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# Sword & Chalice

magazine of the Wiccan Church of Canada



Vol. 9 | #4

Sp. Equinox  Beltane

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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](mailto:LPH.WCC@gmail.com) with your email address.

# WHEEL OF THE YEAR

Spring is here. Can you see it yet?

Snow's still around. Maybe even falling. But the Vernal Equinox has arrived, and the Wheel keeps turning whether we're ready or not. The signs are there if you look.

The ground is softening, waking up, stretching toward the sun's increasing warmth. Birds are back, making noise, claiming territory. Life is ramping up again, doing what it's always done ... the cycle continues.

This is threshold time. Whatever you've been thinking about since Imbolc? Those ideas are ready to break the surface now, like those first shoots pushing through half-frozen ground. But here's the thing: nature doesn't rush this. Growth happens in stages. Each one matters.

For most of us in Canada, it's still too cold to plant directly in the ground. Start seeds indoors if you want, protect them, give them light, transplant them later when the soil warms up. That's not just gardening advice. It's how personal growth works too. This isn't the season for big announcements or dramatic gestures. It's the season of quiet, consistent practice. Water what you want to grow. Pull the weeds before they get established.

The Equinox gives us equal light and dark; a rare moment of balance. Use it. Take stock of where you are without beating yourself up about it. What did you accomplish during the dark months? What are you actually ready to let go of? Sunrise: commit to one thing that moves you forward. Sunset: release one thing holding you back.

Between now and Beltane, watch what nature does. Buds become flowers. Shoots become plants. The whole landscape goes from grey to green to full color. Your daily choices work the same way and they are compounded. Small actions become visible change. Whispered intentions become spoken truths.

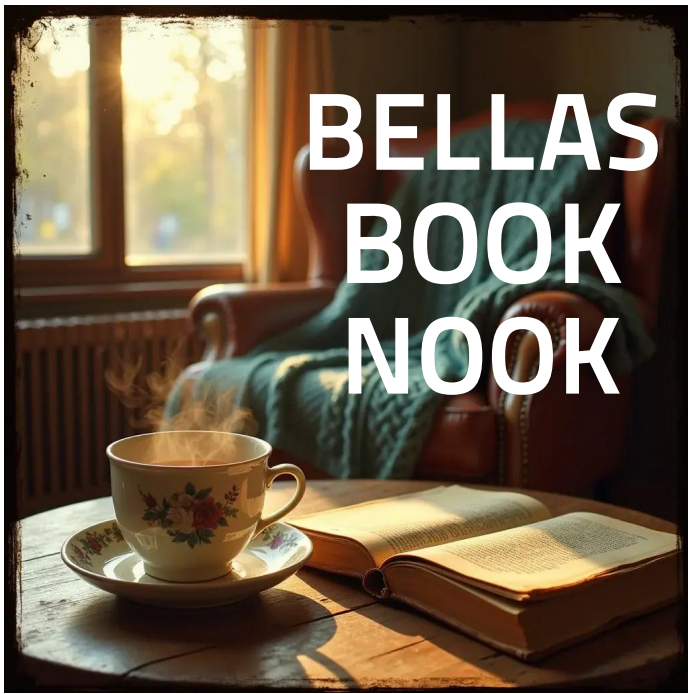
By Beltane, the earth will be lush and in full bloom. If you've done the work, you'll have transformed too. The fire festival's passion and energy only happens because of these weeks of patient cultivation.

Pay attention to what actually works in your climate. Some plants thrive here, others struggle. There's wisdom in that. You're not going to flourish by forcing conditions that don't suit you. Notice how nature handles setbacks like late frost, unexpected storm. It adapts. Keeps growing. You can too.

Change your altar as the season progresses. Start with pale greens and yellows now. Add deeper, bolder colors as you move toward Beltane. Let your space reflect what's happening outside and inside you.

This isn't just spring arriving. This is you waking up. Growing. Becoming something new. Watch the world change. Change with it. Be grateful for the process, not just the outcome.





# BELLAS BOOK NOOK

Way back, when I started my journey with the Gods, I was in what I considered, a very difficult time, and I needed to change the situation, asap. I had only one book on magic, which I bought in secret. Mom didn't know I had the book, and since I had read in, *The Egyptian Book of the Dead*, that there was a Goddess who was considered the "Mother of all Magic," I figured I'd call her for extra umph. With no clue how to create a circle, or anything of that nature, in the dead of night, I did my ritual. Fast forward to a year later, along with sheer determination - the magic worked.

The Goddess whose help, aid, assistance, whatever you want to call it, rescue?! was, Aset, also known as Isis. This beautiful Goddess was the one who helped me get my life, unstuck. Books at that time, were either fluffy and very cutesy or they were very academic and dry as the desert sands. If Pagan Portals had existed, I would have been a much happier camper. The book, *Isis: Great of Magic, She of 10,000 Names*, was written by Olivia Church in 2021, by

Moon Books. ISBN: 978-1-78904-298-6 and is only 90 pages long, at approximately \$16.95 at Chapters. This book also has an extensive bibliography for those whose interest has been piqued.

Within the first 3 chapters, the author explained the various myths that surround the Egyptian Gods. At the end of each chapter, she adds a few paragraphs on how pagans have either reinterpreted worship, or how things have changed over time in - *A Contemporary Pagan Perspective*. In these chapters she explains the relationship between Isis and Osiris, as well as the death of Osiris and his resurrection, and in doing so, explains how Isis uses her magic. The next chapter centers on Isis and her son Horus, and the various challenges Horus faces, including his challenges with Set.

The next few chapters explain how Isis became known as, Isis of 10,000 Names, how she changed from a Solar to a Lunar deity... thanks to Greco-Roman interpretation, inspiration, and blending with other Goddesses. How the Temples of the region were used, and how she was part of Temples dedicated to other Gods within the Egyptian pantheon is also examined.

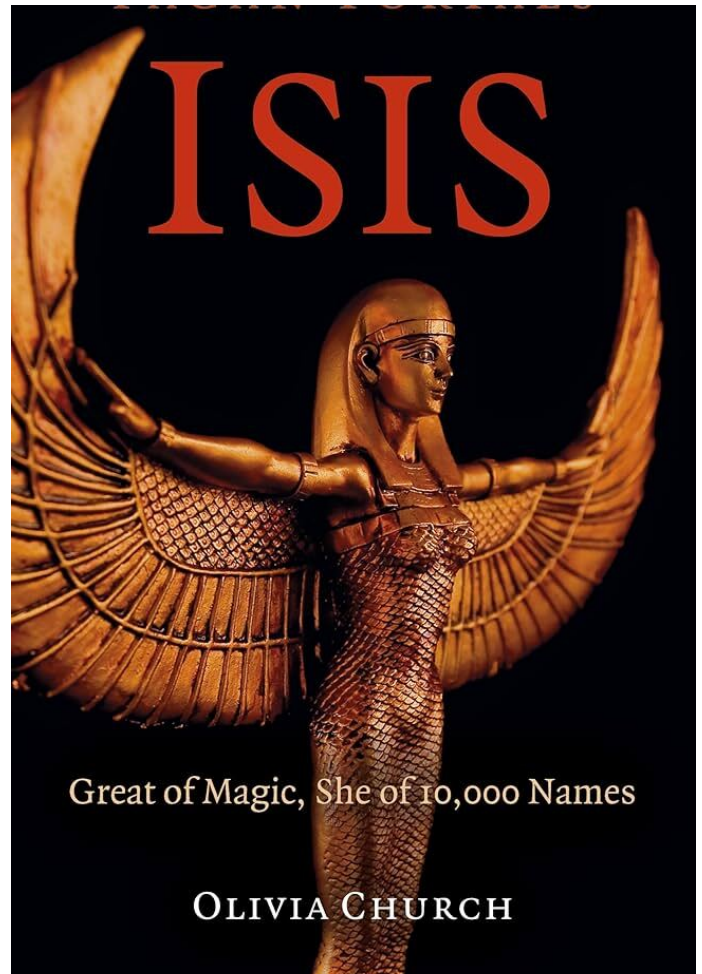
Chapters 6 and 7 are dedicated to Festivals and Rituals, and Magic and Prayers. The last chapter is more of an epilogue of how modern paganism interprets the Goddess and the rituals that surround her.

Overall, it's a lovely introduction to Isis, a fascinating and multi-faceted Goddess whose 10,000 names only begin to describe her. A Goddess who was worshipped in ancient worlds and still holds reverence and the hearts of many in our modern pagan culture.

With that, may the Spring Equinox bring balance to your world, stay healthy, may joy fill your heart, and until next time....

Happy Reading!

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**ISBN: 978-1-78904-298-6**

## The Enduring Magic of the Egg

Spring arrives, and with it come symbols that have anchored humanity to the seasons' turning for millennia. Among the most powerful: the humble egg. New life stirs with the birds return, animals emerge, green shoots push through softening earth and we find ourselves reaching for this ancient emblem once again.

The egg speaks a language older than words. From the Greek Orphic Egg marking creation's beginning to cosmic eggs hatching sun deities across cultures, this fragile vessel has carried humanity's understanding of fertility, rebirth, and potential for as long as we've told stories. The motif threads through our myths, our rituals, our perpetual hope that life renews itself.

There's something deeply reverent about eggs in spring practice. They've been used ceremonially to call forth fertility, prosperity, and peace ... treated not as mere food but as embodiments of life's delicate balance. In decorating them, we engage in a form of prayer, a magical thinking that reaches toward the divine. Through color,

pattern, and symbol, we encode our deepest wishes: health, love, abundance, harmony. This act of beautifying eggs becomes a shared language of renewal, recognizing our collective need to begin again.

Many motifs adorning modern spring eggs trace back to pre-Christian Slavic cultures, with some designs echoing imagery from neolithic times. While interpretations have shifted through centuries of artistic evolution and religious reframing, the essential symbols persist. A triangle still invokes the three elements earth, fire, air. The equal-armed solar cross depicting the rising sun may now also represent resurrection in Christian tradition, yet its power as a solar symbol endures unchanged through time.

Ancient sun and star patterns once honored Dazhboh, the sun god. Fish symbols promised plentiful catches and full bellies. Today, when we decorate eggs with flowers, vines, serpents, sun, moon and stars, still speaking to the old gods and old ways, even when we don't consciously name them.

Among the most remarkable examples of the egg as talisman is the Ukrainian pysanka. Created using a wax-resist method similar to batik, these intricately decorated eggs derive their name from the Ukrainian verb *pysaty* is "to write." Families

and regions developed unique palettes and symbols, but the customs themselves passed faithfully from mother to daughter across generations, carrying magic forward through time.

A pysanka held potent protective power. Throughout spring and summer, a bowl of these vibrant eggs would guard the household from fire and harm. They weren't merely decorative, they were active participants in the home's spiritual defense, their symbols working continuously on behalf of those who created and displayed them.

This spring, consider connecting with this age-old tradition of offering eggs to your household and community for prosperity. Investigate the egg's significance within your own cultural heritage, you may be surprised by what you discover. Perhaps your ancestors painted eggs, or perhaps you're drawn to adopt this practice anew.

Embrace the season's quickening energy. Let your hands inscribe hopes and prayers through color and meaningful symbol. Whether you follow traditional patterns or create your own visual language, you're participating in something profoundly human: the transformation of an ordinary object into a vessel of intention.

Create magic.

The egg awaits your mark.

# HERB LORE WITH GLENYS



## Chamomile

As the season moves into balance before the Sun moves once again to the height of its power, we look to find the balance in our own world. How does Chamomile, a plant that blooms in the summer, belong to Spring celebrations? Although there are several varieties of chamomile, the two most well-known varieties are *Matricaria chamomile* or German chamomile and *Chamaemelum nobile* or *Anthemis nobilis* is also known as Roman chamomile. Besides the common names mentioned, German chamomile is also known as wild chamomile or Water of youth while Roman chamomile is commonly known as English chamomile, garden chamomile, ground apple low chamomile, mother's daisy, or whig plant. Both plants are part of the Asteraceae family. However, despite their close resemblance and common family they are in different genus's as evidenced by the difference in Latin names.

Both plants are small delicate flowers with white daisy-like petals surrounding a golden centre on feathery fern-like leaves. German chamomile grows as a tall annual reaching heights of 15-24 inches while Roman chamomile is a perennial groundcover which grows between 4-12 inches. Despite their differences they both carry the same characteristic herbaceous scent reminiscent of apples.

Chamomile originated in temperate regions of Europe, northern Africa, and Western Asia and from their spread across the globe. It has been widely used in healing traditions and has been documented as far back as 1550 BC in the Ebers Papyrus as well as for its use in Egyptian mummification and the goods preserved for the afterlife. It was also in common use in Greek and Roman healing remedies

as well as European folk remedies

Externally, chamomile was often used in poultices to ease skin irritations and heal minor wounds and to calm inflammation. Chamomile tea has been a staple in many kitchens for its use as a digestive aid as well as its use in easing monthly pains and bloating related to women's monthly cycles. It has a mildly sedative effect which could be used to induce calming and sleep. This can also aid in calming the mind for dreams and spiritual work.

Magically, Chamomile is ruled by the Sun which is reflected in its golden center. As such, it is associated with the element of Fire. Chamomile is associated with the sign of Leo and with the deities Ra, Apollo, Balder and Lugh

However, because of its calming effect and dream-enhancing ability, it also has an association with the moon, the element of water, the sign of Cancer and deities Hecate and Hypnos as well as Cernunnos and Odin/Woden

Magically, chamomile can be used for protection and purification. You can burn it to cleanse spaces or carry it with you. Carried in your wallet to attract wealth or in a spell for prosperity. It can be used in spells related to harmony in relationships and for emotional healing and love. It can also be used to enhance dreams or support meditation.

Chamomile is a dual-purpose plant that brings balance and harmony. It aids in renewal and growth and can be associated with the fertile nature of spring with the planting of its seeds to bring forth its sunny nature

# THE SABBAT TABLE

## *Chamomile Pound Cake*

The gently herbal tone is delicate and is later accentuated by a chamomile-honey glaze. The effect is subtle, as a hot cup right before bed would be.



### Ingredients

For the Cake:

- Baking spray
- 16 chamomile tea bags
- 1 1/4 cups boiling water
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 3/4 teaspoon salt
- 2 1/2 sticks unsalted butter, at room temperature
- 1 1/2 cups granulated sugar
- 2 teaspoons finely grated lemon zest from 1 whole lemon
- 6 large eggs, at room temperature
- 2 teaspoons pure vanilla extract
- 1/3 cup honey

### Instruction

For the Cake: Adjust oven rack to middle position and preheat oven to 350°F. Lightly spray 9- by 5-inch loaf pan with baking spray.

Allow tea to steep in boiling water for 8 to 10 minutes. Squeeze out all liquid from bags and discard. Allow tea to cool to room temperature. Divide tea in half, reserving half for icing.

Combine flour, baking powder, and salt in medium bowl; set aside. Beat butter, sugar, and lemon zest with an electric mixer on medium speed until light and fluffy, about 2 minutes. Add eggs, one at a time, beating well after each addition. Reduce mixer speed to low and add flour mixture in three additions, alternating with tea. Scrape bottom and sides of bowl with rubber spatula as needed. Add vanilla and beat just to combine.

Scrape batter into prepared pan and bake until a tester comes out clean when inserted, 50 to 60 minutes. Transfer cake to cooling rack and let cool in pan 15 minutes. Invert cake directly onto cooling rack and cool completely, at least 1 hour.

For the Glaze: Combine reserved tea and honey in small saucepan and bring to a simmer over medium heat, stirring until honey mixture is homogenous. Remove from heat and cool 5 minutes.

Using a skewer, poke holes all over cake. Pour glaze over cake. Serve.

# STONES WITH SORCHA

# APATITE

In 1786, German mineralogist Abraham Gottlob Werner was the first to give **Apatite** its name, based on its ability to pass for other stones and minerals. It is the primary source of phosphorus and phosphate, and it plays a crucial role in the production of fertilizers and some detergents. The phosphates extracted from Apatite are essential and vital for plant growth therefore it has a major importance in the agriculture industry as it ensures soil fertility and contributes to global food security. Some varieties of Apatite contain a small amount of uranium, which gives it radioactive properties.

An interesting legend comes from the Logrosan mine in Extremadura, Spain. It is said that Apatite's deposits are linked to the mysterious "cercon de la Brujas" (witches' circle) where witches used Apatite during night time rituals by throwing it into the fire where it would produce fluorescent sparks, enhancing the mystical and magical aspect of the ceremony. This symbolic use gave the stone a reputation as a spiritual catalyst, believed to having the ability to communicate with other dimensions.

**Element:**Air, Earth

**Energy:**Projective & Receptive

**Planet:**Jupiter

**Chakra:**Throat & Third Eye

**Zodiac:**Gemini & Libra

**Tarot:**Ace of Swords

**Sabbat:**Ostara



## Magical Properties

Abundance, Acceptance, Beauty, Beginnings, Clairaudience, Clairvoyance, Communication, Community, Concentration, Creativity, Focus, Grief, Harmony, Healing, Improvement, Inspiration, Love, Manifestation, Negativity, Peace, Problems, Psychic Ability, Rebirth, Release, Renewal, Self-Esteem, Self-Work, the Senses (Sight), Shyness, Spirituality, Stimulation (Mental), Support

## Magical Uses

If you're seeking to gain knowledge, wear or carry a stone of Apatite. Sleep with it beneath your pillow for a deep, peaceful slumber, and to promote lucid dreaming. Due to its creative and awakening properties, it is a common choice of stone by mystics. If you find yourself in an overwhelming situation at work, or dealing with difficult colleagues, place a stone of Apatite upon your desk or wear a piece in a ring or necklace as it will help you communicate clearly without becoming overly emotional, yet justifiable. It counteracts the stress overload that we sometimes take on which can lead to burnout. Apatite is a very powerful stone for connecting with Earth energies and spirits and for increasing psychic communications with animals, birds and sea creatures. Use it while meditating to connect with the Akasha.

## Healing Uses

Apatite is a mineral that is found in the human body and all vertebrates. It strengthens our teeth and bones and is beneficial in preventing bone loss. It is often associated with weight management and appetite suppression where it helps stimulate the metabolic system. It aids in helping dissolve cravings, promoting dietary support and balance. Some believe that it can help ease eye strain due to its gentle vibrations, therefore being a popular stone for those who utilize screens for long periods or intensive readers. Apatite supports the body's equilibrium, thus helping in reducing nausea and dizziness. It is beneficial for the cardiovascular system as it promotes a harmonious blood pressure and steady heart rhythm. The stone stimulates the endocrine system, helping balance hormones and vital bodily functions. People with insomnia can benefit from Apatite as it calms the mind and encourages deep, restful sleep. As Apatite is associated with the throat chakra, it should be chosen as the stone of choice for singers, speakers and teachers as it supports clarity, stability and strength in the voice, promoting authentic expression. It helps to balance energies of the ear, helping people with inner ear imbalances, tinnitus, and even can help with cases of vertigo.

At this time of rebirth and renewal, we can use Apatite to help guide us in setting intentions and finding new direction in our lives as it helps us navigate fresh starts and new beginnings. As the spring vernal equinox marks a time of balance and awakening life, Apatite helps us transition from the introspection of the darker months into the action of the lengthening days of spring. It's our kick-start for growth and the pursuit of new goals or life situations. Speak your truth, get the clarity needed for future endeavors, and invite the fresh energy of spring in!



# 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](mailto: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 2026**



## Spring Affirmation

### ***Awakening with the Season***

**I am the breath of Air, clearing my mind with each new dawn.**

**I am the warmth of Fire, my spirit kindling with gentle purpose.**

**I am the flow of Water, moving with patience through transformation.**

**I am the softening Earth, receptive to what seeks to grow through me.**

**I honor the elements within and around me.**

**As the Wheel turns, I awaken.**

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## HAMILTON TEMPLE LEGACY LIBRARY

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# 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](http://www.obskurahbazaar.com)

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-online.myshopify.com](http://madame-phoenix-online.myshopify.com)

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

[www.theoccultshop.ca](http://www.theoccultshop.ca)

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.

# SABBAT SCAVENGER HUNT

white rabbit

Coloured eggs

a woven basket

5 green candles

a spiral

3 red tulips

a serpent

a singing robin

a nest

a rainbow

# *May these Elemental prayers support your journey through the season.*

I am the softening soil, preparing to receive what wishes to grow. I am grounded in this body, rooted in this moment. I make space for new life to emerge through me. Like shoots pushing through last year's leaves, I rise toward light while staying connected to my depths. I am both stable and transforming.



I breathe in the crisp spring morning. My thoughts clear like mist lifting from thawing ground. I welcome new perspectives carried on gentle winds. My mind opens to possibility. I speak my truth with the ease of birdsong. I am alert, aware, and present to this moment of awakening.



I feel the strengthening sun on my face. My inner flame grows steadier each day, fed by intention and discipline. I honor my emerging passions without rushing their unfurling. Like sap beginning to flow, my creative energy rises naturally. I trust the warmth building within me.



I am the stream breaking free from winter's hold. I move around obstacles without losing my way. I nourish what needs tending, releasing what no longer serves. My emotions flow and ebb in their own time. I adapt to change while remaining true to my nature. I trust the current carrying me toward growth.



# Spring Flowers

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

JONQUILS  
 SWEET WILLIAM  
 CROCUS  
 WYSTERIA  
 DAHLIA  
 TULIPS  
 CARNATIONS  
 DAFFODILS  
 CREPE MERTLE  
 FORSYTHIA  
 HYACINTH  
 LILAC  
 LAVENDAR  
 PANSY  
 LILLY  
 DAISYS  
 IRIS

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# HAMILTON TEMPLE

QUESTIONS OR CONCERNS?

**CONTACT US**

TEMPLE STAFF:

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PRIESTHOOD:

[LPH.WCC@gmail.com](mailto:LPH.WCC@gmail.com)

# FIND US ON FACEBOOK

Looking to find out what's 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

*Spring is here!*

"Come with me into the woods.  
Where spring is advancing,  
as it does, no matter what,  
not being singular or particular,  
but one of the forever gifts,  
and certainly visible."

~ MARY OLIVER