



Dark Mirror



Yule (Winter Solstice) 2014

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Behind the Mirror

Dear readers,

Welcome to the Dark Mirror Yule Issue - this edition celebrates Samhain and Yule. The cover shows our dark mirror under the cherry tree, by yew, by holly and by horn. Our articles look at the plant spirits of the season, and introduces the Cornwall School of Mystery and Magick. Enjoy!

The editor welcomes news from local moots about their events and activities, directly or via their RC. News from our local moots encourages others to join and demonstrates just how active the pagan community is in this region, so please share your news.

Thanks to all contributors to this issue.

Blessed Be

Harvey – DM Editor

Dark Mirror submissions

Dark Mirror (DM) is read by Pagan Federation District Members and most likely many other Pagans. The aim of the Dark Mirror continues to be to reflect the work of the local PF (PFDCI) and its members, illuminate news and events in our area, and to provide a platform for local pagans to share their thoughts, poems, prose, stories, recipes, craft items, views, and articles of general pagan interest. Articles can be ca 3-4 pages of A4 (inc. images). The editors' decision is final.

Send your submissions in any digital format to the DM editor via email DarkMirrorMagazine@gmail.com or by mail to:
Dark Mirror c/o PF DCI, Torcroft, Commons Lane, Shaldon, TQ14 0HN.

Copy deadlines

Please get your articles in by the deadline and the editor will do their best to get them into the newsletter that aims to be with members by the relevant festival.

ISSUE	DEADLINE
Spring Equinox (Ostara)	21st February
Summer Solstice (Litha)	21st May
Autumn Equinox (Mabon)	21st August
Winter Solstice (Yule)	21st November

PF Members only advertising

Please note that we now offer FREE THREE LINE advertising entries to members

Disclaimer

Dark Mirror is the District Newsletter of the Pagan Federation - Devon, Cornwall and the Isles (PFDCJ) and is only available to members of the Pagan Federation. The views and/or opinions expressed within this publication are not necessarily those of the editor, printers, PFDCI or the Pagan Federation. Mention within this publication should not be seen as an endorsement of any events, meetings, moots or products, and no responsibility can be accepted by us for such items.

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District managers report

A Few Words from Your District Manager

Yule is soon upon us as we prepare our words for this local member's magazine. We all have our own special way to celebrate this turn of the wheel, and we choose yule events from chaotic gatherings to silent retreats. Some of us prefer the magick of the tribe at ancient sites, and some of us use the power of the time for personal practice; and to Pagan Party! For Pagans we have double commitment as family and friends expect attention at Christmas, and the media never lets up.

Whichever way you choose, I wish you all blessings for the season. Yule is a great time to take stock, reflect and count our blessings, so I am delighted to hear from our Regional Coordinators that new moots and meets are abound, recent ones are growing fast, old ones are thriving and we have news of a new school in the District (page 15). The Museum of Witchcraft in Boscastle now has winter opening hours (page 9), our PF events planned for 2015: Spring Conference (page 9) and the Summer Picnic (page 7). Interfaith activities are increasingly inclusive of Pagan people; a delightful place to be after years of absolute exclusion. Did you know that in this District taking the stats from the census 2011 we have approximately 3% of the UK population, but 12% of the 'outed' UK Pagans (and even more...)? We are blessed in many ways in Devon, Cornwall & Isles.



Michele on page 6 asks us to 'note the signs' as the dark times are closing in, and as I sat to write this I opened card from a dear friend in Cornwall to find she had sent me some wonderful prose relevant to the season. I am sharing short extracts of this with you now:

"Silence. We of the North are waiting for the world to turn....."

"Hold fast, endure, change is coming. It's Solstice and in Winter's Womb a new heart beats....."

"Life flows onwards, the mystery unfolds. Wayfaring Sun we are your children, come home!"

The sun will rise, makes your wishes and in 2015 you will endure.

Blessed Be.

Maia

District Manager, Pagan Federation, Devon Cornwall & Isles

Messages of the season

Winter solstice (what have we lost)

Time of death. Time of birth.
Waiting in the dark.
Waiting through the night.
What have we lost? Where is the light?
What have we lost? Can we let go?

Time of grey. Time of cold.
Sun drops down in fire.
Wings of pink and gold.
What have we lost? What can we hold?
What have we lost? Where is the gold?

Spiral turns. Fire burns.
Seeds grow to the light.
Roots go down so low.
What have we lost, here in the night?
What have we lost? Can we let go?

Stand up tall. Feed our roots.
Now our leaves have gone.
See the shapes we made!
What have we found? What did we save?
What have we found? When we let go?

© AI

News and events

Calling all moots and readers

The Dark Mirror is written by members for members. It is here to let members know what is going on in their region, as no-one can be everywhere at once. It is here to let everyone share in the diversity of pagan activities that take place.

So I need to ask every moot leader and anyone leading a pagan event to let me know, and send in a short note to the Dark Mirror. If you have an active moot, let others know so that they can choose to join in if they wish. If you've led an event or a course that you think others will enjoy, then use this forum to let others know. If you've attended something of interest, again, here is the place to tell others.

It does not have to be much, a paragraph of a few sentences can be all that's needed. A newsletter is only as useful as the 'news' and 'information' it holds. And that is up to all our members.

So with the rebirth of sun imminent. Now is the time to call everyone to action. Merry met and blessed be.

Harvey (DM editor)

Cornwall

RC Cornwall – Eve

I was made very welcome joining the Bude Moot as they celebrated Samhain with a sacred Meal with the Ancestors. They are fortunate to have a lovely venue, easy even for a visitor to find in the dark!

I will be visiting the Liskeard Moot to talk about interfaith and CASPN's work with our wonderful Cornish sacred sites in the summer. Now there's an interesting combination, although I haven't quite worked out how to join them up yet.

I hope to visit other Cornwall Moots once the evenings lighten. Also – watch this space for news of a new Moot starting up in the west.

Please drop me a line about anything going on where you are.....

Blessings

Eve

Devon

RC Devon - Michele

As I write this, I am preparing for our Yule moot, a favourite time of year filled with hope, good cheer, excellent company and a festive home baked feast. It is a time when we joyfully connect with our totem animals, lend our strength to the labours of the Goddess, and welcome the rebirth of the Sun child.

Recently lots of people have struggled with various aspects of life; energies have become blocked and muddled, and I wanted some guidance on this matter. On my morning dog walk I asked to be shown signs; the bright sun through dark branches lighting emerald grass; a dog shaped hedge guarding the road by the cattle grid; a red and white post; 13 strangers; a fiery rainbow and its echo growing with sun and rain; a lone crow flying behind me; a hunting buzzard basking in the sun; the Moon pale in the blue yet rainy sky.

Interpretation; the dark and tangled path is brightly illuminated, a loyal protector guards the threshold, and you will find a still point of orientation. Unknown events are magically guided by the Goddess. Grow your internal fire by strength and compassion and be vigilant for faint echoes. Seek out important messages from the past, hunt with warmth, clarity and patience. Above all maintain your integrity and composure despite discomfort.

May you find guidance in your personal signs of things to come in the New Year.
To the Oak, the Holly and the Lady, a very merry Yuletide to all!

Michele

Here follows a brief roundup of the Facebook Pagan Community groups in Devon. If you attend any of these moots the Dark Mirror Editor would love to share some first hand feedback!

Devon, Cornwall & Isles Pagans is the main community group, please ask to join if you haven't already. Primarily the group is for networking in the region and posting news of interest to the

Pagan community by the Pagan community. We also encourage Pagan crafts people to advertise their handmade wares, <https://www.facebook.com/groups/264517616897118/>

Exeter & Devon Pagan Circles.

Meet very regularly and have been holding both social and discussion moots. This group has lots of fascinating posts.

Plymouth and South West Devon

The moot has been busy planning and organizing rituals and honouring the wheel of the seasons. Tom also led an Einheirar ritual at the November moot. Jo gave a stirring talk on the environmental challenge facing humanity.

Tavistock West Moor Moot

Yule moot is always the traditional festive fun of a Mummers play, 'The night before Yule' meditation, gift giving and a celebratory feast. We are now leaving the plant teachers behind and moving into the New Year with speakers on various Pagan subjects. And more ringing the changes in the New Year, as we moving moot night to the third Friday of the month.

Teignbridge Pagans

Between the Moors, Exeter and Torbay. November moot was entitled 'Creating a Pentagram' and explored just how they work and how to use them in ritual. In December the moot holds a special magical Yule Quiz. A separate Yule Solstice Ritual followed by a Yule feast is planned.

Three Moors Moot regularly meet at the fantastical Highwayman Inn at Sourton near Okehampton. Well worth a visit especially on moot night!

Torbay Pagans/South Devon

Always a busy group with lots of posting of community events of environmental or esoteric interest.

⚡⚡⚡ event

Date for your Diary

Devon and Cornwall PF 20th Anniversary Lammas Picnic 2015

Sunday the 16th of August from 2pm at The Hurlers, Minions Village nr Liskeard, Cornwall.

Join us for the Lughnasadh Games, chose the Champion of the Goddess & celebrate the Lammas Harvest. Families and well-behaved dogs welcome! Bring food to share and leave no trace.

FFI westmoormoot@gmail.com



Interfaith

Interfaith in Cornwall - Eve

In the last issue of Dark Mirror, I talked about our educational projects, which are hopefully building a more respectful and well informed society. But the Cornwall Faith Forum is also planning to build in a rather more concrete (perhaps I should say cob) way. Some of you may recall the Dor Kemmyn stall at Conference two years ago.

Dor Kemmyn is Cornish for "Common Ground" and will be the name of an interfaith centre we are planning to build at Penmount near Truro.

We have the site, planning permission, and the site risk assessments complete. We have a business plan in place and we are now poised to begin the process of building. Dor Kemmyn will be built from local sustainable materials, and using Cornish hands. The walls will be made of cob bricks, which will be made by local faith and community groups. Our architect, Matt Robinson, is trialling a simple hands-on manufacturing process that can be used by groups coming to the site to make cob bricks. The very first brick has been made and symbolically placed in the centre of the wooden henge that currently marks where the central prayer space of the building will be. The cob brick is not at all what I expected. I was thinking "mud brick", but it is actually a very chunky thing, in a gentle yellow sprinkled with tiny shining pebbles.

Next summer manufacture of the cob bricks will begin in earnest. Already many faith groups have expressed an interest in coming to do this, and also schools, and groups like the Scouts. Cob brick making will be done in a poly-tunnel on the site, with completed bricks drying in a second poly tunnel.

While we wait for the sun to return, we continue with fundraising. Every faith community has been asked to think about contributing. We have matched funding and avenues from larger funding bodies, but these require us to raise a certain amount ourselves first.

Some in our community have said to me that we, as Pagans, do not use buildings; as we venerate Nature, then the natural world is our temple, our sacred place. The place where Dor Kemmyn will be built is a very beautiful meadow, sloping down into a wooded valley with a stream running at the bottom. What need would we have of a building? Won't we just be celebrating outside? But thinking of the future, our community will take on a different demographic. The day will come for all of us when a car park, toilet, a place to sit down in the warm, and even a kitchen might become more necessary. As a place for education and as a meeting place where people of all faiths (or none) are equally valued and welcome, Dor Kemmyn will be a valuable resource.

Visit the Dor Kemmyn website, (just Google it), or contact me at meadowsweeteve@googlemail.com if you would like to know more.

Eve



Forthcoming events



Pagan Federation - Devon, Cornwall & Isles Spring Conference 2015

Saturday 7th March, Penstowe Manor, Bude

Robert Ansell ★ Mark Norman

Levannah Morgan ★ Merv Davey & Kemysk

Pagan stalls and Raffle - Closing ritual - Dance with Merv Davey, Cornish Piper

Music from **Damh the Bard, & Kate & Corwen** plus DJ till midnight

Advance tickets - £18 (PF members) £22 (non-members) - Late tickets £25

Tickets available online through PayPal (charges apply)
www.paganfederationdevonandcornwall.co.uk

Friday night Fiendish Pagan Quiz and Social

OR Send SSAE to "Pagan Federation DCI (Regional Conference)
Torcroft, Commons Lane, Shaldon, TQ14 0HN"
Cheques payable to 'Pagan Federation Devon & Cornwall'.
Please state PF membership numbers where applicable

Penstowe Manor chalet accommodation
(special rates available) contact 01288 312354 or
www.penstoweholidays.co.uk
Penstowe, Kilkhampton, Bude, Cornwall, EX23 9QY

Sponsored by the Museum of Witchcraft

Museum of Witchcraft

This year, the Museum of Witchcraft will be open during the winter months. This new opening is a trial and it is hoped that it will be supported by visitors to Boscastle, local businesses, Friends of the Museum and by local people who may not get the chance to visit the Museum themselves during the busy summer months. The Museum shop and online shop will also be open for business if you are looking for unusual Christmas presents.

The museum will be open on Saturdays and Sundays from 10.30am to 4pm (last entry at 3.30pm) in November and December, and also every day of the Christmas period **except** for the major holidays.

Open 10.30-4pm December 20th-23rd
Closed Christmas Eve, Christmas Day and Boxing Day
Open December 27th-30th
Closed New Year's Eve and New Year's Day
Open 2nd-4th January

The museum will then be completely closed from January 5th until the Easter school holiday (around March 23rd) when it will re-open for the 2015 summer season and be open every day until October 31st.

Articles

The Wander in the Woods - Plant Teachers of the Sacred Year - Michele

Hypnotic and unceasing the rain fell as I searched for Odin somewhere on the borders of growth and decline, of making and unmaking. Perceptive and sharp was that strong eye beneath the blue, rain-soaked hood as he sat in a natural formation of mossy branches in the deep woods. I asked about the connective nature of runes and plants. He wryly began to enquire about who exactly I thought my ancestors were. He humoured my question by speaking of connections between plants, animals, humans and stones, and how one evermore must grow from another. The answer I must seek is a willingness to relinquish all to the unseen; to be enthralled by energy and guided by growth. "This is how to slip into runic riddles, it's in the blood". At our parting, the vanquishing warrior shaman of the Aesir surprised me by passionately saying: "work at the level of the heart, not the head".

September

2nd **Muin** - Tree of Introspection, Relaxation & Depth. Sacred plants are Vine, Bramble & Vervain.

Ogham phrases: the *'Highest of beauty'* is closely connected with divine inspiration and effects of intoxication. *'Strongest of effort'* describes the endeavours of farming practices; the 'back of man or ox' were deemed the most robust in regards of toil. Muin may well have taught the *'condition of slaughter'* by plying warriors with intoxicating substances before battle hence producing the *'pack of wolves with spears.'*

The grape vine's distinctive fruit and foliage appear on British Bronze Age pottery. Bramble fruits were also used to produce intoxicating liquors. The mystery of the fermenting of the honey or fruit was a metaphor for the inner transformation of the initiate. Wine loosens inhibitions, allows one to speak more candidly than normal and releases the power of prophecy. Vine is related to joy, exhilaration, ecstasy, and wrath. It is a uniting tree because its habit of spreading from tree to tree. The divinatory implications of Muin is the intertwining and opening up of the conscious and subconscious minds, and the release from the fetters of reason. Collect the signs and portents that your inner being is shown.



Healing: vine can be used when another is constantly superseding your thoughts and feelings. Blackberry root is a remedy for diarrhoea, chew leaves for bleeding gums. Blackberry leaves are used in money spells and its vines are protective.

13th **Ken** - Fire Of Knowledge. Sacred plants are Pine, Cowslip, Bilberry, Maidenhair & Fern.

Ken is the bright burning torch of charisma. Ken governs primal smithcraft and works of knowledge and transformation. Ken is the rune of unmaking and remaking that releases the spirit into the realms beyond. Ken speaks of readying the corpse for (mound) burial, or also

the mound initiation by a smith flaying the candidate and reforging their bones. The workings of the mound are governed by the Earth Goddess Freya, Her fiery life force is given shape by the craft of the smith.

Pine tree symbolises creativity, life, longevity and immortality. Pine will help to cleanse the atmosphere where it is burnt. Its sawdust is often used as a base for incense, particularly in those associated with money. Pine's old title was "the sweetest of woods". As an evergreen, its needles are a valuable source of vitamin C and it can loosen a tight chest and deal with guilt. Transform the energy into positive action; bring about changes needed within yourself.

28th **Gyfu** - Gift Exchange. Sacred plants are Ash, Elm, Heartsease, Pansy, Wych Elm & Apple.

Gyfu relates to the practice of sealing alliances between clans by either marriage or an exchange of hostages, frequently the children of nobles who would be fostered by the families of earlier foes.

Generosity is a chief virtue, whether it is expressed as gifts, as hospitality, or as the blessing of sacrifice. Gyfu is the rune most often used in love magick where it creates awareness of the self-sacrificial and balanced nature of love.

Heartsease/Wild Pansy flowers from April to October, and is pollinated by bees and moths. Other names include Tickle My Fancy, Kiss-me-quick, Jack jump-up-and-kiss-me and Bouncing Bet. In Somerset the plant is called Bidddy's Eyes named for the Goddess Bridget. The Wild Pansy was a symbol of fertility to the ancient Greeks. The French believed a Pansy could make your lover think of you.

Heartsease speaks of its use for heart conditions and it has also been used in herbal teas to relieve catarrh, arthritis, prostate inflammations, cystitis, epilepsy, asthma and bronchitis and was applied externally to treat skin diseases.

30th **Gort**- Tree of Determination, Change & Patience. Sacred plants are Ivy & Sage.

Ogham phrases: Gort denotes "green field", "garden" and "standing corn". *'Greener than pastures is Ivy' 'sweeter than grasses'*, due to association with cornfields. 'Size of a warrior', the symbolic relationship of the tenacious ivy plant and the warrior is acknowledged. Raw survival instinct enables you to triumph over circumstances, establish roots, and put forth new green leaves out of the stoniest of soils. Ruthlessness, being difficult to destroy, and exploiting the most minimal advantage was respected by the warrior Celts.

Ivy's are known to strangle trees and therefore became a symbol of death, rebirth and spiritual growth. The ability to cling to anything and climb high makes it a symbol of strength and determination. Growing in a helix or labyrinth pattern it represents the spiral of the self and the search for the self.

In 'The White Goddess' Robert Graves mentions that ivy wreathes honoured Dionysus as the God of Ecstasy,



and that ivy ale was a highly intoxicating medieval drink. Ivy made the drink of madness or ecstasy.

Magically useful in healing, protection, cooperation, and exorcisms. Use in charms to bind love, luck and fidelity. It was used in weddings to crown the bride and groom. We are intertwined as leaves of Ivy; assist others in their spiritual journeys, as they assist in yours. Medicinally tender twigs are used in salves for sunburn. It can also be used as a poultice to heal nerves, sinews, ulcers, enlarged glands, boils, and abscesses.

Other Sacred plants of September include Filberts, wild fungi, and the berries of Elder, Rowan, Holly, Blackthorn and Rose hip.

October

13th **Wunjo** - Joy. Sacred plants are Flax, Ash, Bramble & Ivy.

Wunjo is the rune which melds the different sides of your own being into a whole, relieving tension and binding the sides of the self together.

From Flax we get linen thread, clothing and sailcloth. Seeds can be pressed into linseed oil for wood protection, and cooked in water made a laxative and an invalid porridge. Traditionally, flax seeds were used to attract money by placing them in a jar with a few coins. A bit of flax placed in the shoe is thought to ward off poverty. A mixture of flax seeds and red pepper kept in a box in the home has been said to prevent evil from entering. Flax is sacred to spinners. It can be used to help find your way to Frigga's hall where the spinning and weaving is done.

A custom of Bohemia sends children in their seventh year to the flax fields to dance and play in the hope the Goddess Hulda will blessing them with beauty and protection. Newborn babies are placed in a flax field to sleep for Hulda's protection. The blue flowers sacred to Hulda are worn as a preservative against sorcery.

A Prussian custom describes the tallest village maiden taking food into the flax field. Standing on one foot upon a seat, with a lap full of cakes, a cup of brandy in her right hand and a piece of linden-bark in her left, she prayed to the god Waizganthos that the flax might grow as high as she was standing. The brandy and cakes were then given as an offering. If she remained steady on one foot during the ceremony the flax crop would be good.

28th **nGetal** - Tree of Harmony, Health, Growth & Protection. Sacred plants are Reed, Broom, Fern, Wheat-straw, Vervain & Watermint.

The Ogham lore of nGetal is a bewildering array of plant traditions from various parts of Britain. *'A physician's strength, Broom or Reed'*. *'Robe of physicians'*. *'Beginning of heroic deeds, healing'*. Reed is deeply linked with medicine and healing, particularly as a tool to administer medicine. *'Beginning of murder'* speaks of the practice of making hollow arrow shafts of the reed, especially those weapons filled with poison.

A reed bed rustles its ancient eerie sound to the wind and we hear in the tall reeds the whispers of the ancestors speaking from the water's edge. Pipes can be made from the stems, and the poets would retell legends to these haunting sounds. Reed flutes are a subject of many legends; like that of the Great God Pan, and the Pied Pipers entralling flute. Whistles were made of reed to call for the Faery folk and are still used today in woodwind instruments.

The roots of reed are strongest part, they go deeply into the life giving water from which it takes its nourishment and bind the soil along banks together. The Reed symbolizes finding direction and meaning on your journey. Firing arrows off into the unknown is an expression of

the desire to seek out basic truths. Reed grows both above and below the water, suggesting the union of the conscious and subconscious realities.

Broom and Reed are both known for their straight and flexible stems. Wheat-straw or the Reed are both wild grasses that are still used for thatching roofs. They were also used for bedding. Reed was woven into baskets, stalks were soaked in fat to make lamp wicks, and the sugary roots were used as cattle fodder. The powdered root was used as an insecticide against fleas. Reed beds filter and cleanse water. The druids made reed pens adding the symbolism of knowledge and wisdom. In Egypt the versatile papyrus reed made many things from writing paper right up to large boats. In Celtic tales the baby Taliesin was found by Elphin floating in a basket woven from reeds.



28th **Hagel** - Constraint. Sacred plants are Yew, Ash, Bryony, Elder, Nightshade & Lilly of the Valley.

Hail is disruption by natural events and uncontrolled forces. The main effect of Hagel on an individual life is to bring unity with the universal pattern by necessary shattering everyday life.

Yew symbolizes the strength of the soul. It is suited to spells of transformation, reincarnation, and immortality, necromancy, and spells to bestow knowledge or eloquence. Yew forms a gateway; its dark hollow trunk opens into the realm of the departed and a portal to a new life. Yew has been long associated with magic, death, rebirth and the runes. Yew may have been the original 'World-tree' of Scandinavian mythology. It is sacred to both the Underworld Goddess Hel/Hulda and Ullr the archer, whose hall is called "Yew-Dale". A yew talisman carved with the rune Eihwaz will bring his blessing upon a hunting venture. Or carved with the rune Ear to contact with Hulda and allow you to speak with the dead. Smouldering yew leaves will keep away flying insects. All parts of the tree are poisonous except the fleshy covering of the berry, and its medicinal uses include a treatment for cancer.

Other Sacred plants of October include; Teasel, Ribwort Plantain, Sloes.

November

13th **Nyd** - Need. Sacred plants are Beech, Rowan Snakeroot, Alder & Bistort.

Nyd is the bow-drill used to kindle the ritual need-fire needed to force out dis-ease. Nyd embodies the generating of potential energy on all levels often at times of greatest need.

Bistort means "twice-twisted". Bistort burned in combination with frankincense is used to aid psychic powers. The serpent spirit of Bistort may speak to you in visions or help you understand your dreams. Bistort promotes positive effects in money and fertility spells. Sprinkle an infusion of bistort around your home to mark a protective boundary that will keep out unwanted visitors of the mischievous variety, such as poltergeists, sprites and the earthbound dead.

Bistort root has a high concentration of tannin, it is astringent, has been used as a poultice for boils and sores. It is also styptic and is useful for internal and external bleeding.

25th **Ruis**- Tree of Recovery, Transition and Evolution. Sacred plants are Elder & Heather.

Ogham phrases: *'intensest of blushes'*; and *'redness of faces'* suggests burdensome rage, regret and anger as you are made to face dark, difficult or hurtful aspects of yourself. Do not ignore them or continue to suppress them instead confront these unhealthy aspects of self in order to progress upon your journey.

Elder is the thirteenth tree, associated with the Great Queen Rhiannon and the Elder Mother Lady Ellhorn who teaches us the cycle of endings and beginnings. The Elder symbolizes completeness, closure and evaluating what you have accomplished. Burn Elder leaves to turn a person away from immoral thoughts and deeds. Grow near the house to ward off ill will and lightning. The leaves were used for protection against spells. Elder is useful in exorcism, prosperity, banishing and healing. Remember Elder is sacred to the Faeries, be respectful in your dealings.



Elder easily regenerates damaged branches and roots from any part. Elder is a purgative, a purifying tea can be made from the flowers, jam made from the fruit, and wine from both. White pith from inside branches brings sleep. As a dye Elder gives green from the leaves, red, blue or purple from the fruit, black from the roots and brown from the bark.

28th **Isa** - Stasis or Binding. Sacred plants are Blackthorn, Alder & Henbane.

Isa signifies ice and the qualities of solidity, contraction, stillness, calmness and complete immobility. Isa can grant an unyielding and balanced equilibrium when you journey through dark realms. Isa embodies an unbreakable will and concentration of the magician.

Henbane is a plant listed in many old witchcraft recipes for 'Flying Ointment'. Its ritualized use is known from finds in 'grooved ware' pottery from a Neolithic mortuary site in Orkney and other sites in Scotland. This gives clear evidence between henbane, British death rituals, and potential spirit flight and psychopompic shamanic work from over 5,000 years ago.

Henbane is said to attract hares, but the seed was traditionally used to steal chickens by bringing on stupor. Henbane is a powerful sedative used over many ages to induce sleep and allay pain. It induces delirium and convulsion; overdose can be fatal.

Other Sacred plants of November include; nuts, beech, walnut, sweet chestnut and hazel; acorns and pine kernels.

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The Cornwall School of Mystery and Magick.

Once upon a time there were two practitioners of various magical arts.

One was decidedly 'hedge' in her approach; healer and medium who had studied a range of complementary approaches. Sue was a Priestess of Kernow with a passion for supporting the development and empowerment of women. The other, well a little bit more eclectic perhaps; he was a therapist with Wiccan, Druidic and Magickal associations. Alan was a self-confessed Rational Mystic.

Early in 2012 they met at a Healing Conference and decided to compare magical notes. After a meditation in The Goddess Temple at Glastonbury, Yule 2013, the Cornwall School of Mystery and Magick was born.

The idea was simple. A return to the idea of structured instruction in the mystery and magical traditions that was grounded in tradition with an honest and clearly stated desire to re-discover, re-connect and re-create magical practice for this time and this place.

One of the key features the founders wanted to embody was that of on-going mentorship and support for all students. The School would deliver both long and short courses with the tutors willing to continue encouraging learners to develop long after the course was completed. 'Mastery' being something that the course leaders would be develop through their constant learning from the students.

The eventual aim of the School founders is to leave the School in the hands of those who are willing to continue the work in the ethos created by them.

So far in 2014, the School has offered and is delivering a ten weekend (over ten months) course in Celtic Shamanism – a rather clumsy term which really refers to Druidry; a thirteen month course (over thirteen months) on The Craft (Witchcraft and Wicca) as well as training in Reiki and talks and workshops in The Tarot, Qabbala, Knights Templar, Shamanism, Magick, Transpersonal Readings...

The nominal headquarters for the School is the wonderful Pengersick Castle, the tower of what was once a Tudor Fortified Manor House, and this is the venue for initiations and some celebrations. There is more planned for 2015 which include talks at Mind Body and Spirit Events, a hopefully a Druid/Barding Celebration and a Divination Conference.

In 2014 both Alan and Sue were given an Inspiring Human Potential Award for their work in the area of offering personal and spiritual development.

Website : <http://cornwallschoolofmysteries.co.uk/>

Facebook : <https://www.facebook.com/CornwallSchoolMysteryandMagic>

NB: The “Penkhaduce” symbol (above), designed by Oberon Zell-Ravenheart using three common symbols – The Pentagram, the Ankh and the Caduceus and is the symbol of Wizardry employed by the Grey School of Wizardry. It has become widely known as a symbol of wizardry.

Sue Edwards & Dr Alan Jones



Moots

Cornwall (Kernow)

Betwixt Moot (Redruth, Camborne, Truro, Falmouth)

Meets on the 1st & 3rd Mondays of the month. FFI contact Ann: 01872 863970

Bude Moot

Meets the 1st Tuesday of the month in the Conference Room at the Parkhouse Centre, Ergue Gaberic Way, Bude, EX23 8LD. Tea or coffee provided or vending machine. We ask for a £2 per person donation to cover room hire. Meet from 7pm to start talks/ceremonies at 7.30pm. FFI Contact Debbie@specialdaysinspecialways.co.uk or call 01409 254144

The Dolmen Grove Ivy Moon Moot

Meets on the 1st Wed of every month, 7.30pm, St Austell area. We hold talks, workshops, have outings and celebrate the Sabbats. Options to attend Camps, Larger Rituals, Stonehenge access & Samhain/Yule Ball. Friendly like-minded people, all spiritual paths welcome. FFI contact: Karen tel: 07411 177 185
Fb page: <http://www.facebook.com/pages/Ivy-Moon-Group>

Liskeard Moot

Meets 2nd Thursday each month, 7 for 7.30pm, The Long Room, The Public Hall, West Street, Liskeard PL14 6BW.
FFI Contact Jane 01579 340796 email: liskeardmoot@yahoo.co.uk
Facebook group: www.facebook.com/groups/271716272934061

Pagan Paths

Meets on the 1st Wednesday of each month, 7.30pm, Bodmin area. Warm and friendly group. Sabbat celebrations, sacred sites outings, workshops and talks.
FFI contact Wendy on 01208 832977 or email: paganpaths05@aol.com

Penwith Pagan Moot

Currently meets for seasonal rituals celebrating the Wheel of the Year. In between we keep in touch via our Facebook page. We also assist the Cornish Ancient Sites Protection Network with clear-ups at Ancient Sites in Penwith.
FFI contact – Eve email: meadowsweeteve@googlemail.com or 07927671612
Website www.penwithpaganmoot.co.uk



Devon (Dumnonia)

Exeter & Devon Pagan Circles

Exeter & Devon Pagan Circles hold regular moots every Wednesday at the Mill on the Exe pub some themed, some purely social. We will still hold occasional moots and events at Ye Olde White Lion, Bradninch. Please come and join us. See you there. Check our Facebook page for details and updates: <http://www.facebook.com/groups/EUPAGANCIRCLE/>

North Devon

FFI email the Local Coordinator Minerva on oldcrone24@gmail.com

South West Devon Moot

Meets in the Stoke area of Plymouth, held on 2nd Wednesday of the month at 7.30pm. We are a friendly moot run in a private house in the Stoke area of Plymouth.

FFI contact Patrick on 07964565338 or 01752 338292 (evenings) email pdq.mears@virgin.net or find us on Facebook. <https://www.facebook.com/groups/paganfedplymouth/>

Tavistock West Moor Moot

Meets on 3rd Friday of the month at 7.30pm. A place to share news and topical Pagan discussion. Simple ritual, Wheel of the Sacred Year, meditations and interaction with the Spirits of the Land. Visiting speakers on Pagan subjects. Walks to sacred sites and ancient spaces of Dartmoor and beyond.

FFI Michele 01822 617903, or email westmoormoot@gmail.com

Teignbridge Pagans

Meets on the 3rd Monday of the month at the Old Rydon Inn, Kingsteignton, 7.30pm.

FFI check out the facebook group <https://www.facebook.com/groups/203242459794674/> or email Elaine leiane@hotmail.co.uk

Three Moors Pagan Moot

Three Fold Pagans meets every 3rd Thursday of the month, at The Highwaymans Inn, Sourton, nr Okehampton, all are welcome. FFI please call Shadowlea on 01837 659656

Torbay/South Devon Pagan Moot

The Torbay Moot group is a long established eclectic group of like minded pagan people. We meet at the Manor Inn Preston Paignton on the first Thursday of the month, 7.30 -9.30pm. We meet for open celebration, study and have an invite only women's moon group.

FFI Tania 07812724213 email taniakennedy67@hotmail.com

Dorset (Dorset Wessex)

Bridport Pagan Moot

Meets on the 1st Thursday of every month at The Ropemakers Pub (at the back of the pub) West Street, Bridport, from 8pm. People of all paths are welcome.

FFI Ben 07539316595 email - bridportpaganmoot@yahoo.co.uk See www.bridportpaganmoot.moonfruit.com

Members advertisements

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DarkMirrorMagazine@gmail.com

Handfasting & Ceremony

Handfastings, Funerals or Celebration? A celebrant is available for your special ceremony, designed for you, with you, every step of the way.

Maia Messenger – 07747016220 email: maiamessenger@yahoo.com

Devon Handfasting Network: If you would like to find out more, or arrange a Handfasting, then please contact Levannah Morgan by writing to: PF DCI c/o, Torcroft, Commons Lane, Shaldon, TQ14 0HN.

Special Days in Special Ways: Debbie and Steve are experienced celebrants for whichever type of ceremony you require. We have an eclectic style, and all ceremonies are tailor made for you. Please visit www.specialdaysinspecialways.co.uk or call 01409 254144 for more information.

West Moor Celebrants: Contact us for bespoke Handfastings, celebrations of life and rites of passage, Michele and Harvey, westmoormoot@gmail.com or 01822 617903.

Counselling

Tamar Counselling. Help and support with many of life's problems from a counsellor with a pagan perspective. Based in Bude/Holsworthy. Contact Steve Merritt on 07855 998890, email me via website, www.tamarcounselling.co.uk where you can find further information.

Retail

Mystical Crafts & Gifts - A great selection of pagan & wiccan items including essentials and an exciting choice of gifts including lots of fair trade items.

For a friendly service please visit www.pagan-supplies.com

Wise Old Crow, Bude, Cornwall for all things wicca, pagan and esoteric
www.facebook.com/wiseoldcrow . Sue Clarke www.sueclarkereadings.co.uk
www.wiseoldcrow.com

Museum of Witchcraft

Details of opening times, online shop and other interesting info can be found on the Museum website. www.museumofwitchcraft.com

The Harbour, Boscastle, Cornwall PL35 0HD Tel: 01840 250111



Who is who locally

Pagan Federation Devon, Cornwall & Isles

District Website www.paganfederationdevonandcornwall.co.uk

District Enquiries dci.info@paganfederation.co.uk

District address for All Postal correspondence PF DCI c/o, Torcroft, Commons Lane, Shaldon, TQ14 0HN.

Your PF District Officers

District Manager:

Maia Miller: dci.dm@paganfederation.co.uk 07747016220

Regional Co-ordinators:

Devon: Michele dci.devon@paganfederation.co.uk

Cornwall: Eve dci.cornwall@paganfederation.co.uk

Isles: Oak Leaf dci.isles@paganfederation.co.uk

Newsletter Editor

Contact Harvey DarkMirrorMagazine@gmail.com

District Conference

Contact the organizer dci.dm@paganfederation.co.uk

Interfaith officers

All areas dci.dm@paganfederation.co.uk

District webmaster

Contact Charles charles@cadgwith.com 0800 787 9208
<http://www.cadgwith.com/>

National Website: www.paganfed.org

Local Contacts are listed under 'Moots' (section above).



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Please visit the website <http://www.paganfederationdevonandcornwall.co.uk>

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