



December Newsletter

In this Issue

Important December Dates
New Items at The Witch's Apothecary
The Witch's Apothecary December Sale Items
Astrology by Arlene
Herb of the Month – Mandrake
Stone (metal) of the Month – Copper
Rune of the Month – Raidho
Tarot Card of the Month – Queen of Wands
Correspondence of the Month – Weather
Spell of the Month – Spell to Banish a Negative Self-image

Important December Dates (All times are CST)

December 9, 11:40 am – New Moon

This rite may be used for either New or Full Moon. The difference is in your meditation and mental attitude in preparation. Remember that the New Moon is a time of outward work and thought, building to the peak which is the Full Moon.

At the Full Moon, you should be preparing to lessen the outward flow of energy, bit by bit, until the period before New Moon, during which you are passive, building a pool of energy within you, in preparation for the New Moon.

The altar should be placed in the center of the ritual area. On it should be placed a rose or stick of incense on the eastern side, a red votive candle to the South; a cup of water on the West, and a bowl of salt or living plant on the North. Around your ritual area, you should place an unlighted candle at the cardinal point of each direction.

To begin your rite, enter your darkened temple, carrying one burning candle, white or lavender, with you. Place it on the center of your altar, sit, and meditate on the meaning of the rite. When you feel the time is right, stand, and go to the eastern point, carrying with you, the burning candle. Light the votive at the eastern point and go to the southern, picturing, as you do, an arc of pure strong light curving from one candle to the next. Continue to the West, and then to the North, lighting the candles as you go, and then walk to your eastern candle again, having formed

a circle of protective light surrounding the area in which you worship. Return to the center of the circle, replace the candle on the altar, and say:

*"My Lady of the Moon, who is called Diana,
Artemis, Levanah, Isis and by any other names,
I come to you to bring you my love and my devotion.
May you grant me the joy of your presence."*

Mentally divide the room into four quadrants by visualizing a line of silvery moonlight from the southeast to the northwest, and from the northeast to the southwest. Go the East, taking with you the rose or incense. Say:

*"Sweet Goddess,
the gentle breeze is the touch of your loving hand,
the wind of storm a reminder of your strength.
The sound of the trees in the wind is your voice,
and the fragrance of flowers borne on the wind is your gift of beauty."*

Place the rose next to the votive candle, then stand there as you picture the quadrant filling with moonlight. See the moonlight streaming quietly and gently into the room, filling the quadrant from center point to the edge of your circle. When this is complete, take the red candle to the South. Place the gift and see the quadrant fill with moonlight. Say:

*"Most loved Lady,
the light of the candle is a guide along our path leading to you;
its warmth the reassurance of your presence and your love.
The light of the Sun is the knowledge you impart to us,
driving out ignorance and those things which can survive only in darkness."*

At the West:

*"Lovely One,
the quiet pool is the serenity of your being.
The vast sea where life began on this planet
is the vast sea of your being whence all life came;
its waves are the ebb and flow of the universe you rule."*

At the North:

*"Goddess of all,
the fertility of the earth is a sign of your fertility, whence all life rose.
The solidity and permanence are still of it are still less than yours.
The Earth's fertility feeds our bodies, and your fertility feeds our souls."*

Go to the center of your temple, which is now filled with moonlight. Everything in the circle is touched by it, blessed by it, including you. Sit down and feel this moonlight around you. Know that it is the Goddess. Realize that you are in the center of a sphere of light that is half above and half below where you sit.

Begin to breathe slowly and evenly, deep breaths that penetrate your whole body. When this rhythmic breathing becomes natural, imagine that the moonlight by which you are surrounded enters you, fills you entirely. With each exhalation of your breath, some of the essence of yourself leaves your body, and with each inhalation, the light enters you. You are being filled ever so gently with this beautiful light. This light, which is the presence, the being of the Goddess, is within you as well as without. With each breath, you are less yourself and more the Goddess. When you are filled with light, filled with the Goddess, the shell of your body fades away. You have no body; there is nothing to separate you from the entire being of the Goddess. Nothing exists but the being of which you are apart. You have ceased to be a separate entity. You are nothing and everything. All that was, that is, and all that will be, you are. Enjoy this feeling as long as you like.

When you feel it is time, picture the outer shell of your physical body reforming, becoming solid again. It is being built out of the Universe of which you are a part. Now, as you continue your slow deep breathing, see the moonlight flowing out of your body, as gently and slowly as it entered. As it flows out, realize there is a difference. Because you have become one with the Goddess, with the Universe, your being has changed. As the moonlight flows out of your body, it takes with it a part of that which was yourself, now part of the Goddess, and leaves behind a part of the Goddess, forever now part of you. You become yourself again, solid as you were, but changed. You are surrounded by the presence of the Goddess, which now contains a part of yourself. Move again to the East. As you speak, and after, picture the moonlight in that quadrant flowing back to its source, leaving that quadrant as it was. Do this at each quadrant, until all the moonlight has returned to the Moon.

At the East:

*"My Lady, guide my thoughts.
Let them lead always closer to you."*

At the South:

*"Gracious Goddess, guide my actions.
Let them always help and never harm others or myself."*

At the West:

*"Lovely One, guide my emotions:
Let them be healing and touched always by you."*

At the North:

*"Sweet Goddess,
let my mind always be fertile and strong,
that I may grow always toward you."*

Return to the East to complete the circle and say:

*"Queen of Heaven,
I thank you for your presence,
both now and always.
My love and devotion are yours.
Blessed be!
All spirits who have joined me tonight may depart,
with my love.
Return to your proper places."*

Walk again around your circle, but this time counterclockwise, extinguishing the quadrant guards as you go, and at the same time, mentally erasing the white line which surrounded your circle. When the candles are out and the circle gone, rap on your altar and say:

"So mote it be!"

By: Ellen Reed, Coven of Sothistar

December 22 – Yule/Winter Solstice

Yule

Animals/Mythical Creatures – Yule goat (Nordic), reindeer stag, squirrels, Yule cat, Sacred White Buffalo, Kallikantzaroi-ugly chaos monsters (Greek), trolls, phoenix, Yule elf, jule gnome, squirrels, wren/robin

Gemstones – cat's eye, ruby, diamond, garnet, bloodstone

Incense/Oils – bayberry, cedar, ginger, cinnamon, pine, rosemary, frankincense, myrrh, nutmeg, wintergreen, saffron

Colors/Candles – gold, silver, red, green, white

Tools/Symbols/Decorations – bayberry candles, evergreens, holly, mistletoe, poinsettia, lights, gifts, Yule log, Yule tree, spinning wheels, wreaths, bells, mother & child images

Goddesses – Great Mother, Befana (Strega), Holda (Teutonic), Isis (Egyptian), Triple Goddess, Mary (Christian), Tonazín (Mexican), Lucina (Roman), St. Lucy (Swedish), Bona Dea (Roman), Mother Earth, Eve (Hebrew), Ops (Roman Holy Mother), the Snow Queen, Hertha (German), Frey (Norse)

Gods – Sun Child, Saturn (Roman), Cronos (Greek), Horus/Ra (Egyptian), Jesus (Christian-Gnostic), Mithras (Persian), Balder (Norse), Santa Claus/Odin (Teutonic), Holly King, Sol Invicta, Janus (God of Beginnings), Marduk (Babylonian) Old Man Winter

Essence – honor, rebirth, transformation, light out of darkness, creative inspiration, the mysteries, new life, regeneration, inner renewal, reflection/introspection

Dynamics/Meaning – death of the Holly (winter) King; reign of the Oak (summer) King, begin the ordeal of the Green Man, death & rebirth of the Sun God; night of greatest lunar imbalance; sun's rebirth; shortest day of year

Purpose – honor the Triple Goddess, welcome the Sun Child

Rituals/Magick – personal renewal, world peace, honoring family & friends, Festival of light, meditation

Customs – lights, gift-exchanging, singing, feasting, resolutions, new fires kindled, strengthening family & friend bonds, generosity, Yule log, hanging mistletoe, apple wassailing, burning candles, Yule tree decorating; kissing under mistletoe; needfire at dawn vigil; bell ringing/sleigh-bells; father Yule

Foods – nuts, apple, pear, caraway cakes soaked with cider, pork, orange, hibiscus or ginger tea, roasted turkey, nuts, fruitcake, dried fruit, cookies, eggnog, mulled wine

Herbs – blessed thistle, evergreen, moss, oak, sage, bay, bayberry, cedar, pine, frankincense, ginger, holly, ivy, juniper, mistletoe, myrrh, pinecones, rosemary, chamomile, cinnamon, valerian, yarrow

Element/Gender – earth/male

Threshold – dawn

To learn more about this and other Sabbats (Wiccan Holidays), get our Sabbats eBook at www.The-Witches-Apothecary.com/the-sabbats-ebook.html

December 23, 7:15 pm – Full Moon

The December Full Moon is known as the Long Nights Moon.

Long Nights Moon

This year the Winter Solstice plays a part in our December Full Moon celebration. According to mid-winter mythology, this is the time of the Oak King, who lends us his name for the year's final Full Moon. At the Winter Solstice, the Oak King has defeated his brother, the Holly King and the waxing half of the year has begun. From this point, the light will only grow stronger, and our daylight hours will grow longer.

In herbalism, the oak is a tree of wisdom, power and magic. So on this night of the Full Oak Moon, ask the Oak King for his blessings. Find a small oak twig or acorn and set it in a place of prominence. Then, arrange next to it a gold candle for illumination and a green candle to encourage prosperity. Light the candles and say:

*A Full Moon night in December brings magick so true,
May the Oak King grant me wisdom in all that I do.
See the burning candles of green and gold so bright,
Light and riches they will bring on this blessed night.*

- Ellen Dugan

New Items at The Witch's Apothecary

Candle Snuffers – www.The-Witches-Apothecary.com/gold-tone-candle-snuffer.html

Pyramid Candles – www.The-Witches-Apothecary.com/pyramid-candle-with-blue-flower-design.html

Wood Pentacle Box – www.The-Witches-Apothecary.com/wood-box-with-pentacle-cutout.html

Nag Champa Incense – www.The-Witches-Apothecary.com/nag-champa-stick-incense.html

To see all of our new items, visit www.The-Witches-Apothecary.com

The Witch's Apothecary December Sale Items

Plus, get an extra 10% off all orders over \$25 (including sale items) in December. Use coupon code DEC when checking out.

Herbal Dream Tea – Regular Price \$5.99, Sale Price \$4.99

Magickal Herbs eBook – Regular Price \$4.99, Sale Price \$3.99

Magickal Herb Kit, 45 Herbs – Regular Price \$24.99, Sale Price \$22.99

Yule Sabbat Incense Blend – Regular Price \$2.99, Sale Price \$1.99

Healing Copper Bracelet – Regular Price - \$7.99, Sale Price 6.99

To see all of our sale items, visit www.The-Witches-Apothecary.com/saleitems.html

Astrology

by Arlene

405-602-5840

cell 775-513-1880

AstrArlene@aol.com

THE CHRISTMAS DINNER

Well hello again to all of you out there that love Astrology!!! (and to those of you who are trying to learn to love Astrology.) I hope you have had a wonderful Thanksgiving!!! And now it's all ahead for some Christmas cheer!!!. What I have decided to do for this issue is to give you an idea of the way the planetary signs such as Aries, Taurus etc, may react to the Christmas Holidays. It will be interesting to note the different energies of each sign, so take notes, or if you have a printer, please feel free to print out his article.

If you were born between March 21 and April 20 in any year, your Sun sign is Aries. Aries people are the "I Will" people of the zodiac and they are ruled by action packed, impatient Mars. So if you are an Aries, you might be the person to carve the Christmas Goose!!! Mars rules "knives"!!! If you are the host or hostess you may consider giving the Aries person a carving knife when you are ready to carve the Goose!!!

If you were born between April 21 and May 21 in any year, your Sun sign is Taurus. Taurus people are the "I Have" people of the zodiac and they are ruled by artistic Venus. So if you are a Taurus, you might be the person who arranges the dinner table (with the sweet cranberry sauce near you!!!). By the way I guess you now know that Taurus loves "sweets!" And if you are the host or hostess, be sure to have a wonderfully "sweet" desert!!!

If you were born between May 22 and June 21 in any year, your Sun sign is Gemini. Gemini people are the "I Think" people of the zodiac, ruled by bookworm Mercury. So if you are a Gemini, you might be the person that "reads the recipe books" and picks out the "walnut" (Gemini) stuffing that appeals to you. If you are the host or hostess, you may have several recipe books for the Gemini to choose from, since they usually like to read a variety of books!!!

If you were born between June 21 and July 22 in any year, your Sun sign is Cancer. Cancer people are the "I Feel" people of the zodiac, ruled by the nurturing, mothering sign of the Moon. So if you are a Cancer, you might be the person ready to cook for "the gang"!!! If you are the host or hostess, please be sure to have a pretty apron ready for "the cook"

If you were born between July 23 and August 22 in any year, your Sun sign is Leo. Leo people are the "I Authorize" people of the zodiac, ruled by the "creative" Sun!!! Yes, he is most comfortable in his own house!! And if a Leo is present at your dinner party (Leo's love to party!) he or she will probably use his or her "authority" to control the centerpiece, since Leos always seem to know "best" and if you are the host or hostess you may let the Leo design the centerpiece. It will surely be a work of art!!!

If you were born between August 21 and September 23 in any year, your sun sign is Virgo. Virgo people are the "I Analyze" people of the zodiac. Virgo people are ruled by Mercury (who loves to communicate) and the Virgo will be there just to criticize and possibly find and rearrange the tiniest flaw on the dinner table!!! And if you are the host or hostess, please do not be insulted as the Virgo is only trying to help!!!

If you were born between September 23 and October 23 in any year, your Sun sign is Libra. Libra people are the "I Balance" people of the zodiac. Libra people are ruled by diplomatic Venus and the Libra people will be there to insure that the atmosphere is charged with diplomacy (especially after Virgo has his say!). If you are the host or hostess, the Libra's fluttering around (social butterfly of the zodiac) and entertaining everyone will make you forever grateful, as you will be able to complete your chores without the feeling that you are "ignoring" your guests!!

If you were born between October 23 and November 22 in any year, your Sun sign is Scorpio. Scorpio people are the "I desire" people of the zodiac. Scorpions are ruled by "transforming" Pluto. The Scorpio may possibly point out what WILL NOT BE NEEDED FOR DINNER, THUS TRANSFORMING YOUR DINNER!!! And if you are the host or hostess, you decide what is or isn't needed and then politely tell the Scorpio to do their thing!!!

If you were born between November 23 and December 21 in any year, your Sun sign is Sagittarius. Sagittarius people are the "I Seek" people of the Zodiac and are ruled by expansive Jupiter. Sagittarians will make sure you have an abundant assortment of food. If you are the host or hostess, you should let the Sagittarian say "Grace" since they are also inclined, with their thirst for knowledge to usually know quite a bit about religion.

If you were born between December 22 and January 20 in any year, your Sun sign is Capricorn. Capricorn people are the "I Require" people of the zodiac. Capricorn is ruled by "responsible" Saturn. Saturn of "Social Status" will keep his eyes on the guests to make sure they are morally ethical, napkins on their laps, glasses and dishes set correctly – Ugh how boring!!! BUT after all Saturn is the Taskmaster and teacher of lessons!! If you are the host or hostess, please be sure that your glassware and stemware are set correctly and that they SPARKLE with cleanliness!!

If you were born between January 21 and February 19 in any year your Sun sign is Aquarius. Aquarius people are the "I Know" people of the zodiac and are ruled by the freedom loving, innovative Uranus. Aquarians ask why you are baking and "slaving" over a hot stove when you can use a "microwave," after all Uranus is also the "Mother of Invention" and the modern electrical Microwave!!! If you are the host or hostess you may serve your Aquarian guest some hot tea – heated up where??? The microwave of course!!!! Only one minute please!!!

And last but not least, by any means, if you were born between February 20 and March 20 in any year, your Sun sign is Pisces. Pisces are the "I Believe" people and ruled by Neptune the planet of dreams and ideals. The Pisces will sit there quietly and dream and "imagine" (Neptune) about the wonderful feast they are going to enjoy on this wonderful Christmas Day!!! If you are the host or hostess, give the Pisces a glass of wine (Neptune) and let him dream on!!!

All of these lovely, interesting planets and signs are in the Astro Star Kards with many, many more explanations and interpretations. The Astro Star Kards can show you and help you to learn more about yourself!!! Or others!!! The Kards are available at www.The-Witches-Apothecary.com/astro-star-kards.html

Blessings to all!!! Have a Happy, Healthy Holiday Season and a wonderful 2008!!! Until next month,

Arlene

Herb of the Month

Mandrake ~ Element – Earth, Planet – Mercury, Gender - Masculine Parts Used - Root

DO NOT INGEST THIS HERB BECAUSE IT IS POISON

Magickal Properties - Protection, Fertility

Uses - Carried by a woman for help in conception, used to help cure male impotency, place in home as protection charm

To learn more about this and other herbs, get our Magickal Herbs eBook at www.The-Witches-Apothecary.com/magickal-herbs-spells--recipes-ebook.html

Stone (Metal) of the Month

This month we are focusing on a metal, Copper, because it is often used in combination with stones for making magickal tools and it has useful healing and energy focusing properties.

Copper – This metal is good for a multitude of things. Copper is a great electrical conductor, which makes it excellent for directing magickal energy. It is also a wonderful healing and good luck metal. It is good for releasing emotional blocks, physical healing, general protection, increasing self-esteem, bringing good luck and attracting love & money.

Rune of the Month

R **Raidho** (R: Wagon or chariot.) – Travel, both in physical terms and those of lifestyle direction. A journey, vacation, relocation, evolution, change of place or setting. Seeing a larger perspective. Seeing the right move for you to make and deciding upon it. Personal rhythm, world rhythm, dance of life. Raidho Reversed or Merkstave: Crisis, rigidity, stasis, injustice, irrationality. Disruption, dislocation, demotion, delusion, possibly a death.

To learn more about this and other runes, get our Rune Dice Book at www.The-Witches-Apothecary.com/rune-dice-divination.html

Tarot Card of the Month

Queen of Wands – This card focuses on family matters and the home, and possibly spiritual or metaphysical pursuits and personal fulfillment. When in doubt remember that important decisions usually make themselves when the time is right. A sacrifice may have to be made because you will not accept less than the best.

As with all Court cards, it is also possible for a Queen to represent a person. The astrological sign for the Queen of Wands is Leo. This is a woman who is honorable and well-liked and fond of her home. Other adjectives to describe this person might be: fun-loving, proud, honest, aloof, impulsive, determined, loyal and generous. This Queen may represent the vocations of: actor, artist, athlete, fashion figure, entertainer, or any profession where she can be the center of attention.

To learn more about this and other Tarot Cards, get our Basic Tarot Card Reading eBook at www.The-Witches-Apothecary.com/basic-tarot-card-readin.html

Correspondence of the Month

Weather

Lightning storms – This is a period of intense energy. All spells cast during storms will be empowered. Protection rituals are ideal.

Rainstorms – purification, love, compassion, friendship, beauty rituals, releasing guilt and jealousy

Snowstorms – gentle magick, purification, emotions, letting go of love

Heavy winds – travel spells, study spells, breaking addictions

Wind directions

North Wind

The North Wind is useful for breaking bad habits, perform any this type of spell while the North Wind is blowing for added power. The North Wind is also the wind of the element Earth, and can be used for fertility and prosperity magic, as well as healing.

West Wind

The West Wind is useful for Water magic, love, healing and fertility. It is especially useful for spells involving cleansing and purification or celebratory rituals.

East Wind

The wind blowing from the East is associated with thinking, intellect and new beginnings. The East Wind is useful for spells involving the mind and all spells involving the element of Air.

South Wind

Because the South Wind is related to the element of Fire, spells of the same nature should be cast while it is blowing. It's a good time for love spells and other spells of a passionate nature.

To learn more about this and other correspondences, get our Magickal Correspondences eBook at www.The-Witches-Apothecary.com/magickal-correspondences-ebook.html

Spell of the Month

Banish a Negative Self-Image

To banish any negative self-images, place the Lovers card from your favorite tarot deck in front of a black candle. Light the candle and concentrate on it. Feel its energy, then, turn your attention to the card. Think about the way you look, and consider all your good points. Realize that they outweigh any bad ones you might have. Remind yourself that no one is perfect. Dwell on the good things as you draw on the candle's energy. Feel good about yourself. Repeat as often as needed.

To receive more spells, get our Wicca 101 and Beyond: A Witch's Grimoire eBook at www.The-Witches-Apothecary.com/book-of-shadows-ebook.html