

PAGAN Moonbeams

Vol. 4 Issue 1
November, 2010

Staff Notes

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

Laura Shadley

Editor since: April 08

I'm happy to be back and editing this wonderful newsletter. Autumn always seems to be the time when I begin wonderful new adventures. I look forward to this season all year long.

Mandi Aumann

Writer & Admin. since: July 08

The heat of summer is over, and now the cool winds blow. Blessings on this season of rest as Mother Earth does slow.

We hunker down and burrow in and wait for Her to grow. Around the wheel we go, as above and so below.

Raven Moonshadow

Editor since: Aug. 08

As the last of the harvest festivals comes to a close, the Wheel turns, yet again. Autumn is in full swing and the animals are preparing for the coming Winter months. Take this time to prepare yourself for a time of greater reflection. Reflect upon your past year and the goals you wish to accomplish in the year to come.

Pandora

Writer & Editor since: December 08

Whether it's your blood-relative family, or your chosen "Family", it's always great when everybody gets together. I'm so happy to be back together with my Moonbeams Family! I've missed you all, and look forward to "digging in" again! This coming year is already proving to be most Magickal; let's share the moments and create some perfectly Magickal Memories! Love and Light to you.

Lionfirestone

Editor since: Sept. 08

Happy Autumn everyone, I am very excited about this time of year. It is also exciting to be writing for Moonbeams again. Where I live the weather is just starting to get cooler and the leaves are starting to change color. It is a beautiful sight indeed.

Melissae

Writer & Illustrator since: Nov 10

As the wheel of the year turns to a new year, becoming a new addition at the beginning of this rebirth seems appropriately timed. In this time of reflection, I hope to be able to dig deep and bring forth things to share and meditate upon in the upcoming dreaming time.

A Few Words

As the Wheel of the Year rolls from season to season be sure to remember the things you learned from the past and look with eyes wide open at that which is coming.

Be sure to plan well for Winter and the white cloak for which it wears. Do not dwell on the cold of the winds. Concentrate more on the great wonders it has to share with you.

Prepare for the upcoming months with a clear heart and happy spirit because that which you do now will only aid in what you have later. Make a plentiful winter by having a great time preparing for it with obedience to the God and Goddess as you should be!

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Issue Shorts

- Pandora's recipe box goes full-circle offering much more than recipes for each age group.
- New resources are added:
 1. Family Intro & Exit: these pages will help put the monthly topic into regular family activities that involve everyone.
 2. Making The Connection: this section will help you connect with certain topics in a deeper religious way.
 3. Mystical Evening: take the time to have a complete day each month to dedicate to putting deep Pagan roots into the family with something for everyone—some from the e-zine and some new stuff as well.
 4. More clip art for coloring fun.

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Volume 4, Issue 1
NOVEMBER, 2010
"Preparing For Winter"

Cover: Winter Party



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



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NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Festival of The Dead Isia	2 Isia	3 Isia	4	5 Nones of Nov. Egyptian Day	6  Egyptian Day
7 Mania Gwynn ap Nudd	8 Helina Quatuor Coro- nati	9 Nincnevin Egyptian Day	10 Martinmas Einherjar	11	12	13  Feronia Juno, Minerva, & Jupiter Nyd begins
14 Moccas	15 Egyptian Day	16 Hecate Night	17	18	19	20 Praetextatus & Paulina
21 	22 Ydalir Artemis Cal- liste	23 Wayland	24 Ngetal Ends	25 Persephone Proserpina Kore Ruis Starts	26 Paracelsus	27 Cailleach Ends
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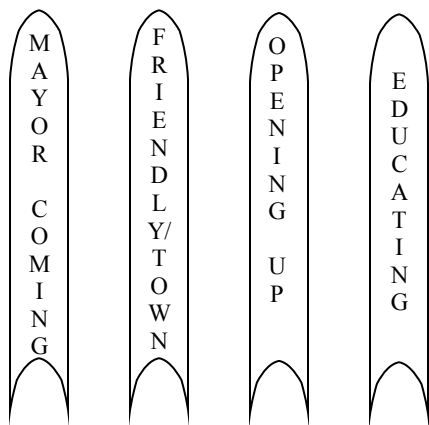
In The News

By: TristÅ

World of Witches Museum

The World of Witches Museum is approaching it's 4-month anniversary on the 2nd of this month. The museum had a ribbon-cutting ceremony on July 2, 2010 where the mayor of the town actually came by to participate and give an interview afterwards. This event in itself shows many milestones for the Pagan community and as it stays open and in peace in this town it will continue to cross more.

Take a look at the milestones below and discuss how they benefit the Pagan community as a whole!



Salem, Massachusetts is the city and state which Rev. Don Lewis decided to open the World of Witches Museum. Rev. Lewis often refers to the city as "The Witch City". Why do you think he does this?

The museum will not have much coverage on the witch trials of the past; it will refer patrons to the many other museums in the town that cover them. World of Witches will display and teach about modern day witches and witchcraft.

Rev. Don Lewis and the Witch School are in high hopes that this museum will become a permanent fixture in such an understanding town. The education it can offer has the ability to help many overcome religious obstacles that are in their way, when it comes to the many Pagan ways.

How can people knowing more about Pagan ways help?

New Jersey School Calendar

New Jersey can now be regarded as the first state to add Pagan/Wiccan holidays to the official school calendar. This calendar has been approved and will be followed starting this year (2010-2011).

To accomplish this daunting task, a mother of a high school student, Reverened Ottinger along with her lawyer, and the signatures of many supporters; were able to pull together to make this happen.

Rev. Ottinger is in high hopes that the outcome of her battle will aid in the changing of the school calendar in other states throughout the United States.



GUESS IT



This is a holder for something that almost all Pagans use. It can be found on altars as well as sitting around the house, from time to time. It holds something round and black.

Answer in next issue!

States & Religion

There are a few new developments in the Pagan world today. Back in October Druidism was accepted as an official religion in the United Kingdom. This is a major step for the Pagan religion as a whole, because they may soon be able to take advantage of unpermitted opportunities, as well as, have the recognition that they did not have in the past.

What does it mean to be on "official religion"?

- Being official means that the state recognizes you are a religion and you can have tax breaks.

If true then why do we hear separation of state and religion so much?

- Separation of state and religion only referrers to mixing religion and legal matters.

Wee Pagan

By: TristÅ

The Animals Winter Party

In the middle of the wildness, in the forest, as everyone prepared for winter, the animals decided to take a break and have a meeting to discuss some things. It has always been that the winter was hard on them in many ways and they were determined to find a way to make it more fun and easy, this coming winter.

Each member decided that they would state their case while sitting on a stick and then let the next animal take a turn. This would, at least, let everyone know why they didn't like winter and all of what was to come their way.

The first to sit on the stick was the mole and the earthworm went with him. "In the winter, we have to dig down really deep into the earth to stay warm and it is a lot of work."

They stepped off and the deer stepped on the stick; and told of how they had to survive in the cold winter doing the same things they were doing in other months. "It gets hard when the snow gets so deep that we can't see where we are walking."

The snakes slithered up to the stick. "We hibernate all winter and don't get a thing to eat." The groundhogs walked quickly to the stick and announced that this is what they had to do too.

The fish, frogs, and birds all went to the stick next to tell of how each breed would do different things. Some would be hibernating or migrating and some would stay where they were.

The owl interrupted the meeting to say something he had been holding in for awhile, now. "I would beg to differ. I don't think these things make winter boring or hard, at all. I remember you, Mole, talking about how you liked to dig and find new things. Deer weren't you happy last winter when you had something to drink, all winter long? Wasn't it nice for all of you snakes, even though different breeds, to cuddle together in a nice, warm hole without having to worry with hunting? Wasn't the migrating trip exciting last year for the birds and fish that went? Isn't it good to see deeper in the waters for the frogs and fish that stay here? I know the nap is great for those of you frogs, that get them."

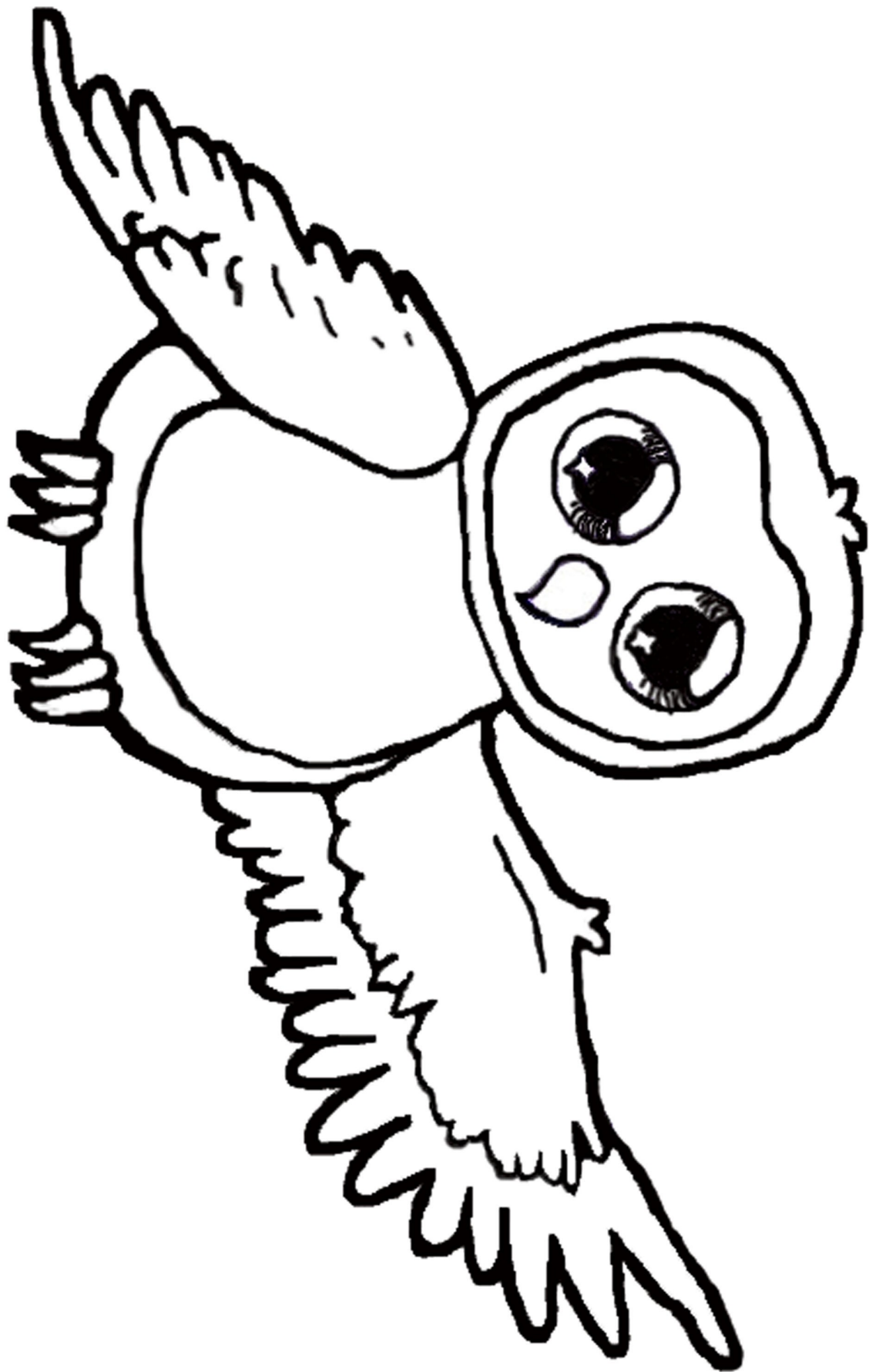
Everyone stopped and thought for a moment, Yes, owl was right, and they were all being foolish because they were only looking at the bad side of things. They all discussed this, in great detail, and decided to have a winter party where they would celebrate the winter that was coming. It would be a great celebration of what they had to do and the work it took to do it.

In the middle of the wilderness there was a lot of commotion and animals were running around like crazy. This time it was for a different reason and all the animals were happy.



Two coloring pages are included to use as visual aids for this story.





Wee Pagan

By: Melissae



There's magick in the acorn and there's magick in me.
Tiny magick acorn, that grows to be a tree.
Tough branches growing up and out,
Roots hiding - you can't see.
There's magick in the acorn and there's magick in me.

Rainbow Leaves and Pom-pom Acorns

MATERIALS

Pom-poms
Acorn caps
Craft glue/hot glue/glitter glue
Felt scraps/foam sheets/construction paper
Scissors



Color the oak leaves on this page in rainbow colors

DIRECTIONS

Gather unbroken acorn caps with your family. Find an oak leaf. Say hello to a squirrel.

Gather your supplies. Rinse acorn caps gently in your kitchen sink. Use a colander, so they don't go for a swim down the drain. I love how they look like little hats.

Place the acorn caps like upside down tea cups on a towel to dry. Imagine yourself to be so wee, that you could use the acorn cap as a bowl to eat soup from.

Once the caps are dry, choose your glue and squeeze enough in the cap to fill it halfway. Push your pom-pom into the glue carefully, trying to keep all of the glue hidden inside.

While the pop-pom acorns dry, trace your oak leaf onto your felt/foam/paper, and cut them out. Don't worry if they aren't perfect, every leaf is different like every person is. Be creative.

Scatter your colorful leaves with your pop-pom acorns and appreciate how beautiful the natural world is.

What a lovely place to play. Put them someplace you can see them. We put ours in a cornucopia on our seasonal family altar. What will you do?

Once you've taken the time to really enjoy your creation, think about ways to bring other creatures joy with them. Will you put them in your fairy house? Could you glue the pom-pom acorns to the colorful leaves and make name tags or place holders for your winter party? Maybe you can put them in a jar with pine cones and write a note to yourself to open next year. Oh, the things you can think!



Want a colorful visual aid? Print a great one at

<http://paganmoonbeams.com/offerings/NovCollage.pdf>

Wee Pagan

By: TristÅ

Winter Party

This is the perfect time of the season to throw a winter party to welcome the preparation for the upcoming winter. Take the time to invite both friends and family to your personal party. Do crafts and activities that you enjoy or use the ideas, below, to show off your talent and alter them to add a Pagan touch at your own discretion.

Winter Centerpieces

Take a few hikes outside and see what this time of year has to offer. Pick up things that nature has dis-guarded, which call to you. After getting home, take the time to arrange them into a bouquet or collage to act as a table centerpiece. If you are inviting many people, you may have to make several unique pieces for each of the tables that will be used.

** For a Pagan touch, bless them to bring a bright and peaceful winter or sprinkle with fairy dust or blessing herbs of your choice.



Nature After Party

Once your winter party is done, prepare some natural ingredients to a salad or just a plate of natural food for your animal friends.

At the end of the party, take a walk, with or without your guests, and leave your plate outside in the middle of a designated area. Your animal friends will be sure to stop by and get your items to aid in storing for the winter or even to cure the hungry mode they have at the moment.

This might be something nice to have sitting within eyesight while you are partying, as well for a great conversation piece or to see what animals attend.

Party Ideas

There are many different things to do during your party. Be sure to have fun because it is that is the most important part.

1. Freeze different containers with water in them to make odd shaped ice cubes, adding food coloring to some of the different one's, to add more fun. Arrange them on a flat surface into funny ice sculptures. See who can come up with the most realistic one.
2. Gather pine needles from the ground and tape together to form a natural paint brush. Use your brushes to paint a picture during the party. When the party is over, cut off the part of the needles that have paint on them and return to nature, so she can use them as she intended to, from the beginning. Be sure to thank her for the use of them, as well.
3. Place some wind chimes somewhere within the party limits. Whenever a person thinks of something that reminds them of winter or something good about it, they can go and ring the chimes. It is up to you whether they share it or not.
4. Have a hot cocoa or tea contest to see who can make the best cup. Allow an adult to do the actual cooking part, but you can mix and determine the ingredients, as well a, cooking procedures. The best cup can also be served during the eating part of your party.
5. Go on a 'Signs of Winter' hike to see who can find the most signs that winter is coming. Keep a tally or have an adult keep score.
6. On the invitations, write "Winter is coming. Help me ring it in at my winter party!" ...or something to that effect. At the party, be sure to have a bell, so everyone can ring it as they come and/or leave the party to aid in ringing in the season with you.
7. Gather some leaves, in the area you will go to, for your party and/or you get items for it. Gather a few leaves and when you get home turn them into thank-you notes. Go to where you gathered them and return them to the land to thank nature for her part in your party.

Pandora's Recipe Box

By: Pandora

Bubba's Punkin' Patch

Minnie and Bubba were walking around Bubba's pumpkin patch, one beautiful and brisk fall day. Well, technically, it was called "Bubba's Punkin Patch." In fact, this was the very thing they were talking about; the name of the place!

"But, Bubba, it's called a PUMPKIN, not a punkin! Why would you ever name your pumpkin patch something so silly?" Minnie wondered.

"Well, that's simple, Minnie. 'Punkin' is actually my real name! It'd be pretty silly to call it 'Punkin's Pumpkin Patch', don't you think?" he answered.

"Punkin is your name? I don't get it! Why does everybody call you Bubba?"

Bubba sighed, and answered Minnie. "Because, I was named after my dad...we have the same name! It's kind of like a nickname, so people can tell us apart. Besides, I like it!"

"Oh, no, Bubba. I didn't mean that I don't like it," Minnie jumped up, afraid she'd upset her friend. "I just wondered. But, I still don't understand why your sign doesn't say Pumpkin. People might not know what it means."

Before he answered her, Bubba and Minnie strolled further through the pumpkin patch. They admired the colors of the leaves that were left, still clinging to the trees, and all of their beautiful colors. The pumpkins had even slowed their growth, since the end of autumn was approaching. Fortunately, the pair had thought ahead, and worn great big, warm, and cozy sweaters to fight off the chill in the breeze.

Seeing the impatience for him to answer, written all over Minnie's face, Bubba laughed.

"People know what it means," he said, knowingly.

"When you say it fast, 'pumpkin' sounds like 'punkin'. So, even when you say it the way it's supposed to be, it sounds just like my name! What better reason can YOU think of to call it that? I mean, there's no doubt it's MY patch, since my name is there, twice, right?"

"Well, it makes as much sense as everybody calling me Minnie, I guess," she gave in.

"But, it's your name. Why wouldn't everybody call you that?" Bubba asked, surprised.

"Well, it's not really my name. My family started calling me that because I've always been so tiny compared to everybody else. I guess you could say it's MY nickname, just like your's is Bubba!"

Stunned, Bubba wandered on, in silence.

Suddenly, Bubba turned to Minnie, and asked the only question left, "Minnie, what IS your real name?"

"My real name?" she asked. "Um, well...Chickadee."

"Hey, Minnie, you know that a chickadee is a little, itty, bitty bird, right?" Bubba asked her. Giving Bubba a look like he's just grown a few extra heads, Minnie replied, "Yeah. So?"

Sighing, he looked at her and said, "Do you think THAT might be the reason everybody calls you Minnie? Since it's a mini bird?"

"Well, I guess so. I just thought it was because I'm so short! But that still doesn't answer one question: where did the name 'Punkin' come from? I know it's your dad's name, but where did it start?" she asked.

"Um, it's kind of funny. It's not the pumpkin patch, I swear! It's BECAUSE of the pumpkin patch. I know that doesn't make sense, right? Well, um...We all love ANYTHING with pumpkin in it. Even the colors! In fact, I make a mean Pumpkin bread! Minnie, do you wanna make some pumpkin bread with me?"

Since it was getting colder, the closer the season got to its end, and the beginning of winter, Minnie couldn't think of anything better than making some of Bubba's Pumpkin Bread.

Do you want to help make some too?



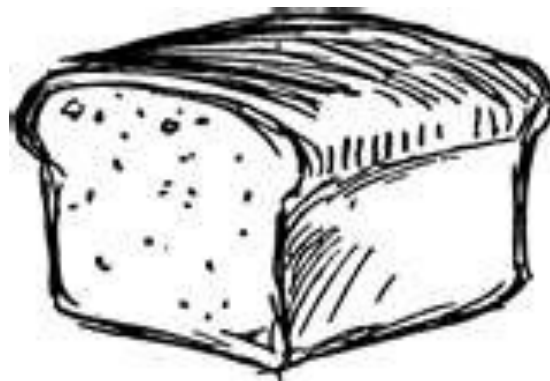
Pandora's Recipe Box

By: Pandora

Bubba's Pumpkin Bread

Ingredients

2 2/3 cup sugar
2/3 cup shortening
1 (16oz) can of pumpkin
2/3 cup water
4 eggs
3 1/3 cups all-purpose flour
2 tsp baking soda
1 1/2 tsp salt
1 tsp ground cinnamon
1 tsp ground cloves
1/2 tsp baking powder
2/3 cup coarsely chopped nuts(optional)
2/3 cup raisins(optional)



Directions

Heat oven to 350 Degrees. Grease bottom only of loaf pan(s). Mix sugar and shortening in medium size bowl. Stir in pumpkin, water and eggs. Mix in flour, baking soda, salt, cinnamon, cloves and baking powder; stir in nuts and raisins. Pour into pan (s) and bake until wooden toothpick inserted in center comes out clean. Bake for about 1 hour 10 minutes. Let cool for 5 minutes and use knife around edges to loosen from pan. Remove from pan and allow to completely cool. Grab a glass of apple cider and enjoy.

Add your pumpkin bread to your winter party. Try some of these ideas:

Shaped Bread

After bread has cooled have an adult cut slices slightly thicker than sandwich size. You take a cookie cutter and use it to shape your bread into great wintery shapes.

- Leave one side with the crust on to stack a skewer through, making a great eat-off-the-stick, on-the-run bread-treat that is easy to decorate with.
- Make a nice plate of shapes with no crusts showing, to decorate and later eat with other party treats.

Party Gift Jars

Make some nice gift jars for those that come to your Winter Party to take home with them.

Place all the dry ingredients into a quart jar with the directions and list of wet ingredients on a label that you can color and attach to the jar with the ribbons and adornments of your choice.

Making The Connection

By: Raven Moonshadow

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

This month's connection comes in preparing for Winter. As Pagans, we have just finished celebrating the last of the three Harvest Festivals and the Wheel of the Year has turned to start over again. Outside the world is slowing down, the leaves changing color and falling to the earth; animals are either bustling about gathering food to store for the coming months or preparing to migrate to warmer weather. Mother Earth is preparing for peaceful slumber. As all of this is happening around you, you may begin to wonder, "What does any of this have to do with me? I am not connected to what is happening outside." I am here to tell you we are all connected – people, animals, trees; connected to each other.

Just as animals make their preparations for Winter, so do we humans. No, we don't hibernate, as some animals do, but just as squirrels prepare their nests for winter, we, too, prepare our homes and our vehicles for the coming colder months. We have made the switch from air conditioning to turning on the heat to warm our homes and bodies. Some families have piles of firewood for their fireplaces, while others insulate their windows to keep heat from escaping and block the freezing winds from entering their homes. In the Winter, animals fur coats become thicker. By the same token, people do the same. I'm not saying we become hairier, but our wardrobe changes from shorts and short sleeves to sweaters, pants and heavy coats. Our light Summer blankets have been replaced by heavier comforters and thick blankets. Outside, you may find nests, burrows or dens lined with leaves, feathers or fur. Some birds are migratory, meaning they move when the weather changes. Many fly to warmer areas. Some people also flock to warmer areas to escape the cold for vacation, or seasonally move until warmer weather and another change in seasons happens.

Looking beyond the scope of animals, take note of the elemental changes; earth, water, wind and fire. In the Summer, the ground is warm and soft to touch, but in the Winter, as temperatures drop, the Earth begins to harden and become cold. Digging a hole now will prove more difficult than in the warmer months. When you walk, your footsteps may even sound louder on the hardened ground. Looking out at the trees, you will notice they give the appearance of being asleep. Most trees have lost their leaves, and even they seem stiffer to the touch, colder. Soft leathery feeling leaves have changed colors, becoming brittle and falling to the ground. Note how they crunch under your feet. Water will start to feel colder than before. If you visit a local stream or creek, take notice how clear and lifeless water seems to have become. Water flowing over the rocks in the Summer may have seemed like a bubbly conversation, whereas now, the motion is swift and loud. The air has become more crisp and sounds seem to carry farther. Gone are the gentle breezes of

(Continued pg. 14)

Making The Connection

By: Raven Moonshadow

(Continued from pg. 13)

Spring and Summer; the warm moist air that feels so good on your skin. Now, the Winter wind sweeps across the earth, sometimes even feeling like it is made of icicles with the ability to freeze everything it touches. You may be wondering how the element of fire plays into Winter. From the once warm temperatures, to the heat in a cup of hot chocolate, this element is ever present. Notice how the use of fire can move from a friendly diversion in warmer months to becoming a necessity in the colder months to sustain life.

To tie into these elements, look deep inside yourself at the final element, Spirit. How do the elemental changes make you feel? Close your eyes and simply listen to the whispers from your inner self. Can you feel your body wanting to slow down as the rest of the earth does? Spend time with yourself meditating on how the changes around you affect you. Try to connect with the spirit, or life force, that lives in all things in Nature. Realize that all of our energies flow in and around one another.

In all of these ways, we are connected. While flocks of birds migrating south, may not seem like it has anything to do with you or the path you follow, it is important, first, to realize, and make, even the smallest of connections to the world outside. In finding the smallest of similarities between yourself and Nature, you bring yourself closer to connecting spiritually with everything.

“With sudden stir the forest sings Winter’s returning song...”
- John Clare

ACTIVITY:

For the younger Pagans; Get outside and observe the animals preparing for Winter. Pick one kind of animal to really observe. Try to figure out what this animal does to prepare for Winter. Watch what this animal gathers in the way of food or material for its nest. If your animal migrates, can you determine the path that it may go? Draw a picture of your animal readying itself for Winter. Afterwards, pretend to become that animal. Act out what you must do to ready your nest and yourself for the cold months ahead.

For Teens; Spend time meditating on the change happening around you. Reflect on the elements and how even they seem to change. How do these changes affect you? What does this type of change mean to you on a personal level? Watch the weather over the course of a week. Each day track the weather and how it makes you feel.

For Families; Get active in your community. Find out what you can do to help others prepare for Winter. Find a local food bank, or soup kitchen to volunteer your time. Many food banks need help at this time of year gathering food donations, as well as, putting together “holiday boxes” to deliver to needy families so that they may have a nice, sit-down holiday meal. Maybe you know a family in need in your area that you can personally help. Find out how you can help them, or even look for a Winter coat drive to assist.

Young Pagans

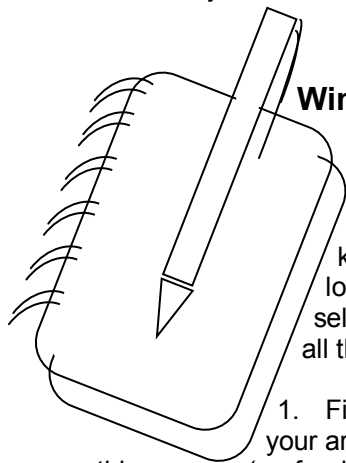
By: TristÅ

Sky Signs

As the world shifts from fall to winter, all attention seems to shift on life that actually touches the earth itself. There are a lot of changes going on in our skies as well. This year, take the time to concentrate on the things that the sky gods and goddesses have to offer you!

- Keep track of the hours of both day and night on a calendar. Take the time to thank the spirits, sky Gods and Goddesses that are connected with each as you celebrate their changes each time the hour changes.
- Use star charts to find out which constellations can be seen both leaving and coming into the sky. Take the time to do your research about how they got their name, what pantheon they are connected with, and show appropriate respect, as well as learn about where to find them on regular nights.
- Take more advantage of the time the sky becomes bright before the sun rises. Spend this time for meditation and to send some energy to aid the sun to come up in such a cold time.

Find your own way to add the sky into your preparation for winter, just be sure not to forget it.



Winter Preparation Diary

There is no better way to see the world prepare for winter than observation and keeping a diary. Try the following to do this project yourself. You will be surprised at all the things you will learn.

1. Find a place somewhere in your area where there are several things (preferably in nature) and determine how much of the area you will use for observation. The size of the area needs to be large enough to contain at least 5 things (both small and large) but not so much that it takes you over 30 min. to thoroughly observe it.
2. Get a diary or notebook to keep track of this area which you will write into each time you check it out.
3. Go to your area on a regular basis and look around as much as possible without disturbing things too much. Pay attention to the smallest bug under the old ball sitting on the ground next to the wilted branch hanging off of the tree. Jot down or draw the changes into the diary.
4. Spend time with your area and thank the land spirits, gods, or goddesses for sharing this wonderful insight with you.
5. You can stop your diary whenever you feel it necessary or become tired of the project. It would be nice to continue this project for a complete year for the full effect of it.

Winter Altars

When thinking of winter coming, you think of many things, however, not many people think of their own altar. Getting in the mode of the season includes everything and your altar should be included.

You can go from one extreme to another, but it is important if only for a short time you show some credit to the great season of winter. Here are what some kids are doing:

Sally keeps a season altar in her corner under her trophy stand. She has a separate decoration for each season. As the seasons change, she replaces one thing from the season leaving with something from the one coming up. This is something her mom taught her to do since she was tiny.

Tony also has an altar he and his father made together when he was about 6. They also have a routine of walking each Saturday in the woods no matter what the weather. Tony always picks up something that nature has discarded and adds it to his altar. He takes things off that the earth will need and drops it back into the woods each Saturday when he and his dad walk. This keeps Tony connected to nature and the changes it is constantly making.

Maze has a few items that she adds to her main altar with each season. As winter is coming, certain herbs representing the season will be spread around the major candle holder. She will also change the candle holders to the snowflake ones. This does not change anything that her altar is used for, it just makes it look more cheery and with the season. It allows her to feel more at touch with nature even though she is inside.

Young Pagans

By: Mandi Auman

Hibernating

The dictionary says that hibernation is “a state of inactivity...in animals, characterized by lower body temperature, slower breathing, and lower metabolic rate.” This is a time when animals go into a special sleep to conserve energy so they can survive until spring brings more food again. Do you know of any animals where you live that hibernate? How about plants? Some plants hibernate, too. Read on to find out more and how you can honor these special animals and plants in your life.



Animals that Hibernate



Gophers: speed, behind the scenes; the gopher works underground and is good for things that need to happen undercover (not secrets)



Bats: messenger, may bring messages while he's sleeping



Frogs: Frog Prince; may be ugly on the outside, but beautiful on the inside



Snakes: transformation; a snake may help transform in to something wonderful



Ladybugs: luck, protection; if you've struck out on your wish in the past, the ladybug will get it moving again



Bears: strength and stamina; use the bear for a wish that will require commitment and endurance; he will help you finish



List is from <http://www.saskschools.ca/~gregory/winter/win2.html> and http://www.spelwex.com/animal_correspondences.html
For more animal information, see *Animal Magick* by D. J. Conway.



Hibernating Wish

Everybody has wishes—something that they want above all else. Most of the time, all it takes is some thought and preparation and we can make our dreams come true. But sometimes, our dreams involve things we can't control. Try this activity to see if you can un-stick a wish. It will take lots of patience, but it should be worth it in the end!

Find a small stuffed animal, preferably one that resembles a naturally hibernating animal. Give it a name and host a small naming ceremony for him/her. Carry it around with you for three days and treat it like your best friend—tell it all your secrets, dreams, and wishes. Be sure to tell it what you wish for most in the world.

During this time, look for a safe, warm place for your friend to hibernate. Be sure to ask it what it thinks, as well. Get some things to-

gether that it might need while it's sleeping—blanket, pillow, toy, bed, small bits of food (pretend), etc. Remember, during hibernation, your animal won't eat much, but it will need something when it wakes up.

When your animal is ready, tuck it in for the long sleep. Tell it a story, tuck the blankets around it, and remind it of your wish. Respectfully ask it to think about your wish and help you make it come true when it wakes up. Then, leave it alone in it's warm, safe bed.

Here is the most important step. Forget your wish. Let your animal work on your wish while it's sleeping and through the Winter.

In the Spring, when the first buds start to bloom on the trees, go back to your animal and gently wake it up. Spend three days getting to know each other again, and talk about your wish. If you've had any ideas about it over the Winter, discuss them with your animal. Together, make a plan to make your wish come true.

The kind of help you might get from your friend depends on the kind of animal it is. See the list

Pandora's Recipe Box

By: Pandora

Samantha Can Help, Too!

Samantha's family tie everything together. From working in the herb patch, in the backyard, to making special meals. Since everybody got to do something, according to his or her age, Samantha decided that this was the year! Since she'd turned 10, that year, she'd do something more important than just tearing bread for stuffing, or mixing in the herbs. Samantha wanted to do something that had to do with the pumpkin. After all, that was her favorite part!

It didn't matter to Samantha whether or not she got to make a homemade pie, or simply cut off the top—you know, with one of those really big, really sharp knives—she was going to 'upgrade' to the pumpkin this year, she just knew it! After all, she was 10. That's double digits! That meant she could handle more responsibility. At least, she hoped it did.

When she awoke on the morning of that special November feast, she rubbed the sleep out of her eyes, and started to dress, excitedly. "Today's the day," she thought to herself, as she scampered down the hallway. Upon entering the kitchen, she looked around in dismay. It didn't look as if there was to be a feast later. In fact, it didn't even look like a weekend. (That's when Samantha's family had omelets, pancakes, or some other 'slow down' food, instead of cereal.)

When Samantha asked her older brother about this, she was told, "Well, it's NOT the weekend, Silly Sam! Besides, if you had more than cereal today, you wouldn't have enough room for all of the wonderful food we're planning to make!" So, she sat right down and ate her typical weekday, and boring, cereal. Who ate cereal on a day like that? Apparently, she did. That wasn't very magickal!

After everyone was finished eating breakfast, the usual noise started to filter through Samantha's family's home. Mama was banging around different pots and pans, of many different sizes and shapes. She needed just the 'right' ones. Samantha didn't understand what was so difficult, since they didn't have that many pots and pans, in the first place. SHE wouldn't have that much trouble. Well, she wouldn't IF she were old enough, for that part in this event.

Her big brother, Hunter, was busy making his own noise, right next to Mama's. Except that his noise was mostly self-made. Since they were having turkey this year, he got to 'bathe' the turkey. But Hunter wasn't normal, not that brothers are. He didn't just scrub the turkey and put it in the pan. Nope. That was WAY too easy and simple. Hunter made the TURKEY bathe itself! It got a shower, with the sprayer, in the kitchen sink. It sang. It danced. It made everybody in the kitchen giggle, uncontrollably. Everybody but Samantha, that is.

"You are so weird, Hunter!" she exclaimed. "Why would a turkey sing or dance in the shower?"

"Sam, WE all like to sing in the shower and dance in Summer rain showers. Why wouldn't the turkey?" he asked her, seriously.

"Wait. But, why would a turkey take a shower, in the first place?"

"Honey, why WOULDN'T a turkey take a shower?" Mama asked, as a smile quirked her lips. "Besides, it's a magickal day! Don't you want to help out?"

At that, Samantha forgot about the stupid turkey and its stupid shower dance—which was funny every OTHER year—and began to hop up and down, in excitement. As she looked around the room, for the pumpkin and that 'dangerous' knife, her excitement turned to upset. The pumpkin was there, but the knife wasn't. Well, it wasn't, anymore. Somebody had already cut the circle top off of the pumpkin. She disappointedly turned back towards Mama, who smiled over at her.

"Well, Young Lady, aren't you excited that you finally get to work on the pumpkin this year? Not even just a teeny, weeny bit?"

In response, Samantha sulked over to the table where the pumpkin awaited her arrival. "Oh goody," she thought to herself. "I get to pull out the guts of the pumpkin, to throw them out. Some big girl I am!" But when she finished shuffling to the table, she saw that the pumpkin had already been cleaned out. And SOMEBODY had left all of the stringy insides on the table, next to the pumpkin! How gross!

Pandora's Recipe Box

By: Pandora

Samantha Can Help, Too! (continued)

Answering Samantha's unspoken question, her father's voice echoed from the next room. "You're to get a cookie sheet from your mother, and begin sorting. You need to sort the seeds from the rest. Keep the seeds, and separate the rest to go into the herb garden, as fertilizer. Or something along those lines, anyway. It does good stuff. Mom will explain the rest, once you finish that."

So, Samantha set to work. Not five minutes into her task, she looked up at Mama, wondering why she had gotten such an unimportant task, when Samantha's younger sister—Jess—was there. Mama returned her gaze and said, simply, "You are making your very own dish, this year, Little Miss!" With no further explanation, Samantha returned to her task with renewed fervor. The faster she finished, the sooner she'd know the next step! Oh, how she wondered what fabulous thing she was making. If only Mama or Dad would say! She'd just have to be patient.

Fortunately, that didn't take long, since Jess had just tip-toed her little self into the kitchen. Since Jess was so little, she'd take extra supervision. That meant that Mama would just HAVE to tell Samantha everything there was to know about whatever it was that she was making. Talk about a mystery! As if on cue, Mama turned to Samantha and told her that she was actually making a snack, that they could have while preparing the meal. Or any other day, that an empty pumpkin was needed, too. She was making Pumpkin Seeds!

"Um, Mama? The pumpkin already made them!" Oh boy, was Samantha confused!

"Dear, you're going to season them, and bake them. They're pretty much JUST like the ones they sell in the store, only these will be WAY fresher. As a result, they'll taste a whole lot better. AND these are magickal pumpkin seeds, from our very own magickal garden! Oh! And don't forget to leave a few out, to give back to the earth, too. We need to take care of Mother Earth, especially as it gets colder, the way she takes care of us when it's the growing season," Mama explained as she settled Jess onto the counter top, far away from the stove, to tear pieces of bread for the stuffing.

Dad stuck his head into the kitchen and pointed to the seasonings that Samantha had managed to overlook during her work. As total understanding settled in, Samantha realized that she had a VERY important part to play in the day's cooking events. Her's would start everything off. Well, that is, it would start off the eating part. She looked at Hunter, who was watching her with his turkey. She smiled, and he 'helped' the turkey wave at her. Samantha laughed; she couldn't help it. Then she looked over at Jess, making the stuffing—Samantha's old job—and realized that they all had important parts to play, today. And that helped them to feel like more of a family: working together, laughing together, and helping each other. Sharing the warmth of caring and love with each other, on that most magickal of days, and everyday.

Samantha's Pumpkin Seeds

INGREDIENTS

1 1/2 cups raw whole pumpkin seeds (let them sit for a day to dry out, if possible)
2 teaspoons butter,
melted

DIRECTIONS

Preheat oven to 300 Degrees.
Toss seeds in a bowl with the melted butter and salt. Stir, well, to coat evenly. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.



Herbal Focus

By: Lionfirestone

Enjoy the bookmark below.

Since we are talking about preparing for winter, and the growing season is over for the Northern hemisphere, I thought we would focus on kitchen herbs and things you can do indoors. I classify kitchen herbs as, herbs that you would also use to cook with and kitchen magic as, using kitchen herbs to create a remedy. We have already discussed some essential kitchen herbs in past issues. In the next few issues, we will focus on a few more. Kitchen magic is one of the oldest forms of magic. Using herbs that you already have in your kitchen is an easy way to heal common unpleasant ailments. When you take the time to create an herbal remedy from the basic ingredients, you have a magical opportunity at hand. You can infuse every remedy with intent and will, as well as, mixing clockwise or counterclockwise upon which energy you are working.

Here is a basic list of kitchen herbs, which I suggest for your home, to be used in making simple remedies and to use while cooking. You may already have many of them in your kitchen spice rack.

- Anise
- Basil
- Bay
- Caraway
- Cinnamon
- Coriander
- Dill
- Garlic
- Ginger
- Nutmeg
- Parsley
- Pepper (black)
- Rosemary
- Sage
- Thyme

There are a few basic remedies that can also be used for ailments that involve other foods. For example, cabbage leaves reduce swelling when wrapped around the swollen area and loosely secured with gauze.

There are a few that can be easily remedied, like; if you suffer from frequent upset stomach you can take a small amount of any one of the following; cinnamon, fennel, sage, thyme or ginger. The best way to take it is by making a weak tea. Boil 1 or 2 tablespoons in a cup of water and then strain and drink. (Make sure to let it cool a bit first).

Basil can be used externally as an insect repellent and as a poultice for acne. There is an herbal remedy for every ailment known to man. Not all can be treated easily, but most can and for a lot less money than medication. There are numerous books on herbal use that have been written through out history to present day. There is also a lot of information on the internet. I recommend before you use some from the internet you check out the sources, especially when it comes to remedies involving foods and herbs.

Here is a quinoa and orange fennel dressing salad recipe:

- 1 cup quinoa (a whole grain available in health food stores)
- 3 cups water
- 1 carrot, grated
- 2 cups peas, fresh or frozen
- 1/2 cup nuts (walnuts, almonds, or pine nuts)
- 1/2 cup purple onion, chopped
- 2 cups arugula, shredded

Boil quinoa in water until soft. Drain and place in a salad bowl with carrots, peas, onion, and arugula. Chill. Toss with fennel dressing and nuts, and serve.

Herb Focus: Fennel



Color: Fennel are tall perennial plants that form clumps, with deep roots, hollow stems and glossy, feathery leaves (looks like threads). Tiny, dull, yellow flowers appear in umbels in summer, followed by oval brown seeds.

Parts Used: The leaves, stems, roots, seeds and oil are used for medicinal and culinary purposes.

Location: Indigenous to the shores of the Mediterranean, but has become widely naturalized elsewhere and may now be found growing wild in many parts of the world, especially on dry soils near the sea-coast and on river-banks.

Healing Properties: Fennel Teas have been used throughout history to break up kidney stones, quiet hiccups, prevent nausea, aid digestion, prevent gout, purify the liver, and treat jaundice. For babies, it is said to relieve colic and flatulence, and to expel worms. It may be effective when used along with conventional treatments in prostate cancer. Fennel is disliked by fleas, and can therefore be used around the house in doorways and near pet bedding to reduce flea populations. Fennel is a cleansing and medicating herb, and can be used for a steam facial for opening pores and rejuvenating facial skin. Relieves excessive gas in the stomach and intestines, including indigestion, cramps, and bloating. Fennel preparations are used to relieve bronchial spasms. Since it relaxes bronchial passages, allowing them to open wider, it is sometimes included in asthma, bronchitis, and cough formulas.

Magickal Attributes: Fennel can be used for scrying, protection, physical health, and banishing ill-intended magick. Its planet is Mercury and its element is Fire. In ancient times, it was hung above the door to keep evil out and the seeds were put into key holes to keep ghosts away

Latin Name: *Foeniculum vulgare*

Mineral Focus

By: Lionfirestone

I do not know about you, but I love collecting rocks, minerals, and crystals. Knowing how to properly care for them is important. Once you get them home, they should be carefully stored and marked right away. This way you can remember which one is which. An easy way to store your minerals is in empty, clean egg cartons. On the inside of the lid, you can write the name of the mineral you have in each slot. This can be done with a permanent marker or an ink pen. They also sell clear plastic containers with lids at craft stores and you can make your own compartments, where these labels can be used.

For larger minerals that will not fit, you may want to wrap them in bubble wrap and put them in individual zipper type bags with their names written on the outside and then safely kept in a box,. Photo boxes work great for this.

The main thing to remember is, try to keep you minerals from touching each other, it can upset the energy of the minerals. Keeping your minerals stored will prevent them from getting dusty. If you do have minerals that you like to display, they should be wiped clean with a soft, dry cloth on a regular basis.

When it is time to recharge your minerals, there are many different ways and opinions on how it should be done. I like to think about where the minerals originally came from.... the earth and in the dark. I suggest placing your minerals in salt or dirt to recharge them. If possible, completely cover your minerals with the salt or dirt. Then, place them outside in the moonlight, but be sure to take them back in before the sun comes up. Any stage of the moon will work for this purpose, except when there is no moon. Of course, the full moon is the best time. Alternatively, you can leave them in the salt or dirt somewhere in your home that will remain dark for at least 12 to 24 hours. This is a better idea if it is raining or snowing. When you take your minerals out of the salt or dirt, again carefully wipe them off with a clean, dry cloth.

You should clean your minerals regularly, but especially when:

- You first obtain them
- They are kept out in the open
- They are used frequently in ritual or when traveling
- After you have been ill
- After you have gone through a negative ordeal
- If it has come into contact with a stranger or person harboring negativity
- When they feel weak, or have a strange vibration or energy

Another thing to remember about minerals is that if they are exposed to direct sunlight their color can fade. Not all minerals can safely be put in water. Make sure that your crystals are kept dry and out of direct sunlight and they will last you for your whole life, and then some.

You may also want to create a field guide for the minerals you own so you know what their uses are and with which chakra point they are associated. A three ring binder will be great for this because you can arrange your minerals alphabetically, by chakra point, or both. You can also use index cards placed in a card box. Whichever method you use, I also suggest including a picture of the mineral with its information. The more you know about each mineral, the better you will become at using them on a regular basis.

Enjoy the bookmark below.

Mineral Focus: Ruby



Color: The ruby is red in color. They vary from a deep red to a brownish red.

Chakra: Root

Healing Properties: Ruby is a blood purifier. It promotes blood circulation and deals with physical energy.

Magickal Properties: Wearing a ruby can increase energies during a magickal ritual. Magickal properties associated with the ruby include protection, power and wealth. Rubies also are used to ward off nightmares.

Element: Fire

Its name comes from *ruber*, Latin for red.

Ruby is a corundum, which is the second hardest mineral known, with diamond being the only harder mineral.

This high hardness makes corundum especially useful as an abrasive. Crushed corundum is screened into powders which are used as grinding media and to manufacture polishing compounds, sand papers, grinding wheels and cutting tools. The first lasers were made from artificial ruby crystals. They still are used for this purpose, although other materials offer improved efficiency. Some ruby crystals show the fluorescence, very short term phosphorescence, that makes a laser possible.

Ancient druids, shamans and Hindus believed in the mystical properties of the ruby and other gemstones. Many of those beliefs were passed on and still exist in modern times. The ruby is believed to promote clarity, wisdom and motivation. It is thought that carrying or wearing a ruby will protect the owner from psychic and physical attacks, and that sleeping with a ruby can induce lucid dreaming.

Middle Magick

By: Pandora

Weaving Your Intent

Yes, I actually mean that literally. Don't worry, unless you have a weaving loom hanging around your house, I don't mean that kind of weaving. Actually, I was thinking more along the lines of knitting or crocheting a scarf, or two. Or three or more.



The reasoning behind this is simple, really. As it gets colder, it's really easy for us to forget that heat isn't something everybody has available to them, whenever they need it. Something as simple as a warm scarf could do the trick! Put simply, while making something warm, that takes time and energy to do, it is nearly impossible to not import FEELINGS of warmth into them. Simple things like the scarf Grandma made you with all the warm feelings in her heart, can feel like a lifeline to someone; especially, if it's someone in need.

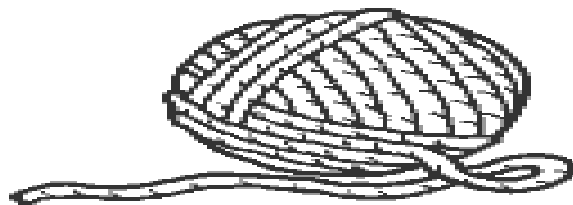
So, I'm sure your next question for me will be :”And HOW am I supposed to do this, when I don't know how to knit or crochet?” I'll tell you how. It absolutely will NOT involve me telling you to spend anyone's hard-earned money for a class at a craft store. (Even though, I will admit to you, I'm slightly addicted to them!) These are very useful and helpful, in their own right, but I believe that you'll find better results if you follow my suggestion: have someone SHOW YOU how to do one, or both of these yarn-wielding talents!

Talk to your Parent or Legal Guardian about the possibility of you volunteering time to spend with some senior citizens at a Retirement Home—if the Home allows it—or even a Senior Center in the area. Don't be surprised if there's more than one person who'd love to spend some time with a young person, and to teach him or her this trade, to boot! You'll be learning from your Elders, an Ages-old Art that is horribly difficult to get the 'feel' for while using a book. (Trust me on that one. I still wish I knew someone who could show me...) I'd also be shocked to hear that this Senior didn't look forward to your visits, once a schedule has been worked out. Don't be surprised if you both take something extra away from your visits with each other, not the least of which is a new friend. When you give with the true warmth in your heart, you also give yourself the ability to receive it.

The nice thing about his project is that you could make the scarf for this Senior, or anybody else! If you can manage to make a few of them, you could donate a few to a local shelter or soup kitchen, as well as friends and family. In short, spread the warmth in your heart!

These are the kinds of gifts that mean the most to someone, years—or just days—down the road of life. The one that you took the time to really think about...something to really make this personal. Who knows? Maybe people will start looking forward to see what you've 'concocted' this year, with your creativity!

Oh, and don't forget that cooking is weaving, too; since you're mixing together multiple ingredients, and weaving them together to make a finished product that is worth more than its parts, individually. Remember, as a Pagan, the intent you put into anything and everything you do is what really matters the most.



Pandora's Recipe Box

By: Pandora

Woven-Top Healthy Deep-Dish Apple Pie

To continue the theme of weaving your intent into your actions, this apple pie features an old-fashioned-styled top crust. To continue beyond that, keeping things healthy means that you're thinking of the welfare of all who will eat this pie. Hey, just because it's apple pie, in the winter, doesn't mean that it can't be good for you, too!

Ingredients

- 1 ¼ cups whole-wheat pastry flour
- 1 ¼ cups all-purpose flour
- 2 Tbs granulated sugar, plus 1 tsp, for sprinkling
- ½ tsp salt
- 4 Tbs cold unsalted butter
- ¼ cups reduced-fat sour cream
- 3 Tbs canola oil
- 4 Tbs ice water
- 1 egg white, lightly beaten, for brushing
- 6 cups thinly sliced peeled McIntosh apples (about 2 pounds) (see *Tips & Techniques*)
- 6 cups thinly sliced peeled Granny Smith apples(about 2 pounds) (see *Tips & Techniques*)
- 2/3 cups packed, light brown sugar
- 1 Tbs lemon juice
- 1 ¼ tsp ground cinnamon, divided
- 1/8 tsp ground nutmeg
- 1 pinch ground allspice
- 1 pinch salt
- 2 Tbs all-purpose flour

Tips & Techniques

The best apple pie filling combines "saucy" apples (that cook down to a saucelike texture) and "shapely" apples (that hold their shape after baking). Pick one variety from each category — here we used McIntosh and Granny Smith. Saucy: McIntosh, Cortland, Macoun, Mutsu (Crispin), Paula Red, or Empire. Shapely: Granny Smith, Golden Delicious, Jonathon, Jonagold, Northern Spy, or Ida Red.



Pandora's Recipe Box

By: Pandora

Directions

To prepare crust: Whisk whole-wheat flour, all-purpose flour, 2 tablespoons sugar, and salt in a large bowl. Cut butter into small pieces and, with your fingers, quickly rub them into the dry ingredients until the pieces are smaller but still visible. Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle water over the mixture. Toss with a fork until evenly moist. Knead the dough with your hands in the bowl a few times — the mixture will still be a little crumbly. Turn out onto a clean surface and knead a few more times, until the dough just holds together. Divide the dough in half and shape into 5-inch-wide disks. Wrap each in plastic and refrigerate for 1 hour.

To prepare filling: Combine apples, brown sugar, lemon juice, 1 teaspoon cinnamon, nutmeg, allspice, and salt in a large bowl. Reserving 4 cups, transfer the rest of the apple mixture to a Dutch oven. Cook over medium heat, stirring, until the apples are tender and beginning to break down, about 10 minutes. Remove from the heat, stir in the reserved apples and 2 tablespoons flour; let cool for about 30 minutes.

To assemble and bake pie: Position a rack in the lower third of the oven; preheat to 425 degrees F.

Remove the dough from the refrigerator; let stand for 5 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 13-inch circle. Peel off the top sheet and invert the dough into a 9 1/2-inch deep-dish pie pan. Peel off the remaining paper. Scrape the filling into the crust. Roll the remaining portion of dough between sheets of parchment or wax paper into an 13-inch square. Peel off the top sheet of paper and cut dough into 1-inch-wide strips. Weave strips over-and-under, and across each other to give a "Basket-Weave" effect. Ensure dough is securely woven, then invert the dough onto the fruit. Peel off the remaining paper. Trim the crust so it overhangs evenly. Tuck the top crust under the bottom crust, sealing the two together and making a plump edge. Flute the edge with your fingers. Combine remaining 1 teaspoon of granulated sugar and the remaining 1/4 teaspoon cinnamon in a small bowl. Brush the crust with egg white and sprinkle with the cinnamon-sugar. Cut 6 steam vents in the top crust, coinciding with the 'edge' of the weave, if necessary.

Bake the pie for 20 minutes; reduce the oven temperature to 375 degrees and continue baking until the crust is golden brown and the filling is bubbling, 25 to 35 minutes more. Let cool on a wire rack for about 1 1/2 hours before serving.

Correspondences

Whole wheat flour: Financial security

White flour: Purification & spiritual cleansing

Sugar: Faster results of magickal workings (beware negative Karma/Feedback)

Salt: Prosperity

Butter: Nurturing, Protection,

Egg: Absorb negative energy

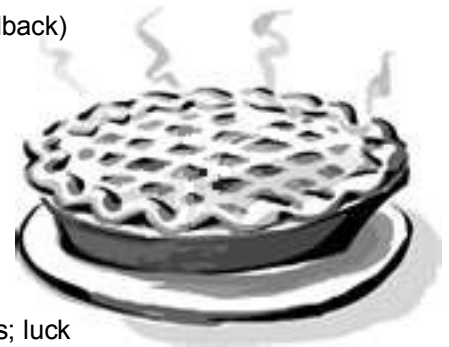
Apples: Love (red); fame & popularity (golden); prosperity (green)

Lemon Juice: Love, beauty, & purification

Cinnamon: When sprinkled, attracts the attention & wins favor of the Gods; luck

Nutmeg: Luck, intuition, generosity

Allspice: Achievement & success



Pagan Resources

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

PaganMoonbeams@yahoo.com



Grey School
of
Wizardry



Meagan Stories



ANCIENT LIGHT

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

To The Parent

By: Raven Moonshadow

MAKING THE MUNDANE MAGICKAL

Winter is coming, winter is coming!! For many of our children, this means snowmen and snowball fights, mom's hot cocoa, hoping that school is cancelled due to weather and looking forward to a Winter Break. For us grown-ups, this means turning up the thermostat, rotating the clothes to something more weather friendly, seasonal maintenance on the car, pulling out and washing the warmer blankets, etc. The list could possibly go on and on. The mundane can seem so time consuming that the magickal may end up repressed or feeling squashed and sat upon. Sometimes even the graying of winter's arrival can gray your mood. Never fear! You can make the mundane magickal!

Change your mindset for how things need to be done. Look at your day-to-day correspondences. Are some days better than others for the tasks that you have at hand to be accomplished? List out what needs to be done for the week, and then make up your mind that you will work magickally to get them done. Call upon the Gods and Goddesses to help you see things to fruition. Need to get your house cleaned? Open the windows for a nice cross breeze, light the incense, and "cleanse" the house on a metaphysical level prior to the nitty-gritty rubber-gloved cleaning. A couple of drops of lemon in the window cleaner, pine in the mop bucket, and lavender dropped onto a piece of material set for use in the dryer with the clothes will liven up and awaken the house. Have guests coming over? Simmer cinnamon and cloves in a pot on the stove to set the mood and make the guests feel welcomed and warm the atmosphere. Run down, slow to getting up and getting on your way, feeling sluggish? Get in a nice hot shower and put a couple drops of peppermint into your shampoo before applying to your hair. Not only will it leave a tingling sensation, but also your senses will awaken and you will feel an emotional pick-me-up.

In addition to making your mundane tasks more magickal, try to make them more fun. Let the kids help with changing out the summer clothes for winter clothes. Put on some fun, upbeat music and turn it into a fashion show. Make sure the kids have their "runway" ready to show off the Fall/Winter fashions. Have a camera at the ready, if you so desire, to take pictures of the "models" as they show off what they're wearing. Take note of what no longer fits and have a "discard" area ready so those clothes can be packed up and donated. Find a local shelter or place to drop off what no longer fits, but is in good condition for someone else to wear.

At the end of the day, after the running is done and the kids are in bed, make sure to take time for yourself. Set up time to meditate and reflect on the day. Keep a journal to record the days as they pass and your feelings throughout the day. Draw a warm bath, adding to it rose, jasmine and lavender oils and soak by candlelight. Play some soothing music to relax your mind. You can even end your day by drumming. In reality, you can do any of these or choose something completely different. The important thing is that you just take time for yourself to unwind from the day. Sometimes, as parents, we get so wound up with what everyone else needs that we forget ourselves. By taking the mental break at the end of the day, you rejuvenate the spirit and mind, thus refreshing yourself. Eventually you will find that your mood and sleep will improve and this "time out" will become a welcome end of day ritual. However you choose to unwind, be sure to thank the Gods and Goddesses for the day.

Special Pagans

By: Raven Moonshadow

Bringing the Faith to Your Special Needs Child

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

Preparing for Winter

This month's topic, or theme, is preparing for Winter. As adults, what needs to be done is almost autonomous. Sometimes we are so busy preparing our own families that we have forgotten to look to Mother Earth to watch how she, and all of her creatures, will prepare for the colder, slumbering months.

The seasonal shift is the perfect time, not only to allow your special pagan to help you prepare the home for the coming winter, but to also explain how the different animals get ready. Make sure to point out how, while it seems like things in nature are dying, this is Mother Earth's way of slowing down for a long nap; like bears when hibernating. Use this time to take a walk or ride and point out the different changes in the trees, the ground, the air and the water. Take notice of the squirrel that is scurrying around collecting nuts to take back to the family nest. Tell your Special Pagan that this is just like when the news has announced there is a large storm bringing snow and mom or dad must go to the store to get extra food that might be needed in case the family is stuck indoors. Make a game out of switching out your summer wardrobe with your winter one and having your Special Pagan help. Have him or her show you which clothes would be best to wear if it's cold, snowy and windy. Explain that just as people wear warmer clothes and heavy coats in the Winter, animals grow heavier coats to keep them warm. Make a comparison to how some birds fly to warmer weather just the same as your family may go on vacation in the winter and visit a favorite



relative who lives in sunny Florida, or another warm climate. Like your family, the birds, too, will come back from their "vacation."

If you don't happen to live in a rural area, or there are other reasons that may prevent you from being able to physically go on a nature walk, use books and the internet as resources for showing your Special Pagan how connected we are to the trees, plants and animals; how everything changes and how we learn to adjust and adapt to that change. Grab a blanket and snuggle up with your Special Pagan. Point out how snuggling up keeps you both warm, just like foxes in a den snuggle up with each other. Note the differences in your child's bed and the "beds" of animals; children in beds, foxes in dens, rabbits in burrows, squirrels in nests, etc. Find pictures to cut out and have your child match up where the different animals may sleep.

While preparing for Winter may just seem like a normal, natural everyday thing, taking the time to show the similarities between what we, as humans, do and what Mother Nature and all of her creatures do, will help to bridge the gap and show the innate interconnectedness we all share. Any of these suggestions can be as easy or challenging as you, the parent, choose to make them. It is my hope that by offering you simple suggestions as a basic starting point, it will make things easier to explain to the Special Pagan in your life.



Magickal Touch

By: Mandi Aumann

What is Magickal Touch?

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

Trait of Month: Patience

Herbs: thyme, sage, dill (because they take longer to harvest)

Appliances: oven, iron, dryer (because they take a while to finish)

Colors: any colors associated with peace and tranquility for a calmer waiting time; blues and ocean colors, especially

Rooms: bathroom (waiting for one), formal dining room

(slower eating), bedroom (place of rest)

Direction: East (waiting for morning), West (waiting for night)

Activities: artwork, ironing, baking bread, hang drying clothes, fishing, gardening, roasting, slow-cooking, grilling

Food: anything homemade, especially lasagna, bread, pancakes/waffles, Jell-O or puddings (the cooling time)

Drinks: wine or other fermented beverages, homemade eggnog, sun-tea

According to *Your Book of Shadows*, by Patricia Telesco, November is a time for patience and compassion. These can easily be practiced in any home. Some ways you might practice patience is to do things “the old way” all month. Try reading by candlelight after dinner. Maybe making all your food from scratch—or at least dinner. Here are some other things you can try:

- Make bread, instead of buying it.
- Dry your clothes on a line—even if it’s over the bathtub instead of outside.
- Draw a bath by boiling water to make it hot.
- Do research through books instead of the Internet.

You can also practice compassion by participating in a food drive this month, or doing something nice for neighbors—rake leaves, mow grass, take trash to the street, or walk a dog. Neighbors don’t have to be elderly to appreciate an act of kindness. To keep it closer to home, you could encourage family members to be a “Secret Maid.” Do someone else’s chore for them when they aren’t looking! Just be sure it’s a chore they don’t like, instead of one they enjoy.

Try this...

This time of year is a great time to plant any starters you might like in your garden for the spring. It’s also a great exercise in patience. Depending on the ages of your children, you might like to plant some quick starters, like radishes or green beans. For something a little bit more challenging, try starting marigolds. Marigolds take about 45 to 50 days to start flowering. If you choose some with a nice orange or red color, you have a great plant to incorporate into your fire festival at Yule.

Using an empty cardboard egg carton, put some potting soil in each of the cups. Gently press 2-3 seeds (more or less depending on which plants you choose) into each egg cup, then douse with water. Be sure to completely saturate the soil. You might want to put the egg carton on a cookie sheet because the water will soak through the soil and into the cardboard.

That’s it! Check and water your seeds everyday. With the quick starters, you should see sprouts within a week. As the plants get bigger, you will need to move them to a larger place. You can use flats from the garden store, or move them to pots. When you move them, simply cut apart the egg cups and place in more potting soil. The egg cups should eventually biodegrade and mulch into the soil. Again, as with any transplanting, be sure your plants get plenty of water and light immediately after moving.

Mystical Evening

By: TristÅ

Take the time each month to have a mystical evening with your family, focusing on our monthly theme. Make this the time that Paganism and modern day meet within your own realm. Involve all members of the family, allowing them to help and gain knowledge both with this one day. To get you started on ideas take a look at some listed below.

Story Tyme

An idea for a story to go with winter and fall is:

Persephone (Greek Mythology)

Starting the Bond

With the winter months on their way, it is a great time to begin with the bonding process. Take the time to make not only close bonds with each member of your family, work on making a magickal bond both personally and as a family.

Making a magickal bond as a family can be as simple as writing a dinner blessing together to a ritual that will be used on each of your monthly mystical evenings. Being together as a family when it comes to religion is very important, especially with Paganism since it has its own acceptance problems in today's world already. If you are a family that believes in different paths this is the time to show how the paths themselves differ, but are both Paganism. If you are a family that believes in different paths, this is the time to show how the two can co-exist without debate and work together. Something as simple as a dinner blessing can teach so much to children of all ages.

It is important to spend time separately with each of the children involved in mystical evenings each month. Allow them time to grow spiritually, as well as become more comfortable with you as a parent or mentor. Be sure that you make not to teach something and answer all questions that come up as well. The lessons will be more remembered due to the setting that you have brought forth. Do not be discouraged if the questions come too slowly at first; they will have to learn a new kind of trust with you in order to feel comfortable in this area. Some will be too full of questions and it is important that you be honest and open even if it means telling them they aren't ready for the answers. Be sure that you make note of those questions because in future nights, when they are ready, the answers will make it special within itself.

The family bond will blend over to the religious bond. It is important that you have a safe and secure one on both accounts!

This would be a great time to introduce your Pagan Diary with your child/ren. It could be the start of a great Pagan connection to last for more than just the upcoming winter.

Holding even a small portion of your evening outdoors paying respect to all that nature offers is a must!

Dinner Menu

Meat Dish of your choice
Potatoes (to signify last crop of the season for most places)
Pumpkin Bread (listed in Wee Pagan Section)
Apple Pie (listed in Pagan Teen Section)
Pumpkin Seeds (listed in Young Pagan Section)

Placemats

Weaving the intent, although meant for the older child, can also be taken to the smaller one's in a more subdued way. Simply weave together some placemats for the terrific dinner of the evening as they are taught the lesson.

To The Parent

By: TristÅ

Winter Cleansing

It is that time of year when you will begin preparing for the upcoming season. Take the time to include your child in your preparations. Some ideas of 'light preparations' where you could include your child are listed below. Do not feel obligated to them, but try to include them in anything you are willing to teach or share; kids are always wanting to learn.

1. Prepare your altar for the upcoming weather
2. Clean your robes and/or ritual wear
3. Clean the items you use in all types of magickal workings with herbal water
4. Add something new that shows respect to the season itself to your magickal space
5. Prepare and perform a ritual cleansing the area from the last season
6. Perform a smudge bath for your area and/or the items that are in it
7. Sprinkle herbal water around the area to cleanse all bad vibes from it
8. Clean your altar itself carefully
9. Prepare your herbs or the items you use for the hard winter to come, this is if you grow them yourself

Pagan Diary

Take the time this season to keep a diary with your child. Write down each evening how the day was for both you and your child. Make it more directed to the Pagan side of things by including the things below:

- How you and your child connected with things; each of your energy levels
- Who meditated, and if so, how many times and how long
- Anything magickal that was accomplished
- How each of you physically feel
- What was not done that was wished could have when it comes to any Pagan topic

Keeping this diary will allow you time daily to spend with your child discussing and facing many Pagan topics. You can also take time to reflect on it by reading past entries when there is nothing to put in it on certain days. Evaluating it at the end of the season will allow you to recognize the lessons taught, as well as how the season went as a whole. It will allow you to make changes next winter to make it more Pagan friendly or eventful.

The Calendar

Pagan Moonbeams has decided to go back to having a front cover that is a great theme appropriate picture to the month. This is done so it can be colored and taped to the Pagan Calendar at the beginning of the e-zine for your own wall calendar. Take the time this month to keep up with the moon phases on the calendar for the days where the circles guides are.

This month's Moon Phase dates are below to aid you and your children:

November 6 - New Moon

November 13 - First Quarter

November 21 - Full Moon

November 28 - Last Quarter

*For other phases of the moon have them draw their own circle.

Link to Check Out

The Pagan & Wiccan Parenting Page

<http://paganparent-ivil.tripod.com/>

This site offers a lot of ideas on many different topics both religious and educational to add in, or approach Paganism in a fun and unique way. This site covers all ages and stages of children, and even a special section strictly on parenting.

A definite CHECK IT !