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Samhain 1981

# Children of the Earth

Vol. 1, No. 4

*Rowan Tree Church Periodicals Collection*

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# Children of the Earth

P.O. Box 584, Petersburg, WV 26847-0584  
c. 1981 Cote

SAMHAIN, 1981  
Volume 1, Number 4

## From the Dining Room Table

Herry Meet! Someone told me that most Pagan Publications last about three issues. Well, here's the fourth, so I believe we're gonna make it. This is, of course, due to YOUR PARTICIPATION. Special thanks to all of you who have sent copy - and extra special thanks to those of you who will do so in the future.

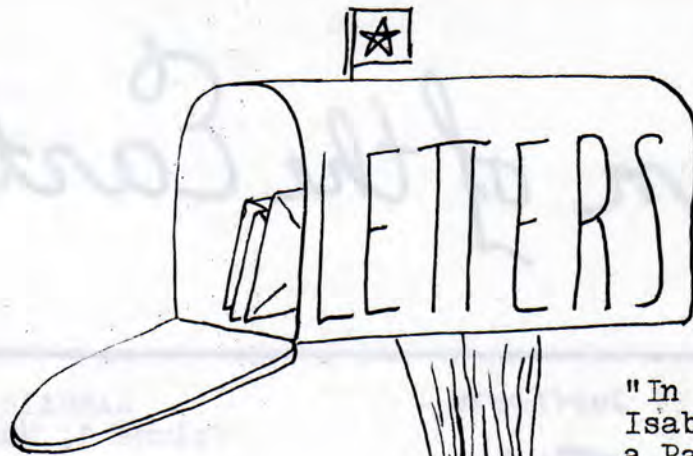
What we'd really like to see now is for the subscriber list to get longer - which will mean more people writing, and bigger issues. So if you know of anyone who hasn't heard of Cote, and there are lots of them, please tell them. Better yet, give a subscription to any Pagan Parents, Soon-to-be Parents, Would-be Parents on your Yule list.

Speaking of subscriptions, a few of you may have a ☆ in the box on the cover. That means it's time for you to renew your own subscription. If you've had 4 issues, but don't have a ☆, it's because you've had articles printed, and that extends subs. (Will that bring a flood of articles? I hope.)

It looks as though we have actually got a publication schedule now. How does Samhain, Candlemas, Beltane, and Lamas sound? The Candlemas issue will have a number of articles on Birthing, so anything pertaining to that please send - in addition to the usual mix.



Blessed Be!  
Hestia\*



religions in the non-family Pagans to do about television archal influences which in-

In a recent issue of Cir-interview with Elizabeth person in ten, exposed to embrace them. Perhaps one live in a country saturated religions. Even Isabel's instructions while at the Craft. Recently there occur Midwest at which mostly to trade notes about how practices even more

I agree with that we Pagans should love and tolerate, but we face formidable challenges to our religious identity. Modern American Paganism is in a volatile, somewhat amorphous state. It rings with diverse voices suggesting diverse directions, and yet it contains much energy.

Perhaps we can harness this energy to give it form and direction: that is, "get our act together" to foster dialogue among the traditions, cooperation, Pagan education for our kids, and a positive public image.

That's a big act to get together. The Pagan Parents whose opinions (are printed in CotE) are obviously laboring under the stress of these and other challenges. I think (there is need for) parents to discuss and hopefully solve problems in current American Paganism as it confronts a religiously lopsided society.

Here is one person's idea of the education of a modern American Pagan:  
A: Pre-school play and learning outdoors  
B: "Structured" education, from nursery school to post graduate degrees  
C: The "real teaching/learning" in Nature or the Universe via Craft, Magic, and/or intuition.

The order of B & C might be reversed or occur simultaneously.

When discussing Pagan Children, we must remember the necessity of B. If the Age of Aquarius is to be realized, our children must be educated well, if only to realize that academic work...is quite juicy at its roots, which depend so greatly on Pagan thinkers and theories from the past. And the academic skills are necessary if Pagans are to speak well (to pass on things accurately in oral tradition) and write well (to publish books and newsletters for stating their case, attracting converts and/or tolerant acceptance). Mostly, the schoolwork is important to Pagans because they must think logically and thus be able to separate facts from the patriarchally religious context in which

"In the recent issue of CotE, Isabel had decided to assemble a Pagan catechism to counteract the influence of patriarchal lives of her sons. But what are (with its subtle and overt patri-trude into their homes)? cle Network News, there was an Pepper...who said that only one occult beliefs and practices, would reason for this is that we Pagans with the influences of patriarchal son wants to go to catechetical same time desiring to learn the red a two-day conference in the Christian evangelists got together to spread their beliefs and effectively than they do now! Clytemnestra (CotE Lammas 81)

such truths are often presented, even on TV and through other non-school media.

Today's non-Pagans experience various forms of A & B. But Pagans must master all three stages if Paganism is to be properly understood explained, defended, even promoted (by those traditions desiring promotion and positive public relations).

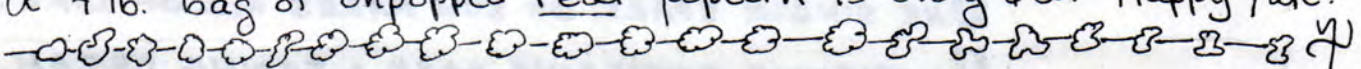
We also must de-fuse the inevitable patriarchal bombs thrown our way by those jealous of our success. Remember how Mohammed was chased from Mecca when his growing religion offended the prevailing vested interests? His solution was the Holy War. If our solutions are successful education and communication, we'll far outdistance (in time and space) the heavy-handedness of Islam.

-Filisis, Penn.

It is my opinion that the human spirit is closer linked with the emotions than the intellect. So therefore you should communicate to people through actions which speak in emotions, because sometimes words get in the way of emotions. It's as if we were children, because emotional levels are the language of kids - but then, don't we all have a part of us as pure and innocent as a child's soul. And it has been said age is no burden when the soul is as light as that of a child.

-Steve, Fla.

Did you know that (on sale) for \$2.99 you can buy a bag of Pre-strung Plastic Popcorn??? The bag is about 6" x 8". A 4 lb. bag of unpopped real popcorn is only \$2. Happy Yule!



## Contacts

Angel Hansen, age 13,  
wants pen pals -  
4701 Lyons Rd, Box 159  
Pompano Beach, Fl. 33067

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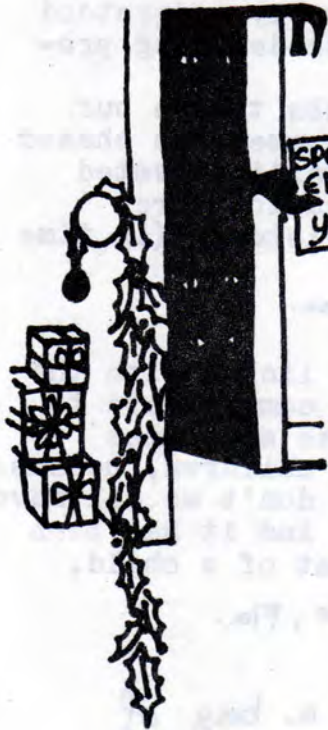
Wheatridge, Colo.-80033

# CHANGES

SYNERGY has moved to Rt. 3 Box 73, White Cloud, MI. 49349  
PEGASUS EXPRESS moved to 4701 Lyons Rd., Box 159, Pompano Beach, Fla. 33067

THUNDERBOW's address includes a new apartment number:  
4385 Hoyt St., #201, Wheatridge, Co. 80033

# NOTES FROM THE BROOMCLOSET



SPECIAL  
EDITION  
for  
YULE

(A SMALL OFFERING FOR ARNE & HERNE, BEANS, KIMBERLY, BIRDSGIRL, PETER & ANNIE, LITTLE X, AND ALL THEIR FELLOW ADVENTURERS... AND FOR ALL THEIR PARENTS, INCLUDING BUT NOT LIMITED TO SANDRA AND STARWIND... NOT TO MENTION SONJA AND HESTIA... ETC. I COULD GO ON FOREVER. HAVE A HAPPY YULE, LOVE AND LIGHT, BLESSED BE)


**T**HIS SEASON'S CHILDREN ARE MY JOY, MY  
**H**OPE; AS LIGHT RETURNS I SOFTLY BREATHE  
**A** PRAYER, A SPELL, A REACH INTO THE DARK-  
**N**ESS OF THE MIDNIGHT WORLD; A MOTHER'S HEART  
**K**EEPS VIGIL AT THE YEAR WHEEL'S DARKEST TURN.

**Y**ULE IS ALL HOPE; THEY SEE THE SNOW AND THAT  
**O**NE SINGLE SPARK OF SUN MAKES ALL OF LIFE'S  
**U**NFRIENDLY GATHERING DARK A FADING DREAM.

**G**RANT, MOTHER OF ALL MOTHERS, FOR MY CHILDREN  
**O**NLY THIS: THAT AS THEY GROW THEY KEEP THEIR  
**D**ARING INTO LIFE, THEIR FAITH IN WONDROUS  
**D**REAMS, THEIR LOVE OF YOU IN  
**E**VERY STEP THEY TAKE TO KNOW YOUR WORLD; OF  
**S**UCH AS THESE OUR CHILDREN MAY YET COME THE  
**S**OLSTICE REBIRTH OF THIS SQUANDERED EARTH.



SO NOTE IT BE

- CLOUD 

## NOTES FROM THE BROOM CLOSET, cont'd

BUT WHAT CAN I TEACH MY KIDS?

Good Gods, what can't I? An incredible majority of the occult triviata of our daily lives is at least marginally acceptable in "Normal Society", though often under other terminology.

About half a year ago, Arne and Herne began attending an excruciatingly Normal daycare center - the sort of suburban school where a knee patch is tantamount to counterculture. A while later, I got a surprise: it seems my kids are about the only ones there who don't use their sun signs as part of their I-D material. "Hi, I'm Joseph Blow, I'm 4½ years old, I live at 13 Crowley St., my phone number is 666-7777, my daddy's name is Harold, and I'm a Leo." Like that\*.

So...it's OK if they know a junior-grade smattering of astrology. It's OK for them to know a junior-grade **sampling** of a lot of things, actually. I use my Very Normal mother as a gauge for this sort of stuff; if she accepts it without eyebrow action, it's probably **OK**. So far, she has coped admirably with:

WHAT WE DO ABOUT OWIES, which includes making sure the kids can identify yarrow, plantain, etc., so they can treat themselves before (or instead of) getting a bandaid, and also includes "telling the pain to go away". Mom regards the herbal part as useful survival technique and the magic part as cagey psychology.

OTHER MAGICAL HABITS: Mom regards Arne and Herne's apparent telepathy as just that, maybe a little strange, but predictable from a close sibling attachment; Herne's apparent ability to "call" woods critters is ("obviously") the simple result of his being so quiet in the woods. Et cetera.

LIFE STYLE STUFF: Most of the things we do that are "different" are, at least in our small-city environment, classifiable as "family values". We occasionally forage the yard for supper veggies, a.k.a. weeds; we grow a lot of our food; we walk a lot; we are only slightly attached to the notion of the nuclear family; we're low electrical consumers; we have no visible religion; we pay attention to natural cycles, and celebrate an inordinate number of holidays. We read a lot, and a lot of what we read is in magic, mythology, and comparative religion. We would rather make than buy, rather mend than throw away. And all that, apparently, from my neighbors' reactions, is maybe a little eccentric, but OK. Mom seems to think about the same.

So what can't I teach my kids? Mostly I can't teach them that **all** that (and circles, too) **all** fits under the category of Religion. I can't give them "Witch" as a noun for themselves.

Frankly, I think that's just as well.

I'd rather they grew up to be verbs anyway.

So mote it be.

\* And what did A & H contribute to the astro-symposium at the day-care center? This: Arne informed the world that "I'm an eagle and my brother's a tree." I like that a lot.

-CLOUD

# NeoNatal Notes Breastfeeding by Robin Facts everyone should know.

These facts are taken primarily from EVERY WOMAN'S BOOK, by Paavo Airola. Each statement is researched and documented. If you feel the need to research them further, contact your local La Leche League for more sources of research.

1. Mothers milk supplies antibodies to the infant, thus decreasing the number and severity of infections of all kinds when compared to formula-fed infants.
2. Breast-fed babies are much less likely to develop skin irritations, less likely to develop allergies in adulthood, and much less likely to fall prey to the Sudden Infant Death Syndrome. An amazing percentage of SIDS babies (87-94%) are formula-fed.
3. Breast feeding prevents anemia and encourages proper facial and dental development. Cows milk is lacking in Iron completely, and formulas which add Iron also add vitamins in a fairly wide range, which means that vitamin E present in "fortified" preparations interacts with the Iron and renders both useless.
4. Breast-fed children have much fewer digestive problems, since formula feeding places a great burden on the infants immature system. Cows milk contains almost three times as much protein as mothers milk. That's fine for calves, but not for humans. The quality of that protein differs considerably as well. In cows milk, 15% of the protein is in the whey, while in human milk 60% is whey; whey is water soluble and easier to digest. Undigested protein can cause malnutrition and constipation. An infant calf has four stomachs and sufficient enzymes to break down the hard protein. An infant human does not. Mothers milk also contains digestive enzymes; therefore almost 100% of breast milk is completely assimilated, while only 47-52% of the protein in cows milk is utilized. The rest is then excreted in the babe's urine which places another stress on the child's immature kidneys. The fats, carbohydrates, vitamins, and minerals differ as dramatically between cow and human milk. Therefore:
5. Breast milk encourages the growth of desirable, beneficial bacteria in the digestive tract, while formula promotes the growth of putrefactive bacteria. Cows milk is unable to support the life of the BACILLUS BIFIDUS flora which inhibits the growth of disease-producing bacteria and helps to produce B vitamins and lactic acid. Many of the baby's vital organs are not fully developed at birth and it has been shown that feeding infants with formula contributes to stresses leading in some cases to infant mortality.
6. Sugar is another problem. The ONLY sugar which infants can assimilate is milk sugar. This is lactose and serves to develop the myelin sheaths, that is the coating around the nerve endings.

This coating process continues for several months after birth. Feeding the infant formula which contains sugar (white table sugar, or honey, or any other form of sugar) is extremely detrimental. It is a contributing factor in the dramatic increase in nervous breakdowns and multiple sclerosis among adults. Because the child cannot utilize other sugars, it is also a burden on the immature liver. Isn't it strange, then, that hospitals give newborns sugar water?

7. Breast-feeding helps prevent breast cancer in the mother. Statistics show that women who have never breast-fed are considerably more susceptible.

8. Breast-feeding is a means of child spacing. Except for one-percent failure (even the Pill has a 2% rate) a woman who totally breast-feeds her child will not ovulate. Extensive studies have shown that mothers who formula-fed their infants were twice as likely to be pregnant by the time the children were nine months old.

9. Another important aspect is bonding. Especially in cases in which the mother was an abused child, breastfeeding plays an important role in stimulating the mothering instincts so that the new being has more of a chance of being an UNbattered child. When the baby suckles at the breast, sensory impulses cause OXYTOCIN to be released in the mother's blood. This important hormone helps the uterus contract and inspires feelings of nurturing in the mother. It is in fact called the "mothering hormone". It is common among nursing mothers to be so in tune with the child that she knows when the baby is about to waken even when she is rooms away. It is not uncommon for the mother to wake in the middle of the night seconds before the child does. In some cultures, infants do not wear diapers, for the mothers are acutely aware of when the child needs to urinate and defecate. (see MAGICAL CHILD by Joseph Chilton Pearce)

10. Not only formula, but the early introduction of baby food in the diet is harmful. When a baby is born, the digestive system is still in the process of developing. The secretion of saliva will not begin for several weeks. The starch digesting enzyme, Ptyalin, which is found in salivary secretions, will not be present in an effective quantity for at least six months. Another vital starch digesting enzyme, Amylase, which is secreted by the pancreas, generally does not appear until the eruption of the molar teeth. In short, this means that NOTHING OTHER THAN BREAST MILK should be fed to a child younger than six months or so because the baby's digestive tract cannot assimilate anything else. The child cannot efficiently digest foods rich in starch, such as cereals, until about twelve months of age, or at the eruption of the molars. Still, despite these well-established facts, pediatricians will suggest that cereals be introduced as the first food, and at about six weeks of age. Dr. L.F. Hill is a leading expert on infant nutrition. He states that the introduction of solids at such an early age "is the result of empiricism and competition, not of sound nutritional principles. It is attended by certain dangers, which are not compensated for by any discernable advantages." Besides

EDITOR'S NOTE: ROBIN HAS A BUNCH OF HERBAL THINGS  
AVAILABLE BY MAIL THAT PERTAIN TO MOMS + BABIES.  
WRITE FOR CATALOG: ISIS 1305 MARION ST, DENVER CO 80218



the purely physiological reasons already mentioned, baby foods and formulas contain salt, sugar, fillers, chemical preservatives, and a host of artificial additives, all of which are harmful, and most of which are proven to be carcinogens. Do you realize that even Gerber baby food has a shelf life of TWO YEARS? What value can it possibly have?

11. Early feeding of foods and the use of formula contributes greatly to the problem of infant and childhood obesity. The number of fat cells an individual has is determined early in life, and the increased caloric intake due to foods and formulas increases not only the potential for obesity in childhood and adulthood, but that in turn is linked to the greater incidence of degenerative diseases in adulthood.

12. Suckling at the breast and sucking at a rubber nipple are two different actions. At the breast, the baby swallows as it sucks, while with a bottle, the movements are separate. For this reason, facial and dental development differs, and the possibility of ear infection due to the child eating while in a prone position greatly increases with a bottle fed infant. It is not recommended to give a baby a bottle to fall asleep with, for the above mentioned reason, and also because it promotes tooth decay. Nursing an infant to sleep, however is highly recommended.

(Editor's note: complete dental reconstruction is a really rough thing to have to subject a two-year-old to. Sleeping with a bottle - and therefore milk - in the mouth ROTTS the TEETH)

13. It is VERY rare that a woman will not be able to nurse. The amount of milk the mother produces has nothing to do with the size of the breasts. The more the child sucks, the more milk will be made. If a doctor says that the child is allergic to your milk, it means that something you are eating which enters your milk is causing the allergic reaction. It does NOT mean that you should stop nursing, but rather that you need to eliminate some possible foods from the diet until the one or ones causing the reaction are isolated. That's not as hard as it seems. Frequently one or some of the following foods will affect the child: onions, garlic, green peppers, milk, tomatoes, sugar, coffee, cabbage. Also, this type of reaction does not last forever. Usually within several weeks, the food can be tried again without a reaction. (My baby got gassy when I ate garlic or chile in any form. Within three weeks garlic was OK, and by two months anything was OK.)

k

14. If in light of these facts you still decide not to nurse, then the recipes for several safer formulas can be found in EVERY WOMAN'S BOOK. And if you are bottle feeding and would like to try breast feeding, then contact your local chapter of La Leche League and they may be able to help.

As you can see, Bottlemania is one small step for technology and one great leap backwards for humanity. The conventional methods of making formulas and the accepted standards of introducing an infant to foods are beneficial only to baby-food manufacturers, not to babies.

Herbs that increase milk production are alfalfa, fennel seed, caraway, rosemary, borage seed, anise, cumin, and blessed thistle.

# PARENTING the Child Within

by Dana

In a very special place within each of us is the child we were, still are, and always will be. Although we've reached adulthood, on these Pagan paths this child is still very involved in our lives. This column is about meeting, knowing, growing, and liking the child within you.

Why search for this child at all? Because magick is basically a function of the child's ability to believe, and growth is the child's disbelief in "impossible". New vistas of possibilities and growth open when you are on speaking terms with your child; ideas are more easily processed, old programs don't interfere, and you can become what you want to become, whatever your age. Besides, it's easier to raise your own children if you've adjusted the child inside yourself; it gives you a better handle on what you're really saying to those small people.

Take a moment to examine your self-image. Is it static or vibrant? How old is it? What kind of person is your image of yourself? Don't be afraid to honestly face what you find; whatever it is, it's truly you, and can always be changed. Is your Self defined in terms of hir essence, or the jobs that you do? Are you a comparison (better/worse than \_\_\_), or are you an independant entity? What kind of bird or animal would you be? Why? Ask yourself these and any other exploratory questions you can think of, and note the answers you find. Now that we have a starting point, we can start time traveling.

What kind of person do you remember being at age 3? 6? 10? How about 15? 21? 30? Forget what others have said, what do YOU remember? What was important to you at 3, 6, or 15? What became important as you became an adult? What principles did you hold, and how did they change? Could you justify the adult you are to the child you were? Why/why not? What other differences are there between the child of your memory and the adult of your present experience?

Now that we know all about the current adult and the historical child, what about the current child? Bring back that picture you had of your current self. Now look at the middle of it and search for the small person who's still hiding around your heart somewhere. Find hir? Try asking the current child the same kind of questions you asked the historical child and the current adult. Be gentle. What does s/he have to say about hirself? What is the relationship between hir and the other two parts of yourself we've explored so far?

Now is the time to look at your Self and your attitudes, and to seek the why behind your feelings on: your body, gender, race; others' bodies, genders, races; Deity and Religion (both abstract and specific); the nature and purpose of reality, and why yours is the way it is; and the nature and reason for any "shoulds" or half-programs you may have. ("half-program": thought/behavior pattern with form but no substance,

usually interfering with creative change, or currently inappropriate, incomplete, and irrelevant program) In this arena, there are no sacred cows, and everything is open to question and evaluation. With all three parts of You working on this, the answers should be more accessible to you. The thing to do with the answers you find is to simply record them somewhere without evaluating them at all, at first. They'll still be there when you're ready to work; for now we're just looking for the answers. Remember - everything you find is yours - the power to change what you want is yours exclusively, as is the choice to stay exactly as you are.

Some specific programs to look for in reference to child-raising are: the differences between "little boys and little girls"; what "nice behavior" is; what children's rights and responsibilities are in relationships to adults, and vice versa; whether children want "discipline" or "freedom"; and whether or not children are people (and if so, how and under what conditions?).

More in the next column, on how to change the things you want to. For now - HAPPY EXPLORATION!!

# Unfinished Fable on the Responsibility of Dreams and Wishes

by Arwen Fae

Once upon a time, a fairy-tale princess was born, a lovely rose-bud with legendary auburn curls, skin like the dawn, and dancing, raisin eyes. A long, impressive procession of attendants and magic godmothers arrived to celebrate her birth, each bringing carefully chosen gifts for the mythical babe, each placing the pre presents beside the ornate cradle with dignified curtesy and regal kiss. When all the visiting blythe spirits had assembled and bestowed their goodies, looking on in benevolent self-satisfaction, suddenly a mysterious dark wind ripped the curtains apart and SHAZAM, the Black Faerie appeared, in all of her obscenely realistic glory, causing her more ethereal sisters to gasp and cringe. With all appropriate dramatic gestures, Black Faerie came forward to present her gift to the new wonder-kid. She waved her gnarled wand over the cradle and whispered: "May all your dreams come true! ~~May~~ every wish be granted!" And with an all-knowing cackle, she swept away on ashy wings.

Blessed or cursed?!?!?!?!?

# Kids in & out of Circles by Hilary

Should children be allowed to take part in rituals? We may as well ask whether we should allow the earth or the sky a place in our rituals. I have observed others in this culture having trouble integrating various generations into their really important moments. Of course there are practical difficulties involved, but none are at all insurmountable, especially when we consider the rewards .. ours, not only the children's. When we hold rituals outdoors, our "perfect concentration" may be marred by an errant breeze or a crow's call. That's life ... and Life is what we are all about.

A challenge: can we feel and express warmth, acceptance and support for others, no matter how evolved we think they are? Can we treat our children with the same respect we show others? Then they will grow as strong and reverent in the Pagan way as we could hope for, and will build a bright future for Paganism, for US when next we journey this way.

My son is 3 and was very instrumental in leading me to the Path. His Aunt, and another couple in our coven are moving toward's building a Pagan community/Retreat outside of the city here. We naturally do not want to raise our kids in isolation, but definitely will not send them to Public schools. I have found Montessori schools a very nice experience for my water-baby, as the atmosphere is very calm and quiet, without being boring or restrictive. All the kids are required to work alone at their own pace, while free to socialize, talk, move, go to the bathroom, get a drink, (as long as they do not interrupt others' work). Religion is not only not mentioned in the classroom, the vacations are called "Winter Break", "Spring Break". If the children bring up their religion, the teachers listen politely, but do not encourage discussions of that nature. Gardens and small animals are a common feature of these programs, and the materials are simple, often wooden. While I could never say this is a substitute for a Pagan-run program, it could be adapted successfully. If you live in areas where Pagan school cannot happen yet, then this might be a viable alternative for you.

Some things I've tried at home with small ones:

- \* While wrestling, massaging, or dressing 1-3 year olds, I mentioned the chakras (but didn't have very satisfactory homey names) in a playful way like other people do "this little piggy went..."
- \* Speak always of the link we have with other creatures, ants, birds, rocks, lakes, etc.
- \* Make up fitting nursery rhymes, like

Spider and ant, woman and man  
Live in the world, hand in hand,  
Kids and birds, round and round,  
Go with the flow, or we all go  
DOWN!

(done like Ring around the Rosy)

Father Sun who starts my day  
Grows my food and lights my way  
Bless all those you shine upon  
Warm our hearts till night is come.

Goddess of the Moon descend  
Guard and keep my little friend  
Till the longest night is done  
And he/she rise to greet the Sun

(It may not be great poetry, but it beats the heck out of "Now I lay me...")

\* Talk (not lecture) about what went on in the last Circle the kids attended. What work was done, how people felt, what there was to eat. Events go by too fast for kids, and they seem to need time to go over things again to really absorb them, especially meaningful events. And if the Circle didn't seem meaningful to your tiny ones, keep talking! They'll soon realize that it was meaningful to you, and start to pay really close attention.

Let's keep sharing and comparing - we're all we've got.



# Pumpkin Ritual ~ a family affair

by Robin

When the thought of returning to school sent me into a state of depression in September, I'd pull myself together by remembering that Pumpkin Time was almost here. In early October I'd begin collecting Pumpkins until our four-room apartment (occupied by four adults, two kids, and one cat) looked like a Pumpkin Patch. The fall ritual I've used for the past 8 years is based on my childhood love of Samhain and the wondrous huge pumpkin that my father carved for me every year.

As soon as I see pumpkins in the supermarket, I buy one every time I shop. Usually by mid-October I have quite a collection. I charge my pumpkins with things I want to manifest, changes I want to make, patterns I want to break, and so on. On the 27th I begin my preparation by carving them. Lots of paper laid on the table or covering an area of floor is a must. Then open each one, allowing the act to be a conscious sending of energy to accomplish each pumpkin's purpose. Now, give everyone spoons and bowls and let the fun begin. Separating seeds from slime, and pulp from seeds is fantastic even for a one-year-old. Even babies that can do little more than sit up will enjoy squishing around in a pumpkin and tasting the pulp.

After the seeds are washed, we place them in the oven with a little sea salt to toast, while we decide on faces for our orange friends. There's such a wealth of symbols that can be discussed while this is going on. And, of course, you should pick faces which correspond to the way each pumpkin has been charged.

The pumpkins which are for transformation become pies, puddings, breads and cookies within the next few days. The others can be set around the house facing the appropriate directions for their individual purposes and lit on Halloween. We find it particularly exciting to have a costume party and feed our guests the pumpkin treats as the main attraction.

Afterwards, I cut all the meat away from the remaining pumpkins and freeze it until spring. At that time most or all of the changes have manifested and a pumpkin feast is prepared in thanks for all the new things we have brought into our lives.



pumpkin  
by Arne,  
age 4

As soon as Pandora is old enough to handle a carving knife with a little skill, I'll start giving her her own pumpkins to charge and make into treats. Don't forget to let the little ones help measuring and mixing the goodies.

### PUMPKIN PIE

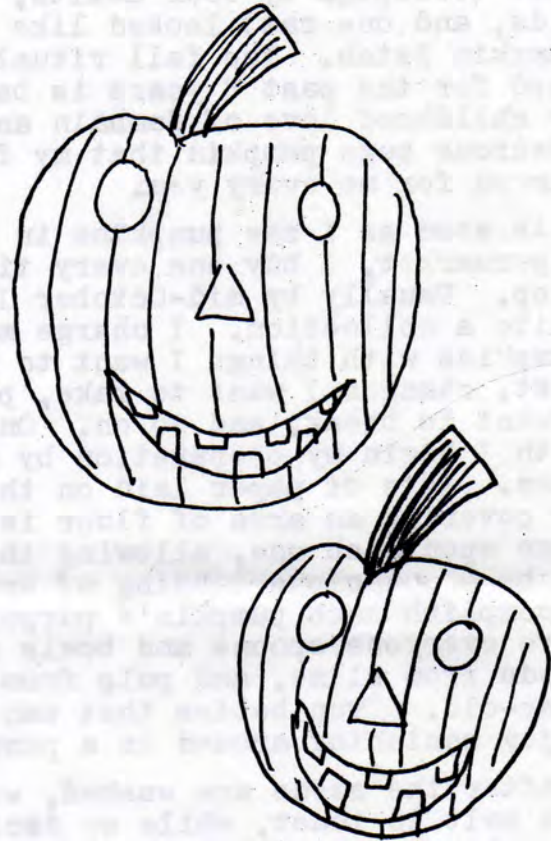
- 2 C. cooked mashed pumpkin
- 3 eggs
- 1 C. raw milk, goat milk, soy milk, or nut milk
- 1/2 C. raw honey
- pinch sea salt
- 2 Tablespoons unsulphered molasses
- 1/2 tsp. each, nutmeg & cinnamon
- 1/4 tsp. cloves
- 2 T. dark brown sugar

Bake at 350° 45 minutes.

### GOURMET PUMPKIN

- 3 C. raw pumpkin, cubed
- 1 C. raw zucchini, cubed
- 1/2 C. diced onion
- 4 T. butter
- garlic to taste
- dillweed to taste

Combine in baking dish.  
Sprinkle lemon juice on top.  
Cover.  
Bake at 350° 45 minutes.



Jenny (8)

sign in a window:

TAROT CARDS  
READ WHILE U  
WAITE

EDITOR'S NOTE:  
PLEASE SEND ALL  
DRAWINGS IN BLACK INK  
ON WHITE PAPER.  
THANKS!  
Y

# A Gift of Light for Yule



- Cloud

The Pagan recipients of your child's gifts - or yours - may appreciate nothing more than handmade candle-holders and the candles to go with them. Also an appropriate present for non-Pagan friends, this may be made an especially meaningful gift if it is decorated appropriately for use in the recipient's observances. Consider making four holders for quarter candles and fat orange-juice candles to stand in them at the Watchtowers, or singles or sets of slim dip tapers and holders for a bedside table or personal altar.

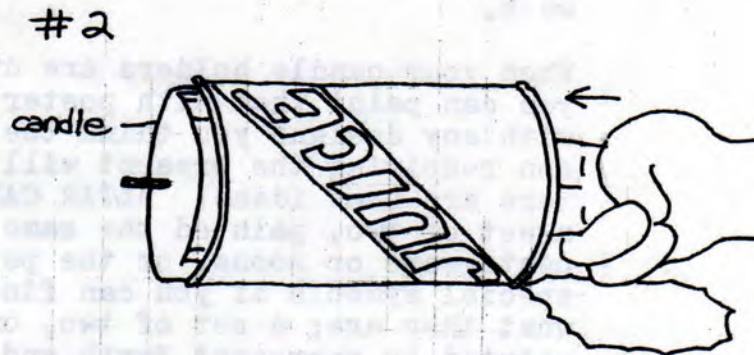
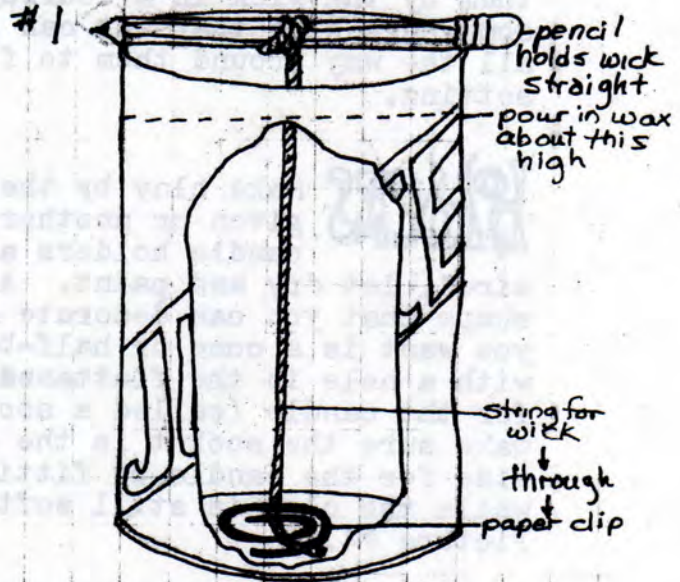
**CAREFUL:** \* Make all candle holders on a flat surface so they'll stand stable.

\* Make candles before their holders so you can check the socket fit before the clay is dry.

\* Provide over 12 supervision for anyone under 8 making candles and anyone under 5 working with clay.

## Candles

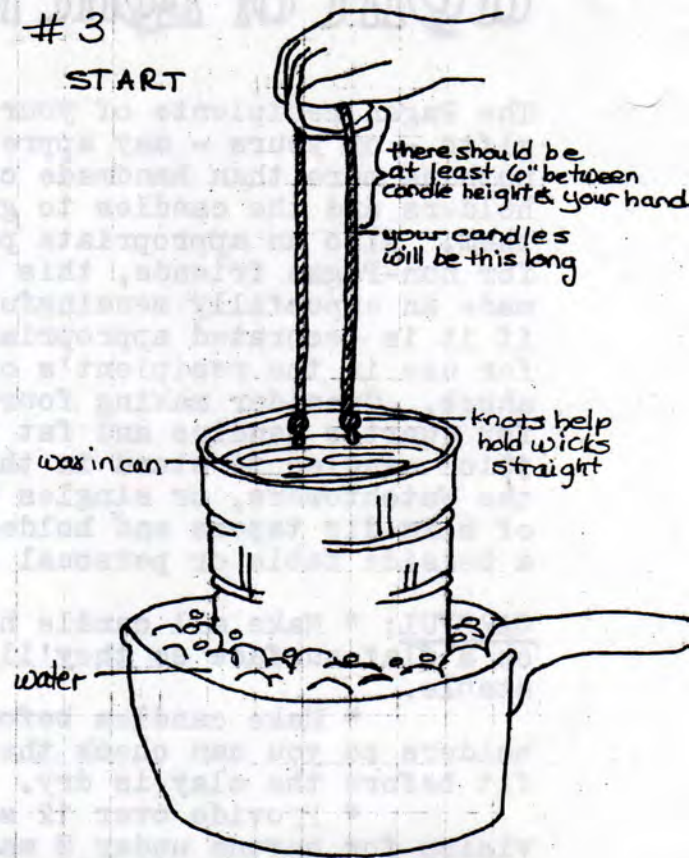
In a large can (46-oz. juice or 2 lb. coffee) set in boiling water, melt candle wax or old stubs to a depth the same as you want your dip candles to be, or enough to fill your fat-candle molds. Add a crayon or two for color if you want to. For FAT CANDLES, oil frozen orange juice or similar size cans, place wicking as in picture #1, and pour wax in. Let cool. When wax is set there will be a hollow area around the wick at the top, which you can fill in with more wax to make it level. When candles are cool, remove them by taking the bottom off the can with a can opener and punching them out from the bottom (picture #2)





For DIP CANDLES, hold double wick and dip as shown in picture #3. Wait about 1 minute after each dip, then dip again. When candles are as big as you want them, hang them by the wick in a doorway or somewhere else that air can get all the way around them to finish setting.

# 3  
START



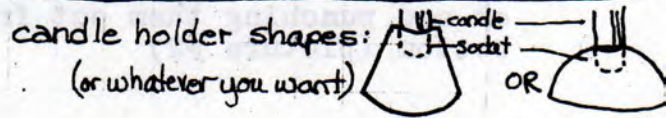
# holders

Make clay by the recipe given or another, shape candle holders as desired, let dry and paint. A simple shape that you can decorate however you want is a cone or half-ball with a hole in the flattened top for the candle (called a socket; make sure the socket is the right size for the candle by fitting while the clay is still soft). Picture #4.

**EASIEST HOMEMADE CLAY:** Combine 4C. flour and 1½ C. salt. Add slowly 2 C. water. Mix well, knead 10 minutes as for bread. The salt can dry out your skin, so be sure and rub a little salad oil on your hands before every time you use this clay. Leftovers can be refrigerated in airtight containers up to about a week.

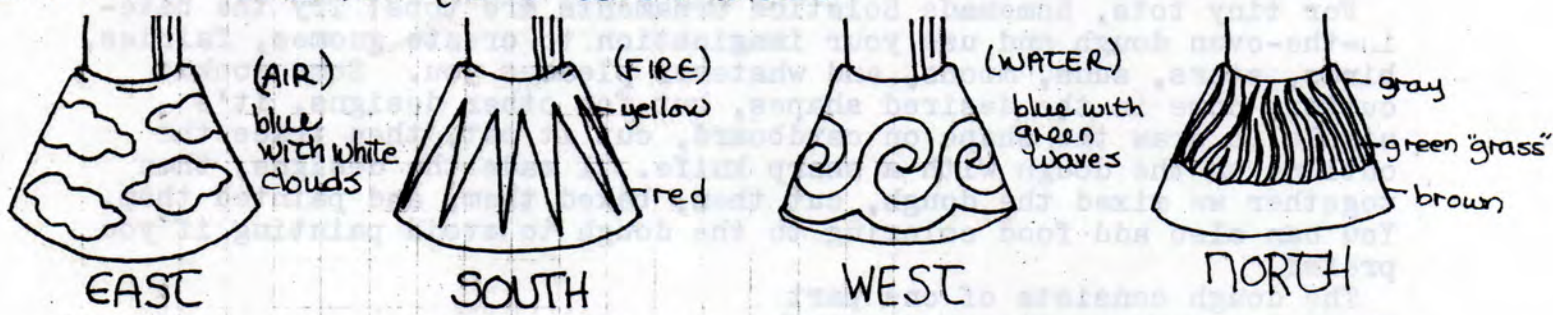
When your candle holders are dry, you can paint them with poster paint with any designs you think the person receiving the present will like. Here are some ideas: ALTAR CANDLES, a set of two, painted the same with pentagrams or moons, or the person's special symbols if you can find out what they are; a set of two, one painted to represent Earth and the other Sky; a set of three, two tall painted to represent Goddess and God or Earth and Sky and the other a little shorter, painted with flames or other fire symbols.

# 4 DONE



QUARTER CANDLES: Paint holders for fat candles to correspond with the quarters in the tradition of the person you're giving them to, in some traditions East: yellow, South: red, West: blue, North: green, or with designs suggesting the four elements. Here are some ideas:

One set of ideas for quarter candle holders:



SOME SYMBOLS TO USE IF YOU WANT

zodiac signs: ♈ aries, ♊ gemini, ♌ leo, ♎ libra, ♐ sagittarius, ♒ aquarius, ♋ taurus, ♋ cancer, ♍ virgo, ♏ scorpio, ♐ capricorn, ♓ pisces

planets: ☉ sun, ⊕ earth, ♀ venus, ♃ jupiter, ♅ uranus, ☾ moon, ☿ mercury, ♂ mars, ♄ saturn, ♆ neptune, ♇ pluto

elements (tatva): ○ air, △ fire, ☾ water, □ earth  
 (pagan way): ▲ air, ▲ fire, ▼ water, ▽ earth

goddess: ▽, ☉, ☾, ☽, ☽, ☽, ☽, ♀

god: △, ☉, ☽, ☽, ☽, ☽, ♂

also: your friend's favorite plant, animal, or both!

year wheel, duality, pentagram

# Solstice Fun

by Robin

One of my favorite childhood memories is the magic of the holiday season. We decided last year that it would be great fun to reshape the old "Christmas" traditions so that our daughter would not feel left out when she saw the lights, ornaments and creches everywhere.

For tiny tots, homemade Solstice ornaments are tops! Try the bake-in-the-oven dough and use your imagination to create gnomes, fairies, birds, stars, suns, moons, and whatever pleases you. Some cookie cutters come in the desired shapes, but for other designs, it's simple to draw the shape on cardboard, cut it out, then trace the outline on the dough with a sharp knife. I made the designs, then together we mixed the dough, cut them, baked them, and painted them. You can also add food coloring to the dough to avoid painting if you prefer.

The dough consists of one part flour, two parts salt, and enough water to make a workable mixture. Measuring and mixing is great fun and is a real aid in learning proportions. Even little ones can help paint the base color on the ornaments, and you can add the details later. We also punched a hole in the top of each one with a plastic straw (the small bar type) before baking, and then strung them with colored floss. (After tying thirty or so bows, shoe tying improves, too!) The designs should be baked at 375° for 7-12 minutes, depending upon the amount of liquid in the mix. They can last a long time if you spray them with a clear plastic coating. (Krylon works nicely.)



If you really want a challenge, try working with your older children to make three-dimensional ornaments. For this, you can use the same mix with less water, or the commercial clay that can be baked in the oven. (We use Polyform.) Any art supply should carry some type of easy-to-use, no-mix clay. These can last forever, and can take the place of the conventional creche. Mythological animals, the Horned God, satyrs, and so on all make lovely pieces. After they are baked, wooden blocks can be sanded and stained for their bases. (My 20-month-old daughter LOVES to run the sander.)

One more fun project is the building of a sleeping village. To make your houses, you can get poster board, or better yet, go to a picture framing store and ask for the scraps of mat board that usually get tossed in the trash. The older kids can help cut out walls and roofs with an exacto knife or carpet cutter,

and the younger ones can help glue the pieces together. If you cut a few window holes in each house, you can place a set of small indoor lights on a board, cover with a thin filmy fabric, then place the houses over the lights. It's a neat effect, and the possibilities are endless. It's a fine symbol for the period of winter introspection. We even placed a mirror in the center for a pond, and added a few wood and plastic animals scurrying about.

Clothespin gnomes are a nice addition too. Cut off the top inch of a pack of clothespins, then add faces and glue on paper, floss, yarn, cotton, or string for hair.

A sleeping town full of fairies and gnomes going about their winter work is great.

We don't put our decorations away until the next seasonal celebration on Feb. 2. Then, putting away is as much fun and ritual as decorating was. We wrap each piece in red tissue paper and store till next year with our other seasonal decorations. (And let me tell you, we decorate for EVERYTHING!)

Finally, let me say that making one place in the home a special magical place where the symbols of the seasons can be changed throughout the year really adds a dimension to magical living. Just a small corner of the table or dresser will do, but again, a special shelf, larger table, or whole room is lovely, too. This way, the children can begin placing the special symbols of the seasons on the "magic space" as soon as they can walk. It's a nice way to keep magic flowing through everyday routines, and it's a fine way for children to explore and discover their own individual symbology.

## THE LORAX

---

I read to my children a Seuss book by chance  
And found it displayed a pro-Mother-Earth stance.  
The Lorax, a creature who hates man's pollution,  
Cites sheer human greed, which prevents a solution.  
His readers must ready themselves for Seuss jargon,  
Like "Once-ler" and "Thneed," all part of the bargain,  
Plus "Swomee-Swan," "Bar-ba-loot," "Truffala tree."  
But happy, small listeners, wide-eyed at your knee,  
Won't miss the plain truth which the Lorax shouts out:  
Destruction is what foul pollution's about.

(Review of The Lorax, written by Dr. Seuss and published by Random House, New York, NY, 1971; suggested price: \$3.95)

by Filisis

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by Filisis

# A Teacher's Minutes

Forever just a country girl at heart,  
 I chased fireflies, loved the Lord's sleek snow.  
 But now, "grown up", I give a needed start  
 To Pagan kids: the book-work they must know.  
 Into their ears each class I shovel facts  
 Despite distractions in each window pane.  
 With Goddess-given strength I wield the axe  
 Of learning, in an evergreen terrain  
 Where Mother Earth's enchantment challenges  
 That we re-learn what living truly is.

The Lady overlooks mischievous fuss  
 As I must handle childish discipline.  
 "Dear kids, She made and cares for each of us,  
 Yes, even grown-ups, Mike. Can people 'sin'  
 'Gainst Her or have 'dark sides'? I'll not discuss  
 Those now. Remember Her great providence,  
 And keep lunch on top of desks, Little Russ.  
 Let's draw numbers and some letters. What's 'tense  
 Of verbs' mean? Wait till next year; don't be sad,  
 Though, Alexander, with such a strong name.  
 You only need a single pencil, Chad.  
 Return Tom's; but don't stick him! And the same  
 With desks: one each. Out of my desk, Michele!  
 Perhaps I'll speak of 'dark sides' after all  
 (But not, as others might, paint scenes of 'hell').  
 Both dark and light, the Goddess loves us all;  
 She can create a cow or scorpion.  
 No, She's not Houdini's Mom, Ezmerild,  
 Right, "As above, so below," Jonathan:  
 We also seem to break as much as build  
 (According to Her will and hidden plan).  
 She sends us an occasional -- ah -- trial,  
 Just like your hangnail or black eye, Big Lyle,  
 Correct. Will we ever see Her someday?  
 You'll see me, tomorrow, Fred. Now let's pray.

Our lines are like bicycle chains, Louise,  
 One link before the next. All can't get out  
 In one big swoosh. Tom's right; we're so 'at ease'  
 In school. So few --ah--trials to fret about.  
 Like chickenpox, Elaine; so accurate!  
 I missed them, Ned, but did have lots of fun  
 In class or playground, even tagged and 'it',  
 Beneath the Lady's ever-smiling Sun.

--Filisis

SELENE (★) by Z. Budapest

Reviewed by Kimberly Mueller, age 8

Selene was a girl who lived with her mother, Ariadne. Selene was nine years old and did not have to go to school because girls were not allowed to study in those times.

Selene and her mother, with the help of the Goddess, made a long journey from Greece to Crete. When they got there, Selene met Maya, who was a famous bull-leaper. Selene wanted more than anything to be a bull-leaper. With the help of Maya and Cernunnos, a baby bull, and much hard work, Selene achieved her goal.



Selene

Cernunnos  
Friends Forever



# THANK THE GODDESS

by Sonja (12)

I'm going to tell you of my summer. I spent the summer taking care of a 74-year-old woman. I stayed with her 6 days a week. I'm a Pagan. They're Methodist. I was taken to church every Sunday. During Sunday School, the teacher asked us if we really believed in the Bible, Jesus, and God. What would I say? To my relief, the bell rang and class was dismissed. (Diana was watching out for me.)

Even worse than that, there are 5 people in my class, and we had an opening prayer and a closing one. The teacher said the opening one, but us kids had to say the Lord's Prayer, one kid each Sunday, for closing. Now, I was scared. I didn't KNOW the Lord's Prayer. Well, I took to studying. When my day came, I asked Diana to help me and started. I stumbled on my words, tripped on my tongue, but finally made it. (Thank the Goddess, class was over!) The summer was finally over. Hello Paganism, Bye Methodists.

# FROM NORTH TO SOUTH by Angel, (13)

When we lived in Philly we had planned to move to Florida. We burned some candles and talked to the Gods and Goddesses about finding just the right place. One that would take children and dogs and give us all a happy home. My mother and Richard Facchiano went down to Florida and looked for the home. With a lot of help from the Gods they found one in just 3 days. They found a great little home out in the country with horse farms, nice neighbors, and lots of wildlife.

The Gods have helped me too since I got here. I now have a good job earning \$3 an hour. I have made new friends too.

The trip down was fun. Mother Nature has many changes in the nine states we passed through. As we left Philadelphia the smog cleared from the air and our spirits soared. In Philly it would rain for days, but in Fla. it rains for about 15 minutes, then the sun comes out and all the world looks clean and fresh. It's like the Goddess doing the wash. In Philly it gets cold, but here it is warm all the time. It got so hot in the North that you didn't want to move, but here there is always a cool refreshing breeze.

As we passed through Delaware and Maryland the air became clear as a whistle and it smelled better. Washington D.C. was just another big city, but it was fun to see. Virginia got green and warm as if all the plants were saying hello, welcome. As we passed through N.C. & S.C. we saw many changes in the plants. The spanish moss was like a lace veil. In Georgia we were seeing all kinds of palm trees and the sky was clearer than I had ever seen it.

Here in Fla. there are forests of palm trees and pine trees as well. The lakes are so clear I can see my feet when I am neck-deep in the water. I am looking forward to going to the beach which is only 15 minutes away. I will let you know all about it after I go.



THE DUMB DRAGON

By Kimberly Mueller, Age 8

Once upon a time there lived a dragon. He was so dumb everyone called him Dumbo. He did not really mind the name, but he wanted to be smart like everyone else.

One day a little girl came to his cave and said, "I will help you learn more things." Her name was Tabitha. Six weeks went by. The dragon had learned lots of words he had never even heard of. The dragon and the little girl were both happy while she was teaching him and when they were playing together.

Two months went by and the dragon got smarter and smarter. In fact, the dragon was so smart HE HELPED HER WITH HER HOMEWORK SOMETIMES. Soon the dragon was as smart as she was. Sometimes he would even sleep with her. The dragon was happier than he had ever been in his whole life. They studied and played all day long. He would let her ride on his back in the water. They had lots of fun together.

One day the dragon went to school with Tabitha. He was so smart the teacher let him help teach. Pretty soon the teacher moved away to Hawaii, and the dragon became the teacher. He could not believe it! Tabitha could not believe it either, but she was happy for him. They would still play together day after day.

THE END

Sonja's one-eyed teddy bear is named Balor; his other eye flew in the sky....

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Children of the Earth  
PO Box 584  
Petersburg, WV 26847-0584



To: The Unicorn  
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IF THIS BOX HAS A ★  
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