



## August Newsletter

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### Important August Dates

(All times are CDT)

### **August 1 - Lughnasadh/Lammas (Crossquarter August 7)**

#### Lughnasadh/Lammas

**Animals/Mythical Creatures** - griffins, basilisks, roosters, calves, centaurs, phoenix

**Gemstones** - aventurine, citrine, peridot, sardonyx, yellow diamonds and citrine

**Incense/Oil** - wood aloes, rose, rose hips, rosemary, chamomile, eucalyptus, safflower, corn, passionflower, frankincense, sandalwood

**Colors/Candles** - red, orange, golden yellow, green, light brown, gold, bronze, gray

**Tools/Symbols/Decorations** - corn, cornucopias, red, yellow flowers, sheaves of grain (wheat, barley, oats), first fruits/vegetables of garden labor, corn dollies, baskets of bread, spear, cauldron, sickle, scythe, threshing tools, sacred loaf of bread, harvested herbs, bonfires, bilberries, God figures made of bread or cookie dough, phallic symbols

**Goddesses** - the Mother, Dana (Lugh's wife & queen), Tailtiu (Welsh-Scottish), Demeter (Greek), Ceres (Roman grain goddess honored at Ceresalia), the Barley Mother, Seelu (Cherokee), Corn Mother, Isis (Her birthday is celebrated about this time), Luna (Roman Moon Goddess), other agricultural Goddesses, the waxing Goddess

**Gods** - Lugh (Celtic, one of the Tuatha De Danaan), John Barleycorn, Arianrhod's golden haired son Lleu (Welsh God of the Sun & Corn where corn includes all grains, not just maize), Dagon (Phoenician Grain God), Tammuz/ Dummuzi (Sumerian), Dionysus, plus all sacrificial Gods who willingly shed blood/give their life that their people/lands may prosper, all vegetation Gods & Tanus (Gaulish Thunder God), Taranis, (Romano-Celtic Thunder God), Tina, (Etruscan-Thunder God), the waning God

**Essence** - fruitfulness, reaping, prosperity, reverence, purification, transformation, change, The Bread of Life, The Chalice of Plenty, The Ever-flowing Cup, the Groaning Board (Table of Plenty)

**Dynamics/Meaning** - Lugh's wedding to Mother Earth, Birth of Lugh; Death of Lugh, Celtic Grain Festival

**Purpose** - honoring the parent deities, first harvest festival, first fruits grains & drink to the Goddess in appreciation of Her bounty, offering loaves of sacred bread in the form of the God (this is where the Gingerbread Man originated!)

**Rituals/Magick** - astrology, prosperity, generosity, continued success, good fortune, abundance, magickal picnic, meditate & visualize yourself completing a project you've started

**Customs** - games, the traditional riding of poles/staves, country fairs, breaking bread with friends, making corn dollies, harvesting herbs for charms/rituals, Lughnasadh fire with sacred wood & dried herbs, feasting, competitions, Lammas towers (fire-building team competitions), spear tossing, gathering flowers for crowns, fencing/swordplay, games of skill, martial sports, chariot races, handfastings, trial marriages, dancing 'round a corn mother (doll)

**Foods** - loaves of homemade wheat, oat, & corn bread, barley cakes, corn, potatoes, summer squash, nuts, acorns, wild berries (any type), apples, rice, pears, berry pies, elderberry wine, crab apples, mead, crab, blackberries, meadowsweet tea, grapes, cider, beer

**Herbs** - grain, acacia, heather, ginseng, sloe, cornstalks, cyclamen, fenugreek, aloes, frankincense, sunflower, hollyhock, oak leaf, wheat, myrtle

**Element/Gender** - fire/female

**Threshold** - noon

To learn more about this and other Sabbats, get our Sabbats eBook at

[http://witchsupercenter.com/zencart/index.php?main\\_page=product\\_info&products\\_id=129](http://witchsupercenter.com/zencart/index.php?main_page=product_info&products_id=129)

**August 5, 7:55 pm - Full Moon, 7:39 pm - Lunar Eclipse**

### *The Corn Moon*

The Full Moon of August shines bright as you harvest the fruits of your focused labor. The seeds you planted in March have come to fruition. As you harvest, be thankful for your good health, bounty and fertility. Bake breads and sweet cakes to honor the god and goddess. Offer these to your family, friends and neighbors. Feast and as you break bread, know the abundance of sustenance you enjoy. Give bread or grains to those in need, knowing that karma is a seed you plant -- what goes around, comes around, threefold. Make an offering to Gaia, the Earth mother and return some grains to Her, sowing the metaphorical seeds of rebirth. Left upon the Earth, some of these grains may sprout in the spring, naturally reseeding themselves.

*Barley moon, Harvest Moon, Moon when Cherries Turn Black,  
I share my bounty with those who lack,  
Thoth, Hecete, Nemesis, Hathor,  
Grains of abundance, wealth and health we store.*

~ Dallas Jennifer Cobb

**August 20, 5:01 am - New Moon**

### *The New Moon in Leo*

The new moon on August 20 will be the perfect time to withdraw a little and strategize about what you would like to happen next in your life. There is some evidence that you may want to talk with a therapist or life coach about your path ahead, and this new moon will give you the right moment to act. This same new moon would be the perfect time to begin a long-term project, like the writing of a book or thesis or to prepare the groundwork for a major research project or other new venture. Leo is the sign of entertainment, so it would be excellent for writing a screenplay. Leo is also the sign of children's interests, so if you are a teacher, you may begin to work on a new method to teach children now, with great results.

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## **New Items at Witch SuperCenter**

**Metal Pony Tail Wraps & Twisters -**

[http://witchsupercenter.com/zencart/index.php?main\\_page=index&cPath=32](http://witchsupercenter.com/zencart/index.php?main_page=index&cPath=32)

**Belly Dance Costumes & Jewelry -**

[http://witchsupercenter.com/zencart/index.php?main\\_page=index&cPath=30](http://witchsupercenter.com/zencart/index.php?main_page=index&cPath=30)

**Pagan Bumper Stickers -** [http://witchsupercenter.com/zencart/index.php?main\\_page=index&cPath=31](http://witchsupercenter.com/zencart/index.php?main_page=index&cPath=31)

**Tapestries & Curtains -** [http://witchsupercenter.com/zencart/index.php?main\\_page=index&cPath=8](http://witchsupercenter.com/zencart/index.php?main_page=index&cPath=8)

**Book of Shadows Pages -** [http://witchsupercenter.com/zencart/index.php?main\\_page=index&cPath=5](http://witchsupercenter.com/zencart/index.php?main_page=index&cPath=5)

**Pendants & Jewelry -** [http://witchsupercenter.com/zencart/index.php?main\\_page=index&cPath=23](http://witchsupercenter.com/zencart/index.php?main_page=index&cPath=23)

To see all of our new items, visit [http://witchsupercenter.com/zencart/index.php?main\\_page=products\\_new](http://witchsupercenter.com/zencart/index.php?main_page=products_new)

## **Witch SuperCenter August Sale Items**

**Goddess Athame** – Regular Price \$49.99, Sale Price \$45.99

**Lughnasadh Herbal Incense Blend** – Regular Price \$2.99, Sale Price \$1.99

**Dream Interpretation eBook** – Regular Price \$4.99, Sale Price \$3.99

**Herbal Energy Tea** – Regular Price - \$5.99, Sale Price \$4.99

**Magickal Herb Kit, 75 Herbs** – Regular Price - 41.99, Sale Price \$36.99

To see all of our sale items, visit [http://witchsupercenter.com/zencart/index.php?main\\_page=specials](http://witchsupercenter.com/zencart/index.php?main_page=specials)

## **Herb of the Month**

**St. John's Wort** - Fire/Sun, Gender - Masculine, Parts Used - The whole Herb, Magickal Properties - Protection, Banishing, Calming, Uses - Use the leaves in a necklace to ward off sickness and tensions, carry to strengthen your courage and conviction, or when about to confront a nasty situation, burn to repel and banish negative thoughts and energies from yourself or others

To learn more about this and other herbs, get our Magickal Herbs eBook at

[http://witchsupercenter.com/zencart/index.php?main\\_page=product\\_info&cPath=9&products\\_id=120](http://witchsupercenter.com/zencart/index.php?main_page=product_info&cPath=9&products_id=120)

## **Stone of the Month**

**Aquamarine** - This lovely gem evokes the sea in both its name and its color. The ancients saw this as a stone of courage and felt that carrying it would help them return safe and prosperous from sea voyages. It aids in compassion, and tolerance, and facilitates communication both with others and with the deeper self. It enhances the utilization of psychic powers and makes the mind more alert. It is excellent for cleansing and purifying. Aquamarine can be used in rituals to ensure good health. It soothes and calms emotional problems and promotes peace, happiness, and joy as it halts fear. It is the stone of the Sea Goddesses, Psychism, Goddess of courage.

Aquamarine cleanses and aligns the chakras and the etheric and mental bodies. It helps you to reduce fear and communicate with those around you in a loving and compassionate way, all while it is flushing out your lymph system. Aquamarine gems attract friends and friendly people to you. People you can trust and who show compassion for you. It is often used to calm disrupted situations with its ability to bring harmony. Aquamarine helps facilitate communication and is especially good to help couples work out their problems in a friendly and peaceful manner. Any time you and a loved one need to sit down and work through problems, place an aquamarine gemstone between you. It not only helps keep your emotions under control but also helps you find the most affective words to use in the situation.

If you need help with Varicose veins, make an elixir by placing one or more aquamarine gemstones in a glass container of water. Leave it sitting outside overnight, preferable under the light of the full moon. The next day, lightly massage the elixir into the skin around the troubled area. This same gemstone elixir can be used to bathe joints affected by arthritis. The blue ray of the stone is cooling to the joint helping to reduce inflammation and relieve pain. If you find yourself suffering from a sore throat, try wearing an aquamarine close to your neck. To help with allergies or immune system problems, wear one or more aquamarines near the heart so they can transmit their energies directly to the blood.

It has been said that if you need the powers of the aquamarine gemstone and want them to be as powerful as possible, wet the stone while drawing upon the powers of water. This doubles its strength.

To purify yourself with a water meditation, hold an aquamarine gemstone in your hands. Visualize water coming out of the stone and into your hands. See it swirl through your body removing all negativity and impurities as it washes through your body, then down your legs and out of your body via your feet. Allow the water to be soaked up by the earth where She will absorb and transmute the energies into something useful.

To calm the nerves, help heal emotional traumas or to prepare for a good night's sleep, take one or more aquamarine gemstones and wrap them in a cloth so they won't get lost beneath the water, then toss the cloth into a bath tub full of nice hot water. Step in, sit down, lean back, relax and allow the aquamarine to do its work.

### **Rune of the Month**

 **Berkano** (B: Berchta, the birch-goddess.) - Birth, general fertility, both mental and physical and personal growth, liberation. Regenerative power and light of spring, renewal, promise of new beginnings, new growth. Arousal of desire. A love affair or new birth. The prospering of an enterprise or venture. Berkano Reversed or Merkstave: Family problems and or domestic troubles. Anxiety about someone close to you. Carelessness, abandon, loss of control. Blurring of consciousness, deceit, sterility, stagnation.

To learn more about this and other runes, get our Rune Dice Book at [http://witchsupercenter.com/zencart/index.php?main\\_page=product\\_info&cPath=9&products\\_id=124](http://witchsupercenter.com/zencart/index.php?main_page=product_info&cPath=9&products_id=124)

### **Tarot Card of the Month**

**7 of Pentacles** - In the 7 of Pentacles we pause and take stock. We stop for a little while and evaluate what we've done. This pause gives us a chance to make changes so that we can move forward. The sevens relate to the seventh card of the Major Arcana - The Chariot - and are about taking control of a situation. In the 7 of Pentacles we relinquish some of this control, accept that we have put the effort in and now is the time to step back and see what happens.

The flowers in the garden represent aspects of our lives or ourselves which we have invested energy in. We have tended them, loved them and watched them grow. Now we must decide whether to harvest them or leave them alone.

The flowers are the colors of the 7 main chakras so they signify inner growth as well as projects in the physical plane. The fork in the path shows that this is a card about decisions. We pause at the garden fence, assess our achievements and our failures and decide which route to take after going through the garden gate.

The spiral in the sun reminds us that everything in life is cyclical: Just as new flowers will grow in their place when these are gone so today's failures may be tomorrow's successes and vice-versa.

To learn more about this and other Tarot Cards, get our Basic Tarot Card Reading eBook at [http://witchsupercenter.com/zencart/index.php?main\\_page=product\\_info&cPath=9&products\\_id=107](http://witchsupercenter.com/zencart/index.php?main_page=product_info&cPath=9&products_id=107)

## **Correspondence of the Month**

### ***Elements***

**Earth** - Earth is the element that rules the north and that is most stable and dependable. It represents abundance, prosperity, and wealth, and is creative but in a practical, physical manner. Earth is that which sustains all life and on which the other elements rest. Types of magick: gardening, grounding, magnet, image, stone, tree, knot, binding. These types of spells should be performed when the moon is in one of the astrological signs governed by this element: Taurus, Virgo, Capricorn.

**Air** - The element of air rules the east and is associated with mental processes and the mind. It is creative and is that which causes magickal intentions to manifest. It is also associated with higher consciousness and wisdom, divination, and purification. Types of magick: divination, concentration, prophecy, visualization, wind magick, karma. These types of spells should be performed when the moon is in one of the astrological signs governed by this element: Gemini, Libra, Aquarius.

**Fire** - The element of fire rules the south and is associated with change and passion. It is both physical and spiritual, being related to sexuality and to divinity. Fire magick is quickly manifested and filled with primal energy. Types of magick: candle, storm, time. These types of spells should be performed when the moon is in one of the astrological signs governed by this element: Aries, Leo, Sagittarius.

**Water** - The element of water rules the west and is associated with the subconscious mind, intuition, and emotions. As the primal substance of life, it is symbolized by the womb and is related to fertility. Types of magick: magick involving the sea, snow or ice, mirror, magnet, rain, cleansing and purification. These types of spells should be performed when the moon is in one of the astrological signs governed by this element: Cancer, Scorpio, Pisces.

To learn more about this and other correspondences, get our Magickal Correspondences eBook at [http://witchsupercenter.com/zencart/index.php?main\\_page=product\\_info&cPath=9&products\\_id=118](http://witchsupercenter.com/zencart/index.php?main_page=product_info&cPath=9&products_id=118)

## **Spell of the Month**

### ***A Spell for protection against any evil, or those who wish to do you harm***

Your Staff/wand  
Silver or blue shiny glitter

This spell should be performed in a quiet place, preferably outside. You will need your staff (or wand) for this spell. It is best if the staff used is blue, white or silver. The easiest way to achieve this is to bind a ribbon, or ribbons, around it for the spell. This means you can remove them afterward.

It is best to go outside for this spell, as the air movement will help disperse the glitter, and the magick. Cast a circle, or create a sacred space. Go to each quarter in turn (start with the West, then North, East and South), and pound or tap the ground with your staff/wand chanting:

"I call thee, you who guard the watchtowers of the (direction) to guide me through the darkness, and ensure my safety."

Do this for all 4 quarters. Then, stand in the center and say,

"In the shadows, evils hide,  
Ready to draw me from love's side,  
But with your help I shall be strong  
And banish all that do me wrong  
Send them away, send them astray  
Never again to pass my way,  
So mote it be"

As you say the last 3 lines, scatter the glitter in a circle around you. Open the circle, and have something to eat to restore your energies!

To receive more spells, get our Wicca 101 and Beyond: A Witch's Grimoire eBook at  
[http://witchsupercenter.com/zencart/index.php?main\\_page=product\\_info&cPath=9&products\\_id=108](http://witchsupercenter.com/zencart/index.php?main_page=product_info&cPath=9&products_id=108)