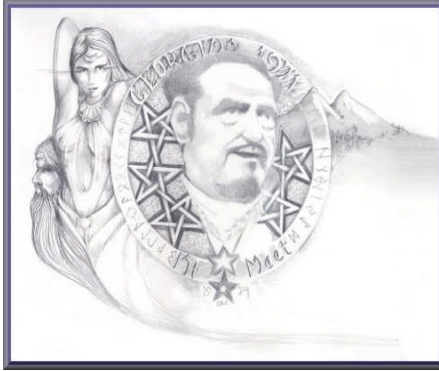


# THE GEORGIAN NEWSLETTER



**MABON 2010**

## What's Inside:

- Spotlight
- Recipes
- Announcements
- Mabon
- Poems
- Headaches

## SPOTLIGHT

*So, no spotlight in this one. There would be but unfortunately I am still waiting on replies. It seems some people just don't wanna talk about themselves! Or perhaps they are too busy getting their bomb shelter dug out and organized ☺*

## ANNOUNCEMENTS!

### 2<sup>nd</sup> Degree Initiations:

-Aquarian Moon Coven - initiated our Michelle to a 2nd degree today. The ritual was performed by High Priest Dan with Linda standing in as his Priestess.  
-Coven, Waxing Moon - Duane Marshall was elevated to the 2nd Degree by Mary and Chris, on Saturday, August 28, 2010, in Lenexa, KS.

### 3<sup>rd</sup> Degree Initiations:

-Coven, Waxing Moon - It is my honor and pleasure to announce that Mary Carr was elevated to the 3rd Degree by Jimmy Widdifield, Jr.; Chris Carr was elevated to the 3rd Degree by Mary and Jimmy

-After being a Georgian for 22 years, Donna was initiated a 3rd degree today by Dan and Margie. The Family of the Aquarian Moon Coven in OKC is very proud to say our Crone is a 3rd degree.

### Covens--

Coven, Waxing Moon, is now officially under the leadership of Mary and Chris and is entitled to all the rights, privileges, and permissions permitted under our Laws.

### BIRTHDAYS

**Puck turned 53!!!!** So Puck, what was it like when the Earth was cooling? (still waiting for an answer...still)

Allen - Sept 15

John (Tali) - September 20

### Wedding Congrats!!!

Erin and James to your wedding on September 3, 2010, In Norman , OK

~**Spirit Mother and Drago** celebrated their 31th anniversary on August 18.

### In Memory of~

-Robert Lee Pournier 1960 to Aug 29, 2010  
(my brother)

-Skip of Bakersfield - Sept 15, 2010

-Lady Sintana passed away this Friday evening (Sep 18, 2010) at 6 pm. She was the founder and High Priestess of Ravenwood Church in Atlanta, Georgia.

Some may remember her for having established one of the first Federally recognized Wiccan Churches in the US



# Mabon

The Wheel of the Year holds several purposes, both theological and practical. Theologically, the story of the Wheel often varies depending on the Tradition. The Wheel gives the accounts of the mythological events that repeat throughout the year as well as a vague "history" of the Gods and Goddesses involved within the pantheon. For the newbies, by "Tradition" we mean "denomination"; for example Wiccan, Celtic, Druid, Native American, etc. On the more practical side, the Wheel trains us to be able to deal with death and the inevitability of re-birth that follows. Paganism teaches that death, a natural function of the universe, is a part of life; a dramatic change that is the beginning of a new experience, and something to be celebrated at the proper time not feared (not condoning Suicide!) Through the ideas of Heaven and Hell, Christianity teaches a deep fear of death, and this spurs our society's horror of death. We are always trying to find new and improved ways to beat death, but we will never succeed. It is sad our society portrays death as such a terrifying experience; we would certainly have less emotional pain and suffering in the world if death could be seen as what it is: a transformation, nothing more.

In this section you will find a rendition of the upcoming quarter of the Wheel of the Year. Included will be the mythological lore and some traditional practices for the celebration, along with some ideas for activities and decorations.

#### \*Date/Name:

September 22, 1997 holds the date for the next Sabbat: Mabon (pronounced "MAY-bon") marks the Second Harvest of the Celtic/Pagan year.

#### \*Background Information:

Mabon marks the Second Harvest, the end of the grain harvest (which begun at Lughnasadh), and rests on the Autumn Equinox. The Equinox mirrors dwindling of life (and eventual progression to rebirth), as well as the struggle for balance; day and night are equal for a single day. The pagans of antiquity didn't have the ability to determine astrological positions as we do today. The European peasantry, therefore, celebrated this Sabbat on September 25th; actually, the Celts marked their days from

sundown to sundown, so the Mabon celebration actually started on the sundown of our September 24th. Today, with the help of our technology, we can calculate the exact day of the Equinox; the date when the sun enters the sign of Libra, the Balanced Scales, which appropriately fits the Equinox. September 25th is a medieval holiday which the Church Christianized under the label of "Michaelmas," a feast in honor of the Archangel Michael. It is thought that the Roman Catholic Church at some point considered assigning the quarter dates to the four Archangels, since they had assigned the cross quarters to the four gospel-writers. Making the Vernal Equinox a holiday called "Gabrielmas" was taken into consideration in honor of the angel Gabriel's announcement to Mary on Lady Day. This Sabbat can also be known as: the Second Harvest Festival, Feast of Avalon, Cornucopia, Wine Harvest, the Fall Equinox, Harvest Home, the Autumnal (or Autumn) Equinox, Festival of Dionysus, Alban Elfed (Caledonii,

Druidic), Winter Finding (Teutonic), or Equinozio di Autunno (Strega). The full moon closest to the Autumn Equinox is called the Harvest Moon, and farmers would harvest their crops by this moonlight as part of the Second Harvest celebration.

#### \*Meanings:

Mabon is very much like Thanksgiving. Most of the crops have been reaped and abundance is more noticeable than ever! Mabon is the time when we reap the fruits of our labor and lessons, both crops and experiences. It is a time of joy, to celebrate that which is passing (for why should we mourn the beauty of the year or dwindling sunlight?), looking joyously at the experience the year has shared with us. And it is a time to gaze into the bright future. We are reminded once again of the cyclic universe; endings are merely new beginnings.

Since it is the time of dying sun, effort is also made to celebrate the dead with joyous remembrance. It is considered taboo to pass a burial site and not honor the dead. Natural energies are aligned towards protection, wealth, prosperity, security, and boosting self-confidence. Any spells or rituals centered around balance and harmony are appropriate.

#### \*History/Mythology -- Celtic/Welsh

The tale of Mabon ap Modron, the Welsh God, (the "great son of the great mother"), also known as the Son of Light, the Young Son, or Divine Youth, is celebrated. The Equinox is also

the birth of Mabon, from his mother Modron, the Guardian of the Outerworld, the Healer, the Protector, the Earth. Mabon was taken after he is a mere three nights old (some variations of the legend say he is taken after three years). Through the wisdom of the living animals -- the Stag, Blackbird, Owl, Eagle and Salmon -- Mabon is freed from his mysterious captivity. All the while Mabon had rested within his mother's womb; a place of nurturing and challenge. With strength and lessons gained within the magical Outerworld (Modron's womb), Mabon is soon reborn as his mother's Champion, the Son of Light, wielding the strength and wisdom acquired during his captivity.

Also, (from a variation in legend) the Equinox is the day of the year when the god of light, Lugh, is defeated by the god of darkness, Lugh's twin and alter-ego, Tanist. The night conquers day. The tales state that the Equinox is the only day which Lugh is vulnerable and the possibility of his defeat exists. Lugh stands on the balance (Autumn Equinox-Libra) with one foot on the goat (Winter Solstice-Capricorn) and the other on the cauldron

(Summer Solstice-Cancer). He is betrayed by Blodeuwedd, the Virgin (Virgo) and transformed into an Eagle (Scorpio).

Two events occur rapidly with Lugh's defeat. Tanist, having beaten Lugh, now takes over Lugh's place both as King of our world and lover to the Goddess Tailltiu. Although Tanist now sits on Lugh's throne, his official induction does not take place for another six weeks at Samhain, the beginning of Winter, when he becomes the Dark King, the Winter Lord, the Lord of Misrule.

He mates with Tailltiu, who conceives, and will give birth nine months later (at the Summer Solstice) to her son, another incarnation of Tanist himself, the Dark Child.

Lugh's sacrifice represents not only the sun's dying power, but also the cycle of rebirth, his energy remaining within the corn we have since harvested. A incarnate (of Lugh) corn spirit was thought to specifically reside within the last stalk (or stock), which was traditionally dressed in fine clothes and decorations, or woven into a wicker man-shaped form. This symbolic decoration was then harvested and carried from the field to be burned with rejoicing for the spirits release and Lugh's upcoming rebirth.

**\*Mythology -- Wiccan:**

Day and night are equal and the God prepares to depart and begin the journey back to the strength and development within his mother's, the Goddess', womb. Both sad and joyful, the Goddess lovingly awaits her God's rebirth.

**\*Decorations and Activities:**

Activities vary with region and tradition, as well as personal preference. Some ideas include making a Sun Wheel. Also, one could mirror the Celtic tradition of dressing a corn stalk in cloths and burning it in celebration of the harvest and upcoming rebirth.

Simple altar decorations can be obtained by taking a calm "pilgrimage" through your local woods and collecting leaves, acorns, berries, and other things symbolic of nature's bounty. Some chose to sprinkle Autumn leaves around the house and on the sides of walk ways as decoration, though this may not be convenient if one lives in the city or doesn't enjoy the cleanup. Alternately, the changing leaves can be dipped in paraffin and put on wax paper. After the leaves dry, they may be placed around

the house or in large jars with sigils of protection and/or abundance carved lightly into them.

Going through your personal gardens with thanks and lovingly harvesting what is ready is also appropriate. Breads may be baked in the shape of the Sun, combining fruits or vegetables and grains, incorporating both of the major aspects of this Harvest. The seeds of various plants are stored through winter for replanting, and therefore, the plant's rebirth in the Spring. A feast for friends and family always provides a cheerful abundance of energy and thanks.

Additional seeds and grains can be set out as offering to our fellow creatures, and provide a healthy chance for birds to join in the celebrations as well. Symbolic designs can be made out of the sprinklings if one chooses. Those less fortunate should not be omitted from the celebration. Small, meaningless (to you) packages of food and drink gifted to a homeless person will make their day!

To honor the dead, it is traditional to place apples on burial cairns as symbolism of rebirth and gratitude. Furthermore, it is a time to honor the elders, who have devoted so much time and energy to your growth and development. Something special is in order for these gracious people.

**\*Symbolic of Mabon:**

- **Foodstuffs:** Grapes, Acorns, Wheat Bread, Goat, Indian Corn, Horn of Plenty, Cornbread, Corn, Root Crops (ie Onions, Carrots, Potatoes, etc.), Nuts, Dried Fruits, Apples, Beans, and Squash.
- **Drinks:** Wine, Ale, and Cider.
- **Colors (for those who work with Candle Magick):** Red, Deep Gold, Orange, Brown, Maroon, Violet, Russet, Yellow, and Indigo.
- **Animals:** Dogs, Wolves, Stag, Birds of Prey (especially the Blackbird, Owl, and Eagle), Salmon, and Goat.
- **Mythical Creatures:** Gnomes, Sphinx, Minotaurs, Cyclops, Andamans, and Gulons.
- **Stones:** Yellow Topaz, Carnelian, Sapphire, Yellow Agate, Lapis Lazuli, and Amethyst. Also, river or stream stones which have been submerged for the Summer may be used.
- **Plants:** Vines, Garlands (made of these various plants), Gourds, Pine Cones, Acorns, Wheat, Dried Leaves, Corn, Pomegranate, Ivy, Hazel, Hops, Cedar, and Tobacco.
- **Herbs:** Myrrh, Thistles, Tobacco, Oak Leaves, Hazel, Mums, Hops, Acorns, Marigold, Roses, Sage, Milkweed, Solomon's Seal, Asters, Ferns,
- Honeysuckle, Benzoin, Passionflower, Pine, and Cedar.
- **Incense would include:** Aloe Wood, Cinnamon, Cloves, Benzoin, Jasmine, Frankincense, Myrrh, and Sage.
- **Dieties:** All wine Deities (especially Dionysus and Bacchus), the Mother aspect of the Triple Goddess, Persephone, Thor, Modron, Morgan, Snake Woman, Epona, Pamona, Muses, Mabon, Thoth, Hermes, Hotei, Harvest Deities, and Aging Deities.

From the web site "Witchcraft Dawning"  
<http://www.geocities.com/CollegePark/4885/mabon.html>  
permission granted in 1998 by Markus, Webmaster

# Recipes!!

## Mulled Cider Recipe

**This recipe serves: 6**  
**Preparation time: 5 minutes**  
**Cooking time: 10 minutes**

### Ingredients

**6 cups apple cider**  
**3 whole allspice berries**  
**3 whole cloves**  
**6 cinnamon sticks**  
**1 navel orange, peeled and quartered**  
**1 navel orange, unpeeled**

### Cooking Instructions

**1. Combine the cider, allspice berries, cloves, cinnamon sticks and the peeled, quartered orange in a saucepan and bring to a boil. Turn the heat down and let the mixture simmer for 5 minutes.**  
**2. Slice the remaining orange into half moons.**  
**3. Strain the cider and ladle it into warm mugs. Garnish each mug with a cinnamon stick and a fresh orange slice.**

Submitted by Spirit Mother  
of The Coven of Children Between the Worlds

## This is Mabon livin'

Mabon, God of harvest and fall,  
I didn't know you were a God at all.  
I just thought you were a holiday  
When good folk came to eat all day.

Well, I knew you were a child of old  
Who was taken from home in a manner bold  
When you were only three days old  
And hidden in a castle cold.

You waited eight years for Arthur's men  
To find you and bring you home again.  
Their journey was long and really rough;  
I'll bet they found more than enough  
Reasons to give up on you  
But this, you see, they refused to do.  
For Arthur needed your wily ways  
To bring him victory in those days.

Now, as you grew, you looked around  
At the world of lessons that did abound  
And taught yourself the ways of man,

And of nature and the pipes of Pan.

You put them all to work for you  
And became a warrior, tried and true.  
In the joust of life you grabbed the ring  
And eventually became the king  
Of the very lands you were taken from  
When you were so wee and young.

And now we celebrate your feast  
And reap the harvest we have sown.  
Come fathers, mothers, Priestess, Priest,  
We thank you for all you have shown.

Come God and Goddess, join the dance  
Around the fires as we chance  
To dance with you and all you've given.  
And know that this is Mabon livin'!

by Pleiades, of Silver Oak

## headache!!

*I took this off of a health sight, figured that since we all suffer from these bad boys...well, you know.*

My friend Charlene pinged me. She had a miserable headache over the weekend. It wasn't just any miserable headache -- it was a miserable headache caused by citrus.

After retracing her day, Charlene realized that the three delicious tangerines were the culprit. She thought she was just enjoying a very tasty, healthy snack, but she was also triggering pain.

Some experts say that citrus and other foods may trigger headaches because the people consuming them may have an enzyme deficiency.

The enzyme they are lacking is necessary for neutralizing amines in foods. Some foods have large quantities of amines, and without the enzyme, headaches (and even migraines) can be stimulated.

Still, gobbling up an orange (or three) might seem harmless. If you are one of the 28 million Americans who suffer from migraines, taking note of how foods affect your body could be critical in preventing future headaches. One new theory is that craving certain foods could also signal a coming migraine. These kinds of migraines are also made more unpredictable because eating the food may not trigger pain every single time, and because food could team up with other triggers (like bright lights or stress) to induce a migraine.

### Some other foods and beverages thought to trigger headaches include:

- **Aged cheese and those cheeses containing tyramine**, a natural substance that builds up as food ages. Tyramine in high levels has been shown to cause hypertension, which is a particular concern for people who take MAO

inhibitor medication to treat migraines. Blue cheese, brie, cheddar, Stilton, feta, gorgonzola, mozzarella, muenster, Parmesan, Swiss, and processed cheeses often contain high levels of tyramine.

- **Other salted, cured, processed, and canned foods that are high in tyramine.** Take note of how your body reacts when you eat pickles, olives, and canned soups. Beans can also contain headache-triggering tyramine, especially fava, pinto, garbanzo, and lima beans.
- **Alcohol,** which could prompt headaches as it is metabolized in the body. Pay particular attention when you drink red wine, beer, whiskey, and champagne, which have been identified as triggers.

There is a long list of foods that headache and migraine sufferers say cause their pain. Some of them might surprise you, including:

- Peanuts and peanut butter
- Potato chips
- Pizza
- Fresh fruits like kiwi, plums, and raspberries
- Bread and crackers

*Well, I hope you enjoyed this issue Have a great day everyone!  
Blessings, Loye*

## Shaman Soul Studios

heather v. kreiter's spiritual fantasy creations



### Mabon Faerie

Prismacolor Markers & Colored Pencils, White Charcoal on Hemp paper

#### Original is triple matted

After creating my Yule Faerie last year, I wanted to create a faerie for each season. I desperately wanted to have this lady finished a few weeks ago so that I could show her at most of my Sept./Autumn festivals, but she forced me to take my time. Her

chipmunk friends are inspired by my own little pair of chipmunks who live in the ivy beneath my studio.

### Horned God



After creating the Horned God / Alces image for Wod - Changing Breeds, I heard many comments asking, What happened to his manhood??!! The most amusing said, It looks like he has a Tribble on his crotch.

So, after much promising, I've finally given him his manhood back. I have received such positive feedback to the "new" image that he may pop up (no pun intended) in much more artwork to come

And of course, one of my own. I started this one a while ago after returning from Mt Meet. I love the photo itself so thought I would give it a shot. This is a picture of Lady Kerridwyn Springsong



Hope all had a blessed Mabon and upcoming Samhain!

BB  
Loye, GNL