

SWORD & CHALICE

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Spring Equinox to Beltane

WCC HAMILTON
SINCE 1979



The March equinox is the movement when the sun crosses the true celestial equator – or the line

in the sky above the earth's equator – from south to north, around March 20 (or March 21) of each year. At that time, day and night are balanced to nearly 12 hours each all over the world and the earth's axis rotation is perpendicular to the line connecting the centers of the earth and the sun.

This moment of Balance is reflected in our response to the seasonal shift. We stand on the cusp of death and rebirth in some very literal ways. At this point we are ready to transition, ready to shed the winter and the things we have had to deal with in its cycle of introspection, regeneration and the process of germination. Armed with new ideas and eager for fresh starts we look ahead to the light half of the year, welcoming a lush,

cleansing energy that enlivens us on levels we may have forgotten.

In embracing the rejuvenation that Spring brings, we embark on a transformation right down to the blood and bone. Scientists know that when seasons change, the retina naturally reacts to variations in the amount of daylight. This triggers hormonal changes. As a result of light changes, the body naturally produces less melatonin during spring, causing a lift in mood, a reduced.

The desire to sleep, an increase in sexual appetite and a need to eat less. This is partly a psychological effect but also physical. Evolutionary biologists believe that our bodies are programmed to be more active as the hormone mix changes with more light. Released from the chemical messages that make us withdraw in winter, the body feels energized, ready to hunt for food and to give birth. Good health and habits make a come-back, as our internal fire responds accordingly ... we have survived the winter, but now its time to Live ... bring on the Spring and the Queen of May

The 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.

WCC Hamilton

IMPORTANT ANNOUNCEMENT: The Wiccan Church of Canada has decided to err on the side of caution and temporarily suspend classes and Rituals effective immediately, with the intent of resuming at the beginning of April. We care about the health and safety of our community, and hope that this measure will give a general peace of mind and help to alleviate the concerns of our members. Keep checking in on the Facebook Groups, and website for further updates, and discussion topics.

SPRING EQUINOX - MAR 20

NEW MOON - MAR 24

FIRST QUARTER - APRIL 1

FULLMOON - APRIL 7

LAST QUARTER - APRIL 14

NEW MOON - APRIL 22

EARTH DAY

FIRST QUARTER - APRIL 30

BELTANE / MAY DAY

FULLMOON - MAY 7

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WCC Hamilton Temple
Community Events

Magic Crystals, Sacred Stones – Melusine Draco.

This book is filled with geology lessons, which includes the classifications: Igneous, Metamorphic, and sedimentary rocks. There are exercises that have you researching the area you live in for natural deposits of the basics. For instance, where would one find chalk or limestone deposits in Canada... Just go to this [Canadian site](#). Her opinion is based on the 'quest' to find a particular stone, as part of the entire magical journey.

You will also find exercises in feeling the energy of the land, so you can resonate with the energy produced by it. If the area doesn't feel right, try moving in any direction by 10 meters. Areas have their own energy because of the minerals that are there unseen.

The other concept that is put forward is the idea that stones found in the natural environment do not need to be cleansed, as they are the embodiment of the energy you seek. Store bought stones, preferably egg shaped - do need to be cleansed.

Each section also contains the different mineral types, gemstone name, colours, magical powers, and which minerals/gemstones are toxic – Make sure you read page...144! You'll love the chapter entitled... Music for the Alchemist, then again there is Chapter 8 -To the Dark Wood!

The one bit of wisdom that will stick with me, is a story near the beginning of the book. Its about a peasant who asked a wise man to help him find great quantities of gemstones."if that is your wish," replied the sage, "even the pebbles in the sea will become gemstones." The simple truth is that a gemstone is considered precious only if someone wishes to own it.

P.S.Never vandalize and take a piece from a sacred site, as the energy will be adverse.

P.S.S. Look into the reasons why you might consider getting a natural slab of slate as an altar stone.

ISBN: 978-1-78099-137-5.Axis Mundi

Books.www.axismundi-books.com

HARE LORE: In many mythic traditions, rabbits were archetypal symbols of femininity, associated with the lunar cycle, fertility, longevity, and rebirth. Digging deeper we find that their stories are also contradictory, paradoxical creatures: symbols of both cleverness and foolishness, of cowardice and courage, of rampant sexuality and virginal purity. In some cultural myths, Hare is the messenger of the Great Goddess, moving by moonlight between the human world and the realm of the gods; in other lands he is a god himself, wily deceiver and sacred world creator rolled into one.

The hare is an enduring symbol of fertility and desire, or "spring fever" and worldwide, rabbits or hares co-exist with the moon as sacred symbols of vitality, fertility and the life-force.

A rabbit's gestation period is approximately one month, and it tends to be the first animal to give birth in the springtime.

During the Renaissance, rabbits were even considered to be able to conceive without the male, and so they became a symbol of the Madonna's virgin birth. A 16th Century painting shows Mary clutching a white rabbit, illustrating purity and a control of sexuality

