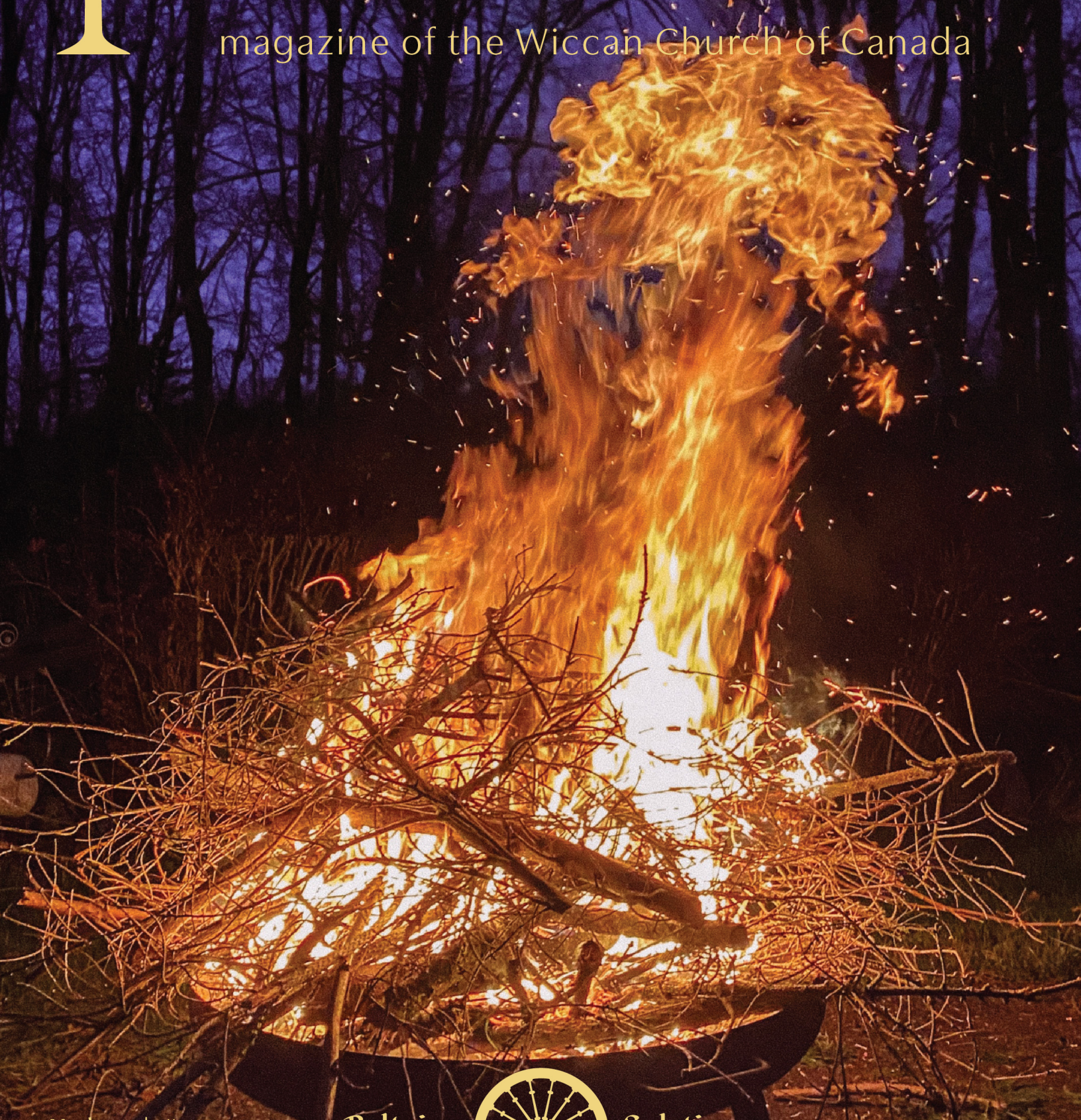




books★gardening★recipes★ritual elements★articles

Sword & Chalice

magazine of the Wiccan Church of Canada



Vol. 5 | #5

Beltaine  Solstice

May 1–Jun 21, 2022

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.

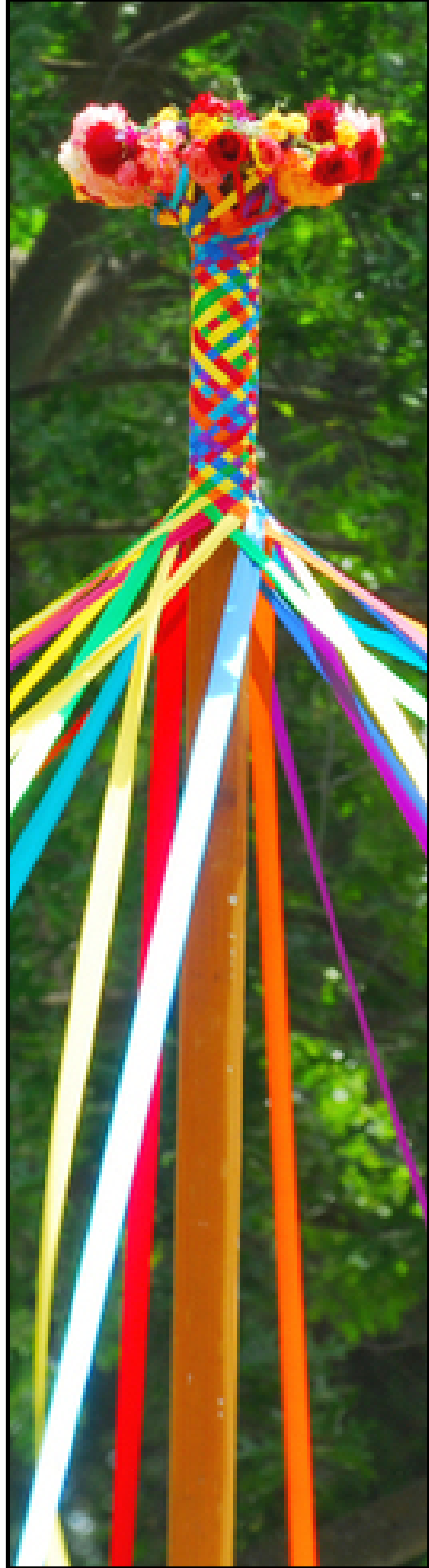
Drawing on resources available in our own communities and temples, we are a diverse, accepting, caring group of people united by our love of the Gods and our own journeys. W.C.C. classes and rituals are open to one and all, regardless of one's level of experience in the Craft. We offer an open, and accepting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

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

May is the fifth month of the Gregorian calendar and it was named after Maia, the Roman Earth Goddess, a nurturer, a mother, a nurse, and grandmother of Magic. She is also a midwife (Maia means midwife in Greek), bringing new life into the world. One of the oldest celebrations in Greece was the flower festival Anthesteria. On the first of May, May Day or Protomagia in Greek, you will find families having picnics in the countryside, where they collect flowers for health and happiness.

Most Wiccans know May Day as Beltane. 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 Gods release greenery and the warming brightness of the sun, blanketing the land with fresh, new life.

We have the opportunity to become part of this cycle of rebirth, to revel in this joyous time of new life.

Remove Winter from the land– also known as “beating the bounds”. Take a few sticks, or branches, and walk around the edge of your property tapping the ground with a chant of “Winter out, Summer in”. This is an old custom that was said to remove “evil”, or the dregs, of winter from the Earth, encouraging it to wake.

Bringing in the May– this practise of Northern Europe is 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. Documented in the 19th century in Ireland, Scotland and Mann, white and yellow flowers such as primrose, rowan, hawthorn, gorse and hazel are traditionally placed by doors and windows. Any spring coloured flowers can be made into bouquets and garlands. As you step through your door, say “May the blessings of the Gods come to this dwelling with freshness, brightness and happiness”.

Balefire- You may not be able to have a balefire, but you can leap a small candle. This is said to bless and protect all those who jump the flames, for cleansing, health and fertility.

Feast- 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 (pale greens, yellows and pinks) 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.

Meditation- 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. Close your eyes and visualize the lighting of the Balefire as the sun rises or the image of Morris Dancers with their bells waking up the land and their handkerchiefs pulling down the nourishing rains from the sky. Visualize the seed cracking through its outer shell and breaking through the soil to be kissed by the warming sun.

Winds of Love - 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.

May Wreaths - symbolizing fertility and fruitfulness, prosperity and happiness can be made and hung on doors or above your altar or shrine. For a lovely devotion to the Gods for their renewed gifts of life, you might leave the wreath in the forest or a park or garden. As the Earth greens after a winter of dormancy, encountering a May Wreath will put a smile on your face. Using green as your base add seasonal flowers in spring's hues – the yellow of daffodils, forsythia and dandelions; the purples of the lilac; the blue of a spring sky or a robin's egg. In Greece garlic and nettles are intertwined with the flowers to ward off negativity.

Beltane Water Blessings. Wake before dawn on May morning and go outside to collect from the grass, the first morning dew of May. Wash your face with it for a special Beltane Blessing, bringing youthfulness and beauty.

Remember May Day is a joyous celebration – bring your sense of fun and energy to whatever you do!

Happy Beltane Blessings to you all !!!!

Magical Herbcraft with Glenys

Meadowsweet

(*Filipendula ulmaria* aka *Spirea ulmaria*) is also known as Spirea, sweet meadow, Lady-of-the-meadow, Queen-of-the-meadow, Pride-of-the-meadow, meadow-wort, meadow-queen, meadowsweet mead wort, and bridewort.



Meadowsweet is an herbaceous perennial that grows tall (about 4 feet). It has purplish red stems and leaves that are dark green with a lighter, downy underside. The closely clustered flower buds are light green which burst forth into creamy white flowers. The flowers have a strong sweet scent. Meadowsweet is a member of the Rosaceae family, native throughout Europe and western parts of Asia; it is found in damp meadows. However, it has been naturalized throughout North America.

Meadowsweet was often used in the Middle Ages to freshen a room. It would be dropped on the floor so the fragrance was released as people walked about the room. It is said that the scent would improve people's disposition. The flowers were used in bridal bouquets to bless the union; to bring peace and happiness. From the Mabinogion, it is said that the Goddess Bloddeuwedd was formed from Meadowsweet as well as several other flowers by the magicians Math and Gwydion to make a wife for Gwydion aka Lleu Llaw Gyffes

Because of its association with Brides and Bridal flowers, it is said that the power of Meadowsweet is most potent on or around May or Beltaine Eve. Woman who are seeking love should extract the oil from the plant and inhale the scent nightly. Placing the flowers on your altar will also attract love. Doing this will make her more attractive and cause her to cross paths with her true love. The flowers can also be used while doing divination when seeking true love or thieves.

The herb contains salicylates (aspirin) and has been used in relief for pain. The flowers were also used in the past to flavour mead and the leaves were used to improve the taste of wine. It has also been used to treat digestive and respiratory issues and as a diuretic.

Meadowsweet is masculine; its element is Air and or Water and it's associated with the planets Mercury, Jupiter and Saturn. Meadowsweet is associated with the sign Gemini

Meadowsweet is sacred to the Goddess as well as the Virgin Mary. In particular Meadowsweet is



STONES WITH SORCHA

Aventurine is all about the adventure!

It's a stone that helps you pay attention to life's journey, instead of focusing solely on the destination. It's the 'stop and smell the flowers' stone.

Aventurine is a variety of translucent quartz/quartzite with small flecks of inclusions. These inclusions are most commonly fuchsite, a green chromium-rich mica that gives the stone its green colour. Other inclusions are flakes of lepidolite, hematite, muscovite, and ilmenite.

Aventurine is used in rituals of the medicine wheel to show spirit guides the connection with the healing light of the heart. In ancient Tibet, it was used to decorate statues, symbolically showing the "visionary" powers of that statue. It has been used for centuries in the making of jewelry, vessels, and other ornamental pieces.

Aventurine is the "good luck shamrock" of the mineral kingdom and known as the "gambler's stone" because it is the luckiest of stones in games of chance. It is often placed in charm bags to bring about good fortune and money.

Aventurine is the heart healer, being linked to Anahata (the heart chakra). It is the activator of love, appreciation, an alternate birthstone for the month of June, and the birthstone for the 8th year of marriage.

Element: Air & Earth

Energy: Projective

Planet: Mercury & Uranus

Chakra: Heart

Zodiac: Aries, Taurus, Gemini, Virgo

Tarot: The Fool

Sabbat: Beltane

Magical Properties: Balance, Clarity, Confidence, Courage, Emotions, Healing, Introspection, Joy, Luck, Money, Motivation, Opportunities, Peace, Problem Solution, Prosperity, Transitions, Wealth, Well-Being.

Magical Uses: Worn/carried/used in spells to; increase perception, stimulate creativity, enhance intelligence, gambler's talisman, money attracting magic, promote good luck, enhance psychic dreams and clairvoyance, balancing energies (male & female)

Healing Uses: Worn to ease anxiety, bring about calmness, helps you to cope with stressful situations. Worn by a person with low self-esteem to bolster confidence, balances a low frequency person, promotes moderation and balance of male/female energy when worn, helps curtail the tendency to shut down and operate from survival fears. A great stone to help improve your relationships: familial, romantic, professional and interpersonal.

Why use Aventurine with Beltane and the Spring?

We can wear/use aventurine at this time to help us transition ourselves from the doldrums of the colder months into the warmer months. It will help us learn to appreciate the simple joys we find in nature that are opening up around us as the Sun travels on its return to full strength. The green colour of the stone reminds us of the fertility of Mother Earth and all her creatures, and helps us to find that love within ourselves and all living beings. Get out and let the warm rays of the sun shine on your face, feel the warmer breezes flowing through your hair, and feel your inner stirrings!



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sary

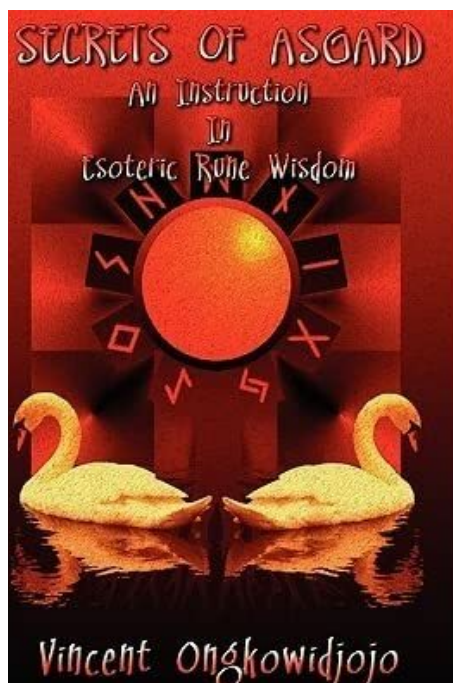
Bellas' Book Nook



Here we are part way through the spring and still facing brisk North winds, snow and hail, and yet, the Earth comes alive with snowdrops and dandelions. This is Canada. On the bright side...it's time to continue on this weird, and wonderful spiritual journey through books.

Once again, back in London, while chatting with my book people in their shop, we heard the unmistakable sound of books hitting the floor. My friend went to investigate, started to laugh, and told me to come and see. There on the floor were three books: one on Norse Mythology, one called – *Secrets of Asgard* – An Instruction in Esoteric Rune Wisdom, and the third, *Odin's Gateway*. I was dumb-struck. Yes, all three made

their way back to Canada with me. I believe when the Gods are watching, and they let you know, pay attention. For this review, in continuing my journey in Norse studies and stories I will focus on the rune books and save the mythology book for another day.



**Secrets of Asgard – An Instruction in Esoteric Rune Wisdom,
by Vincent Ongkowidjojo**

printed in 2011 by Mandrake of Oxford.

ISBN: 978-1-906958-31-2

**With the bibliography and index included, 293 pages, priced about
\$25.90 CDN at Indigo Books available online**

I'll start with Chapter two, which is entitled – *A share of the Mead* - which explains all of the runes in order. The rune explanation that stood out was Laguz, and considering my issues with water, I can't fathom why I'm still drawn to this Rune. Maybe, it's the last paragraph that struck a cord. *"Magically, the energy of Laguz is perfect to help you let go of things. Imagine how the flow of a river washes away your issues. They are never really gone, but you will no longer hold on. The thoughts you offer will be taken there where they are meant to be. When you hold on you have one thing. When you let go, you have all."* Page 117.

The remaining chapters, further develop the understanding of the runes on multiple levels, and subheadings. Chapter 11, *Summoning the Seeress* – is the authors explanation of how to read runes in a casting, and Chapter 12, *The Art of Wishing*, is about building a ritual for yourself.

The other book of interest in this review is called -

Odin's Gateway – A practical guide to the Wisdom of the Runes through Galdr, Sigils and Castings, by Katie Gerrard.

printed in 2009 by Avalonia, (www.avaloniabooks.co.uk.)

ISBN-13: 978-1905297313

\$24.99 at Indigo Books – available online, and can be ordered from the store.

This book of 187 pages was a straight forward enjoyable read and I still use it for reference. It's divided into 4 neat sections that take you from the basic understanding of the Runes, beginning with Do you know how to ask?

What I really liked about this book, was the very first few lines in Chapter One on page 16. "Learning the runes is a journey. It is important to try to discover your own views and insights, rather than simply memorising the meanings that others have given them." Sound advice for anyone. There is a brief history lesson, and of course, the author's opinion on the blank rune, followed with a short, but sweet explanation of the nine worlds.

Part two, begins with the question, do you know how to interpret? The author writes about her way of getting in contact with Odin, and that part of getting advice from Odin, there has to be an exchange, an offering, and what types of offerings would be appropriate, which does include charitable donations.

The journey continues with an introduction to the runes through the Anglo-Saxon and Old Norse Rune poems, the story that flows from their meanings, life lessons, intoning of the rune, use as a Galdr (incantation/spell work) and finally, divination.

Part three – Do you know how to Carve? Teaches you how to make your own set of Runes, and given them a voice. While Part 4 – Do you know how to Cast? Shows you how to ask, and how to cast; as well, as showing various bind runes and combination.

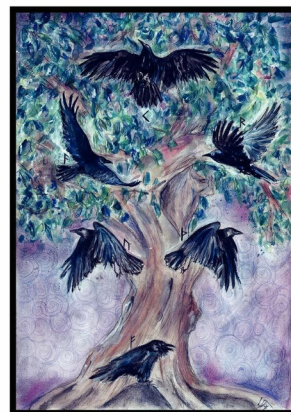
When I began using the runes, I found this book to be quite useful and help me to connect with the runes, and with the Gods. Then again, this is only a small part of my personal pagan experiences, and each and every one of us will have their own experiences. We each see things in our own way, and the Gods communicate with us, in their own way as well. Enjoy it, learn from it, and embrace it!

Until next time, stay safe, stay healthy and Bright Blessings for Beltane and the coming season.

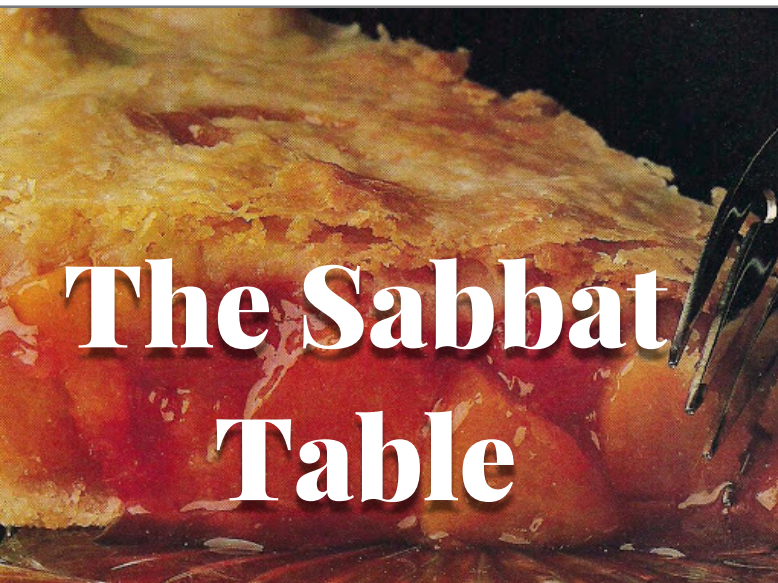
Happy Reading!

ODIN'S GATEWAYS

A PRACTICAL GUIDE TO THE WISDOM OF THE RUNES
THROUGH GALDR, SIGILS AND CASTING



KATIE GERRARD



BLUSHING PEACH PIE

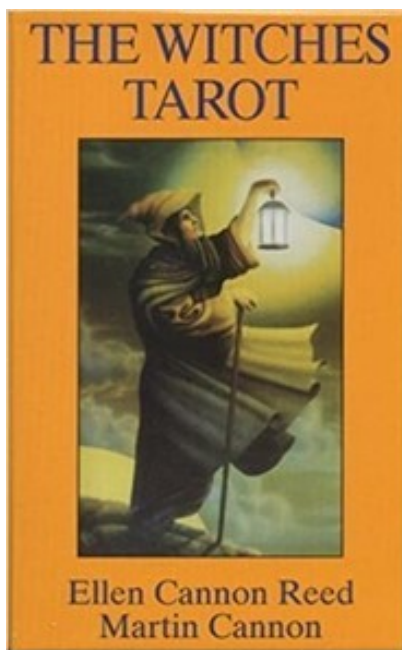
Bring the Beltane fire to the dessert table with a touch of red hot cinnamon. Make this as a pie or as tarts and you will never lose this sweet sabbat treat.

pastry for 9 inch two crust pie
2 cans sliced peaches, drained, 29 oz each
1/2 cup sugar
1/4 cup flour
1/4 cup red cinnamon candies
2 tbsp. margarine or butter

Directions

1. Heat oven to 425. Prepare pastry or use store bought. Mix peaches, sugar, flour, and candies; turn into pastry lined pie plate. Dot with margarine. Cover with top crust that has slits cut in it; seal and flute
2. Cover edges with 2 to 3 inch strip of foil to prevent excessive browning; remove foil during last 15 minutes of baking. Bake til crust is golden brown and juice begins to bubble through slits in crust, 40 to 50 minutes. Self rising flour may be used in this recipe.

ON DECK with Trelew



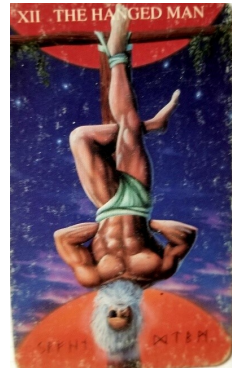
I'm going to start by saying this deck has been my main deck for over 15 years. This was a love at first sight, kind of deck. This was the deck that first inspired me to go deeper into my studies as a Pagan, and continues to do so.

The Witches Tarot

Ellen Cannon Reed

This deck, to a point, follows a standard RWT model; however what makes it incredible is Ms. Cannon Reed has masterfully blended the symbology of Paganism and Qabalah. One of the standout things about the deck is the revision of some of the majors. The Devil is replaced by The Horned One giving blessing to his followers. The Hanged Man is Odin on The Tree to obtain the wisdom of the runes. The Hermit is now the Seeker. Seeking knowledge while showing the way for those

on the path. In the suits, the wands are associated with air, and swords to fire. Which is something that always made sense to me. The court cards have now become something of a qualifier for the card that follows it. In the majors you also see spheres in the art. This is where the Qabalah symbology presents it self. These represent the paths on The Tree. Such as The Chariot is the path between Binah & Geburah. The spheres themselves are represented in the minors. Like the 3's are aspects of the Binah sphere.



In this first edition, the artwork goes right to the edge. The card backs have a silver pentagram on a black background. The cards are on an average stock. This deck was release 1989. This deck was very popular and sold out. Llewellyn let this sit for a bit before making another run. Sadly, this time they changed it by putting a border on the cards, which I believe, takes away from the deck. You can still find the original deck online but be prepare to haggle or pay a hefty price for it. I have seen it as high of \$225

The deck's LWB is fairly standard fair but if you really want to get the most out of the deck, I highly recommend these 2 books as companion learning with this deck.

- **The Witches Tarot, Book 2 The Witches Qabala (ISBN 0-87542-668-9)** gets into detail in how Qabala works with the Tarot.
- **The Goddess and The Tree (ISBN 0-87542-666)** deals with just Qabala and how it relates to Paganism. The book goes through each card in the deck, with comparisons and how each card is enhanced when you combine it with the Qabala. In addition to spread examples, there are also some guided meditations.

As mentioned before, this has been my main deck for over 15 years. It has enhanced and challenged my experiences on my Path. There are a few decks out there that call themselves a witches or pagan tarot, but I believe this one really speaks to the Pagan reader. This deck would challenge a beginner reader, but it's definitely a deck that someone can grow into.

Kindle the Fire

Beltane celebrates with a Fire that burns away the old, clearing the way for the new. Like many Fire celebrations, Beltane is transformational in the way it embraces the integrity of Fire.



Fire, in a very real sense carries within it the essence of all forms of magic as magic is a process of change. It is the realm of dedication, energy, and divinity; it is considered the most physical and spiritual of the elements as it leads to a new incarnation of reality through its transformational quality.

The Fire element has invoked a religious and spiritual awe since the dawn of time. It has represented the very essence of the Divine, being a visible and unarguable vehicle of the Creation/Destruction cycle that transforms our existence. Its shifting form is the nurturing hearth, the creative forge, the joyful light of celebration, and the agent of change. The allure of the transformational aspects of fire has fascinated mankind across time and cultures; it is this very aspect which has lead to the three most common Fire rituals known.

Divination

Through watching and attuning to fire, the mind seems to relax its rigid hold on consciousness, ones eyes grow heavy as the mind grows lighter and we open our psyche like a light sensitive flower. Shapes, images, and other symbolisms present themselves to the waking mind. To open up to the power of Fire within you, you can light a candle and see what the living flame has to show you.

Purification

Purification through fire has existed as a ritual since the nature of fire was discovered. It is found in the crucible of human experience, the distillation of a pure essence, the sterilization of negatives, or the transformational act of divine consumption of ones being. It is through these understandings of these elemental attributes that Fire is an agent of change which has often been used as an avenue which leads to further spiritual development.

Dedication

Dedication through Fire is often viewed as sacrificial; one offers themselves up to Divinity through its essence, in the hope of spiritual unity. Using Fire as a vehicle of intention offers an object or individual the means of unconditional and essential transformation, therefore altering it into a new state of existence or purpose.

*I light the fires of Beltane,
sweet smoke drifting high.
The bright flames purify and protect,
illuminating the Wheels path
May the light and heat of this fire
bestow its light and life upon me.
Blessed be.*

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 2022



MAKE YOUR OWN TURKEY WING WHISK

AN INTERACTIVE, IN PERSON WORKSHOP

**SUNDAY MAY 15TH
3:30 - 5:30 PM**

INVESTMENT: \$80 PER PERSON,
INCLUDES ALL SUPPLIES
REGISTRATION VIA EVENTBRITE

With Amy Lou Taylor from
The Art of Tea and Tasseomancy's Mystic Tearoom



May 14th 2022

The Calling of
Saint Sara e Kali



Join us as we journey
to the waters with her &
seek her mysteries &
understandings!
Feel free to bring
musical instruments,
flowers & offerings
to honor HER.

IN-PERSON EVENT

** In accordance of City of Hamilton Public Health Guidelines**
On-site sign-in for Health Check & Filming Agreement Required

Bayfront Park

Beach Side of Waterfront Trail
200 Harbour Front Drive,
Hamilton, Ontario, L8L 1C8
12 noon to 5pm



Sara e Kali - Hamilton



kalisarahamilton



@KaliSaraHamON



LOCAL RESOURCES

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

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.

Madame Phoenix Esoterica

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

Madame Phoenix products are hand made in Canada. We use only the highest quality, earth friendly, fair trade ingredients.

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.



The Occult Shop makes an appearance in The Star

"Magical mystery store: Bathurst's long-running Occult Shop gets a new owner and a new address"

Nicole Lavande reopens the Occult Shop at a new location on Bathurst"



Read more

SPECIAL COMMUNITY NOTICE



With sadness, The Hag Shack, home-base of WCC Windsor, is closing its doors.

The Hag Shack will continue to welcome visitors and friends for the next few weeks. After that, you'll have to look for them at festivals and fairs.

After a sudden life-altering episode in 2021, owners Katie and Tibor Gajdacs decided it was time to embrace retirement and move into the next chapter of their lives. Though COVID had restricted access to temple activities, Katie was honored to share WCC teachings with the community and provide a source for all things magical. The duo is thankful for the new friends and immense support they have received over the years. Over the next few weeks, Katie and Tibor welcome everyone to stop by to say farewell to the temple space and shop.



The Hag Shack

Tuesday to Saturday

1 pm – 6 pm

until closing date

1185 Tecumseh Rd, E, Windsor

Music for
flute
inspired by
Canada's
wild spaces

New music for flute in a
variety of small ensembles
that include harp,
percussion, bassoon,
Indigenous storyteller,
and piano

Download from
fluteinthewild.com or
support the artist with
merch from the store!

FLUTE IN THE WILD
Jaye Marsh, flute



Supporting pagan arts, music and knowledge

Featuring Rosemary Edghill

A New BAST Novella

DREAMING THE GODDESS

An Anthology

Edited by Karen Dales

The Realm of the Goddess is vast. From
mythology to legend to modern
retellings, between these pages, you
will experience Her Mysteries in original
stories destined to become new
mythology.

Experience the Goddess in Her many
guises, from Egypt to Nigeria, from
Europe to the UK, from the Middle East
to North America.

HAMILTON TEMPLE LEGACY LIBRARY

Cloud.collectorz.com/hamiltontemple/books

*Learning through
lending and legacies.*

Membership requests can be sent to
WCCHamiltonTemple@gmail.com
subject line: HTLL

Find a copy from
Dark Dragon Publishing

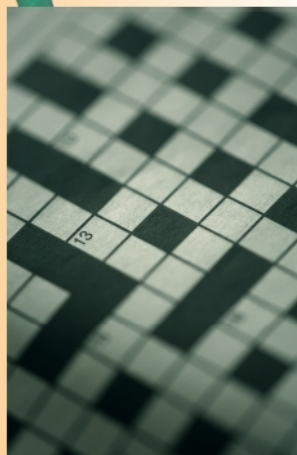
PUZZLE PAGANS

PUZZLE LINKS

click the image for this sabbat's challenge



AT A LOSS FOR WORDS



CROSSED PENS



JOURNEY THROUGH THE MAZE

solutions on our Facebook page on the Solstice!

“Give me food, and I will live; give me water, and I will die. What am I?”

What's That Phrase?

va ders

The term 'cakes and ale' was first used in what play by William Shakespeare?

- A. Hamlet
- B. A Midsummer Night's Dream
- C. The Merry Wives of Windsor
- D. Twelfth Night

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

**“To plant a garden is to
believe in tomorrow.”**

Audrey Hepburn