

# SWORD & CHALICE

## WCC HAMILTON

Vol. 3 | Issue 6 | Aug. 1 - Sept 22 2020

LUGHNASADH - AUTUMN EQUINOX

### 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.



Lammas, Lughnasadh, or First Harvest marks the beginning of Fall.

Lammas traditionally takes place on the 1st of August, or on the day of the full moon next to this date, if you want to celebrate when the ancient Celts might have.

Lughnasadh marks the begin of the noticeable descent of the Sun into the darkness of winter, through Celtic mythology. The first fruits are ready for our table, a time of joy for our success. Yet there is an awareness that the year is now drawing to a close and the Harvest is still yet to be fully realized out of this first promise.

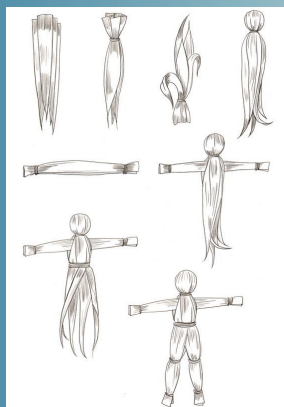
The God of the harvest is the Green Man. He sacrifices himself

every year in order to keep true to the cycles, His mythos tells us of His endless cycle of renewal, one that accepts death and change as inevitable. Reflected within our own psyche is the understanding of the reaping what we have sown with people or projects. What would we like to finish, what to start anew? Do we have the insight that to every harvest is necessary for growth and understanding.

The essence of Lughnasadh is the joy of life under the knowledge that darker times are moving in. We take in the warming rays of the Sun and store their power for the times coming. At the time we celebrate the next festival, Mabon, it will be fall and the warm summer days will already be a memory.



**FIND US  
ONLINE**



Corn dollies were and still are used in pagan ceremonies. It is now a decorative art form which reflect superstitious beliefs. They are used to thank Earth for the Harvest and also as a symbol of good luck and fertility. The making of corn dollies goes back many thousands of years. It was a Pagan custom and evolved from the beliefs of the corn growing people who believed in the Corn Spirit. Corn dollies were made at Harvest time from the last sheaf of corn cut. The Corn Spirit was supposed to live or be reborn in the plaited straw ornament or corn doll and was kept until the following spring to ensure a good harvest. The corn dolly often had a place of honour at the harvest banquet table. What better future do you work for? Whatever form of greater increase and prosperity you desire, perhaps keeping the "Spirit of the Grain" in a safe, warm place through times of lack and dormancy could help you stay opportunistic on your way to your bountiful harvest!



# BELLA'S BOOK NOOK

It all began as a general discussion of what we do, to

get closer to our Gods. One word led to another and before we knew it, wow... look at the time... better get home, got to make dinner.

Which is why, I feel Pagan Portal Books published by Moon Books are wonderful on many levels. These books are written in language that is easy to understand, and gives an overview of a wide range of subjects. Most have a glossary of terms, as well as pronunciation guides (pages 95-97,) and all books have an extensive bibliography for further reading. So, back to the subject at hand.

Gods and Goddesses of Wales, is just one in a series of books based on the Gods. This book written by Halo Quin – ISBN: 978-1-78535-621-6 and at 102 pages, has a price list of US \$10.95, or £6.99

Chapter One, of Gods and Goddesses of Wales, begins with the sentence....

*"This book is designed as a starting point, not a comprehensive tome. I have laid it out in a linear journey, but you can skip between sections as they interest you... cross things out that don't work for you, add in pieces you find elsewhere, let this become YOUR reference book."*

Part One covers Welsh stories, a description of the Gods, practice and theory of working with the Gods and Goddesses, altars, offerings, pilgrimages, etc..

Part Two, goes into further details about their stories. After each story there is a section on the attributes and symbols, ideas for offerings, potential representations, and a meditation of sorts to find the Gods.

Part Three is all about further reading,

Gods and Goddesses of Wales is a wonderful introduction and practical guide, well worth reading. Enjoy.

# 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 with your email address.

## AS ABOVE, SO BELOW

FULL MOON - AUGUST 3  
LAST QUARTER - AUGUST 11  
NEW MOON - AUGUST 18  
FIRST QUARTER - AUGUST 25  
FULL MOON - SEPTEMBER 2  
LAST QUARTER -- SEPT 10  
NEW MOON - SEPT EMBER 17  
VERNAL EQUINOX - SEPT 22

## KIMS GARDEN LORE

There's a pretty flower that many will pass by without giving it a second thought. It's that wildflower that if found at the side of the road or edge of a field or in a meadow. This is Queen Anne's Lace or Wild Carrot (*Daucus Carota*). It can also be called Bird's Nest Plant. The plant is in the same family as Carrot and Parsley and in fact was the origin of our modern cultivated carrot. It was likely originally cultivated for it's leaves and seeds but as it became domesticated, the roots became the primary cultivar (hence carrots).

The common name Queen Anne's Lace is named after

Queen Anne of Denmark who was accomplished at lace-making. There is a legend that the small red to purplish flower found in the centre of the flower is a drop of her blood staining the lace. Although the dark flower is not present in every Queen Anne's lace flower head, it is a sure sign that you are looking at Queen Anne's lace and not it's deadlier cousin Poison Hemlock or other relation Common Yarrow.

Queen Anne's lace has several distinctive characteristics to help identify it. The stems are hollow, grooved and have fine hairs that feel like little bristles but do not hurt like thorns. Leaves attach to stems by way of long leaf stalks with broad bases that encircle the stem at

each node and look like carrot leaves. As it ages it will curl upwards giving a bird's nest appearance, hence it's other common name. The leaves and stems as well as the root will smell like carrots.

Magically, Queen Anne's lace can be used for fertility spells, to promote lust and sexual desire. It can also be used for spiritual clarity and intuition and to promote psychic dreams. And finally, it makes a wonderful addition to a dried floral arrangement. One word of caution when handling Queen Anne's lace. It can cause the skin to be sensitive to the sun, the same as carrots and citrus so wear gloves and long sleeves when handling them and wash your hands after.