



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.

Wheel of the Year

You don't need a calendar to tell you that the Wheel of the Year is turning. The darkness is creeping into the light with each passing day. Harvestide, or the Autumnal Equinox, is upon us and we see the signs. We see it in the flights of birds starting their journey -leaving their summer homes; we feel it in the evening coolness tingling upon our skin. Our markets are changing their offerings, no longer sharing with us the local bounty of sweet delicious fruits, but turning to the root vegetables that will warm us with soups and stews through the colder months.

The Autumnal Equinox is a time when both day and night are of equal length. The word "Equinox" was derived from the Latin "æquus" ., which means equal, and "Nox" which means night. It

refers to the time that occurs twice a year when the nighttime is equal to the daytime. This is a chance to do magics of Balance, not only of ourselves, but the world around us.

This is a good time to meditate of where you have come from and where you are going. A time to center and balance yourself. Soak in the last warm rays of daytime, and at night feel the touch of chill in the air, to help realign you, to re-establish the equilibrium.

Visit a harvest festival if you can, experience gratitude with a sense of celebration. It is a time to prepare for what is to come with the drying or canning of fruits, gathering of nuts and berries, and the making of wine and perserves to fill your cupboards. It is a time of feasting and storytelling. We still have communal activity with our fall fairs, and livestock exhibitions, keeping us very much connected to a part of an agrarian lifestyle.

There is a Celtic ritual – the Wicker Man - of dressing the last sheaf of corn to be harvested.Remember that the word corn means any grain. It would be dressed in fine clothes or weaving it into a wicker-like man or woman. It was believed that the sun or the corn (grain) sprit was trapped in the corn (grain) and need to be set free. This effigy was usually burned at the celebration of the harvest and the ashes spread upon the fields.

How can you have your own "Wicker Man"?

- Dress one of your plants, that you have harvested from maybe you grew tomatoes and dress it with ribbons or trinkets while giving thanks for the sustenance it provided.
- Cut the plant near the base and release the spirit of the plant saying "The reaping is over and the harvest is in, Summer is finished, another cycle begins".
- You can burn it in a small fire or burn it on a piece of charcoal if you can't have a fire.
- Take the ashes and spread them on the earth, giving thanks and prayers for a good bounty next year.

Harvestide is a time to give thanks for all the blessings given by the Gods – whether seeds of food, medicines, ideas, passions or goals that we planted in the spring, it is time to harvest and take stock. Soon, you will see the maturity of the trees telling the harvest story. Their colourful leaves reflecting what the land has given us over the past months... the flowers and fruit in golds and orange and red. Surround yourself with the colours of fall, decorate your house, your altar or shrine, or make a wreath for your door.

Look to the changing landscape not as an ending, but as a mirror of the glories we have received and celebrate, give thanks for soon it will be darker and colder. So raise a glass to the harvest, to the accomplishments, to receiving and giving back. And know that we are blessed by the Gods.



Closer to the end of August, the taste of the wind shifted, again. The air became a bit more earthy, and you could say, a bit more herbaceous. It was as if the rosemary, and mints, and the thyme plants were slowly releasing oils to the air to attract as many bees as possible, so everything can survive the coming winter. The rosehips in the parking lot flowerbeds were a beautiful ruby red, and the lavender was trying to entice as much attention from the bees as it could.

This brings me to **The Complete Language of Herbs – A Definitive and Illustrated History, written by S. Theresa Dietz. Published in 2022** by Wellfleet Press, 245 pages, and paperback costs about \$22.99 CDN at Indigo Book. **ISBN: 978-1-57715-412-9.** It's an amazing little book that gives the proper botanical and common names for various plants, along with the symbolic, what is called 'possible powers', and Folklore and Facts. One word of warning, make sure you get the one that has a decent sized font. Mine, has print so small that I need a magnifying glass to read it!

Just to give you an idea how this book is set up, Rosemary, aka Salvia Rosmarinus, is also known by many other names including Rose of Mary, Old Man, Elf Leaf, or Dew of the Sea.It is considered a wedding herb, of

remembrance, constancy, and death. The plant is considered a Fire element and Love, as it is used in quite a few love spells. Rosemary provides relief from nightmares, as it grossly offends evil spirits. However, when planted in the garden, it supposedly keeps the Fae happy.

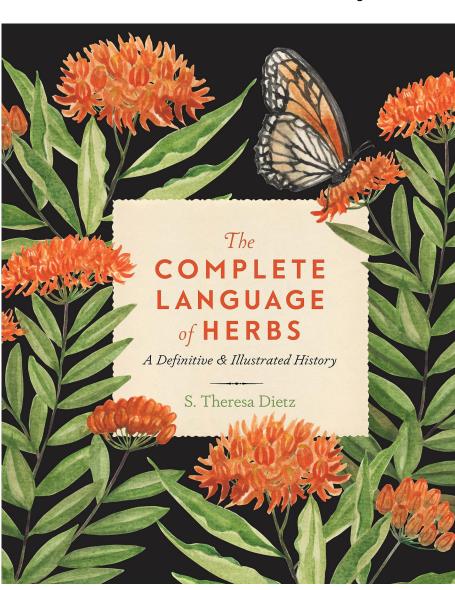
Peppermint, aka Mentha piperita is also known by many names, one of which is American mint. With its fiery taste, this plant belongs to the element of Air and Fire; Aphroditie and the planets Mercury and Pluto. It's to aid with psychic powers, purification, and (my favourite) Sleep! The enhancement comes with planting it around the home, as it is used to ward of negativity.

Unfortunately, this book does not have an actual entry for Rosehips, however, since it is technically the fruit of a Dog Rose, you can glean some meaning from that.

This book is packed with information, which does include a bibliography of sorts, ideal for further reading; and a full list of culinary herbs, the common names for the various herbs, and a list of common meanings and associations. As I've written several times, if you get a copy of this book, please make sure you don't need a magnifying glass to be able to read the very small, very fine print. If you can find it at your local library, it's well worth checking out.

With that, I wish you all a Happy Autumnal Equinox, stay safe and sound, and...

Happy Reading!



Meet the WCC Priesthood

Over the next few issues we will be highlighting the wonderful Priesthood who serve the WCC Community. Growth comes through making connections. So when you see them next, say Hello!



Name: Daniel (Naal)

What Temple do you work the most at: Toronto temple

When did you join the WCC: during the early 2000's

What drew you to the path: My wife (now deceased) and I were looking for a religious ceremony to get married in a ceremony that matched our beliefs. This turned out to be Wicca – once we attended, I knew I was home and never looked back.

What was the first ritual you attended like: Scary and nerve wracking. Once we were in circle this all disappeared and we felt very welcomed and relaxed.

What was one of the first books that you read: The Witches God

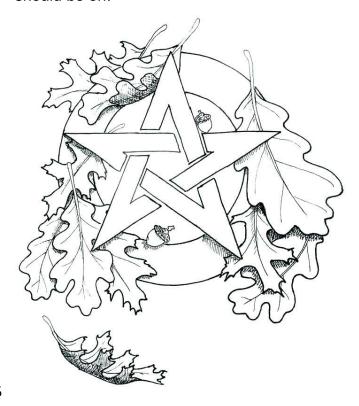
Are there Gods/Goddesses/Pantheon that you feel close to? Why? I am a child of Apollo. I have always been drawn to worship Apollo and feel he represents a lot of the values that I have or would like to have in my life.

Do you have a favourite Sabbat and Why? My favorite, by far, is Samhain. While I do worship a Sun God, I feel drawn to the darkness, the connection to our ancestors and the mysteries of this sabbat.

What is one of your favourite Chants? The ocean is the beginning of the World

Are you a "maker" (or have a hobby) and how does it relate to the Gods/Elements? I would like to be a maker and I am inspired by the number of artists that are drawn to Wicca – but no, I am all thumbs when it comes to creating anything.

What would you recommend to someone who is just beginning their spiritual journey? First, know this is what you want – do your research and listen to the voice inside. Then, take is slow and do an inward check every so often to make sure this is your path. Listen to the gods – they will lead you on the path you should be on.



Name: Kami

What Temple do you work the most at: Toronto, but more frequently in Florida, in the US

When did you join the WCC: 1986?

What drew you to the path: When I found out that there was a name for people who experienced the world like me, and that we're called pagans. I've always engaged with nature, and magic- especially healing, and a personal sense of the divine, and those beings you see out of the corner of you eyes.

What was the first ritual you attended like: That was a long time ago. The first rituals were as part of a learning circle, so everything was careful and distinct. There was always room for laughter and no embarrassment over errors. I think the first rituals I attended were more "energy based" than "entity based". I loved the sense of community and communal action when we raised energy for a purpose.

What was one of the first books that you read:

LOL! In this order: Crowley's Magic in Theory and Practice, The Proceedings of the Golden Dawn and Starhawk's The Spiral Dance.

Are there Gods/Goddesses/Pantheon that you feel close to? Why? The gods who call me tend to be Irish, and there has been a sense of rightness for me from the first time I was exposed to that mythology. When I was having "housemate problems" and asked if there was a god who would help me, I got images that I associate with the goddess Brighid. I experience the relationship with my gods as perhaps one of being almost a younger sibling: they want to see me as strong and worthy of respect, and my goal is to be a fit companion for them, to use their gifts to the best of my ability before asking help to go just that much farther.

Do you have a favourite Sabbat and Why? I love being able to walk a labyrinth in the snow at Spring Equinox, but my favorite thing is to re-make my bargain with the land spirits and sidhe folk on my land at Beltaine.

What is one of your favourite Chants? So many! I think "Under the full moon light we dance" Other favorites are "We give thanks for unknown blessings", "My love is a garden enclosed", & "I walk in beauty".

Are you a "maker" (or have a hobby) and how does it relate to the Gods/Elements? I'm a storyteller, a Seanachie- a teller of old (mostly Irish)

teaching tales. Sometimes it's what someone needs to hear, sometimes it's a gift to the gods whose story I'm telling. I also do embroidery and sew. I love to make robes and embroidered altar cloths or robe trim. Drawing is not easy for me, but occasionally I feel like I get a bit of help to create an image that is needed: a shrine to Athena for someone who needed her help, for example.

What would you recommend to someone who is just beginning their spiritual journey? 1. Find where you feel a sense of the sacred and get to know that feeling. 2. Find yourself and that feeling in nature as much as you can. 3. Find forms of meditation that work for you and learn to recognize the sound of your own intuition. 4. NEVER RELINQUISH YOUR OWN BEST JUDGEMENT. 5. Read widely

and critically, look for information that rings true, that is practical, that is well supported as well as inspiring. Read the mythologies of many cultures and look for commonalities, look for the "voice" of that culture and how you would be influenced in relation to those gods. Be open minded but willing to validate what does and does not work for you. 6. When you are able, go back to visit your religion of origin: what is the magic in it? Who does it work for? What is the core message of the *god*, not the people in power?

Try to remove any anger, pain or distaste and see what is good in it because it's part of who you are now. From there, you are better able to run *toward* something, not away from past hurts. 7, When you engage with the gods and the elements, with nature and with your own best self, come from a place of joy, of wonder, of curiosity, of gentleness and generosity- you are a child of the gods.





Mahogany obsidian is a rare variety of obsidian that gets its red-brown colouring from a higher concentration of iron, hematite or magnetite. It ranges in colour from brownish-red or orange-brown with black spots, to black with brownish spots or inclusions, and has a transparent to opaque appearance. Like other obsidians, it is formed from rapidly cooling lava which formed as an igneous rock. Mahogany obsidian is called the blood of Mother Earth or Pele. Pele is the mother of volcanoes and some Hawaiians claim descent from her, so they see the stone as sacred. It is prized by indigenous cultures for crafting weapons, tools, and ornaments. Archaeological evidence confirms that the earliest obsidian tools date to the Oldowan at the dawn of the Paleolithic/Stone Age, 2.6 million – 10,000 BCE.

Element: Earth & Fire **Energy:**Projective **Chakra:**Root & Sacral

Zodiac:Libra, Scorpio, Sagittarius **Tarot:**The Devil & The Hermit **Sabbat:**Samhain, Yule, Beltane



Magical Properties: Alignment, Courage, Creativity, Determination, Endurance, Growth, Grounding, Higher Self, Longevity, Personal Will, Protection, Self Worth, Sexuality, Strength, Trust, Truth

Magical Uses

Wear or carry a piece of mahogany obsidian to protect yourself against negative psychic energy and attacks from people and entities. While meditating on a decision, hold a piece of it as it will help you make a balanced and fair decision to all involved. Placing it around your home will protect it from natural disasters such as floods, storm damage, and hurricanes. When welcoming a new pet to the home, or if your pet is anxious, place a piece of mahogany obsidian near their bed to calm them in times of stress. Use it to connect with earth energies, for past-life work and all forms of fire or candle magic. Use it in workings with the spirit realm as it bridges the realms, sharpening our intuition and psychic abilities, making it easier to communicate with spirit guides and departed loved ones.

Healing Uses

Mahogany obsidian is a warming crystal that will help to melt away energy blockages and improve circulation throughout your body. When worn after a severe and debilitating illness or crisis, it will aid in a speedy recovery. It is a wonderful stone for women experiencing menopause as it helps balance the hormones. It touches your very core of your primal energies, enhancing libido and promoting a harmonious sex life, deepening connections. It is known for its detoxifying properties, helping to cleanse your energy field and ignite your spirit. Mahogany obsidian helps you step forward to face your fears, giving you the courage and self-assurance to accept and overcome new challenges. It helps you to overcome obstacles by allowing you to recognize your inherent worth and stepping into your power. It is believed to help strengthen the liver, kidneys, and other lower organs.

During this time of the first harvest, we can incorporate mahogany obsidian into our lives and practices as we gear up for our garden harvests, giving us that energy and determination to reap from our labours, preparing for the winter months ahead. It allows us to connect to the earth's energies, providing us some grounding as we may have had our head in the clouds with the summer months. It's time to get down to business, and know that yes you can overcome any obstacle thrown in your path. Let's "Get 'er done!". Have a most blessed and abundant Lammas.

Few things remind me that fall is approaching then the appearance of the round fruit that ripens as the days shorten and there is a noticeable chill in the evening air. The apple, *Malus domestica*, has been a favoured fruit across the world for millennia. It is a member of the *Rosaceae* family which gives us roses as well as many of the familiar fruits from pears to raspberries.

The apple originated between 4,000 to 10,000 years ago in the forests of Centra Asia around the Ili River and Tian Shen mountains in Kazakhstan where the original wild species *Malus sieversii*still grows. It spread throughout Europe via the Silk Road and from there, the rest of the world. The Romans were among the first to cultivate them. European colonists brought seeds and saplings with them to the Americas where it became naturalized. It grows wild as well as produced domestically throughout North America. It was hybridized with crabapples which are native to North America and Asia. This gives us the wide variety of apples we enjoy today.

Most apples grow in temperate zones as they require a period of cold weather to grow dormant and allow the trees to prepare to bloom once the warmer weather hits. It is from these blossoms that fruit is produced. Apple trees can grow from a range of 15 to 30 feet if grown from seed. They are often grafted to dwarf root stocks to maintain a shorter height. Although apples can grow from seeds, domesticated varieties are more often than not grown from grafts. Different varieties have been discovered after cross pollination from different varieties or created by grafting two cultivars together.

The leaves of apple trees are simple with an oval shape and serrated edges from 2 to 5 inches in length. The blossoms have five rounded petals and are white or pink tinged and are fragrant. The fruit is typically round and the skin ranges in colour from the white Ghost apple, through the palest yellow, green, and red to the deepest purple almost black of the Black Diamond apple. Most apple flesh is pale white in colour although some varieties have flesh that vary from slightly pink tinged to red. The apple can also vary in taste and texture from soft and sweet to crisp and tart and everything in between. All apples are edible, but some may

APPLE Herb Lore with Glenys



be better utilized in cooking because of the bitterness.

The apple is a delicious as well as nutritious and portable snack."An apple a day keeps the doctor away" is a common proverb that suggests regularly eating apples may contribute to health. Apples are rich in vitamin C and dietary fiber. Regular consumption of apples has been linked to improved gut health, weight management, and a reduced risk of type 2 diabetes. The polyphenols in apple skin—especially in red varieties—also support cognitive health and may protect the brain as it ages. Their hydrating juice and sweet taste make apples a perfect snack. Apples are suitable for raw enjoyment, baking, or crafting it into cider and vinegar. If stored correctly they can last through much of the winter to provide necessary nutrition.

In the mythology and folklore of countless cultures, the apple is a symbol of knowledge, immortality, temptation, and beauty. The Norse told of Idunn's apples bestowing eternal youth upon the gods; the Greeks recounted the tale of Paris and the golden apple of discord; Celtic legends linked the apple to the magical isle of Avalon, a land of healing and otherworldly wisdom. When colonists came to the Americas, they brought apple seeds and saplings, and soon the landscapes of the Americas blossomed with orchards, forever entwining the apple with new beginnings and the cycles of the land.

The apple's shape, color, and even the hidden pentagram within its core have made it a symbol of enchantment and sacredness in magical traditions across the globe. In folk magic and Wiccan practice, apples are associated with love, healing, and divination. Peeling an apple in a single, unbroken strip was once believed to reveal the first initial of a future lover when thrown over the shoulder. Sliced horizontally, the five-pointed star at the apple's heart is said to represent the elements and personal empowerment.

Magically, apples are typically associated with the element of Water—reflecting their juiciness, emotional resonance, and connection to healing. It is associated with the planet Venus, goddess of love and beauty as well as the astrological sign of Libra. The apple is also associated with the deities Aphrodite, Pomona, Idunn, Aine and Brighid apple's colors further guide their virtues: red for passion and vitality, green for prosperity and growth, gold for wisdom and illumination.

Apples are often placed on altars to attract abundance, luck, and fertility. Dried apple pieces are a wonderful addition to incense. Their blossoms and fruit are used in love spells, blessings, and rituals of renewal. In Druidic and Celtic lore, the apple tree is a gateway to the Otherworld, and apple wood is burned to attract spirits or honor the ancestors. Cider, too, is considered a sacred drink in many harvest celebrations, embodying the transformation of earth's bounty into sweetness and warmth for the colder months.

At the Autumn Equinox, when apples are gathered beneath golden leaves and the world stands poised between day and night, we remember the apple's ancient promise ...

life, love, balance, and the endless renewal of hope.



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Supporting pagan arts, music and knowledge



The Sabbat Table Barmbrack

Barmbrack is an Irish yeast bread made with sultanas (grapes) and spices. In Gaelic, the bread is known as báirín breac or "speckled loaf." And, for Halloween, a pea, a stick, a piece of cloth, a coin, and a ring are baked into the bread. The bread is also a divination tool, just be careful not to swallow the charms!

Finding a pea means you won't be getting married that year. Finding a matchstick means you'll have an unhappy marriage. Finding a cloth means you'll end up in poverty. Finding the coin means you'll become wealthy. And finding the ring means you'll get married.

Not as rich as a Christmas cake, and more like a bread, with a scattering of dried fruit and spice when available, it was generally spread with butter to be eaten.

Ingredients

- 1 3/4 cups raisins
- 1 3/4 cups sultanas
- 1 Zest of lemon, large
- 1 Zest of orange, large
- 1 cups dark brown sugar
- 2 cups black breakfast tea, hot and strong
- 3½ cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon mixed spice or pumpkin pie spice (see notes)
- 2 eggs beaten

The Day Before

- 1. In a medium bowl, combine the raisins, sultanas, zests, and sugar.
- 2. Pour the hot tea over and stir to combine. Cover with cling wrap and allow to stand overnight at room temperature.

The Next Day

1. Pre-heat the oven to 325°F (170°C) then butter and line 1 deep 9 Inch Cake Pan. Set aside.



- 2. In a large bowl, whisk together the flour, baking powder, and spice.
- 3. Stir in the fruit mixture followed by the eggs, alternating between the two. Mix until no dry streaks remain and the batter is well incorporated.
- 4. At this point add in your charm wrapped in parchment paper. Pour the batter into prepared pan.
- 5. Bake for about 80-90 minutes, or until the cake is golden and springs back when pressed. Let the cake cool in the pan on a wire rack for 20 minutes, then turn it out onto the rack to cool completely.
- 6. Slice and serve with butter. Store the Barm Brack at room temperature in an airtight container for up to 4 days. It also can be frozen for atleast 4 weeks. It is delicious toasted with butter and a cup of tea.

Recipe Notes

Mixed Spice Substitute: Mix together 1/4 teaspoon of each ground Cinnamon, Nutmeg, Cloves and Ginger.

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

www.obskurahbazaar.com

201 King Street East, Hamilton

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.



Turkish Coffee, Tea Leaf or Slavic Tarot Readings Wed Sept 24 Book @vestikasodditieswellness

Magical Community Meet Up Thurs Sept 25 6-9pm Free Drop In at Obskurah

Akashic Records Readings & Reiki Sun Sept 28 Book @beinghumanheals

Open Streets
Sun Sept 28 10-4
Readers & Vendors outside the Shop



The Occult Shop

www.theoccultshop.ca 1371 Bathurst St,

Toronto

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.

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.

Whether the conversation is around

Whether the conversation is around sharing how you honour your Gods, your magics, or just to soak up the support of community, it is a great time together.

Come 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 pares 2025

"Autumn would come to this place of welcome, this place I would know to be home. Autumn would come and the air would grow cool, dry and magic, as it does that time of the year." – Henry Rollins



Sword & Chalice is open to pagan writers with a vision of growth, encouragement and shared knowledge.

We're welcoming single submissions, regular contributions and an opportunity to shared what you know and love. Ask questions, offer recommendations or share your thoughts on your Path.

Sword & Chalice offers our pagan community a chance to connect, to showcase each others skills or wares, as well as the bards, artists and crafters. We want to talk about magic, and herbl lore and how to live in the wheel of the year, we want to hear from you and your Path. If you have the desire to share your voice and knowledge, we are waiting for you.

wccswordandchalice@gmail.com

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!



FIND US FACE TO FACE



Hamilton Temple

Our Location: Sky Dragon Centre, 27 King William Street, Hamilton.

Rituals will take place at 8:00 PM on the second floor. Upstairs gather time is 7:30 PM.

Toronto Temple

Our Location: Society Clubhouse, 967 College St, Toronto,

Rituals will gather for 7:00 PM