

# SWORD & CHALICE

WCC Hamilton

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AUTUMN EQUINOX - SAMHAIN

## WHATS HAPPENING 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 alternate  
Saturday & Sunday

As well as a Meet & Greet  
Wednesday nights 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.



**FIND US  
ONLINE**



“Time moves  
in one direction,  
memory  
in another.”

-William Gibson

**The Autumnal Equinox** is a time of balance, but also reflection. We give thanks for this 2nd harvest, relishing the ripened fruits and vegetables that fill our table; while acknowledging the gift of time and energy we have each brought to harvesting the bounty of our summer labour. In that recognition we see a time to align oneself with the power of the nature, in the case of this sabbat there is a powerful opportunity to restore balance in oneself, and in key

life projects.

Most of the crops have been gathered and its a time of rest after hard work and the nights are getting colder, even though the golden days are still bright and warm. We look at the dwindling days, and plan ahead for the final harvest and eventually the long dark season of winter. Our family and friends come together in one way or another to celebrate and count the blessings that we have among kin and community. We

give thanks for the things we have, we dance and sing in triumph of our bounty and as our days wind down we take time to reflect on the balance within our own life, honouring both the darkness and the light.

Spiritually, autumn represents a time to acknowledge growth and expansion as a natural evolution of being. Our lives go through cycles of growth, harvest, death, and rebirth just as we see in nature.

## 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.



# KIMS GARDEN LORE



**Rose Mallow**  
(*Malva trimestris*) ;  
subspecies  
of the *Malva*  
family. This  
is the same

family that Hollyhocks, Hibiscus, Rose of Sharon as well as marsh-mallow. Yes, that is where the sweet sticky treat originates from. *Malva* comes from the Greek word "malakos" which translates as soft. Malachite is closely linked with *malva* spp. Malachite comes from the Greek word "malache" which means mallow because the colour is similar to a mallow leaf

Rose mallow It is a native of the Mediterranean introduced to England in 1633 and is now naturalized through much of Europe and North America.

It will bloom from mid-summer to frost and therefore is a wonderful plant for the Autumn Equinox. The most common colours are pink, rose, white or striped, hence the common name of Rose mallow. Other common names annual mallow, royal mallow, regal mallow

and tree mallow and fairy cheese (because the fruits are shaped like a round cheese)

Rose mallow's planetary influence is Venus but can also be used for workings related to the moon as it is also associated with the element water. Magically it can be used for matters related to the heart and love. It can also be used to repel negative spirits. The Greeks would often plant Rose Mallows around graves and was considered a funerary herb. It can also be used to balance the heart and encourages intuitive thinking. It will also help those who are "hard-hearted" find their emotions without losing themselves

This friendly non-toxic herb also has many uses in the kitchen and healing chest. Specifically, the flowers are very edible and make a wonderful addition to a salad or on top of a cake. The leaves are also edible. They are best cooked and eaten like spinach but can be used as a salad green. The leaves can be used to make salves and skin softening ointments. Because of the mucilaginous properties, mallows are good for digestive as well as bronchial conditions.

# BELLA'S BOOK NOOK

## Pagan Portals

### Gods and Goddesses of Ireland : A Guide to Irish Deities

by Morgan Daimler.

ISBN 978-1-78279-315-1.  
([www.Moon-books.net](http://www.Moon-books.net))

84 Pages.

So here we sit on the edge of Summer and Autumn. Enjoy the sunshine, and enjoy the cool evening. Turn on the fireplace, or light wood stove, or maybe the fireplace channel will fit the bill. Ah... just listen to the crackling of the wood... where's my mug of mulled cider? Time to get your reading list ready for Winter, prepare to go inward, and contemplate

So, what do you know about the Irish Gods and Goddess? Well, Pagan Portals published by Moon Books never fails to delight and enlighten.

Surely, you have heard of Lugh and Brighid? But have you ever heard of a Nechtan or Oghma? Have you ever heard of Airmed or Mebd?

What do you know of The Cailleach, she who is credited with creating many of the standing stones which define some of the landscape of Ireland? Did you know, that the Cailleach Beara, is part of the harvest, she who flees from the grain in the form of a hare?

Included in this book is a chapter with ideas on how to honour the Irish Gods, as well as books you may be interested in reading, if these Gods have pulled at your heart strings, and dance in your minds eye.

As always, Happy Reading!

Bella

## WOLFS SABBAT TABLE

*What says Autumn More than Pumpkins? Here is a wonderful recipe that uses fresh sugar pumpkin. If you would like to keep it Vegetarian use Veggie broth either way it comes out scrumptious. You can also roast the seeds and sprinkle on top for a little crunch.*

- 2 small sugar pumpkin
- 3 cups chicken stock
- ¾ cup heavy whipping cream
- ¼ teaspoon ground nutmeg
- ½ teaspoon ground sage
- 1 ½ teaspoons salt
- 4 tablespoons sour cream

Preheat the oven to 400 degrees F. Cut pumpkins in half and scoop out seeds. Spray a cookie sheet with non-stick cooking spray. Place pumpkins, flesh side down on the cookie sheet and roast until soft to the touch, about 45 minutes. Remove pumpkins from the oven and let cool. Once pumpkins are cool, scrape flesh from skins into a food processor. Discard skins.

Add chicken stock to the pumpkin and puree. Pour soup into a large saucepan and bring to a simmer over medium heat. Stir in cream, nutmeg, sage and salt. Mix well and remove from heat. Serve garnished with sour cream.