



books★ gardening★ recipes★ ritual elements★ articles

Sword & Chalice

magazine of the Wiccan Church of Canada



Vol. 6 | #7

Midsummer



Harvestide

August 1 – Sept. 21, 2023

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 Tuesday evenings 7:00-9:00 pm

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.

Xylia's Wheel of the Year

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

Well both are of British origin. Lammas 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.

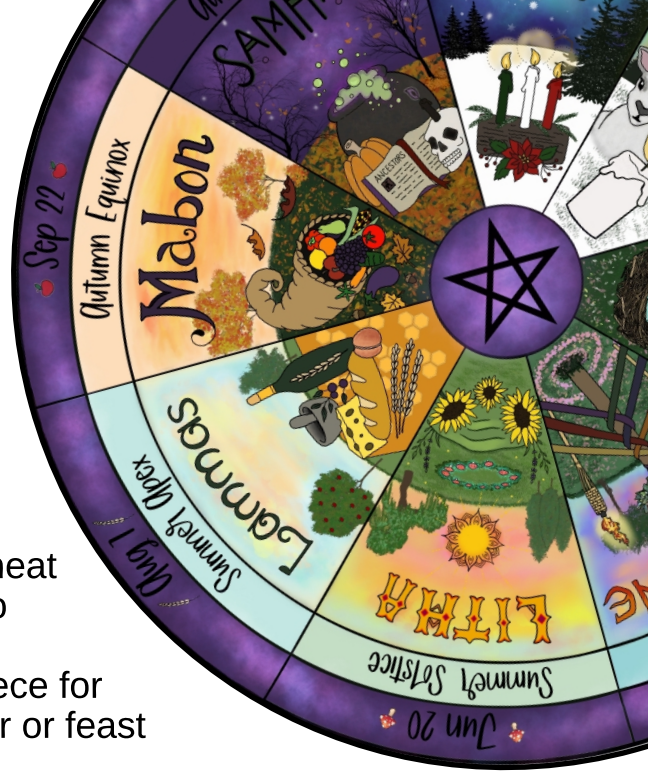
If you can get enough wheat sheafs, you can bind them together to make a torch to burn (safely) at the setting sun, honouring the transition of life to death.

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



STONES WITH SORCHA



Sardonyx

is an August birthstone and is a variant of Agate that falls under the mineral Chalcedony family. The stones are mixtures of a type of orange carnelian, called Sard, and Onyx. The gemstone has alternating layers of Sard and Onyx, giving it a striped or banded design.

Much like Agate, it is dyed to enhance or change its colours. Dyeing was an art practiced by the ancient Romans, but reached its perfection in 1820s Germany. Iron oxide is a pigment used to create the rich oranges and reds. Carbon is used to create the striking deep black banding.

Element: Fire

Energy: Projective

Planet: Mars & Mercury

Chakra: Root & Sacral

Zodiac: Aries, Leo & Virgo

Tarot: Wheel of Fortune

Sabbat: Lammas/Lughnasadh



Magical Properties

Authority, Blessings, Eloquence in Communication, Concentration, Confidence, Consecration, Courage, Discipline, Empowerment, Energy, Focus, Grounding, Marriage, Motivation, Peace, Protection, Relationships, Stability, Strength, Wisdom.

Magical Uses

Sardonyx will bring healing between couples, and between parents and children. You may wear it as an amulet for strength, protection, and increased willpower. When worn, it can aid in bringing your inner strength out, helping you to accomplish goals you've set. It helps us push past doubts and provides us the mental clarity to continue on our life path. Wear it to project intense charisma and extra power in particular circumstances, especially judicial affairs.

Lore

Sardonyx can be traced back thousands of years to ancient Roman and Egyptian times. Roman women would wear it as a necklace with cameos carved with the Goddess Venus in hopes of attracting the power of the goddess of love. Roman soldiers would wear rings of sardonyx carved with images of the God of War Mars into battle for protection and courage. It was a popular stone for seals and signet rings that were used to imprint wax emblems on documents.

Healing Uses

Sardonyx can help with metabolizing and regulating your bodily fluids, helping the body better absorb nutrients and ridding waste. With this, it also helps improve your intestinal health, helping cleanse toxins from your system. It can help boost your mood and alleviate pangs of depression.

We can use Sardonyx at this time of Lammas to help keep us focused and energized as we reap the first harvests of the season. It helps us harness the energies of the festive season, and reminds us to reflect on the year so far, and to send our intentions out to the universe for the rest of the year ahead. Thinking of the waning Sun and winter months ahead, Sardonyx will help us make the best of the times, allowing us to live in the moment, enjoying the remaining magnificent energies of the Sun as it starts its descent.

Bellas' Book Nook



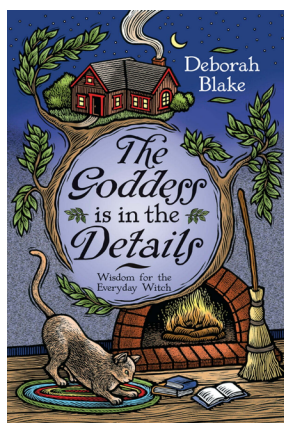
My goodness! Summer Solstice has come and gone, and now we sit at Lammas. Crops are growing, rainstorms are brewing, forest fires are burning hectares of land, and the wheel keeps turning for better and worse.

On the bright side, I found two wonderful books at 2 different charity shops. Proving you do not have to spend too much money; but you must keep an eye out for things.

The first find, cost only \$5.99 at Value Village.

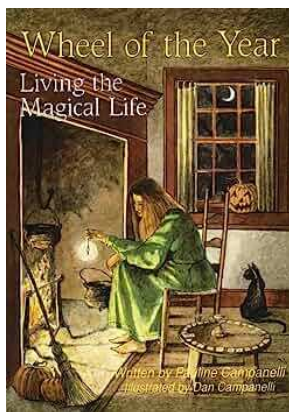
Originally published in 2007 by Llewellyn Books, **The**

Goddess is in the Details – Wisdom for the Everyday Witch is a lovely book by Deborah Blake – ISBN: 978-0-7387-1486-8.



In the introduction, to paraphrase the author, this is not a 101 book, but rather one that delves deeper side of magic, it is not about the colour of the candles used, but the living as Spiritual pagan on a day-to-day basis. Broken down into six sections, each chapter is meant as a guide on how to live as a Pagan in a Non-Pagan world.

I was pleasantly surprised at the depth each chapter went to connect the dots on how to bring the values we hold dear into every day; especially since each chapter ends with a question or and exercise to incorporate the magical life into the mundane world. The chapters are filled with practical advice, footnotes, and the further reading section is also well worth adding to your reading list.



The second book is one that I have had for quite a few years but bought a newer copy from a local book shop in Burlington called, The Mystic Tree, for \$24.99. **Wheel of the Year – Living the Magical Life, by Pauline Campanelli and illustrated by Dan Campanelli.** Originally published by Llewellyn Publications in 1989, this copy is from 2020, the twenty-four printing. **ISBN: 978-0-87542-091-2.**

Unlike most books that deal with the wheel of the year, this book is not divided into 8 Sabbats, but is divided into twelve chapters, beginning with December, and moves forward through the calendar year.

The Chapter for the month of December, discusses why we deck the halls with holly, and why we have a Yule log, Winter Solstice and why one burns a bayberry candle. It covers a host of traditions, the Gods involved, chants for good tidings, and how various cultures celebrate New Years Eve. The Chapter for January continues with the New Year theme, but then branches out into creating sacred items, and including stitches that can be used in your creative endeavours.

The month of June includes feather lore and how to make a witches' ladder and has instructions on how to make your own quill. While August is centred around Lammas, some of the Gods associated with the grain harvest, making Lammas Bread, making onion braids, as well as what plants can be used to dye wool.

Overall, this book is easy to read and is a well-rounded beginners guide on how to celebrate the year. Even though it does not have a section on further reading or a bibliography, it is a book that is well worth adding to your library.

When I think of summer walks through the meadow or forest on a lazy summer afternoon, I think of wandering down a lane enjoying the wild fruits that the countryside has to offer. There is nothing more luscious than those sweet black berries on the thicket at the roadside. Blackberries, *Rubus sp.* (also called brambleberries, brameberries or caneberries) are a member of the *Rubus* genus (raspberries, blackberries, dewberries) in the Rosaceae family (Roses, Rowan, Hawthorn). There are more than 500 species in the *Rubus* genus which also includes raspberries and dewberries among others

Blackberries are common throughout the globe. It is difficult to determine exactly where the modern blackberry originated. However, it is interesting to note that genetic sequencing has identified that the *Rubus sp.* probably originated in North America and spread into Europe and Asia across the Bering strait and southward over Panama some 23 million to 5 million years ago

Blackberries are aggregate fruits with many drupelets which make up the black fruiting body we refer to as a berry. They grow on branches often called canes which thicken and become denser over time. The plant is a perennial although the growth cycle of a new branch is biennial with a new stem growing 3-6 meters during the first year but not flowering and fruiting until the second year. The flowers are white or pink with 5 petals and the stems have sharp thorns which can pierce through coarse materials. The leaves are dark green and serrated. The densely woven wall of stems can be impenetrable and are called brambles or thickets (hence the common names).

The flowers will start to appear in late May or June. The ripened blackberries follow in late July and will often continue to appear well into September or early October depending on the climate. Unripened blackberries are red in colour which lends itself to the old saying "that blackberries are red when they are green"

Blackberries are 88 percent water and high in nutrients, especially vitamins C and K. They are also high in the mineral manganese and fiber while they are low in natural sugars and calories. Blackberries are wonderful to eaten raw but can also be enjoyed in a variety of culinary recipes including jams, jellies, wine, and liqueurs. They also make wonderful jams, jellies, pies, compotes, and other desserts.

Rubus fruticosus, the most common species of Wild Blackberry in Europe and naturalized throughout the world, has been used in traditional or folk medicine for many centuries. Blackberry root has been used to treat diarrhea. Blackberry root tea has also been

Blackberry

Herb Lore with Glenys



used to ease the pain of childbirth. Bramble leaf tea is a common folk remedy in Ireland for issues with gums and mouth, sore throats as well as gastrointestinal or urinary issues. The leaves can also be chewed to ease tooth aches. Blackberry syrup was often used to ease coughs and sore throats as well. The leaves can be made into poultices for scalds or burns.

Magically, the blackberry plant is feminine, associated with the planet Venus, the element of water and the sign of Aries. It is sacred to the goddess Brigid. Blackberry is useful in spells related to healing, protection, and prosperity. You can utilize the berries or leaves in your ritual for prosperity. The thorned canes are ideal for spells of protection whether in ritual or planted on your property as wards of protection both physical and metaphysical. You can also grow the bramble as a natural arch (i.e., over a trellis) to aid in magical spells to rid yourself of unwanted issues. Make blackberry part of your Lughnasadh ritual whether it is baked in a traditional blackberry pie or in the ritual wine or added to your favourite punch.

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Jaye Marsh, flute



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Jaye Marsh presents Northern Lights

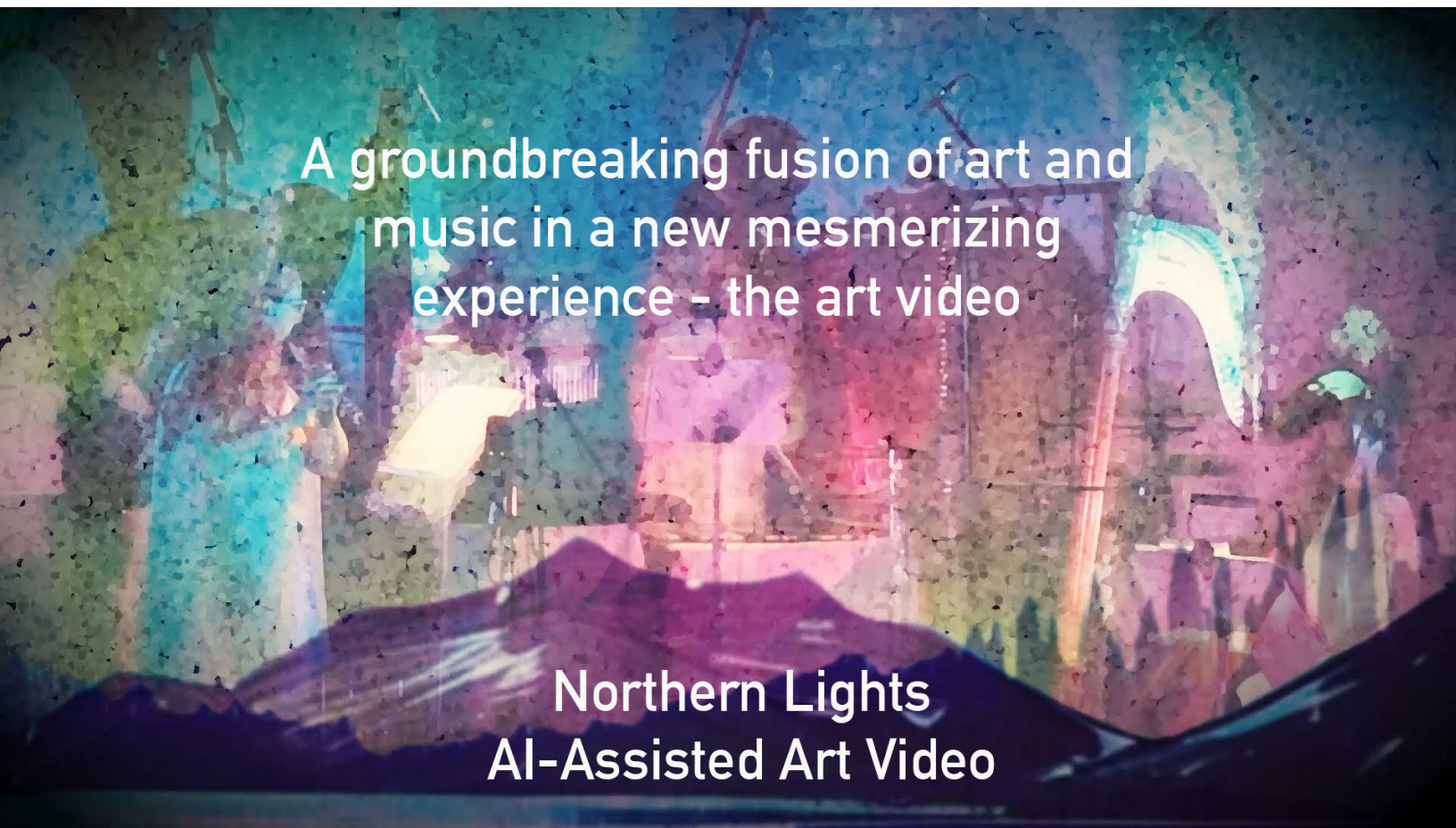
With today's focus on 'fast art' without regard to the creators, artists are looking to use modern tools in new ways to engage audiences emotionally

through both music and sound. Continuing a tradition of visual art and music that has been the birthright of humans since the dawn of our time, we invite you to step into the renaissance of artistic expression with the art video. This burgeoning genre is empowering artists

to combine their visual and musical talents to create thought-provoking, emotionally-charged experiences in the digital space. Not just a band or short story in cinematic form but conceptual art design to and from new music from living composers.

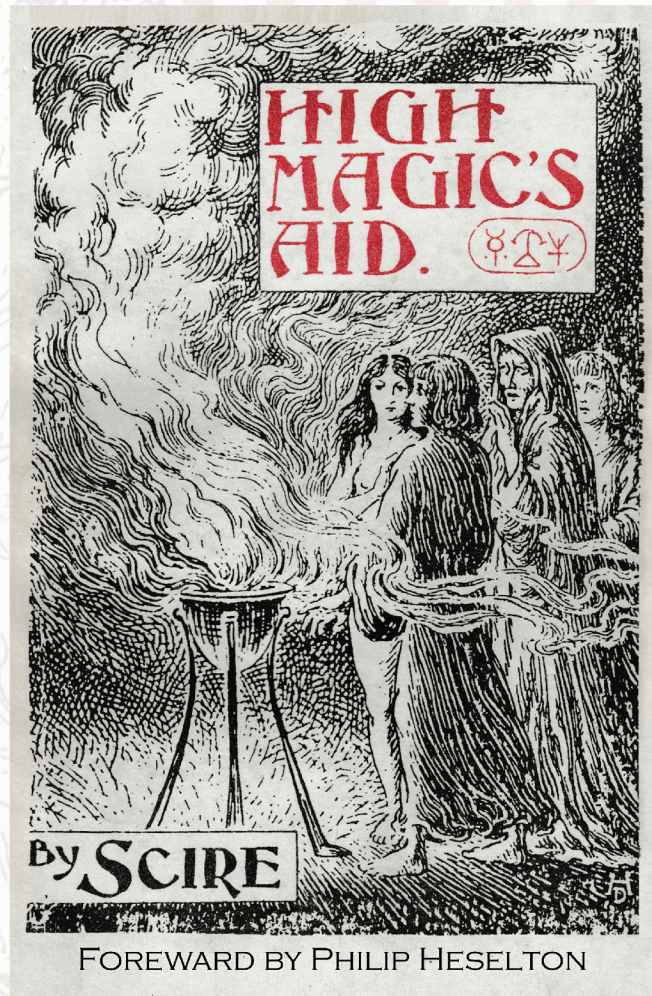
Jaye Marsh has engaged artists to provide material for the animators to work with as they create yet new pieces from their experience of listening to the new music she has commissioned. They are taking the 'music video' to new artistic heights.

The latest in the series from her debut 'Flute in the Wild' album is 'Northern Lights,' a piece for flute, percussion, and harp. This art video was created with the assistance of AI in concert with provided painting by Canadian artists, live footage of the first performance of the work, and still photography taken for the project. Nothing like this has been done before – we invite you to dive in!



DARK DRAGON PUBLISHING IS PROUD TO ANNOUNCE THE RELEASE OF
THIS HISTORIC AND CLASSIC FICTIONAL NOVEL WRITTEN BY THE
FATHER OF WICCA - GERALD B. GARDNER.

FORWARD WRITTEN BY PHILIP HESELTON



DELVE INTO THE WORLD OF WITCHCRAFT AND HIGH MAGIC!

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Dr. Gerald B. Gardner, the Father of Modern Witchcraft and Wicca, writing under the nom-de-plume 'Scire', brings to life this medieval tale of Ceremonial Magic and Witchcraft. Originally published in 1949, this classic and historic work of fiction will take the reader into a world, not unlike our own, where magic is real and Witches guard their secrets.

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ANYWHERE FINE BOOKS ARE SOLD.

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THROUGH INGRAM.



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 2023



Sabbat Scavenger Hunt

- 1 sun symbol
- An ear of corn
- 1 sunflower
- 3 gold candles
- A loaf of bread
- Summer wild flowers
- An image of a rooster
- 1 lion aka Leo
- An image of a horse
- Some fresh berries

The Sabbath Table

Blackberry Cobbler

At Lammas, blackberries are ripe and ready for picking. Go out and gather a bucketful and make a delicious blackberry cobbler for your summer celebrations!



INGREDIENTS

- 1 C sugar
- 1/3 C stick butter, softened
- 2 C flour
- 2 tsp baking powder
- 1 C milk
- 1 tsp salt
- 4 C fresh blackberries
- 2 Tbs sugar
- 1/2 tsp cinnamon
- 2 C boiling water

DIRECTIONS

Preheat oven to 350 degrees.

1. Cream together sugar and butter until light and fluffy.
2. Add in the flour, baking powder, milk and salt.
3. Blend until creamy, and spread into a greased 12 x 8" baking pan.
4. Pour blackberries over batter, and sprinkle with remaining sugar and cinnamon.
5. Pour boiling water over the top, and then bake for 45 minutes or until golden brown.
6. Serve warm with a scoop of vanilla ice cream, or with fresh cream.

FORESCOPEs

by Lady Iris

As I said last issue, Lammas arrives at the halfway point between Solstice and Equinox on August 6th. Just five days after the Full Moon in Aquarius on August 1st (when many will celebrate the “traditional” date of the sabbat). This first harvest finds our lives newly on the wane with the moon. Are you collecting the fruits of your earlier labours yet? Or is there still some growth and ripening required. We all walk the wheel like the flora and fauna of nature around us. Humans tend to want to jump some gaps or speed up processes with a variety of applications of everything from organic manure they created themselves or some alchemical magic they mixed up from society’s heap of concoctions. As a farmer once told me, the best fertilizer is your own footsteps. Take it all one step at a time and trust your own efforts over any quick-fix recipes, which may just spell personal disaster as you rush to results without understanding your soil, climate and personal ability to sustain what you have planted through the harvest.

As we enter harvest season, it becomes more clear how our story plot (like a garden plot) relies on our own toil and tending soil. There are no silver platters anymore to deliver just what you need in the nick of time. Everyone has to pay with sweat equity and accept personal responsibility for all outcomes. By the New Moon in Leo on August 16th, it will be abundantly clear if you have been successful in this or not. The fire of our personality can raise us to new heights if we have taken the time to lay solid foundations to hold up our journey. If you are still struggling and stumbling, don’t be afraid to pause and revisit the old drawing board. Sometimes we have to process through the work toward a goal to realize it may not be for us. Try, try again informed by your hard-won lessons. This is called failing forward – we all do it and need the humility it brings to learn.

As Mercury goes retrograde on August 23rd, you may need to revisit and recall unpleasant aspects of your trip around the wheel this year. You can also take this time to remember the positive promises you made to yourself and retrace your steps through transformation. This

retrograde all happens in Leo, where the apparent backward dance of the psychopomp planet allows for an inward journey to your own underworld to delve into what feeds your mindset. Meditate or ask for help until September 15th, when Mercury goes direct again, to rise up with the needed impetus to start again if necessary.

On August 27th, the Sun enters Virgo, the sign of the ever-changing, mercurial aspects of ourselves. We can take the time to ground into the next steps we intend to pursue. Assess your work to date, check in with friends, know your current status could be just a statistical blip or a permanent mark depending on how you view it. Everything happening in our lives is for some purpose, whether we like it or not. Explore the ramifications of your actions and adjust your forward movement accordingly. Also on the 27th, Mars enters Libra, so seeking balance in your passions is imperative. Flying off the handle in uncontrolled outbursts just won’t do. Calm breathing exercises can help. Uranus in Taurus goes retrograde, as well, the next day, so this outer planet will be slowing down a lot of cosmic energy through the end of the year. Take advantage of the shift in flow by checking your own rhythm and rhyme with the tides of time.

A second Full Moon, expressing in Pisces, on August 30 (which many would call a Blue Moon) offers us the emotional support and expanded view in relationships with others to collaborate on our collective growth and healing. Jupiter goes retrograde in Taurus on September 4th, reinforcing again the retraction and slowing down needed throughout harvest season. The New Moon in Virgo on September 14th will help with our transformative shifting. Take up a new perspective and follow-through with your self respect intact. Venus goes direct September 15th in Capricorn, showing us our efforts are paying off and offering to take us to new heights. Open your heart to all the newness and leave behind what is no longer feeding your harvest table. By Autumnal Equinox on September 23rd, the second harvest will see you grown and ripened with self awareness tools and personal strength in hand.

Lammas to Autumnal Equinox 2023

Forescopes by Lady Iris

ARIES: As much as you want to charge ahead on your own, horns ready to ram your point across or succeed at whatever you choose, you will have to admit you really can't do it all alone. What is a butting head good for without one to receive its angst? Even a fight is a collaboration. Make it count.

TAURUS: Yes, you can...no, you can't...yes you can. How are you ever going to get anywhere without deciding on your own ability to fulfill your goals? You tend to take a tentative step forward, then as many as three backward. This is not getting you anywhere. Take yourself by the horns. Just do it!

GEMINI: Creative inspiration is often fleeting so be sure to "write that shit down" when it occurs to you. We are all our own muses dancing a fine line between artistry and madness. This harvest presents a blank calling card for you to fill in how you want to be presented to the world. Go for the red carpet!

CANCER: People might think you are shallow, because you like to keep one foot in the real world as you explore ideas with those you let into your protected space. There is actually incredible depth to your thinking and feeling, you just don't let many people see inside your shell. Open a window on your soul.

LEO: Can you give yourself a break, please. It is not necessary for you to be "on" all the time. Letting that wild mane down once in a while and retracting those busy claws could allow some people you see as prey to actually show you they are part of your pride. Hit the shade and let others hunt for a while.

VIRGO: Flip flop, stop the clock. Time is not always on our side when we are in a hurry. Rushing things may mean you miss some important steps along the way. If you skip ahead, you may need to retrace your path later. Take the time to get it right the first time and you will thank yourself. Be thoughtful.

LIBRA: The heat of the season will taper off soon enough, but not before it makes you sweat in your own indecision. Why do you always need so much information and contemplation before you make a choice. Life is not that complex. Take a chance and don't worry if you make a mistake. Courage is a virtue.

SCORPIO: Your sting is definitely worse than your claws. Grabbing at what you want may draw support, but everyone is watching for the inevitable tail-end treatment. Like the fable of the scorpion hitching a ride with a frog across a river, your sting is unavoidable. Maybe try a little kindness instead.

SAGITTARIUS: All clear ahead. The challenges of this year have been many. You have taken them on with vigour and it shows in the new-to-you nature you are revealing. These lessons were difficult but necessary for your next stage of growth. Take time to enjoy your bounty. There's more work ahead.

CAPRICORN: How is it you still can't see as far as the horizon, even though you have reached a great height in your life? Your hustle is commendable and has brought you many fruits from your labours. But there seems no end in sight and just more mountains to climb in some unending trial. Take a breather.

AQUARIUS: Your cosmic awareness can sometimes spend too much energy gazing outward and miss the personal intuition required to actually evolve yourself. A focus on the foibles of humanity distracts from your own responsibility for consequences to your actions. This may be your age, but is it your shoe size?

PISCES: Teaching fish to swim upriver is not necessary. While everyone else may be streaming with society, your nonconformity goes where you want. Just know your potential to cross currents and slip into erratic eddies, which catch some but let you jump free, may be disturbing others. Let go and flow.

The Forescopes are for entertainment purposes only. No claims are made for accuracy nor intention to affect the actions or outcomes of others. Everyone maintains their personal responsibility for use or interpretation of these Forescopes. Lady Iris has been an intuitional astrologer for almost 40 years. She charts the progression of transits through time using the Tropical Midnight Ephemeris in Eastern Standard Time available online at cafeastrology.com.



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

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HAMILTON TEMPLE

QUESTIONS OR CONCERNS?

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LPH.WCC@gmail.com

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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!



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