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Sword & Chalice

magazine of the Wiccan Church of Canada

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Samhain  Winter Solstice Nov 1 – Dec 21

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.

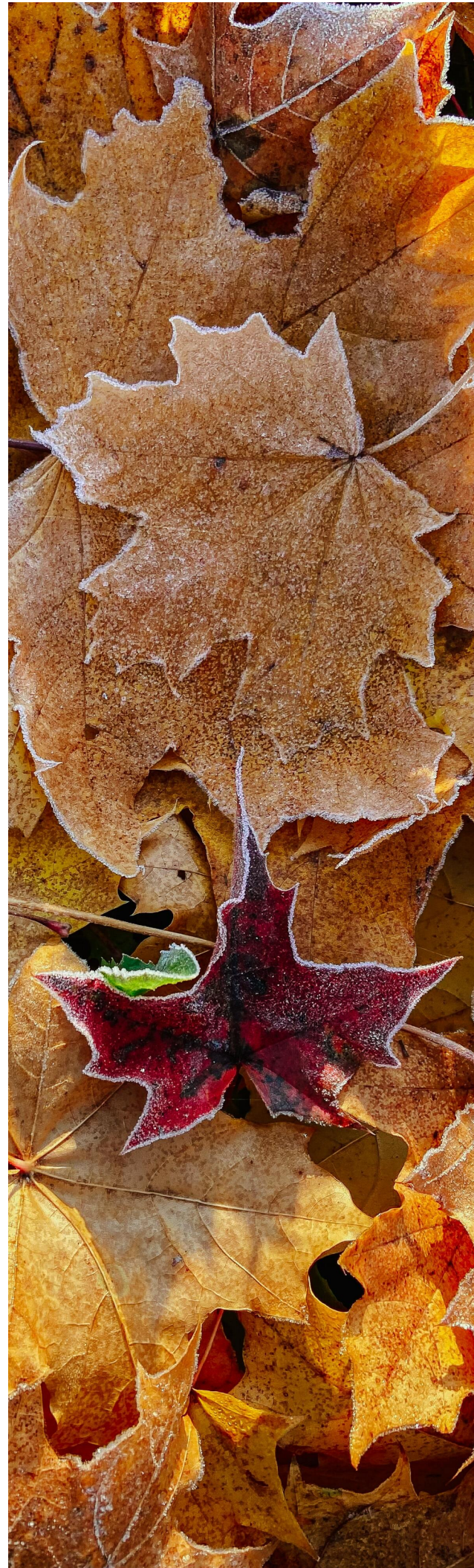
Drawing on resources available in our own communities and temples, we are a diverse, accepting, caring group of people united by our love of the Gods and our own journeys. W.C.C. classes and rituals are open to one and all, regardless of one's level of experience in the Craft. We offer an open, and accepting 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.





WHEEL OF THE YEAR with Xylia

As the Earth, our Mother, gives up the last of her bounty, she prepares for her great sleep.

With the turning of the wheel, we can easily see the signs in nature as the changes happen around us. Less daylight – better to rest by; a stronger, cooler wind, making the leaves fall from their branches; and farmers' markets have all but closed up telling us that the time of the final harvest is at hand. All that is left of the growing season are the pumpkins that mirror the colour of the dying leaves.

Samhain. They say that the veil is thinnest now between the worlds of the living and the worlds of the dead. A time when those who have gone from this realm may set foot upon this realm of life. It becomes a space that is outside of time where we mingle with our loved ones and remember. You can feel it thinning – you can feel them walking past you bringing a tingling on the skin or a gentle breeze caressing your cheek. You know they are with you.

Samhain. A time of endings, allowing a look back and reflect. Did you complete the tasks you set for yourself in the spring? Did you accomplish your goals? What have you learned? But with endings, also come new beginnings, and a chance to look forward to what may be, what could be. Potential and hope. Reflection, rest and preparation for what is to come.

There is so much that this season gives to us....take advantage of it....revel in it.

- Decorate your home with the colours of the season, bringing the outside in.
- Prepare a meal for you and your loved ones, both the living and the dead, to share. Talk to them while working in the kitchen, listen for their voices as your mind floods with memories. Set a place at the table for them.
- Create a small space to honour your ancestors, both recent and distant. Place pictures or objects that remind you of them. Remember....your ancestors over the centuries have made you who you are...they are your blood and your bones. Celebrate them with joy and raise a glass!
- Meditate on where you have come from, what you have done. Follow it up with divination to gain insight on where you are going. Ask your ancestors to help you see what the future holds in store for you.
- And take time to give thanks to the Gods. for giving you your loved ones, for the bounty of the earth and for the time to rest and reflect.

And remember we have so much to be thankful for.....have fun in your celebrations....eat the treats!

STONES WITH SORCHA

OBSIDIAN

We can use obsidian at Samhain in our scrying rituals, when using the tarot, while doing energy work, and grounding. We can wear obsidian to help aid us in communication with the dead, as this is the time when the veil between the worlds is thinnest, and our psychic powers are heightened. Obsidian is associated with the guardian spirits who watch over us.

The name Obsidian comes from the name Obsius, a Roman credited with discovering a similar stone in Ethiopia (although Obsidian was in use by humans well before Romans started writing things down). Obsidian is prized flint-knapping material as it makes a wonderful, sharp blade. Archaeological sites where obsidian was mined and used to manufacture tools have been found throughout the world and obsidian tools have been found thousands of miles from the nearest obsidian outcrop, suggesting that it was an important prehistoric trading commodity. The Macuahuitl, or Aztec War Club was a fearsome weapon used by the Aztecs consisting of several obsidian blades on a wooden handle. This weapon was capable of inflicting nightmarish injuries.

However, obsidian also polishes to a highly reflective surface, making it useful for mirrors and decorative objects. Obsidian scrying glasses and crystal balls are popular. John Dee had a scrying glass of obsidian that is currently on display at the British Museum, and Nostradamus is said to have used one as well.



Element: Earth & Fire

Energy: Projective

Planet: Saturn

Chakra: Root

Zodiac: Capricorn, Sagittarius, Scorpio

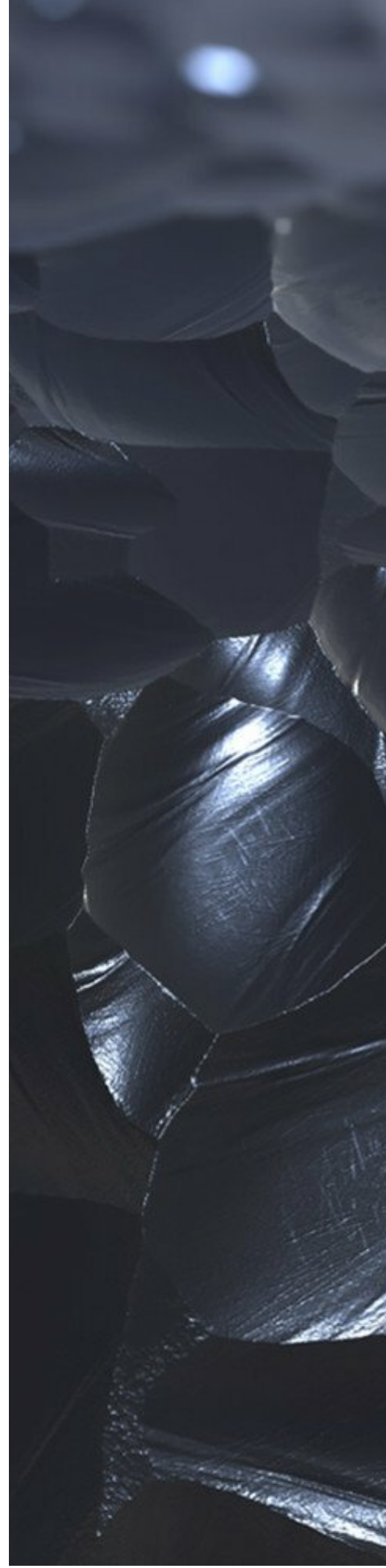
Tarot: Death, The Devil, The Tower

Magickal Properties: It increases self-control, forcing one to facing up to the true self. Releases imbalances and negative energies. Protective. Provides support during change. Repels negativity and unloving thoughts. Purification, Cutting Ties, Psychic Ability. Blocks Psychic Attacks, Draws out mental stress & tension.

Healing Properties: It detoxifies, dissolving blockages and tension, including hardened arteries. It reduces the pain of arthritis, joint problems, cramps and injury

Some uses to explore:

- Use the shiny black surface as a portal to communicate with the deceased or for scrying divination
- Take a piece of obsidian and brush it all over your energy field from top to bottom and all around while saying "I sever all cords that do not serve me."
- Put obsidian up on a shelf or on top of your front door frame to filter out negativity from those entering your home.



WOLFS' SABBAT TABLE

Pumpkins are a very tasty fruit that when paired with certain spices has become a favorite all over. Its in coffee (my wife's favorite) and baked treats and has come to be one of the symbols of the fall season. 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
- $\frac{3}{4}$ cup heavy whipping cream
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon ground sage
- 1 $\frac{1}{2}$ 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. You can also use an immersion blender once you have all the ingredients in the stock pot. 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 a dollop of sour cream.





IN THE GARDEN WITH GLENYS

Wormwood

A Divinatory herb: *Artemisia
absinthium*

*Also known Absinth(e), Artemesia, Green
Ginger, Old Woman, Crown for a King, La
Fée Verte, Madder wort, Wormwood sage,
Herbe Sainte (Holy grass)*

Wormwood is a very close relative of Mugwort (*Artemesia Vulgaris*); sharing the same common name although they are separate species of the *artemesia* genus which is part of the family *Asteraceae*. Its origins are in the temperate regions of Eurasia and Northern Africa. However, it is now widely naturalized in Canada and the Northern United States

The plant is an herbaceous perennial plant which grows straight and will grow from approximately 2.5 feet to 4 feet tall. Similar to Mugwort, the leaves are spirally arranged and long with a slight feathery appearance. However, the colour differs from that of Mugwort. Where Mugwort is a pale to mid-green in colour, Absinthe has a distinct grey-green hue with white undersides and has fine silvery white trichomes (hairs) that make the leaves seem fuzzy.

Medicinally Wormwood has been used to treat parasites (hence the common name), a variety of digestive complaints including those related to gallbladder and liver issues. There has also been some early research on the use in relief of symptoms in Crohn's disease. It has been used to treat pain internally and topically and the oil, topically applied has shown to provide relief from insect bites, sprains and pain associated with arthritis. It has also been used as a cardiac stimulant

Wormwood is the prime ingredient of absinthe which was supposedly invented in the late 1700's by Dr Pierre Ordinaire as a medicinal

tonic. The Wormwood oil was mixed with other herbs (fennel, anise, hyssop traditionally) and blended with alcohol. For a number of years Absinthe was banned because of widespread belief in the toxicity of the wormwood present in Absinthe. However, further research indicates that most of the ill effects were more than likely caused by high-proof alcohol and the fact that there were additional hazardous additives such as copper sulfates which were added to enhance the green colour.

Magically, Wormwood is a masculine plant related to the planets Mars and Pluto and the elements of Fire/Air. There is also argument for it being associated to the element of water since Pluto is ruled by the Scorpio which is a Water sign and because of the properties of the herb. This is further enhanced by the fact that the Associated deities to Wormwood are Artemis and Diana.

Wormwood can be used prior to divination in the form of tea (1 tsp herb in a cup of water) or 8 - 10 drops of tincture. The tea/tea could also be added to bathwater. The herbs could also be blended in incense and burned during divination. To enhance lucid dreaming, place some herbs in a sachet or pillow and place under or near your pillow while you sleep. The herb can also be used in magic for protection, and to enhance peace and to work with spirits.

As with any natural herb, you should consult your physician or naturopath practitioner 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
unsure of.***



Bellas' Book Nook

A Haunted Love Story: The Ghosts of the Allen House

Mark Spencer

published in 2012, by Llewellyn Books,

ISBN: 978- 0-7387-3073-8.

It's that time of year, when the veil has thinned, and things go bump in the night. As long as no one says "Ow," afterwards, it's just the ghosts in the hall.

One of the themes of many a good ghost story, is love, and we all know, that love, can take many, many forms. Two souls can find each other and become star-crossed lovers, you never know. But, the worst form, is perhaps, unrequited love, sometimes we make choices that change our lives forever. Sometimes, we wind up with a life, we did not want to lead. With that, the story of Ladell Allen unfolds.

One can easily fall in love with an old Victorian Mansion, build in the early 1900's, for instance in Monticello, Arkansas. Or fall in love with the idea of restoring a mansion to it's former glory, and ignoring the whispers from the neighbourhood gossips. That's what Mark Spencer and his wife Rebecca, did. They fell in love with the Allen mansion and moved heaven and earth, to become its new owners.

Despite the rumours, the Spencer's settled in, and made plans for renovations, but this unfortunately brought unexpected things. Imagine working on your front porch, refinishing a railing or painting, and suddenly, having total strangers, demanding tours of your house, so they can see, where 'she' died. She, Ladell Allen, took her own life. Some speculated it's because life didn't turn into what she wanted it to be, and maybe because of unrequited love. Either way, Ladell, in her own way made contact with the Spencer's and together, they were able to make sense of her life, and the tragedies that befell the property. She led them to the attic floor boards, to the love letters from Prentiss, and they uncovered the secret of her heartbreak.

This book is an adventure in dogged determination, persistence, and luck. It's about ghost hunters helping the Spencer family find answers. It's about the human spirit, and how we can bring about closure, and acknowledge those who have crossed the veil. Either way, it's a beautiful story of the living, having compassion, and for the deceased.

If you think the story sounds familiar, it should. Back in the day, this home was featured in Ghost Hunters – LaSpirits.

Take a look at,

<https://www.hauntedjourneys.com/haunted-sites/1433-allen-> and who knows, maybe you'll see one of the shadows figures in the night.

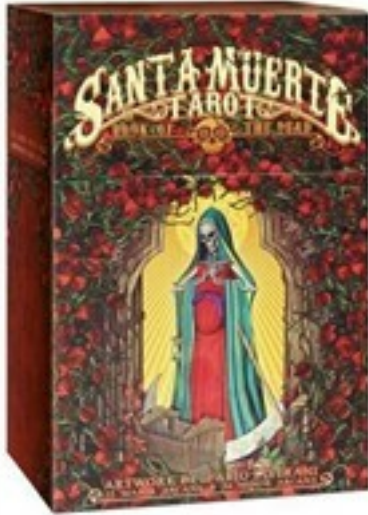
Rest in Peace, Ladell Allen Bonner.

Happy Reading!



ON THE DECK

with Trelew



Digging into my collection, I pulled a deck that was appropriate for the season. The Santa Muerta deck sold out of its first run very quickly. There was a limited edition deck that came with a coffin shaped box and expanded LWB, but it was still the same deck you got with original edition. There is also an Oracle version of this deck, but I will be talking about the tarot version.

In Mexican / Columbian mythology, Santa Muerte is The Lady of Holy Death, worshipped both as a Goddess and Catholic saint. She is deity that has strong influences in love, health, prosperity, safe passages in the afterlife, and protects against assaults, abuse, and violent deaths. She also protects outcasts, those who live on fringes of society.

At this point I going put out a caveat about this deck. Fabio Listrani is well know for his artistic style with Tarot / Oracle decks. He employs a visual cultural nomadism, where he dives right into a culture's folk and religious symbols and applying this to his decks. While he is highly recognized work

on his decks, there is some critics. For example, with this deck, he isn't Mexican or a follower of this area's religious traditions. Critics believe that he has a Westernized bias which have led to mistakes in his decks. Cultural appropriation for profit vs cultural appreciation applied to his decks. This is something I would like to leave with you to consider.

The Santa Muerta deck is a themed deck loosely based on Waite-smith deck. It has a loose style with colourful skulls and clothed skeletons. There is soft thoughtfulness to the deck, rather than simply plastering a theme on to the cards that you sometimes see on themed decks. The artist focus on Santa Muerte and the Day of the Dead festivities.

The major arcana are easily recognizable. The cards have thoughtfulness to them, some with even a touch of humour. A coffin sleeping Hermit, an Ouija Board reading Hierophant, are just some of cards of note that caught my attention.

The minor arcana shows it Waite-Smith foundation but the artist gives a refreshing look on the design. The theme is fully integrated and decides the imagery. As a reader, decks like this makes you think and reflect on the art.

This deck would have good use seasonally. In my opinion , it can be used as a tool to help with banishing of harmful influence, hexes, etc. To explore the concepts of life and death, even help develop a connection with your ancestors. The LWB gives a spread that is visually connected to the Ouija Board. It tends to be pretty complicated. In using this deck with a standard 3 card and Celtic Crows spread, I found the deck to be very straight forward and bold. The answers I receive tend to be deeper than I expected, and requires some time for reflection.

This deck I find is very well constructed. You don't get any theme fatigue with this deck. I wouldn't recommend this deck to a beginner, but I find it's a deep tarot with a good potential as self development.





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.

Treasures for the Soul

We offer a variety of New Age, Self Help and Metaphysical Products and Services to aid in your journey of Spiritual Development. You can find many products ranging from spell kits and ritual supplies to herbs, oils, candles, divination tools, magical items, home decor, books and much more

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!



COMMUNITY CONNECTIONS

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 Sword and Chalice is looking for local pagan artisans of our community, who would like to share their voices and story with us. We would love to spotlight the crafters, the potters, glassworkers, knitters, poets, and metalsmiths among us. We want to know your music, your art, your vision and we want to share it with others. If you are interested in telling your story and sharing your wares and craft, we would love to hear from you.

Drop us a line at wccswordandchalice@gmail.com

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

WCC ONLINE CLASSES

Check our Facebook groups for current class listings and 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

Memorial

TONY SWINTON-LEE

JESSE WYATT

VERONICA SINCLAIR

AMBER SOMATA

GRAHAM HOOPER

LORD BELRYX, HP (RAYMOND CASTLETON-PAGE)

DEVYN GILLETTE

ROSS GOODFELLOW

