When you think of "Earth" what comes to mind? Perhaps you feel the stable element of solidity and grounding. Or maybe you see Earth as the third planet from the Sun. Or for you, is Earth the rich brown soil in your own backyard? Earth is all these things and more. (One of the great things about "poly" theism is the ability to look at many aspects of an idea.) We often see Earth in vague macro terms, but we should not ignore the simple parts of everyday Earth that we see and touch each day. You may find that all these different sides of Earth - the element, the planet and the everyday things around us -- all fit together like a beautiful mosaic.

### Earth as an Element

Earth is a term we use to describe one of four very basic forces in nature. We call these basic forces "elements" since they are the building blocks that make up just about everything around us. (Think about it -- you learned the basics in "Elementary School.") While Earth is a very personal thing for each of us, it is usually thought of as being very stable. Tangible. Steady. Someone who might wish to maintain status quo or slow down change in their life might think of the element of Earth. Earth might also be used to strengthen something, making it solid as a rock. Think of the three states of matter: solid, liquid and gas. While watery liquids may slip through your fingers; airy gas might float beyond reach, but something solid is easy to grasp. Earth can be the malkuth of tangible actions, where the rubber meets the road in deed not just words or thought. For example, if you wanted to use the element of Earth to build a museum, you might take physical, tangible action -- actually lay the brick - rather than merely signing a petition or dreaming about a plan. See the difference? Fire sparks the idea; air thinks about how to do it; water greases the wheels - but Earth actually makes it take real form.

Elements are rarely pure. For example, our own bodies are solid, but also mixed with fluids, combined with both the breath and spark of life in order to survive. We are a mix. What role does Earth play in your own body? How is this like other parts of nature? Can understanding your body teach you about other parts of life, like how the trees grow together or how rivers flow? Elements are not stand-alone concepts; they combine and react with one another. In the early 1500s Agrippa wrote that elements can be transformed into one another, like the way salt dissolves in water or a wooden log burns away. Can we apply this principle to magically transform our own situation? Are there obstacles in your own life you'd like to dissolve? Are there problems you'd like to just burn away? Is there something flowing past you so quickly you wish you could freeze it still - just for a moment? Perhaps elemental magic works no differently than the things we see around us every day. See this transformation as you strive to change a few extra pounds into a few extra push-ups. Feel it as the warmth within your own heart melts away even the coldest barriers between you and someone you love.

People react and combine just like Earth, Air, Fire and Water. You may even find that we pass through elemental phases as we grow up along life's path. This may help you better understand why some people are blown from place to place with the wind until they mature, become more rooted and stable in their ways. Can you see the elements in your everyday interactions with people? Can this help you understand what makes people tick?

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# Pagan Teens

By: TristÅ

## Earth as an Element

*(Continued)*

Some magical systems look at the elements in a hierarchy, where we are their master and they are our magical servants. I disagree. To me, elements are aspects of Deity. My own personal view of the Divine is the sum total of everything - all the piece-parts - past, present and future. To me, this makes Earth, Air, Fire and Water aspects of the Goddess and God. Next time you are in ritual, notice whether people greet the elements with reverence, or command them in booming voices, like calling a pet from the yard. How do you see the elements? How does Earth differ from the others?

We use symbols for Earth in a variety of magical tools. In the Tarot, the suit of Pentacles or Coins represents Earth. While both Pentacles and Coins are round circular objects that might symbolize the Earth merely in shape, let's look further. A Pentacle is an interesting choice, since the five-pointed star is often described as symbolic of all four elements, plus a fifth - Spirit. This is a wonderful description of the diverse Earth, since our world's land, sea, air and flame contain all of these forces!

The Tarot's use of Coins as a symbol of Earth may date back to agricultural times, where wealth and abundance came via the harvest as financial support for the village. A simpler idea is the Rune symbol Fehu, which also is a symbol of abundance, and comes from the same root as the word "fee." Some might say Fehu's F-shape represents the horns on a head of cattle. Cattle as a symbol of Earth? Just look to the Zodiac, where the fixed Earth sign is Taurus the Bull! If you were creating your own symbol for Earth today, what would it be?

In ritual, we often associate directions with elements. For many, Earth is North. Why? My guess is that elemental directions probably fit the geography and beliefs of the people who made the system up. These people looked around and developed a system that felt right. (And ever since, other people have merely followed this tradition, repeating what they were taught.) To me, in my own geography and beliefs, I live on the east coast of North America. When I look to the West, I see 3,000 miles of continental land. Guess which direction I associate with Earth? The point is, you don't have to use any direction just because you are taught that way. There may be times when Earth feels like facing the place you consider home, or facing the Rocky Mountains, or maybe facing that big ol' Oak tree you've always loved. What works best for you? To paraphrase the Japanese philosopher-poet Basho, (1644-1694) "Seek not to follow in your elders' footsteps. Instead, seek what they sought." You may one day feel that it really doesn't matter which direction is which.

Likewise, in ritual we often assign colors to the elements: Green for Earth, green like things that grow! Perhaps you see Earth as a different color? Brown like the soil, or yellow like the daffodils, or sea-blue like the way Earth would look from space? Our planet is a very colorful place; feel free to use whatever hue best suits your magical palette! (Remember this the next time your favorite nine-year old artist colors a purple horse.)

### Earth as a Planet

We sprang from this planet and are nourished by it, so we use a maternal analogy and call Her "Mother Earth." Every bit of food we eat, every drop of water we drink, every breath we take - and all we leave behind - are parts of Earth's ecosystem. As a planet, the Earth is also a grand elemental mix. Our world contains not just "solid" Earth, but the blue oceans, rivers and streams. Besides solid and liquid, Earth also holds fiery volcanoes, fierce and virile, building great pressure over time until they cannot be contained. They erupt suddenly, shooting their molten streams of lava and fire...and then settle down to rest. A wise friend once reminded me that as a planet, Earth constantly moves and flows. Its fault-lines naturally quake; its winds naturally whirl and storm with great motion. Like any living breathing being, the Earth by no means is stationary.

When thinking about the Earth, don't limit yourself to seeing just the sphere. Remember to include its gaseous aura, the Earth's atmosphere, which surrounds our planet. Just like you have an aura glowing around you, the Earth wears

a gaseous cloak around itself. What can we learn from this? Perhaps it is the nature of things to have a primary object in the middle surrounded by a sort of ethereal glow. Remember this the next time an aroma from your fresh-baked apple pie fills your entire home. Things often stretch out beyond their shell.

"Atmosphere" is not limited to airy things. It can be anything that glows, like the warmth of a campfire felt by the people that orbit around its flame. Even the visible light that things reflect is a type of glow. Because of the visible light reflected, I can see the mountain-tops for miles! (Now that's atmosphere!) The physical object sits where it sits, but its glow shines out much farther. What "glow" do you project? What glow can you sense from others and from your surroundings?

In addition to its gaseous atmosphere, the Earth wears an electrical cloak as well, called the "magnetosphere." This

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## Pagan Teens

By: TristÅ

### Earth as a Planet

(Continued)

electromagnetic field is generated by the Earth's two-fold core. The outer core is liquid, made of molten iron and nickel. But due to immense pressure, the inner core is solid. As the liquid swirls around the solid core, it generates a magnetic charge creating Earth's electrical aura. This too is quite dynamic. Even the magnetic North Pole is not a single fixed point, according to the Canadian Government's Commission Geologique, but rather the pole moves up to 15 kilometers each year!

An aura, an outer crust, a mid-layer mantle, inner liquids, and a solid core... Perhaps Earth shows us that the nature of things often comes in layers. Does this sound like anything else? An egg? An orange? Perhaps a city with a busy downtown, surrounded by the suburbs and rural countryside? Do the Earth's layers resemble your own body -- complete with your magnetic aura, your aromatic aires, an outer skin (upon which your furry forest might grow), a warm fleshy middle, with a solid core right down to the bone? What else comes in layers? Getting to know someone? Understanding complex concepts? Looking at one thing in nature can remind us that other things often work the same way.

Our own bodies have chakras or special energy centers. Does the Earth? Perhaps our world has special sites that buzz like chakras. Can that explain why we feel some places are high-energy? The poles? The Rain Forest? Sedona? Mount Everest? The shore? I have often wondered if there is a connection between the fact that the same small patch of desert in the mid-east that gave birth to many of the major religions (i.e. Christianity, Islam, Judaism) is the same place where we get the majority of our energy from fuel oil.

What chakras can you see in your own personal surroundings? Is there a focal point within your community? Does your own home have certain unique energy points? In the kitchen, bedroom, or nursery -- perhaps the "altars" we use most often are not the ones with statues and chalices upon them. Magic happens most often in very everyday places!

What else can we learn by looking at planet Earth? Our home is the third planet in a system of nine worlds. (And you wonder why things often come in threes?) All these worlds orbit the Sun; most have their own moons also in orbit. Perhaps it is the nature of small things to orbit around greater things. If so, this can help us understand a great many parts of life where small things circle around larger ones -- from education, to economics, to group dynamics, and even religion. What great things do you orbit around? And what revolves around you?

If planet Earth has a Spirit, do the other planets have Spirit too? If so, how do they interact with the Earth, and with us? What chemistry exists within this pantheon of planets circling the same Sun? Perhaps the chemistry between planets is one way to view the influence of astrology.

In the children's book "Planet Earth" (Martyn Bramwell, Franklin Watts Publishing, 1987, New York) the chapter on our solar system is entitled "The Sun and its Family." Children's books often make valid points in the simplest terms and may be the most magical books you will ever read! You are part of your family, and your family is part of society as a whole. Likewise our solar system is one of many in this galaxy, one of many galaxies in a very vast universe. And we -- you and me -- are part of it all! Each of us is connected to this grand whole, like the way your little finger is connected to your arm and your arm is connected to your whole body. It's a part of you. And likewise, you are a part of the vast "Family of All Things." Seeing this might offer comfort in times where you feel isolated, alone and cut-off.

Don't be scared by the vastness of "all things." You don't have to think about it all at once. Start by noticing that familiar feeling you have when you sleep in our own comfortable bed. Know what I mean? It just feels like home, a part of you. Try looking at how you feel connected to sentimental objects, old jewelry, keep-sakes, photos or whatever items you consider most sacred and magical. If you are connected to these items, can you feel some way you are connected to other things too? All parts of this Earth are linked to you -- every branch, every leaf, every ant upon the hill.

All things are alive. Talk to your house, your yard, your car, your dinner -- and listen just in case they talk back! Try it with not just your own sentimental items, but with strangers you encounter along your path, new places, new things. If you can find a connection to all things in some way, nothing is beyond your reach! You already have a link to every goal, every dream, every person, place and thing you could ever imagine. Use it.

We often say that modern-day culture has forgotten its connection to the Earth. If that is true, then such a culture will certainly feel disconnected from the cosmos! But over time, things are changing. Our culture is shifting to seek harmony with nature. More and more each year, people are drawn to things that help reconnect them to the Earth, such as today's Paganism and other forms of Earth Spirituality. Other reconnections might be as subtle as popular trends towards natural food. Think about it. What makes you feel more connected to the Earth - a fresh crispy carrot from

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# Pagan Teens

By: TristÅ

## Earth as a Planet

*(Continued)*

your garden, or a polysorbate-hydrogenated-yellow # 3 cheese-flavored doodle from a plastic bag?

Since we all spring from the Earth, perhaps it is no accident that the Old ways are making a come-back now - when the Earth's ecosystem is under attack. Living things often change to seek balance, to adapt. We sweat to cool ourselves down; we shiver to warm ourselves up. Does the Earth do the same? If so, can these changes explain why society changes over time? If we are of this Earth, perhaps we go through seasons of change no different than the leaves on the tree. If you believe in an Earth Religion, how has this spiritual path influenced the way you treat the world? Its living creatures? Its natural surroundings? Do you see recycling as a religious act? Conserving? Voting? If so, why? How are your own everyday actions - your job, your homelife, your love for others - part of the Earth?

Perhaps social trends are part of Earth's own metabolism, rising and falling within the Earth's own cycles. If so, our wish to care for the environment might be like Earth's antibodies fighting the disease of pollution. Perhaps culture reflects the Earth's cycle between creative periods, followed by destructive ones, creatively renewed again over time. Why not? This isn't far off from other cycles. If you see society linked to Earth's own cycles, does this give you a new perspective on history -- including both our shining accomplishments as well as our darkest misfortunes? Can it help us understand cultural beliefs that might differ from our own? All people -- whether naughty or nice -- are Children of the Earth. If social trends are part of Earth's cycles, we might even use history to predict where we as a people are headed! Look back over the last thousand years. What parts of history speak to you? Where do you think we will be in five years? Twenty? A hundred? What signs make you feel this way?

## Earth in Your Everyday Life

Revering the Earth, in all its forms, is not limited to your religious practice. All parts of your life can be sacred and magical! The Earth is your breakfast, your back yard, your neighbors. Is there anything you might touch that is not part of the Earth?

We are most familiar with the parts of the Earth closest to us. See the Earth in your own "village" and even in the patch of ground upon which your home is built. When you eat from your garden, you take in a bit of the specific land upon which you reside. If you don't have a garden, you can still enjoy locally grown produce. Where I live, we pride ourselves on local corn and tomatoes! What does your region have to offer? Is your bay filled with fresh crabs? Do you live near where steers are raised, or maybe where the salmon swim? Experiment with the geography in foods. Get to know your local delicacies, but also reach out across the globe. We live in an age where we can sip Italian Chianti squeezed from grapes grown on the same land where Leonardo Da Vinci dreamt of great flying machines or where Michelangelo chiseled great works of art. We can enjoy Earth's olives picked not far from the ancient Greek temples of Aphrodite. We can pour rich dark ale brewed on the same isle as Stonehenge. Near or far, Earth is a wonderful place!

Gnomes, faeries, elves et al. We have age-old tales of Earthly spirits inhabiting the woodlands. While I do not believe in little green men, nor winged Tinkerbells - I do feel the Dear Ones that bring a wooded place to life. During a recent walk in the woods, someone dear to me shared her own definition of Earth Spirits. She explained to me that the forest is made up of unique individual beings - each tree, each flower - is as unique a life as I am. I often forget that individual Spirits reside in the very place we spread our picnic blanket. I often forget that the wooden beams in my living room, or even my kitchen table, once came from something alive, a specific tree, one that may have even had a name given to it by local tree-climbing kiddies at play.

And like we have our own by-gone ancestors, each tree and flower sprang from its own individual set of genetic parents, and grandparents, and so on... We live and walk upon the brown Earthly humus of past life forms. Perhaps it is no accident that the word humus, the rich outer layer of soil where plants grow and later decompose, comes from the same Indo-European root as the words human and humility. This reminds us that we too are of the humus.

Earth can be found in the language we use everyday. Next time you hear the phrase "down to Earth" think about the words and what they mean. Other languages are just as Earthy as our own. For example, in Holland the Dutch use the term Aard Appel to describe a potato. This term literally means "Earth Apple."

The Old English/Germanic word Earth is unique since it is the only planet not named after a Greek or Roman Deity. Brian Swimme and Thomas Berry, authors of "The Universe Story" (Harper, 1992, San Francisco) marvel at the idea of naming

*(continued on next page)*



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# Pagan Teens

By: TristÅ

## Earth in Your Everyday Life

(Continued)

planets after Deities since the creation and actions of planets are still quite a mystery to science! But our planet has many names. The Norwegians call it Jorda; the Finns call it Maa. (Ma? How maternal can you get!) In Russian, Earth is Zemlja; in Latin it is Terra. Since Latin is familiar to us, we can see that words like territory, terrace and terrain all have Earthy roots. But so does the word terrier, which describes a dog prone to digging holes! Even the word mundane is rooted in the Latin word mundus, the world. (See, mundane things really are magical after all!)

The Hopi Indians wrote a song called "The Earth is Our Mother, We Must Take Care of Her." An interesting concept! In what specific way did the "Earth" give birth to you? In my case, Mother Earth is a kind-hearted woman with lovely green eyes, who met my Father in a small-town roller skating rink. This particular aspect of Mother Earth bore two girls and two boys; I am the youngest. If you revere the Earth as your Mother, can you revere your own Mother as the Earth? As the Hopi say, we must take care of her.

How else can Earth be seen in everyday terms? We often ritualize a form of libation, where we might reverently spill a sip from the chalice onto the ground, or maybe return a morsel of food back to the Earth. What if we did that not just in Circle, but on other occasions? Next Thanksgiving, pass a small plate around the table and ask each person to contribute a taste from their own dish. Take your collection and place it outside in the yard. Any meal can become a ritual, whether a simple crumble from



### Conclusion

***Earth, like most broad Spiritual concepts, can have many meanings. So do Air, Fire, Water - or just about anything else you might see as magical and sacred. Try to step back a bit from traditional teachings and cultural norms. (You may find that a mosaic becomes a bit clearer when viewed from a distance.) Look at things from a variety of angles. Look for how these magical forces manifest in very simple ways within your own surroundings. Often we draw the boundary between magical and mundane; nature does not.***

Article used with permission from: [LINK](#)

### Lesson Extensions

- After absorbing this knowledge about the earth take the time to learn more about what it has to offer in your area. See if the things you learned help you understand it better. Try connecting to it and it's power with the new knowledge you have, I am sure you will be rather surprised.
- Read the article "2008 in Review" in the Young Pagans section of this newsletter. Try doing the assignment there. If you have younger siblings doing the same assignment compare how much you have grown from the view they have and the one you have.
- Answer all the questions in this article today, then after spending more time with "Mother Earth" answer them again. Compare how learning something from a human and straight from the earth are different. Examine how they work together to get the most knowledge to you.
- If you can talk to an elder Pagan about the earth. Take notes or record your conversation (with their permission). Take time to reflect on the contributions they have given you on this element. Make a mental note that learning from elders is a great resource. Spend some time on other issues in your Pagan path to return to them for guidance and advice.

# Puzzled Up

By: TristÅ

Whatdo these license plates say?

WICN WA

O2BPAGN

MIGODES

IBABARD

2 ARITUL

Bet you can't figure out how many times the word

**PAGAN**

is written in this newsletter before this page.

Color the Gemstones the correct color.



Ruby



Emerald



Garnet



Peridot



Tourmaline



Turquoise



Sapphire



Aquamarine



Diamond

## Cryptogram

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

A H H  
 Z B J W P M E R Z B K M U E K N

*Answers to all puzzles can be found in next issue of Pagan Moonbeams !*

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## 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)



roots&shoots

Meagan Stories



Grey School  
of  
Wizardry



ANCIENT LIGHT

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

