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Sword & Chalice

magazine of the Wiccan Church of Canada



Vol. 9 | #1

Samhain  Yule

Oct 31 – Dec 21, 2025

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.

The Wheel of the Year

When we live within the wheel of the year, we see the natural cycle as sacred. As the natural world transitions through harvesting and preservation, The Harvesting of our labour through sacrifice into preservation of ourselves and family takes precedence, even in the city our psyche still recognizes and connects to the 'slow down' cycle. As family and friends draw closer, the seasons long slide into sleep and death make us poignantly aware, as those already passed are remembered. We reaffirm our connection to the clan and the chain we make connecting the past to the future. Many cultures hold firm the belief that physical death is not the final act of existence. The recognition and honour we pay our ancestors assures us that lineage and clan identity remain intact; such a belief tends to also generate a higher value in life and well being. Our understanding of Kinship cultivates positive energy, ensuring survival, regardless of politics or policies. Therefore it can not be a surprise that we would reach beyond death to know our loved ones.

A popular form of ancestral veneration at this time of the year is the Feast of the Dead or Dumb Supper. Keeping in mind that the Feast was more community oriented whereas the Supper was family based. Whether it is done in large numbers or an intimate setting there is often special meal preparations such as the deceased's favorite dishes, or prepped silently, or with this or that herb and candle. The Dumb Supper

requires silence and is a somber event, so remember to have everything you need, you may not leave the table once dinner commences. Having a divination tool or note pad at your place is a good idea. A bell is needed to mark the beginning and end of the service.

On the other hand the Feast of the Dead can be a raucous and joyous event with drums, potluck and stories of legendary kinships with seers and fortune-tellers roaming freely speaking for the Dead.

Traditionally, in western culture ancestor veneration starts anytime after the first harvests have been collected and the land itself signals the change. Most common gathering dates in the Autumn are from Oct. 30th - Nov 11, opening a place between the worlds where deep insights could pass more easily to those who were open to them. In addition to inspiration, through the portals could also pass beings of wisdom, making passage that much simpler for those reaching through the veil. This seasonal and metaphysical awareness of the tides of the energy that we are surrounded by allows us to reach beyond the pale and attend one more moment with those we love and miss.

After the tables are cleared and the ancestors recognized with honour, life resumes again richly accented by the renewed connection of kith & kin, duty and peace to our dead has been assured until the next year.

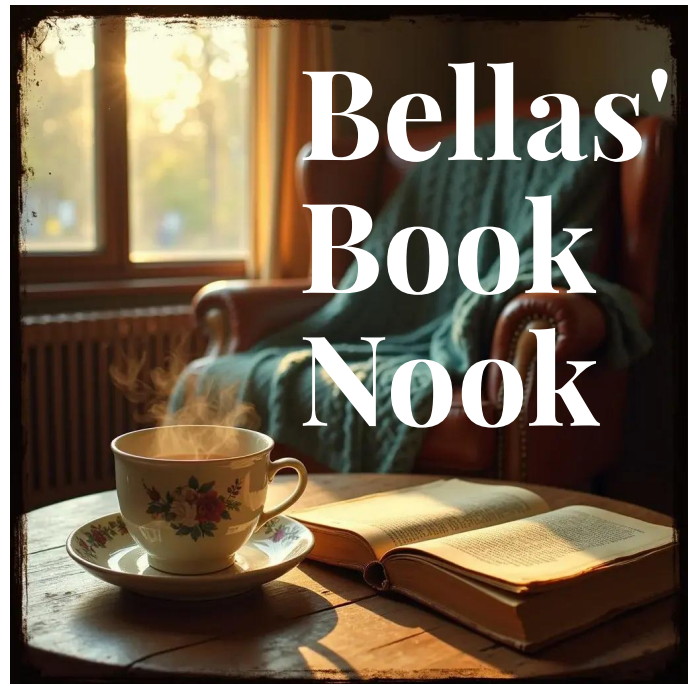


Well, we are now half way through Autumn. The leaves are floating on gusts of much cooler air, as the days are surely getting shorter. Time to get to that – 'to be read' pile. Time for a nice mug of coffee or cuppa tea. Time for that cozy nook to become a place to read, every day. A place no longer reserved for rainy days and Mondays...

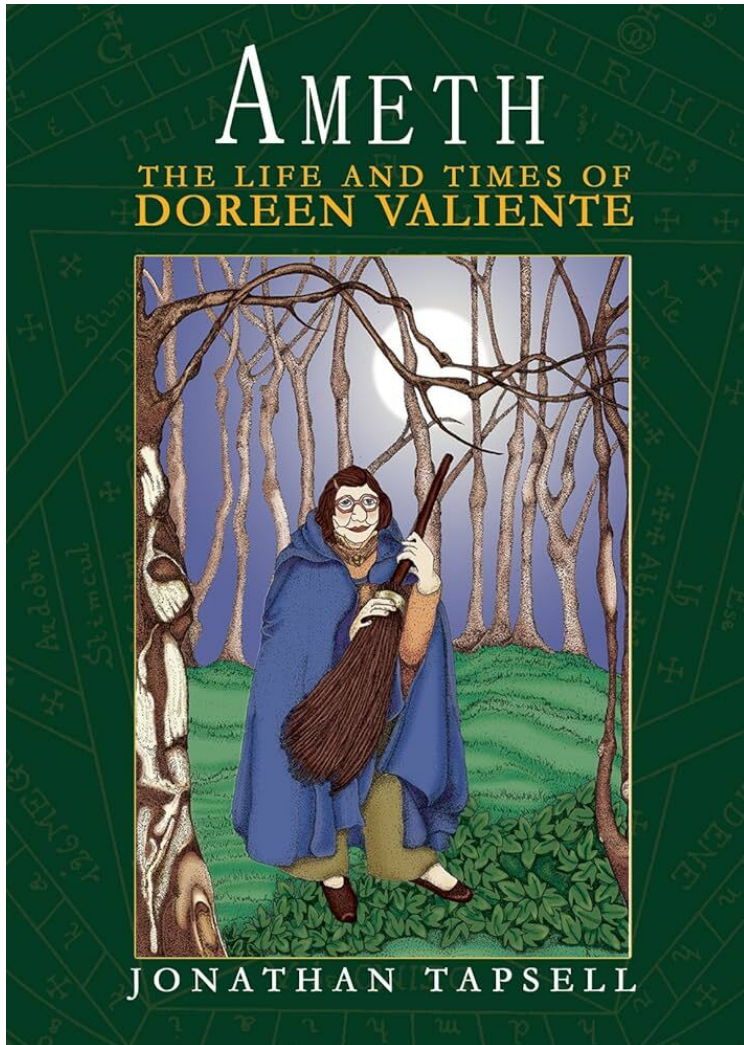
I always like to read biographies of the people, who in their own way, were the pioneers of the Craft. Those who stuck their necks out and to paraphrase a lot... said, 'Witch? Yeah, so what! This is what we do, this is how we worship. You do you, and leave us to do, what we do.'

The book I'm referring to is: *Ameth – The Life and Times of Doreen Valiente*. This biography was written by Jonathan Tapsell in 2014, almost 15 years after Doreen's death. At 125 pages, this book, is published by Avalonia, in London England, (www.avaloniabooks.co.uk). The ISBN: 978-1-905-297-70-2. The cost was £12.99 and is available at Indigo books for \$20.67 plus tax.

Doreen Valiente (1922-1999) is one of my favourite people. Doreen was not just a Priestess, she was the author of several books, she had the heart of a poet, and so much more. She spent her life trying to counter the bigotry and misinterpretations surrounding witches, and witchcraft. Doreen managed to accomplish this through her works, as well as articles she wrote for, *Psychic News*, and *The Pentagram*, just to name two.



Bellas' Book Nook



This book reads like a who's who of the early years of the Wiccan and Pagan Movement and Doreen is considered one of the founders. It is she, Doreen, who wrote the Charge of the Goddess, and The Wiccan Rede. The author also included how Doreen, was the one who put to rest, exactly who Dorothy Clutterbuck really was, and why certain things could not be published or released to the public, until after Dorothy's passing.

This is one of those books that helps connect the dots of who did what, when and how, and who happened to be around at the time. The author does not sugar-coat the not-so-pleasant subjects such as, the clash of egos, the in-fighting, and how Doreen tried her best to bring people together, while others were busy trying to tear things apart.

As with all great books, this one has a wonderfully detailed bibliography and Index, for those who wish to learn more about this incredible lady. By the way, Doreen's poetry is amazing to say the least.

And, now, as night descends, and the witching hour is close at hand, it is time for me to wish you all a Blessed Samhain, take care, stay healthy ... and Happy Reading!

Til next time!

4Bella

Black Tourmaline

Black tourmaline, also known as Schorl, has been the fascination of many for centuries due to its powerful protective energy. The stone is believed to help align energies and repel negativity, making it a trusted tool for both healers and spiritual seekers. It was often used in conjunction with other protective stones such as onyx and hematite. Tourmaline was also believed to be a stone of truth, helping to expose dishonesty and protect its wearer from deceit, be it in battle, business, or relationships. Today, black tourmaline is exceptionally popular with energy workers and empaths, being the go-to stone for those who feel overwhelmed by energy because of its ability to clear negativity and create a sense of calm and emotional stability. It has become popular today with people placing chunks of the stone in their workspace, or wearing it as jewellery to keep their aura strong and protected throughout the day.

Element: Earth

Energy: Receptive

Zodiac: Capricorn

Tarot: The Devil

Sabbat: Samhain



Magical Properties: Awareness, Banishing, Binding, Community, Consciousness, Energy, Fear, Grounding, Growth (intellectual), Guidance, Happiness, Luck, Negativity (absorb), Protection, Psychic Ability, Purification, Reversals, Self-Work, Shielding, Skills, Stability (emotional), Support, Transformation, Truth, Visions, Warding

Magical Uses

Place black tourmaline at the four corners of your property or home to shield against negative energy, intruders, and evil spirits. Hold a piece of it in your receptive hand or place a piece of it under your bed at night to protect against nightmares and ward off psychic attacks. During sessions of meditation and Reiki, hold a piece to help in lifting any heavy, negative energy, transmuting it into light. Add it to spell bottles, gris-gris, and jars for protection and healing manifestations. You can place a mirror and a piece of black tourmaline on your window ledge to deflect any curses or hexes being sent your way. Add a piece of it to potted plants or to your garden to aid in plant growth and protection from pests. Hide a piece of it in your car to ward off negative energy, accidents and road rage. Athletes can benefit from black tourmaline by carrying or wearing a piece during games involving hand-eye coordination, especially for games like baseball, golf, etc.

Healing Uses

Black tourmaline can provide relief of symptoms and aid in the healing process of numerous ailments. It's known to help balance mental health, relieve stress, relieve muscle tension, and aid in detoxification of the body. It is a general pain relief in body, mind, and spirit. It helps in hand-eye coordination, relieves disorders and illness in the lungs, and promotes a stronger immune system. Black tourmaline has also been known to help alleviate pain related to arthritis and tendonitis. Black tourmaline absorbs electromagnetic waves from technology like computers and phones before they come to you and affect your body.

During the sacred time of Samhain when we're endeavoring to connect with our deceased loved ones, ancestors, and the spirit world, black tourmaline will keep us grounded, protected, and connected to the Earth. It allows us to harness the energy of the colour black. It is the colour of night, black matter, the void, and life's hidden mysteries. It's a time of shadow work, a time of embracing our fears, prompting us to explore the realms deeper. As we set our magical altars and intentions for the year ahead, when the veil between worlds is the thinnest, don't forget your little, power-packed black tourmaline! May the spirits of your ancestors walk with you at this time, lending their wisdom and guidance at this time of transition. Blessed Samhain!

ROWAN

Herb Lore with Glenys



One of my favourite trees in autumn is the Mountain Ash as it is called in North America. The Rowan is one of the Sacred trees of modern Wicca. It wasn't until I started researching on my pagan path that I realized that Mountain Ash and Rowan are one and the same species

Rowan trees belong to the genus *Sorbus*, in the family Rosaceae (roses, etc.), with the most widespread species known as *Sorbus aucuparia*. These deciduous trees typically reach heights of 30 to 40 feet although they can be kept smaller with careful pruning. They have feather-like leaves composed of 11 to 19 leaflets. In spring, The Rowan bear clusters of small, creamy white flowers. The flowers are highly scented, which serves to attract pollinators from afar. Some may find it pleasant while others find it obnoxious. The flowers give way to clusters of vibrant red-orange berries in late summer and autumn.

Rowan is originally native to cool temperate regions of Eurasia. The trees thrive in both mountainous and lowland areas. Historically, they were a fixture in Celtic and Norse landscapes,

symbolizing protection and wisdom. Over centuries, Rowan trees were introduced to North America, where they have become popular. While not native to the continent, they have adapted well to a variety of climates. Their berries attract local wildlife, supporting biodiversity and enriching the ecological tapestry.

Rowan berries have a long history of use in traditional medicine. In folk remedies, the berries, rich in vitamin C and antioxidants, were used to treat scurvy and digestive ailments. Rowan infusions and syrups were used to relieve sore throats, respiratory conditions, and diarrhea. It's important to note that raw berries contain parasorbic acid, which can be toxic; cooking or fermenting removes this compound, making the fruit safe for consumption.

In magical traditions, the tree is frequently associated with the planet Mercury, symbolizing communication, intuition, and mental clarity. Elementally, Rowan resonates with both Air and Fire, reflecting its role in inspiration and transformation. Rowan is considered a powerful protective tree. Ancient Celts believed it warded off evil spirits, and its wood was often used to craft amulets and walking sticks for travelers. It was believed that planting a Rowan near one's home can shield against enchantment and misfortune.

Rowan trees are linked to several deities in European mythology. In Irish lore, the tree is sacred to Brigid, goddess of healing, poetry, and smithcraft. Norse mythology connects Rowan to Thor, the thunder god, who was said to have been saved by a Rowan branch in a tale of peril.

Rowan branches and berries play a prominent role in Samhain traditions. People often wove Rowan twigs into protective charms or place sprigs above doorways to ward off other-worldly entities. Twigs were tied to animals' halters to protect them as well. In some areas Rowan trees were planted near or over burial areas to protect the dead and prevent them from rising. Berries were consumed for divinatory purposes

Use Rowan twigs as charms. You can use wood and berries in Samhain incense. Rowan also makes wonderful decorations for your altar. Rowan wood may also be burned in ritual fires to invoke clarity and dispel negativity. The tree's association with transition and safeguarding makes it a potent symbol during Samhain.

The Sabbath Table



Candy Apples

Apples symbolize love, and have long been used in divination practices or romance and marriage. They are also associated with health and well-being. Apples symbolize gratitude, generosity, harvest, rebirth and abundance.

INGREDIENTS

- 6 medium apples (Granny Smith or Honeycrisp)
- 6 wooden sticks
- 2 cups granulated sugar
- ½ cup light corn syrup
- ½ cup water
- ½ teaspoon black food coloring
- ¼ teaspoon cinnamon extract (optional)
- ¼ teaspoon vanilla extract (optional)

DIRECTION

1. Gather all ingredients.
 2. Wash and dry apples thoroughly. Remove stems and insert wooden sticks into the tops. Place on a parchment-lined baking sheet.
 3. Combine sugar, corn syrup, and water in a saucepan. Stir over medium heat until sugar dissolves. Boil without stirring until the temperature reaches 300°F (149°C).
 4. Remove from heat and stir in black food coloring. Add optional cinnamon and vanilla extracts if desired.
 5. Dip each apple into the candy mixture, tilting the pan for even coating. Let excess drip off and place coated apples back on the parchment.
- You could use black or purple food coloring to make spookier apples for Halloween.
 - Try rolling apples in sprinkles or crushed nuts after dipping in syrup.
 - Store finished candy apples on waxed paper at room temperature for up to 2 days. Do not refrigerate as the coating may weep.



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 2025

SABBAT SCAVENGER HUNT

mini
pumpkin

a ghost

a candy
apple

5 witches

candy
corn

a set of
bones

a green
gourd

a jack o
lantern

1 black
candle

3 bats

post your results on our Facebook group



The Legend of Stingy Jack

Centuries in the past, when the wind howled cold through the thatched roofs of a small Irish village, a notorious drunkard named Stingy Jack resided. Every pub patron knew his schemes, every cobblestone alley echoed his mischief, and even the Devil himself caught wind of this infamous rogue.

One crisp autumn night, the Devil's burning curiosity drew him up from the dark, fiery depths to engage with Jack. Being a wily rogue with a taste for mischief, Jack invited the Devil for a pint at a local pub. They drank as stars shimmered above the misty hills. Then came the tally. With a sly wink, Jack convinced the Devil to transform into a gleaming coin to cover the drinks. Instead of paying, Jack tucked that coin neatly beside a silver cross in his pocket. The Devil fumed with fury, trapped by the holy symbol.

Cornered, the Devil bargained his freedom for peace. He swore he would not bother Jack for one full year. Seasons passed. Leaves blazed red and gold, fell, and returned anew. The Devil resurfaced, eager for revenge, yet Jack had one more trick ready. He coaxed the Devil up an ancient apple tree, promising a heavenly bite of ripe fruit. While the Devil climbed, Jack carved a cross into the bark, pinning him in place. This time, the Devil reluctantly vowed ten years of safety.

Life, however, rarely honors such agreements. Jack's time ended far sooner than expected. When he reached the pearly gates, Heaven rejected him for his wicked deeds. Hell turned him away as well, still bound by infernal promise. The Devil, with a mocking gesture, tossed Jack a single burning ember from the fiery pits to light his way through the eternal darkness. It glowed like a tiny star of doom.

Jack carved out a withered turnip, placed the burning ember inside, and set off into the endless night. Neither living nor dead, he wandered the earth, his eerie lantern bobbing wherever lost souls roam.

Folks claim that on All Saints Day, as November's chill creeps in, Jack of the Lantern still drifts through the darkness. A dim light flickering... searching for a place he may never find.

Halloween

D	N	T	R	E	A	T	S	S	K	C	I	R	T
I	S	I	B	R	O	O	M	O	S	F	T	B	O
P	U	M	P	K	I	N	V	U	L	U	C	R	S
G	O	B	L	I	N	S	C	A	L	N	O	C	S
C	A	N	D	Y	C	O	R	N	A	N	S	H	R
M	I	D	N	I	G	H	T	P	B	Y	T	I	E
N	L	T	B	L	U	E	E	J	E	N	U	L	D
E	E	S	U	A	S	C	A	R	Y	M	M	D	I
N	A	O	A	I	T	G	C	O	E	S	E	R	P
L	V	H	M	O	N	S	T	E	R	S	S	E	S
L	E	G	D	E	C	O	R	A	T	I	O	N	S
A	S	A	U	S	S	W	I	T	C	H	E	S	S
F	J	A	C	K	O	L	A	N	T	E	R	N	I
R	S	O	Y	P	P	A	H	O	O	O	B	C	P

GHOST
SCARY
BATS
CHILDREN
CANDY CORN
TREATS
JACKO LANTERN
FALL
WITCHES
FUNNY
LEAVES
SPIDERS
COSTUMES
PUMPKIN
HAPPY
BROOM
EYEBALLS
DECORATIONS
MIDNIGHT
GOBLINS
BOO
TRICKS
MONSTERS

Play this puzzle online at : <https://thewordsearch.com/puzzle/830/>



Fallen leaves lying on the grass in
the November sun bring more
happiness than the daffodils.

-- Cyril Connolly

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lending and legacies.*

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subject line: HTLL

LOCAL RESOURCES

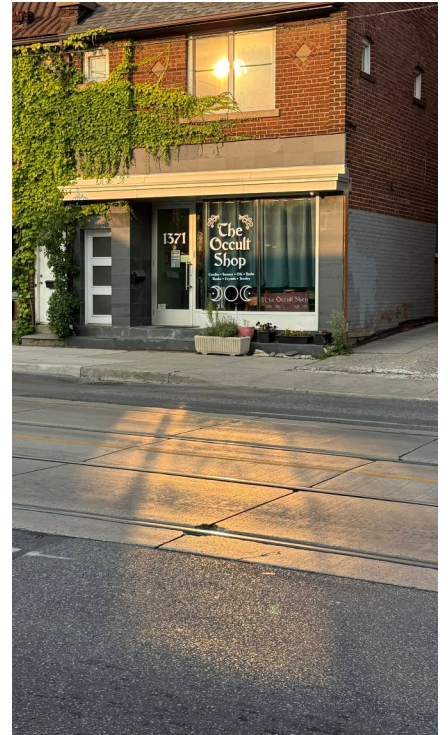
Looking for ritual or metaphysical supplies for your Craft? Check out our local favourites and support the stores in our communities.

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.



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A circular graphic with a background of autumn trees and a path. The text inside the circle reads:

**November is
the month of transformation,
when the earth prepares
for its winter slumber,
wrapping itself in
a blanket of frost and
quiet contemplation**

Tina Tran

Hail the Traveler!

We commit you back
from where you came—
to the arms of your
ancestors.

May there be peace
where there was anger.

May there be healing
where there was hurt.

Go quickly to the place
that your old ones called
home.

For those who grieve for
your passing, let there
be healing.

For those who grieve for
who you were, let there
be healing.

For those who grieve for
what you could have
been, let there be
healing.

Hail the Traveler. We
celebrate your journey.

~by Quetta Garrison-Madsen

HAIL OUR TRAVELERS

Richard James
Tom Halton
Diane Heron
Kit Curry
Steve Clayton
Ross Goodfellow,
Eric Welham,
Mark Chaffe,
Tony Lee
Teodora Estrada,
Sylvia Hernández,
David Santos
Jackie Aulthouse
Roy Aulthouse
Paul Aulthouse
Gerald McKay
Angela Legace

Lois North
Gertrude Gault
Earl Gault
Robert Marshall
husband
Larry Mlsner brother
in law RIP...BB
Patricia Crowther
Kym Oldham
Dan Carter,
Gary Miller.
Devin Alexander
O'Reilly
our son Lucian
Josh Ashley
Andrew Ironside RIP
my brother and
coven mate. You'll be
a grandfather again

next month.
M. Aracely Reyes
(Sr),
Francisco Romero,
M. Antonia V. De
Romero,
Miguel Romero,
Juan Romero,
Catalina Perez
Romero,
Conche Romero,
Jaime Romero,
Kevin Wright
Debbie Hogan
Janis Wolfe Bowers
Ron Pappin was my
teacher of Wicca in
Toronto in the early
80s.



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

"When we connect with our ancestors and put their wisdom into action, we are evolving our collective consciousness. We are transporting the ancient truths of our collective past and birthing them into our future. What we create out of those truths extends the wisdom of all those who have gone before us, and it provides a guide for all those who will follow."

— Sherri Mitchell Weh'na Ha'mu Kwasset