

# WCC HAMILTON SWORD & CHALICE

Vol. 3 | Issue 5 | June 20 - Aug. 1 2020

LITHA TO LUGHNASADH

In the Pagan Celtic year, there are four major Sabbats or harvest festivals and four lesser Sabbats, also known as solar festivals. Litha is one of the lesser Sabbats and is also known as Summer Solstice, Midsummer, Gathering Day and Vestalia. Litha is the longest day of the year and a time when the sun reaches its apex in the sky. It is considered the mid-point of summer, which begins with Beltane on May 1st and ends with Lughnasadh on August 1st within many wiccan systems. Many pagans find Litha to be a time of bright clarity, purification and healing.

We celebrate outdoors, gathering with family and friends to enjoy the warmth of the sun and its energizing impact upon our spirits. Having had our passions and senses awakened playfully at Beltane, Litha is a time of strength, determination and intensified passions. Here we connect with Life in a most intimate manner through our senses and our connection to the land. It is a time of fresh fruits and vegetables, berries and herbs, despite the ease of grocery stores and markets, our senses revel in the true taste of our own sun-kissed harvest. Everything from flowers to trees is abundant and flourishing, everywhere we look the colours are brighter, fresher and we find ourselves falling in love with life all over again.

Summer Solstice is also a traditional time for gathering herbs and flowers to be used for magical purposes this is because they are at the height of their power, just like the sun.

## THE SABBAT TABLE WITH WOLF

This time of year our choices for fresh seasonal veggies and fruits are limited. Our Tomatoes and cucumbers that we would typically put in a salad are still in their early stages of growth. At this time we have Greens such as spinach and kale, lettuces, radishes, Carrots, peas, Broccoli, Cauliflower, and Strawberries.

### Salmon of the Midsummer Feast with herb butter sauce



In Irish Celtic lore Salmon was prized during Litha. It is said that the first person to ever taste Salmon was imparted with much wisdom.

Grilled lemons add a smoky tartness to a butter sauce made to enjoy with grilled salmon. A touch of dill adds a fresh, clean finish. Make sure to use fresh dill; it really makes a difference!

- 2 lemons, ends trimmed and sliced thickly
- 4 (6 ounce) fillets salmon
- ½ cup cold water
- ⅓ cup lemon juice
- 1 ½ teaspoons cornstarch
- 4 teaspoons butter
- 3 lemon slices, cut into quarters
- 1 tablespoon snipped fresh dill
- 1 tablespoon fresh Thyme
- ¼ teaspoon salt

Grill salmon and thick lemon slices on a hot grill until salmon flakes easily with a fork, 3 to 5 minutes per side.

Stir water, lemon juice, and cornstarch together in a small saucepan to dissolve the cornstarch; (note the liquid must be cold as the cornstarch will not dissolve in warm water properly) add butter and place over medium heat. Cook and stir the mixture until boiling and thick, 5 to 10 minutes. Remove saucepan from heat.

Stir quartered lemon slices, dill, Thyme, and salt, into the sauce.

Serve with the grilled salmon, grilled lemon slices and fresh seasonal vegetables.

## WCC HAMILTON SINCE 1979

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.



FIND US  
ONLINE



## WHATS UP HAMILTON

**DUE TO THE CURRENT SITUATION WITH COVID-19 CLASSES AND RITUALS ARE SUSPENDED UNTIL FURTHER NOTICE.**

We are pleased to offer free online classes Saturday/Sunday and a Wednesday social night via the ZOOM conferencing app. If you wish to participate, please email [LPH.WCC@gmail.com](mailto:LPH.WCC@gmail.com) with your email address.



## AS ABOVE, SO BELOW

**SUMMER SOLSTICE - JUNE 21**

**SOLAR ECLIPSE - JUNE 21**

**NEW MOON - JUNE 21**

**FIRST QUARTER - JUNE 12**

**FULL MOON - JULY 5**

**LAST QUARTER - JULY 27**

**NEW MOON - JULY 29**

## GARDEN LORE BY KIM

Roses! Nothing says the height of summer like the beautiful blossoms and scent of rose in the air. Roses, the symbol of love, passion, friendship and more.

Legend has it that Chloris, the Greek goddess of flowers, stumbled upon the dead body of woodland nymph. She was stricken with grief at the loss of such an innocent life that she decided to change her into a flower with the help of the other Gods. Aphrodite gifted beauty and Dionysus provided nectar for the sweet scent. The Graces gave her charm, joy and splendour. She asked her husband Zephyrus to blow away the clouds with his west wind so that Apollo could warm the flower with the rays of the sun. Aphrodite named her

## BELLA'S BOOK NOOK

Summer Solstice always brings back the childhood memories of bizarre thunderstorms. There, across the darkened sky, were clouds shaped as horses, carrying grotesque faced riders. Sometimes there would be the kindly face of a woman, that smiled, and vanished as quickly as she appeared. It was mesmerizing. But I never understood what I saw in those storm laden skies, it wasn't until 2019, while researching the Germanic Goddess Holle, aka Frau Holle. Everything fell into place.

Claude Leconteux wrote, *Phantom Armies of the Night – The Wild Hunt and the Ghostly Procession of the Undead*. ISBN – 978-159477436-2. Originally published in French in 1999, by Editions Imago. Later by Inner Traditions International, when it was translated into English in 2011.

This extraordinary book explained what I say all those years ago. I was witness to a wild hunt, where the dead looked for redemption, looked for someone to pass messages to the living, and those who died before their time, finally found a troop to take them home.

As for kindly face, she is Frau Holle, the Great Goddess who appears throughout the year, not just at Winter Solstice, which is being celebrated in the Southern Hemisphere. She is the Goddess who searches for infants who passed without a name. She is the one who takes these little souls home, nurses them back to health, and then once ready...let's them return to earth.

Filled with historical references, poetry, and many illustrations, I highly recommend this book.

Rose after her son Eros and she was proclaimed Queen of Flowers

Even though roses are seen as gentle and beguiling they also are fiercely protective. Roses can be planted as a barrier to unwanted things both mundane and magical. Rose buds and blossoms are useful in healing and love spells while the thorns are useful in protection spells, talismans and witch bottles. To keep out unwanted visitors, plant roses in front of your house or along your driveway

Rose petals are wonderful additions to a soothing bath or a black or rooibos tea. They can be used to flavour or scent water. Rose petal tea can help digestion and may provide analgesic affects that aid in relieving relief from discomfort especially related to menstrual cycles. Its soothing effects may also be beneficial in providing relaxation, stress

reduction and relief of depression. And rosehips gathered in the fall are extremely high in vitamin C and can be used in tea or making jams and/or jellies



To get the most benefit, don't use hybrid or long stem varieties. Seek out old stock roses and/or brambles. Roses such as the Apothecary or French Rose (top right), Damask rose (bottom right), Sweet briar rose (bottom left) or Semi plena Alba (top left) are highly scented and are wonderful in all uses.