

# SWORD & CHALICE

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Solstice to Imbolc

## PINECONE WILD BIRD FEEDER

- Large, open pinecone (s)
- Shortening, lard or suet
- Oatmeal or birdseed,
- Cotton string or jute twine
- Mixing bowl, & measuring cup
- Butter knife, Spoon, Scissors
- Pie tin, or cookie sheet

### How To:

1. Tie the string around the wider end of pinecone.
2. Mix ½ cup shortening with ½ cup oatmeal in a mixing bowl until well blended.
3. Thoroughly spread the mixture over the pinecone.
4. Pour the birdseed into a pie tin or cookie sheet. Then roll the pinecone in the birdseed until well covered.
5. Suspend the feeder from a tree branch outside your home .

"Let us love winter, for it is the spring of genius"



There is a strange balancing in the winter months of Yule until Imbolc ... there is the frozen stillness, the land is asleep and we are quieted indoors. The ice locked natural world with the snow and biting winds, shape our days. The winter months physically slow us down and give us room to daydream, we look to the future knowing that the light is returning.

Our inner landscape reflects the natural course of our world. Much like how deep in the woods and locked under the farmers field are seeds of potential, we are reminded that which was cut down will rise again as fallen seeds germinate in the darkness.

This is the time to embrace the opportunity to create positive growth in life, to rest and rejuvenate or turn inward and wait for what is to come. A season for seeking clarity and letting the Light in.

The time of release and renewal is approaching in its own season, as the strengthening spark of light shines through the winter gloom. It is a good time to be reminded that we all have a share in the Divine. The Gods move within us, as surely as they begin to transform the world outside.

When the thaw begins, as it always does, we will be eager and ready to see our dreams bloom like snowdrops and crocus, heralding a new beginning.

## WCC HAMILTON SINCE 1979

Wiccan Church of Canada is an open Wiccan temple offering teaching, rituals, and training to the public. Drawing on resources available in our own community and from Toronto temple, we are a diverse, accepting, caring, and welcoming group of people united by our love of the Gods and our own journeys.

W.C.C. rituals are open to one and all, regardless of one's level of knowledge in the Craft. There is something for everyone, an experienced practitioner or someone who's vaguely curious. We hope our newsletter will reflect the diversity of our membership by offering the pagan community articles, resources, local events, links & libraries and the W.C.C calendar. <http://www.hamiltonwcc.ca/>

## CRYSTALS IN WINTER

Crystals have always enticed us, ever wonder why?

“Crystalline structures are piezoelectric. Piezoelectric means that when you put physical pressure on a substance, it responds with an electrical current. Quartz crystal is one of the premier piezoelectric crystals but our skeletons, muscles, tendons, and even our intestines are highly piezoelectric.” (Dr Norm Shealy, MD, PhD,)

Because of quartz and other crystals' unique structural properties, many people believe that when a current or energy is run through a crystal, it resonates at a certain frequency helpful to the body or to a particular emotional or physical condition.

To bring some healing, rejuvenation and clarity to the season try some of these quartz crystals:

- Amethyst: Purification and regeneration on all levels of consciousness
- Citrine: Enhances body's healing energy. Diminishes self-destructive tendencies. Raises self-esteem.
- Clear: Full spectrum energy activates all levels of consciousness. Dispels negativity in energy fields.
- Rose: Helps clear stored anger, resentment, guilt, fear, jealousy. Enhances confidence and creativity.
- Rutilated: Highly electrical. Enhances communication with Higher Self and Spirit Guides.
- Smokey: Dissipates subconscious blocks and negativity. Grounding. Excellent for meditation.
- Tourmalinated: Balances male/female polarities



## AS ABOVE, SO BELOW

NEW MOON - DEC 26

FIRST QUARTER - JAN 2

FULL MOON - JAN 10

LAST QUARTER - JAN 17

NEW MOON - JAN 24

FIRST QUARTER - FEB 1

VISIT THE STARS @ [W.J. MCCALLION PLANETARIUM](#) FOR TICKETS (HAMILTON)

FREE PUBLIC VIEWING OF THE NIGHT SKY OBSERVATORY WEDNESDAYS 7:30 - 8:30 PM @ [THE ALLAN I CARSWELL](#) (TORONTO)

## FIND US ON FACEBOOK



## WCC Hamilton Temple Community Events

### WHATS UP ...

Twice a year, the Hamilton Temple embarks on a large community project.

In the summer we collect and donate hundreds of pounds of food on behalf of Hamilton Pagan Pride Day to help alleviate the back to school strain many families experience. We feed the minds and bodies of our young, we feed an obvious and visible need in our community.

In the winter, when the world darkens and the season closes around us, we look into the half hidden places of the community. Places where a small amount of Light goes a long way in spreading Hope. This winter the Hamilton Temple chose the city's First Responders ... those manning the fire stations, ERs, paramedics, and the police during the holidays. Our Outreach was fueled by dozens of sealed cookie tins, donated by the community, and on Christmas Eve the temple delivered those tins of cookies & cards to those in service across the city. The result was an overwhelming statement of care and gratitude for the folks doing duty that night, Hamilton Temple wishes them the best. Blessed Be