

# SWORD & CHALICE

Wiccan Church of Canada

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BELTANE - SUMMER SOLSTICE

## CELEBRATING THE WHEEL WITH XYLIA

The Wiccan Church of Canada has offered open Wiccan temples facilitating classes, rituals, and training to the public since 1979. Drawing on resources available in our own communities and temples, we are a diverse, accepting, caring, 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.

**DUE TO THE CURRENT SITUATION WITH COVID-19, IN-PERSON CLASSES AND RITUALS CONTINUE TO BE SUSPENDED UNTIL FURTHER NOTICE.**

However we are pleased to offer free online weekly classes alternate Saturday & Sunday. As well as a social 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.

**Beltane** is a time of promise, a time for us to celebrate and honour the God and Goddess who tie the bonds of love and bring fertility to the land. A time when plans are set into action, when the Goddess releases her greenery, blanketing the land with fresh, new life. It is at this time we have the opportunity to become part of this cycle of rebirth, to revel in this joyous time.

We often start with "Bringing in the May" – this practice of Northern Europe is probably ageless. Gather fresh spring flowers and bows with fresh buds on them and bring them into the house. This will bring the blessings and freshness of spring into your dwelling.

Celebrate with the colours of Spring by making a wreath of flowers to offer to the Goddess. This is a lovely devotion to Her. You might then leave the wreath in the forest or a park or garden. If a forest or garden is not available to you, you might fasten the wreath to your door as a token of the Goddess welcome into your home.

One of the most lovely solitary observances of Beltane is to make a special meal with the Gods in mind and share it with them. Decorate the table with spring colours and give the best portions of the meal to them. Eat each morsel on your plate with an awareness of the nature of Their gifts to us.

One can also approach this sabbat in the form of meditation and experience visions of an ancient Beltane rite, or see the greening of the earth unfolding before your mind's eye.

Spread your joy and happiness upon the winds. Write words of inspiration and happiness upon the tips of multicoloured ribbons and tie them to a tree. Let the spring winds carry your inspirations out to the world, just as the seeds of new life are carried to fertile soil.

Remember to wear some green – and remember – Beltane is a joyous celebration – bring your sense of fun and energy to whatever you do! And let the joy of the sabbat carry through your days.

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Wiccan Church of Canada



Hamilton



Toronto



Windsor

We rise by lifting  
others.

-Robert Ingersoll

## UPCOMING CLASSES

- May 02 Herbs Uses
- May 08 Principles of Magic
- May 16 Incense
- May 22 Oils
- May 30 Sun Lore
- June 05 Aztec Mythology
- June 13 Nature Lore
- June 19 Sabbat Class: Summer Solstice

All classes are being offered via Zoom. If you would like to sign up for the classes, please send an email to [LPH.WCC@gmail.com](mailto:LPH.WCC@gmail.com)

## AS ABOVE SO BELOW

- May 3 - Last Quarter
- May 6, 7 - Aquarids Meteor Shower
- May 11 - New Moon
- May 19 - First Quarter
- May 26 - Full Moon / Total Lunar Eclipse
- June 2 Last Quarter
- June 10 New Moon / Annular Solar Eclipse
- June 17 First Quarter
- June 20 Summer Solstice

## NATURES GARDEN WITH GLENYS

### Hawthorn(e)

*Crataegus monogyna*

Also known as bread and cheese tree, queen of the may, may, mayblossom, maythorn, thornapple, quickthorn, whitethorn, hedgethorn, hagthorn, haw, fairy tree, tree of chastity

The Hawthorn tree usually blossoms in early May and is the perfect plant to celebrate Beltaine with. It is steeped in many myths, legends and mysteries. The hawthorn is a member of the Rosaceae family and as such is related to roses as well as apples. Haw comes from an Old English term for hedge originating from Anglo-Saxon term haguthorn meaning a fence with thorns. It was often planted on field boundaries as hedges. The term haw also applies to the fruit.

The hawthorn tree is considered sacred to the fairies in Ireland and most Irish people will avoid disturbing or cutting down a Hawthorn especially if it sits as a lone tree in a field. It is said to do so will invite the wrath of the fairy folk.

Various parts of the tree can be used for magic or ritual purposes. Hawthorn is considered masculine and falls under the planet Mars and the element of Fire

Hawthorn blossoms can be used



to promote fertility, while the leaves were often used to promote chastity. Carrying a sachet with haws on a fishing trip will ensure a good catch. Hawthorn can also be used to promote happiness or for use in emotional healing. The thorns of a hawthorn are an excellent ingredient in protection spells or to establish boundaries.

The blossoms, buds, young leaves and haws are all edible. You can eat the haws raw but they are most often used in jams or jellies. They are an excellent ingredient in teas akin to rosehip

Medicinally, hawthorn has calming effects and is considered good for the heart and an aid in decreasing blood pressure as well as cholesterol. It is a vasodilator. It also has sedative properties and can be used to promote sleep. It has also been used as an aid in digestion

*As always, know what you are using before ingesting.*



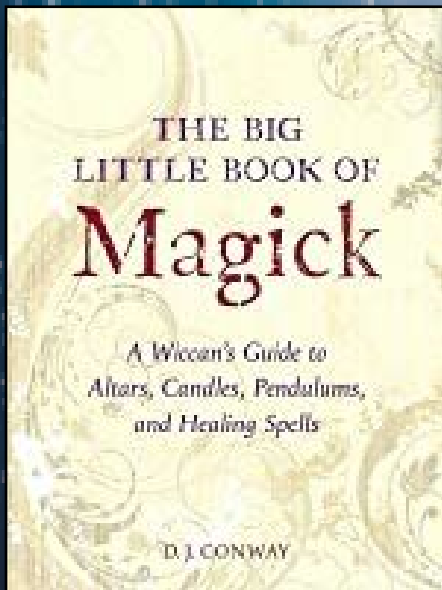
## STONE OF THE SEASON WITH SHELLEY

### Orange Calcite

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## THE BOOK NOOK WITH BELLA

The dynamics of the world has changed, therefore, spending money on books, for some, has been put on the shelf. Each penny has been turned over three times or more, before it's spent. With that, a book that covers a variety of subjects, at a reasonable price, becomes a goldmine

### **The Big Little Book of Magick: A Wiccan's Guide to Altars, Candles, Pendulums, and Healing Spells**

– D.J. Conway – Published in 2010, by Crossing Press, Berkeley, 442 pages, with an outstanding bibliography for each book section.

ISBN: 978-1-58091-005-7. \$18.99 CDN.

It's a delightful book that has more on the inside than the title suggests. Within this book, each section has specific information on: symbols, oils, stones, colours, flowers - their meaning. This does include the Gods from various cultures, as well as, the Saints, Angels, and the Archangels. The Big Little Book explains how to make and use a pendulum that includes various charts and exercise to help you with this form of divination. It also explains the various properties within various stones, including, if the pendulum is also worn as a pendant. Within Candle Magic, there are a variety of workings with suggestions for incense, herbs, oils, timing of the moon phase, as well as a table of hours, planetary colours, and chants. Some of these chants could, (in my mind, anyway,) be used as mantras. One chant on Page 148, reads:

**Power of the self, I seek. Strength to be bold, not meek. Courage to stand straight and tall. Power to overcome all.**

The final section on Healing has an overview on talismans and amulets, including Egyptian Hieroglyphs and Runes. There's information on Auras, Chakras, Meditations, Tonal and Musical Healing, and Ancient Healing Deities - pages 411 to 416. However, as with any book, especially those that include spell work - I do have a few caveats. Remember the WCC Ethics Class? Don't do love spells, as they usually don't turn out the way you want, and they can go horribly wrong. Always do some meditations and divination - BEFORE, doing ANY spell work. Don't forget – Always, always ask for permission before doing work for anyone else.

## Beltane Passion Cookies

- $\frac{3}{4}$  cup unsalted butter
- 1 cup brown sugar
- 1 egg
- $\frac{1}{4}$  cup molasses
- $1\frac{3}{4}$  cups whole grain flour
- $\frac{1}{2}$  tsp. salt
- 3 tsp. ground cinnamon
- $1\frac{1}{2}$  tsp. ground cloves
- 5 tsp. powdered ginger
- $\frac{1}{8}$  tsp. granulated
- 2 tsp. baking soda
- $\frac{1}{2}$  cup crystallized ginger, coarsely chopped (optional)

## THE SABBAT TABLE

Preheat the oven to 350°. Line a cookie sheet with parchment paper.

Using a hand mixer, cream the butter with the sugar then beat in the egg and molasses. Sift all the dry ingredients into a medium bowl, then stir into the wet batter. Add crystallized ginger.

Roll batter into 1 inch balls and dip one side into granulated sugar. Place sugar side up on baking sheet, about 3 inches apart.

Bake 10 to 12 minutes.

Cool on wire rack.

## TURNING WITH THE SEASON

Despite Covid restrictions and safe distancing we will have fallen unerringly into the tides of Spring. As we embrace Beltane with its sensory overload of growth, colour and awakened passions; we are recharging and reaching toward Litha. As the days lengthen towards Summer Solstice we find ourselves ready to work in the sun, with the land and each other. We connect with Life intimately through our senses and our connection to the land. It is a time of celebrating the sun, and spending as much time as you can outdoors.

Everywhere we look we see the onslaught of birth and renewal. Our focus sharpens, our own strength grows and the sun has an energizing impact on our hearts and minds. Determination has taken root and manifests with the tide of the season. Be aware of the growing power around us, watch from your window as the trees unfurl, let the spring rains wash away any growing pains and lift your face to the sun.

As the world grows around us, reflect on where the energy of Beltane is taking you. Investigate opportunities for your own growth and abundance. Take the time to invest in greens spaces, be it your yard, balcony or park. Beauty can connect us to the old Green Gods, the energies around us and each other. Connect with the earth and/or growing things, make it a time of green magic.

In every season of Life there are fears and uncertainties, especially in today's world, however Beltane to Litha is the season of love, hope and balance. Love of life, especially in the grip of Springtime can lift us and carry us forward. It fills us with hope that the Sun will bless us with good health and prosperity. Balance comes with acknowledging the gifts of the season and how our own hard work broke the winter ground with seeds of change.

May the fire of Beltane bring good luck to your Litha!

## The Hag Shack

**Hag: a woman considered to be knowledgeable in matters such as herbal healing, magic charms, or other traditional lore**

1185 Tecumseh Rd. E, Windsor

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there is  
goodness  
and where there is  
goodness there is  
Magic.

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