

# SWORD & CHALICE

Wiccan Church of Canada

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SAMHAIN - WINTER SOLSTICE

## WCC 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



Hamilton Temple



Toronto Temple



Windsor Temple



Wiccan Church of Canada

## Open letter from the Wiccan Church of Canada Leading Priesthood,

As we head into the last quarter of the calendar year, we thought we would give you an update on how we are doing.

Due to Covid-19, we decided to discontinue meeting in person back in March for the safety of our members. This presented a unique situation, where we had to come up with a way to serve our Gods and communities. As a result, we set up classes and community get togethers using the Zoom platform.

Those wishing to attend can send an email to [lph.wcc@gmail.com](mailto:lph.wcc@gmail.com) to be put on the notification list. The link is sent on the day of each event before noon and is sent out with the addresses listed using BCC (Blind Copy) to protect the email addresses of attendees.

Community Get Togethers: These are every Wednesday night at 7 - 8 p.m. Sometimes our meet & greet has a theme, sometimes it is just chatter about pagan life or maybe sharing magics and solitary rituals people are doing. Often its full of laughter, and shared moments, breaking the routine of this stressful time. It has helped to keep our communities together and bridge the relationships between Temples and distances.

Classes: We offer classes alternating Saturday and Sunday every week. Attendees sit in a "waiting room" until they are let in. We employ a "hands up" feature for questions/comments from attendees, so that the flow of the class runs smoothly. Classes follow the standard WCC curriculum, with some new classes thrown in. We have also had a couple of "round tables" providing the opportunity for discussion, sharing knowledge and ideas.

Online classes have been presented in several ways:

- Teachers presenting verbally from their notes/experience
- Presentation screens using various programs like Power Point

Meeting in Person: With Ontario slipping back in progress, the Toronto Temple's location is closed until at least January; Hamilton's Temple space is small and would not accommodate adequate social and safe distancing. Windsor may also fall under the new restrictions.

We miss all of you and can't wait for the time when we can get together in person. Until that time, be safe and stay healthy. If you need to talk or want to connect, you can contact us at [lph.wcc@gmail.com](mailto:lph.wcc@gmail.com).

Looking forward to seeing you online.

In Service, Janice & Ross



## Mythos: The Greek Myths Retold

by Stephen Fry

Paperback – 416 pages

As we come to the close of the year, life seems to get quieter, its time let the imagination run into the land of dreams. A perfect time to dig out the books on mythology. I added to my collection a delightful book by Stephen Fry.

Yes, it's **Mythos – The Greek Myths Retold**. Penguin Books. This book is written in straight forward modern English, with a slightly tongue-in-cheek edge. It is best to read the story first, before reading it to

younger ones.

The stories of the Titans, Gods, and Demi -Gods are amusing to say the least. I howled in laughter during my visit to the garage, when my car was being winterized. Got some strange looks, but at least 3 people became curious enough about this book, to buy it.

Who can resist a rewrite were Titans are depicted as super models with twisted personalities. Or how a once beautiful and loved Titan was undone by indigestion and insomnia... oh and, be aware that a lot of dastardly things are plotted and done at midnight.

Don't get me started on the episodes of sibling rivalry! The origins of the Cornucopia....oh dear... and then there's....

One last thing... This book proves that ALL the plans made by the Gods or humans, will ALWAYS, ALWAYS, Screw up beyond your wildest imaginings. Just ask Moros, he'll grin at you, and, maybe you'll think twice, before doing something once.

Plenty of pictures of paintings, statues, footnotes, index, and references to keep things historically accurate. I highly recommend it!

ISBN: 978-1-405-93413-8



## WOLFS SABBAT TABLE

### Buttery Soul Cakes

You'll need:

Two sticks butter, softened

3 1/2 C flour, sifted

1 C sugar

1/2 tsp. nutmeg

1/2 tsp saffron

1 tsp cinnamon

1 tsp allspice

2 eggs

2 tsp malt vinegar

Powdered sugar

Cut the butter into the flour with a large fork. Mix in the sugar, nutmeg, saffron, cinnamon and allspice. Lightly beat eggs, and add to flour mixture. Add malt vinegar.

Mix until you have a stiff dough. Knead for a while, then roll out until 1/4" thick. Use a floured glass to cut out 3" circles.

Place on greased baking sheet and bake 25 minutes at 350 degrees.

Sprinkle with powdered sugar

## ASK A WITCH

Drop us a line with questions about wicca & witchcraft.

The Witch is in.

[wccswordandchalice@gmail.com](mailto:wccswordandchalice@gmail.com)

Life starts  
all over again  
when it gets  
crisp in the fall.

F. Scott Fitzgerald





## NATURES WORKSHOP WITH GLENYS

### Mugwort: A Divinatory herb

*Also known as Felon herb, St. John's Plant, Artemis Herb, Artemesia.*

Mugwort is a tall-growing with angular often purplish stems. It was indigenous to Britain and Europe but now grows wild throughout Canada and the United States. The leaves are lobed and featherlike with the segments are lancet-shaped and pointed. It is thought that the common name may come from its being used to flavour drinks. It was common practice to use various readily available herbs to flavour beer before hops were introduced.

Generally, the best parts to use are the leaves and roots. The leaves should be gathered and dried in August before the plant flowers. The roots are cleansed in cold water, rootlets are removed and the roots should be dried completely to the core. They will be brittle and snap when bent.

Although it is best harvested in August, it is an ideal herb for Samhain because of its divinatory uses. There are several methods one can use to get the benefit of the

divinatory properties. The dried leaves can be burned as incense with sandalwood before or during your favoured divinatory practice. They can also be sewn into small dream pillows and slept on or near to provide prophetic dreams. You can also scatter the dried leaves in a hot bath before your divinations and soak in it. For scrying purposes, you can create a wash using Mugwort and other ingredients to cleanse your mirror or crystal to allow clear visions. It is also beneficial to place some under the base of your crystal or surrounding or under your mounted mirror.

Finally, you can ingest the Mugwort. The easiest and quickest way is to make it as an infusion by pouring boiling water over the dried leaves and steeping for a few moments. You will likely want to sweeten it with honey as it can be bitter.

*As with any natural herb, you should consult your physician before use, as there are contraindications with different medications. Do not use if you are pregnant or the possibility of pregnancy and/or breastfeeding. Do not ingest anything you are not familiar with.*



## POETS CORNER WITH NELSON

**Robert Service (1874 – 1958)** was a British-Canadian adventurer and poet. His most famous poems are “The Shooting of Dan McGrew” and “The Cremation of Sam McGee.” He also penned this little-known sublime reflection on life and death, especially suitable for this season.

### “Yes, I Am One”

by Robert W. Service

**Yes, I am one with all I see,  
With wind and rain,  
and pine and palm;  
Their very elements in me  
Are fused to make  
me what I am.  
Through me their common  
life-stream flows,  
And when I yield  
this human breath,  
In leaf and blossom,  
bud and rose,  
Live on I will...  
There is no death**

## AS ABOVE, SO BELOW

**FULL MOON - OCTOBER 31**

**LAST QUARTER- NOVEMBER 7**

**NEW MOON - NOVEMBER 15**

**FIRST QUARTER- NOVEMBER 22**

**FULL MOON - NOVEMBER 30**

**LAST QUARTER - DECEMBER 7**

**NEW MOON - DECEMBER 14**

**SOLSTICE / FIRST QUARTER - DEC 21**

*Long before the pumpkin became the Halloween decoration of choice, the practice originated from an Irish folk tale. It was about a man named Jack who, after trying to trick the devil, was cursed to roam the earth with only a burning coal held inside a hollowed-out turnip. Thereafter, carved and lit turnips were placed at doorways to frighten away evils spirits. Long shine the Jack-o-lantern!*

