



sky gazing ★ books ★ gardening ★ recipes ★ ritual elements ★ articles

Sword & Chalice

magazine of the Wiccan Church of Canada

Vol. 4 | #7

Lammas



Harvest Tide

Aug 1 - Sep 22

HAMILTON ★ TORONTO ★ WINDSOR

The Wiccan Church of Canada

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. classes and rituals are open to one and all, regardless of one's level of experience in the Craft. We offer an open, and accepting place to worship as an experienced practitioner or someone who's vaguely curious, all are welcome. We encourage you to check out the F.A.Q section on our website or contact us if you have questions.

We hope our publication will reflect the diversity of our membership in offering a local pagan magazine written by the community for the community. Our articles are the voices of our community, those with knowledge and resources to share. Herbs and seasonal recipes we've tried and keep bringing back to our feast tables. We'll keep you abreast of pagan events, vendors and local artisans, as well as WCC classes & rituals.

DUE TO THE CURRENT SITUATION WITH COVID-19, the WCC is pleased to offer free online weekly classes alternate Saturday & Sunday.

As well as a social Meet & Greet every Wednesday night via the ZOOM conferencing app.

If you wish to participate, please email LPH.WCC@gmail.com with your email address.



THE WHEEL OF THE YEAR WITH XYLIA



The wheel turns yet again and we celebrate another Sabbat. August 1 st - some call it Lammass, some call it Lughnasadh, but which is it?

Well both are of British origin. Lammass is Old

English for "loaf mass" and is a celebration of the cutting of the first grain. Lughnasadh means "marriage of Lugh" and honouring of the great celtic god in this golden season. However, commonly, this Sabbat is about the celebration of the first of three harvests we have in the Wheel of the Year. Traditionally, it was a time of feasting, prowess in games, and celebration.

It marks a time when Mother Earth is praised for her bounty and the God of the Harvest sacrifices himself; every year to provide food for us and to ensure future harvests with seeds for planting. It is a time of transformation, with growth, death and rebirth being important in the cycle. It is a time to reap what you have sown in the spring, whether it be plants or plans for a project.

So how can you celebrate? Honour the Gods and the bounty of the land! There are many that are associated with grains and transformation, like the Roman Goddess Ceres: Goddess of agriculture, fertility, grains, the harvest or the Egyptian God of Grain, Neper. Have some fun researching and create ways to honour them.

- Use a variety of grains and seeds to create Harvest Seed Art.
- Make a picture or design in a small

picture frame using craft white glue (dries clear) to put on your altar or to use as a Paten (cake plate) for your rituals.

- Why not bake some bread if you have never done it before? Collect some herbs or vegetables from your own garden to add to it.
- Go to a local farmers' market or craft store to collect some wheat sheafs to make a centerpiece for your altar or feast table.
- If you can get enough wheat sheafs, you can bind them together to make a torch to burn (safely) at the setting sun, honouring the transition of life to death.

And as you celebrate, remember some of the words from one of my favourite chants:

"Corn and Grain, Corn and Grain, all that falls shall rise again".

So give thanks for the Gods' sacrifice, giving of himself, and for the Goddess who holds the seeds in the earth.

Sabbat Blessings to you all!





IN THE GARDEN WITH GLENYS

Yarrow

(Achillea millefolium) aka Milfoil, Carpenter's Weed, Yarroway, Common Yarrow, Noble Yarrow, Nosebleed, Sanguinary, Stauch weed, Thousand Seal, Thousand Weed, Wound Wort, and Herba Militaris among many others

Yarrow is a flowering plant in the family of Asteraceae. It is native to the temperate regions in the Northern Hemisphere in Asia, Europe and North America.

Yarrow is a perennial plant with umbel heads consisting of 4 to 9 segments of a collection of flowers. The flowers are clusters of 15 to 40 tiny disk flowers in the centre surrounded by 3 to 8 flower petals. The petals can range from creamy off-white to yellow, to pink to scarlet red. The long stems range from 8 to 40 inches in length with feathery fern-like leaves arranged spirally around the stem in somewhat even intervals. The plants have a rather strong herbaceous scent. It grows everywhere such as meadows, pastures and roadsides and flowers from June to September

The term Yarrow comes from its Saxon name gearwe which is both related to the

Dutch word gerw (yerw) and Old High German garawa. The genus name Achillea comes from the folklore belief that the God Achilles carried the herb to treat battle wounds. The name millefolium comes from the feathery leaves which appear to be divided into a thousand pieces.

Yarrow is drought resistant and is a useful plant to combat soil erosion. It also has deep roots and mineral-rich leaves so can replenish the soil with nutrients when it dies back

Historically Yarrow is an old herb with a multitude of uses. It has been found buried with a Neanderthal skull 65,000 years ago in Iran as well as on the teeth of skulls in Spain from 40,000 to 60,000

Yarrow is styptic which means when it is applied externally it will stop bleeding and will encourage clotting; hence a number of the common names. It also makes a wonderful astringent for your skin. It can be used as an insect repellent and has anti-microbial properties. North American Indigenous tribes used Yarrow for a multitude of ailments including wounds, burns, toothaches and many more.

Yarrow can be ingested. A tea made with Yarrow has been used to reduce fevers. Tea or tinctures have also been used to reduce excessive menstrual bleeding and relieve cramps. Tinctures have also been used to aid in weak digestion and restore appetites. It has also been used to clear excess mucous from the lungs.

Yarrow was once used to flavour beers before the use of hops. It has also been used in the creation of aromatic bitters

You can use the leaves of the plants as an herb in cooking. Because it is a bitter herb, small amounts only are required. You can use the roots in the creation of bitters

In China Yarrow is considered lucky and is used in I Ching divination. Yarrow stalks are traditionally cut and prepared for generating Hexagrams

Magically, Yarrow is a feminine plant and is associated with the planet Venus as well as the element of water. It can help improve psychic powers. Placing Yarrow into a cloth under your pillow can promote visions. It can be used to aid in protection and repel

negative things. When held in the hand, it can temper fear and grant courage. Carrying it can attract love. Dried yarrow was sometimes hung over the bed or used to decorate the wedding bough to ensure lasting love. It can also help in seeking friends and family, as it will attract those that are being sought.

Note: Understand what you are using before ingesting anything. Please consult with your physician or medical practitioner for any contraindications to conditions or medication. Since Yarrow is a member of the Aster (Daisy family), it may cause an allergic reaction in some people

For use in tea

1 tsp. of dried yarrow

1 cup boiling water

- **Add dried leaves to a mug of boiling water.**
- **Let steep to taste (up to 10 minutes).**
- **Strain and add honey or another sweetener to taste and a slice of lemon if preferred.**

It is a bitter tea so you may want to test the flavour after 4 or 5 minutes to gauge the bitterness.

Placing a lid plate over the cup may increase the strength but shorten the time for a less bitter decoction.



BELLAS BOOK NOOK



Drawing Down the Moon

ADLER, Margot.

Pub. Penguin Books, 2006. 672 pp.

ISBN: 978-0-14-303819-1

First of all, Big Thank You to David Bellamy-Bise for the review of the book – “Roots Branches, and Spirits” by H. Byron Ballard. It is an amazing book and now on my book list.

From the publisher: “Since its original publication, *Drawing Down the Moon* continues to be the only detailed history of the burgeoning but still widely misunderstood Neo-Pagan subculture. Margot Adler attended ritual gatherings and interviewed a diverse, colorful gallery of people across the United States, people who find inspiration in ancient deities, nature, myth, even science fiction.

In this edition, featuring an updated resource guide of newsletters, journals, books, groups, and festivals, Margot Adler takes a fascinating and honest look at the religious experiences, beliefs, and lifestyles of modern America’s Pagan groups.”

This month brings us the time of Lammas, the time of the first harvest. As you appreciate what you have take time to look back in order to understand where you are now and for me, this book is my way back. After reading snippets while in my twenties, and curious about this thing called Wicca, I finally bought myself the

revised edition of “*Drawing Down the Moon: Witches, Druids, Goddess-Worshippers and Other Pagans in America*,” by Margot Adler (1946 – 2014.), first published in 1979 by Viking Press.

Speaking of looking back, I am really curious to read the original edition and compare it to this one but I will save that for another article or perhaps we can start up a book club! Let me know if that’s of interest!

In section I. – Background Adler covers the impossible subject of What is Wicca? What makes a witch? What is our history, and what do we really do? It’s cohesive but leaves you with plenty to ponder. It not only sheds light on, but adds clarification to Margaret Murry’s anthropological book, “*The Witch-Cult in Western Europe*” (1921).

Adler here dissects the opinions of the scholars of the time, and their lack of understanding of what Wicca and other pagan movements were really all about and how the term ‘pagan’ is tarred with a tainted brush of the dogma of many of the recognized religions at the time. In many ways it still is. At the time, authors like Norman Cohn could not see any validity to our practices, myths, and stories, and depicted us as lonely delusional people. The general consensus seemed to be, that there were only a few thousand pagans, and that movement was not going to last.

At this point in my first journey through this tome, it soon became apparent that the things that I had done, felt, or observed Mom doing, had a name. These were not just superstitions, these practices and rituals were part of a practice called Wicca, or Witchcraft, and my proverbial light switched ON.

Section II – Witches, Adler introduces Gardner, Valiente, Bonewits, Cochrane, the Farrars, Weschcke, the Zell-Ravenhearts, Aiden Kelly, and many other pioneers of the Wiccan philosophy and the Wiccan way of life. In here we also find *The Charge of the Goddess*, a revision from *The Grimoire of Lady Sheba*, *The Principle of Wiccan Belief* from a council gathering in Minneapolis in 1974, as well as some of the various traditions that have

evolved from Wicca's infancy. This section ends with Women, Feminism, and the Craft, which examines why women like Z. Budapest, Mary Daly, Alison Harlow, among many others propelled women's spirituality into the forefront. It is intense, and focuses on the feminine aspect of the craft and women's spirituality as well as it's role in the growth of the women's movement in the United States.

From this historial perspective, the rest of the revised edition examines other Neo-pagan groups, reconstructions, futuristic inventions, and groups that fought to find a place of acceptance and worship while living fully as non-binary pagans – a difficulty that many don't know how perilous it was to be. This section also spotlights how the pagan community has grown, and the new ways to interpret the worship the Gods.

We are reminded that Wicca is a living religion, constantly changing, including, and filling the needs of its' various communities. This is discussed in Religions of Paradox and Play where it is highlighted that many of these movements began as a spoof of organized religions, but became something substantial and serious dedicated groups, as they clearly filled a void in the human psyche.

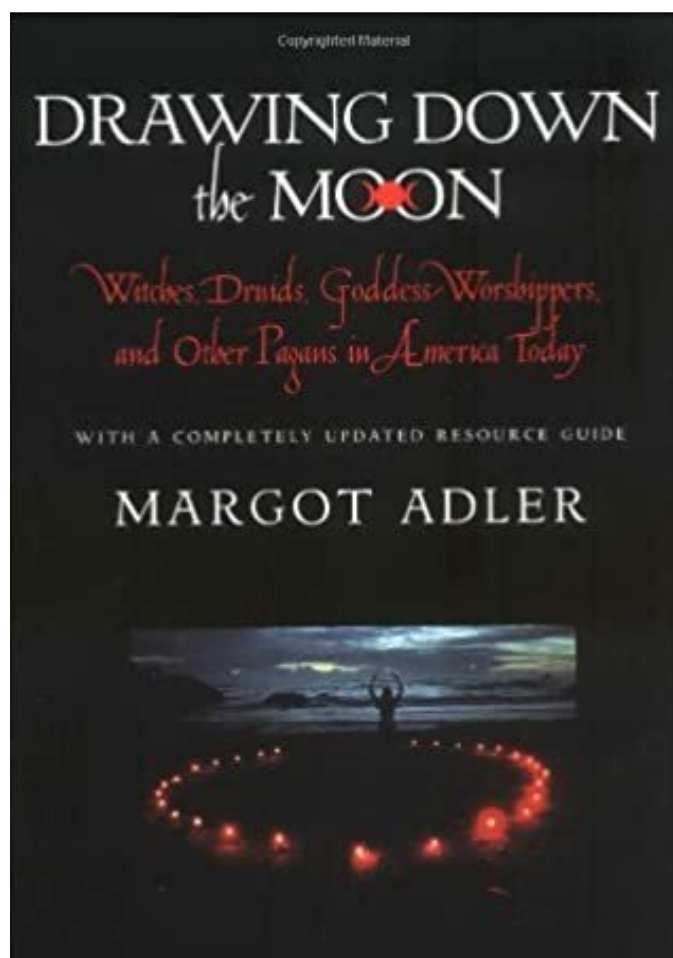
In section IV – The Material Plane, Living on the Earth Adler writes "Many Neo-Pagans will tell you that their religion is a "way of life." There is no separation between the spiritual and the earthly, there is no retreat from the world of matter. A British Witch once observed to me brightly, 'Your head is in the clouds, your feet on the ground, that's the proper place for an occultist.' This further evaluates how we have changed, the battles between, urban and rural, whether or not Western culture the cause of our issues, and how we can change our perceptions to better understand our Mother the Earth. Further things to ponder from this section: How do we answer the call to political activism? How do we move into 21st C Paganism. Is the computer a tool or a hindrance? How do Pagan Festivals bring us together, and celebrate our differences? Is there a connection between Shamanism, Native Culture, and the various forms of Paganism?

Comment and insight from Wiccans, both well-known personalities and anonymous, give us a glimpse into their individual path through Wicca and paganism. The most beautiful thing I get from this overview of Wicca is the encouragement to get involved in the non-pagan community to act as an ambassador for the larger community as a whole, so people can find us and become part of that community.

Further full and rich resources, including a mention of the WCC, can be found in the appendix. This is really required reading for every Wiccan, but take your time. There is much to be found within to inspire and reflect upon. This book for me, was a form of validation of the things that lived in my heart and didn't yet know how to express.

And with that, I say enjoy this upcoming first harvest, stay safe, and stay healthy.

Happy Lammass, and Happy Reading!
Bella





THE SABBAT TABLE

THIS HERBACEOUS AND CHEESY BISCUIT LOAF FEATURES SAVOURY AND AROMATIC HERBS GROWING RIGHT NOW IN OUR "COMMON GROUND" GARDENS, LIKE SAGE, SWEET MARJORAM, OREGANO, PLUS A FEW WILD ONES TOO!

INGREDIENTS

- 2¼ cups flour (and a bit extra to flour the counter)
- 1/2 cup of finely minced aromatic herbs. Use a blend whatever you like: i.e. rosemary, oregano, thyme, parsley, field mustards & garlic mustard. (Put aside four tablespoons for sprinkling the top of the loaf.)
- 1/4 cup minced flower blossoms. Again use a mix of what you have on hand (Put aside two tablespoons for sprinkling.)
- 3/4 cup of grated cheddar cheese. (Put aside four or five tablespoons for topping.)
- 1 tablespoon baking powder
- 1 teaspoon of sea salt
- 1 tablespoon of sugar
- 1/3 cup butter
- 1 cup milk
- 2 tablespoons olive oil for brushing the top



Preheat oven to 425 degrees.

Grease baking sheet.

Add your flour, baking powder, salt and sugar together in a bowl & mix together.

Cut in your butter, mixing it through the dry mixture until crumbly.

Add half the milk and stir, then add remaining milk and mix together. Add herbs, blossoms, cheese. Mix well.

Prepare a floured surface and gently knead dough for about a minute.

Shape into a roll and cut off rounds for your biscuits. Place in a circular shape (gently touching) on greased baking sheet and sprinkle with remaining cheese and herbs.

Bake at 425 degrees for 13-15 minutes.

Brush tops with olive oil as they come out.

STONES WITH SORCHA

The meaning of the name of these crystals, comes from the Greek word meaning 'citron', as many of the earliest crystals found had a colour similar to the citrus fruit of that name. They can vary from a very pale yellow, in a range of shades through to a deep honey color, depending where it comes from. They can be found in many places around the world.

ELEMENT: Air

PLANET: Mercury

ZODIAC: Gemini

ENERGY: Projective

TAROT: The Magician

CHAKRA: Crown, Sacral &
Solar Plexus

Magical Properties: Mental clarity, and intellectual reasoning. Increases motivation, dispels negativity, personal empowerment, insight, visions, manifesting goals and ideas. Brings higher levels of wisdom & knowledge, intuition and creativity. Success, prosperity, abundance, oft times called the Merchant's Stone.

Healing Properties: Relieves depression, self doubt, anger, fear, and mood swings. Enhances mindfulness

God/Goddess:
Demeter,
Sekhmet,
Persephone,
and Hermes



CLASS SCHEDULE

August 1 Sabbat Class -
Lughnasadh

August 8 Norse Mythology

August 14 Kabala

August 22 Scrying

August 29 Ceremonial Magic

September 6 TBA

* note that classes may change dates or subjects depending on availability of teachers.

Watch for any announcements about changes

All online WCC classes are being offered free via Zoom. If you would like to sign up for the classes, please send an email to LPH.WCC@gmail.com

Hamilton Temple Legacy Library

*Learning through
lending and legacies*

Check us out at
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Membership requests should be sent to
WCHamiltonTemple@gmail.com
subject line : HTLL



COMMUNITY HAPPENINGS

WCC Meet & Greet

Meet the Wiccan Church of Canada community every Wednesday evening @ 7 pm via Zoom. Open to the public across Canada, as our members across the country sign on for our online Community Get Together. A time to meet new friends, see the faces you have been missing. Whether the conversation is around sharing how you honour your Gods, your magics, or just to soak up the support of community during a tough time, it is a great get together. Come on out and join in the fun!

Email LPH.WCC@gmail.com FOR THE LINK

Toronto Pagan Pub Moot

"It is an open and friendly social event that meets in person every Third Calendar Monday of every month and virtually every Fourth Calendar Monday of every month. It is open to Pagans, Wiccans, Witches, Druids, Asatru, etc of ALL ages and those who are new and would like to learn more, to those who have been walking the path for decades."

TPPM dates 2021



THE ART OF TASSEOMANCY

A NOVICE ONLINE COURSE

LEARN HOW TO READ TEA LEAVES

Included in course:

- **ONLINE - 6 weeks (2 -4 hours minimum per week) of training; video/live instruction, hands on work, homework**
- **Digital set of class notes, weekly presentations, quizzes, final assignment and exam**
- **Tools; your own teacup, saucer, teas shipped out to you by week two**
- **1 Private Q&A session**
- **Private online class tour of the Tasseomancy Museum**

Tuesdays starting Sept. 7 to Oct. 12 2021

REGISTER VIA EVENTBRITE

**TAUGHT BY AMY TAYLOR OF THE ART OF TEA
AND TASSEOMANCY'S MYSTIC TEAROOM**



LOCAL RESOURCES

Looking for ritual or metaphysical supplies for your Craft? Check out our local favourites and support the stores in our communities.

HAMILTON

Obskurah Bazaar

Candles, Tarot & Oracle decks, magical curios, ritual supplies, spiritual self-care items, herbs, books, incense and occult inspired accessories are available online or at our retail shop in Hamilton, Ontario. Our goal is to provide ethically sourced, sustainably made, fair trade and ecofriendly products that support fair wages and working conditions for the makers and honor their traditions.

Helmut's Forge

Blacksmith of reknown talent and skill. Helmut has forged jewelry, hand-made books and journals, unique blades and assorted other items or rare and hard to find materials.

TORONTO

The Occult Shop

Your one stop shop for quality occult, Pagan, Santeria and Wiccan spiritual supplies & gifts.

Specializing in custom incense sticks and cones, herbal blends, bath salts and over 2,000 magical oil blends. All made in house. We also carry a variety of books, candles, herbs & roots, jewellery and much more.

Madame Phoenix Esoterica

Madame Phoenix produces hand made, top quality spiritual and occult supplies using only the highest quality, all natural ingredients from beginning to end.

WINDSOR

The Hag Shack

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

The Hag Shack provides an inclusive and accepting environment for those of alternate faiths looking for gifts, tools, personal adornment, education, or community.

Too far to visit the brick and mortar? Shop online!

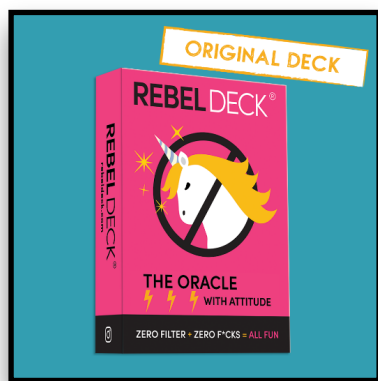


THE STACKED DECK

by TRELEW

What if you made an oracle deck based on the Tower card?

The reads would be very here & now, a wakeup and smell the coffee moment. This is pretty much what you get with the **REBEL DECK**.



The deck is 66 cards of simple and colourful design. No sophisticate designs here. One side is the immediate message, with more details on

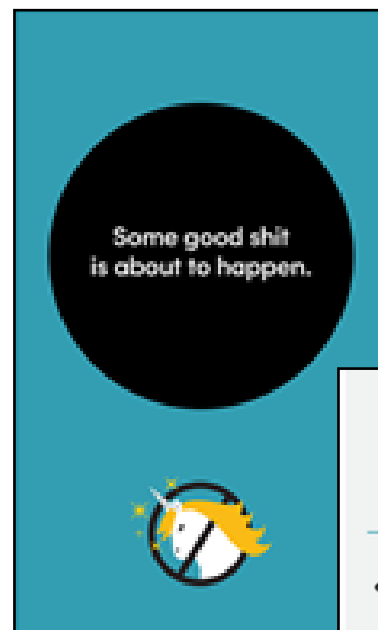
the flip side of the card. The REBEL DECK's claim to fame is that it's simple, dirty, and direct. So simple that you don't need that little white book that you find with so many other decks. The messages you get from the deck are very immediate, very blunt with the occasional truthful "F bomb" thrown in for good measure.

Some downsides to this deck is that it's not used for any future / past readings, or use any intricate spreads. The spreads are usually 1 or 3 cards with an optional card or two thrown in for more insight. I have found another useful aspect of this deck is when you get a person you find hard to read. You can use the deck's shock appeal to get around the block. A jolt to get the reading done.

The first deck was a limited run that came with a fishnet stocking bag. It was originally marketed as a tarot deck for public appeal but has since dropped that and called it an oracle deck.

There two are versions of this deck: a couples and game version. The couple's version is 66 cards geared towards romantic relationships of any type. The game version is a 112 card deck. This deck is split into two mini decks, a scenario and answers deck. The game part of this deck is played very much like Cards Against Humanity. Where the scenario card has a statement with a fill in blank space. You fill that space with one of three cards that you have drawn from the deck.

The oracle side of the deck is that you focus on what you need to know and take a card from the scenario deck. Then focusing on what the scenario card says, you pick another card from the answer deck.



REBEL DECK
messages are all
about keeping it real.

WWWREBELDECK.COM

Oh yeah, the unicorns?

Unicorns are amazing, magical, beautiful and also NOT REAL!

*Don't let your issues
fuck it up.*



REBELDECK.COM

SKY GAZERS

~ as above, so below ~

NEW MOON	FIRST QUARTER	FULL MOON	LAST QUARTER
			
August 8, 2021 13:50 UTC 241,780 miles	August 15, 2021 15:21 UTC 225,915 miles	August 22, 2021 12:02 UTC 237,230 miles	August 30, 2021 07:15 UTC 251,953 miles
NEW MOON	FIRST QUARTER	FULL MOON	LAST QUARTER
			
September 7, 2021 00:52 UTC 236,031 miles	September 13, 2021 20:41 UTC 226,155 miles	September 20, 2021 23:54 UTC 243,024 miles	September 29, 2021 01:58 UTC 250,220 miles

August starts off quietly, but with one major astronomical event worth seeing: Saturn will be at opposition on the night of August 1st! On the night of the 1st, Saturn in the night sky will be brightly illuminated by the sun shining on the earth's daytime side. The moon will be 29% illuminated on this night, so it shouldn't interfere much if you pull out your telescope or astronomical binoculars to spot Saturn and its lovely rings.

The Perseids meteor shower peaks every year in mid-August; in 2021, this peak is expected to occur in the early morning hours of August 12th. At its peak, you can expect to see up to 150 meteors per hour! Don't forget to make a wish!

The second meteor shower in August will occur on the night of August 18th. On this night, you can look for the peak of the κ -Cygnid meteor shower at a rate of roughly 3 meteors per hour. The moon will be only 1% illuminated – nearly new – and ideal for a night of stargazing, meteor spotting and new moon magics.

August 22 - Full Moon, Blue Moon

In September Neptune is at Opposition on the 14th. The blue giant planet will be at its closest approach to Earth and its face will be fully illuminated by the Sun. It will be brighter than any other time of the year and will be visible all night long.

On September 20 this moon is also known as the Harvest Moon, it is the full moon that occurs closest to the September equinox each year.

September 22 - Autumn Equinox.

FIND US ON FACEBOOK

Looking to find out whats going on in your local temple? Perhaps you have questions regarding classes and rituals. Maybe you're a new seeker, or a solitaire looking for company or to share favourite seasonal fare; all are welcome. Our online communities are rich with diverse experience, skills and pagan knowledge. WCC Facebook groups strive to be safe spaces to discuss the Wiccan Craft and explore ideas of paganism in general without politics or proselytizing. Come see what we get up to between the sabbats!



Wiccan Church
of Canada



Hamilton



Toronto



Windsor

