

Autumn Equinox 2016

Myddie Earth

The Pagan Federation magazine for the
Mid West and Wales

Back to Basics

Correspondences

Pagan
Prison
Ministry

*My
Pagan
Path*

Meet the District Managers

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Facebook page: <https://www.facebook.com/groups/myddleearth>

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From the editor...

To have the Autumn Equinox edition of Myddle Earth as my first issue as editor is really exciting, as autumn is my favourite season. I love this time, especially the beautiful displays of colour from the trees and that unmistakable smell in the air that tells me to make the most of any warmth because winter is on it's way! It is also a time of new beginnings for me, stemming from when I was a child and September meant a new school term - quite apt to be beginning in my new role as editor!

I have been busy making the magazine more accessible and have begun a Facebook group and a blog page (see page two for urls). The blog is a little slow in coming at the moment as I have been working on the magazine, so please let me know if any of you would like to write a guest post or two!

In this issue we get to meet our District Managers, Audrey and Richard, learn more about the Pagan Prison Ministry and discover how to create your own correspondences when spell working. Plus much more! I hope you enjoy the magazine, email me on myddleearth@yahoo.co.uk or comment on the Facebook page to let me know your views. They are really important to me, as this magazine is created for you so if there is something you particularly like or dislike, tell me and I can make any necessary changes for next time.

Blessings,

Laura

District News...

Situations Vacant

Regional Coordinators wanted in **two** Regions: -- Herefordshire and Worcestershire (Dc), and North Wales (Dd). Admin/clerical work involving keeping membership records, building a team of Local Organisers for moots, etc. Applicant should reside in appropriate Region. Roughly 2 hours work per week.

Treasurer: keeps the District Accounts and submits these to PF Treasurer annually. Liaises with the District Managers on all financial matters. Applicant needs to be reasonably good at accountancy.

Applicants must have at least *one year* of membership behind them. Computer skills are *essential*, as is Internet access. Please also note all PF staff posts are **unpaid**, and will require applicant's personal contact details and signature on a Data Protection statement. Regular contact (approx. once per month) to be maintained with District Managers either by email, phone or in person.

We can discuss anything you may be unsure about. Both of us have done these jobs in the past and know roughly what to expect of applicants, so please get in touch if you are interested. The PF has always been run by volunteers, be part of our team and let's make this District the best that it can be.

Contact us at mwaw.dm@paganfederation.co.uk

Two officers from the District will be attending the PF Council meeting in September, and a report on this will appear in the Yule edition of Myddle Earth.

The great news is that Myddle Earth has a new editor! You are reading the fruits of her labours now. We also have someone organising a District Conference for next year. This is still in the very early stages but promises to be something special. Sincere thanks to both members for stepping into these important roles.

Could you be a...

Regional Coordinator?

Laura Jones talked to the outgoing RC for North Wales, Steve Ludford, to find out what the RC job entails

Laura Why are you leaving the position?

Steve. I've been working for the Pagan Federation in one position or another for over thirty years now and have gained many friends and associates in that time as well as great fun at camps, moots, conferences and other gatherings of members and non members alike. However I've now reached the grand old age of sixty and think it's time to pass the job onto someone younger, with more energy and enthusiasm. The Pagan Federation needs to attract more younger people and I feel a younger coordinator could help with this, plus it's time to give someone else the chance to become more involved.

Laura. How long have you been our RC?

Steve. I've been an RC for as long as the RC job has been around. For a while I had to be both Manager and coordinator of the four regions but gradually found people to fill the coordinator roles. This situation continued for many years with various coordinators coming and going but eventually I decided the time had come to pass on the Managers job and settle for the lesser role of coordinator. At that time there was no coordinator for North Wales so I took that job and handed the managerial job to Pat Pitts who had been my deputy. That was around four to five years ago now but I'd been doing the North

Wales job for a couple of years anyway.

Laura. What does the position entail?

Steve. What a coordinator does is very much up to them. There are a few things we insist on but not much, for example, we ask that you write a welcoming letter to any new member as well as a thank you letter when anyone renews their membership. On top of this you would be expected to keep a record of your members, who they are and their contact details plus their expiry date so you know at any time how many members you have. It's important that your contact details can go into Myddle Earth so that your members and others can contact you if they so wish. We also like it if coordinators can start moots in various places but that's not essential. The only other requirement is that you write a report for Myddle Earth every three months. Some coordinators like to organise conferences, camps or other local gatherings but that's up to you.

Laura. Is there scope for personalising the position? Such doing things differently, putting own spin on things, freedom to do new things etc.

Steve. Yes, as I said above, the job is a very flexible one and we like our officers to come up with their own ideas about how best to

A bit of history...

When Steve first joined the P.F. it was little more than a London based club with about 150 members at most. There were no officers at the time and Steve was asked if he would write to people who joined that lived fairly close to him. Later as the P.F. got larger and membership increased, a system of zones was put into place, dividing the country into thirteen parts, with someone was allocated to run each zone. The term *zone* was changed to *district* and each person running a district was called a District Manager. All Managers then had to divide their Districts up into smaller areas which were called Regions and appoint a coordinator to run each region. Steve split his District into 4 regions (North Wales, South Wales, Hereford & Worcestershire, and Shropshire, Staffordshire and South Cheshire). So we have Steve to thank for laying the foundations of our District!

run any region, after all the whole idea of having districts and regions is that people who live in a particular area know best how to run that area. You will never be on your own and any new ideas can always be discussed with the present Managers (Richard and Audrey). To put it in a nutshell yes we are always pleased to see a new coordinator having their own ideas.

Laura. What are the best things about being RC?

Steve. I almost don't know where to start with this one as there are so many. In a way I'd say the best thing is knowing that you are helping people, but after saying that I'd also say that one of the best things is meeting lots of very similar minded people. If it wasn't for the Pagan Federation I would never have met my ex so wouldn't have a wonderful

daughter. So being an RC can really change your life. I've put members in touch with each other who have then gone on to become partners and have children so you are also really effecting peoples' lives. Some of the letters/phone calls I've had from members thanking me for what I've done have almost brought me to tears. Yes it is a very rewarding job indeed.

Laura. And the worst?

Steve. Erm. Not sure. Sometimes things can become a bit tricky. People being people there are at times squabbles between members which have to be sorted out and that can be a bit ugly. I really can't think of any other negative points to being an RC.

Laura. What advice would you give to the next RC?

Steve. That when you first start you keep in close contact with both Richard & Audrey and myself to help you ease your way into the job. Always remember that it's your job and you can do it however you wish but we are always here to help.

Laura. What would you say to encourage someone to apply?

Steve. If you joined the Pagan Fed. in order to meet up with other like minded souls then being an RC is the best way to fulfil that desire. Some people simply like to receive

Pagan Dawn and Myddle Earth and go no further but others like to get more involved. If you are one of the latter then applying to become RC could be the best decision you've ever made.

Laura. What is next for you?

Steve. I intend remaining with the Pagan Federation as I consider it to be a fantastic organisation and I look forward to being able to attend moots, conferences, camps and other gatherings simply as a punter and not having to organise things myself. Being an organiser is very satisfying but then so is having no responsibilities and also having the time to simply wander around talking to people.

I've thoroughly enjoyed my thirty-odd years of being a P.F officer but feel it's time to hand things on and retire. I thank you all for being such lovely people and bringing light into my life. May the P.F continue with it's great work and with your help I'm sure it will.

Laura. Thank you, Steve for your time and good luck for the future.

If you are interested in becoming the Regional Coordinator for North Wales, or Hereford and Worcester, please contact Richard and Audrey at mwaw.dm@paganfederation.co.uk.

Please note, you must live in the district to become RC.

Autumn

By Laura Jones

Traditionally, the Autumn Equinox is the time of the fruit harvest, along with Lughnasadh, which is the grain harvest. It provides us with the opportunity to reflect upon, and give gratitude for, the bounty provided for us by our Mother Earth.

Also known as Gwyl Canol Hydref in Welsh, and Alban Elfed by Druids, the equinox falls on Thursday, 22nd September 2016 at 2.21 pm. Across the globe, day and night are of equal length, marking the time that, in the northern hemisphere, the days become shorter and we descend into winter.

The theme of balance is a strong one; balance between the opposing forces of light and dark, and life and death. After the equinox, we begin to see darker days and bare trees - darkness and death reigns supreme until the spring equinox. In addition, the sun moves into Libra during the equinox, the sign of the scales. So this is a perfect time to look at what is out of balance in our lives and get rid of anything that holds you back.

For Pagans, the equinox is an opportunity to reflect upon accomplishments over the past year and finish any old projects. It is a time of rest and relaxation, and preparation for the winding down of the year at Samhain. It is also a chance to collect your own harvest - to reap what you have sown over the past year, a time to enjoy the fruits of your personal harvest from your career, family, and other aspects of your life.

Equinox

Equinox Activities

Autumn equinox themes include

- Gratitude
- Rest and relaxation
- Reflection
- Clearing out
- Balance

Look at how you handle balance in your own life, for example, work v. play; inner v. outer wellbeing.

Clear through cupboards and fridges/freezers, throw out old food and make a meal from forgotten food.

A simple candle spell for releasing:

- Write the issue you wish to release on a piece of paper
- Light a candle
- Burn the paper over the candle while saying the following:

'I release this problem to the care of the goddess, that she may give me the means to cope, or the wisdom to let go.'

Light a candle to give thanks for everything that is good in your life

Back To Basics



Correspondences

Why bother trying to memorise tables upon tables of correspondences, when you can create your own?

By Laura Jones

Correspondences seem to crop up in all aspects of Paganism but are to be found particularly in Witchcraft and Wicca. It can be helpful when spell-casting to know the optimum day and moon phase for success, as well as which tools and items should be on your altar. For most witches, but particularly those new to the craft, being faced with tables of correspondences can be daunting - do they all have to be learned? What about discrepancies between tables? Which correspondence is the correct one? Actually, all of them and none of them! Spellcraft is very user-friendly and in reality all you need is intent. Tools just serve to enhance energy and can help build power, but there is no 'correct' tool or item. Many of the correspondence tables in books are created

by the author, so in theory you should be able to create your own correspondences. But how would you do this?

Let's look at the Autumn Equinox (Mabon) and how to build a correspondence table for this festival. What do we know about this time? It is in the middle of September which is in the autumn, at a time when day and night are in balance. So immediately we can see that this may be a good time to start bringing balance into our lives, possibly by bringing something to a close. For many, September is the month of new starts and opportunities as it is the time when a new school year or university semester starts. So Mabon could be a time to plant the seeds of new ideas or projects.

Next, focus on associated colours, as much can lead off from this. Autumnal colours include red, brown, yellow, orange, gold and perhaps a little green if the leaves haven't completely turned! From colours we can come up with crystals that can go on our altar, such as tiger's eye or citrine. Foods can include those

typical of this time of year, or go by colour, for example squashes, oranges, bananas, bread, apples, nuts, dried fruit etc. For animals, look at what critters are common in your area during September, or just go with what feels right.

Other items to consider include herbs, flowers, grains, trees, even the energy flow of the season. Many of these will come intuitively once you start to think about them, and may be influenced by your experiences as a child. Create your own correspondence tables for the Sabbats, the elements, moon phases, or anything

else you fancy. In this way, you lend a personal energy to your workings as everything has come from you. That is not to say that printed correspondence tables are no use - on the contrary, they are important to point you in the right direction if you do not feel confident using your intuition. But if you always go with what feels right, it will always be right, regardless of what anybody else has written. Such is the beauty of the Pagan path.

***If you
always go
with what
feels right,
it will
always be
right***

My Pagan Path

Samantha Godley shares her personal story of how she came to Paganism

My road to Paganism, I would imagine, is similar in many ways to others who have found Paganism during their life. When I was younger video games, mobile phones and computers didn't exist. I grew up like many children, playing outside in the garden in Wales with my dolls, taking my sister on the back of my tricycle, scaring my mum as I would come whizzing round the corner of the house on two out of three wheels. In the winter we would have snowball fights and build snowmen and go sleighing down the hill.

When we moved to Wolverhampton I was outside quite a lot. We had a big field behind our house and I loved it when the field had been mown by the council. I would be out there building mouse houses from the mown grass and twigs - of course no mouse ever lived in them, but I didn't know that then, I thought I was being helpful to nature! As I grew older I took to walking, heading out to explore routes on the map and along the canal paths, and when I got a car I was off to a huge

woodland about thirty minutes away or the gardens at a local historical building, pretty much most weekends.

I grew up Church of England but around fifteen years ago my faith in the Church dwindled. I started questioning everything, as you do when you are growing up, coming to the conclusion that Church of England was not for me. I stopped going to church altogether. In adult life I started work, studied part time and lost the connection with the outdoors that I had. I didn't walk as much either.

In 2005 I moved to Scotland and reconnected with the outdoors, exploring by walking the Glens and the surrounding countryside. The walking festival in the town was great for promoting this connection. I found it calming and peaceful. The countryside gave me a place to think, to de-stress and I would often get home not realising how long I had been out walking for.

Nature also helped me through some very tough times during 2007 and after, including the loss of my fiancé, the

bereavement and dealing with other issues which came to light after his death. My family and friends brought me through it, thankfully, but nature helped too. It gave me a place to cry without being seen or heard, a place to get angry and to shout without the strange looks on people's faces thinking I have gone mad, a place to talk and question things, without necessarily needing an answer, although sometimes I would get one.

It was during this time that I met Dave who was working in the area but was originally from Whitby. We became friends sharing a love for dogs and nature.

During one of our many conversations the topic turned to religion. He mentioned he was a Pagan and being curious, I asked what that meant. Dave explained it was a nature based belief. It followed the cycle of life, that we all return to the earth to be reborn. The one thing he said to me which really stuck was that no one tells you what is the right or wrong way to believe. This appealed to me after the structured format of Church of England, where worship is only done in churches and everyone must follow the Ten Commandments and so on. Dave assured me there was none of that in Paganism. Unfortunately, we lost touch but that conversation always stayed with me. It was just the wrong time for me personally to proceed with this, still dealing with the aftermath of my fiancé's death.

The next three to four years were frantic with counselling, changing jobs, moving house and trying to rebuild my

confidence and self-esteem. In 2012 I moved to East Lothian, Scotland. My upstairs neighbour was very interested in nature and self-sufficiency and this piqued my interest. We became good friends and over the next couple of years we would often chat about her Shamanic and Druidic friends. We attended open circles and workshops and I started to feel like now might be the right time to look into Paganism, with Dave's conversation still on my mind.

I was in a much better place mentally and physically and started asking questions about where I could learn more. I found the Scottish Pagan Federation online and emailed them about membership. I was referred to John McIntyre and emailed him loads of questions about what Paganism was, where I

I had a strong feeling that I needed to take my learning further

could find out more and so on. John was really helpful and gave me the name of some books to read. These were *Listening People, Speaking Earth: Contemporary Paganism* by Graham Harvey and *Drawing Down The Moon* by Margot Adler. Being new to Paganism they were really hard going, with so many words I had never come across before, I had to look them up before I could continue reading. Even so, I wanted to learn more. At this point my learning was based purely books and reading.

In 2015 I moved to Shrewsbury. Once settled I had a strong feeling that I needed to take my learning further and looked for a local moot. There wasn't one but I found a few Facebook groups which I joined. I transferred my Pagan

Federation membership to England and Wales too. Much as I loved to read I needed to speak to people, meet people face to face who were like minded, so I attended my first moot in Oswestry. I was so nervous I nearly turned the car around a couple of times. I had no idea what to expect, what to say or whether I would be welcomed.

I needn't have worried.

The organisers were lovely and the group were really friendly and welcoming and didn't seem to mind my questions. The more questions I asked and the more I read, the more I felt drawn to Wicca and to Celtic paths.

I wanted to meet more people a bit more local to Shrewsbury but as there was no moot running, so I started one, with support and advice from more experienced people.

The aim was to provide a way for like-minded local people to meet face to face, to support and learn from each other.

It has been great meeting people at the moots, discussing different paths and hearing other people's journeys on their own paths. At one of the moots I expressed a wish to go to Anglesey to look at ancient sites there. Someone suggested, as I was interested in Celtic traditions, I should look at Druidry and visit Bryn Celli Ddu. So in February this year I took this advice and was so glad I did, what an experience it was. That's a whole other story though...

My learning is still ongoing and will be for a long time yet as there is so much to find out. Every time I read something I find something else I want to know more about.

Every conversation I have results in more things I want to learn. It really is a life long journey for me but I know it is the right one.

I took part in my first ritual for the Summer Solstice. I was nervous and excited and enjoyed it immensely. I had a very weird dream that night that I am still unable to fathom out, it is still vivid in my mind.

Now, I am getting ready to take part in my second ritual, Lughnasadh. By the time you read this I will have completed it. I am setting up my altar at home and preparing to make my own ritual clothes. I have

finally got my Book of Shadows in some semblance of order that I

can add to easily and regularly. The moots I

organise are still going and I am now organising

speakers for a couple of the moot dates. My pile of

books to read is ever increasing. More important

to me than all this is the feeling of peace of mind I have

found, a feeling of place where I

had felt so lost and alone. A sense of calm and just an overall mood of being happier with my life and life in general.

Looking back, I feel I have returned to the love of nature I had as a child - I have come full cycle in that respect.

So, in writing this I am saying thank you to the Scottish Pagan Federation, Pagan Federation of England and Wales and everyone I have spoken to and the authors of all the books I have already read, for giving me the support and information and for being patient with me in my never ending questions.

Thank you.



How did you find Paganism? Or did Paganism find you? Tell us your story!



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Keeper of the Cauldron £23.99
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Crescent moon candle holder £11.05
www.pagandreams.co.uk



If you are a business in the Mid West or Wales and would like to see your items advertised here, or perhaps have a feature written about you, please contact us on myddleearth@yahoo.co.uk

Interview with...

Audrey and Richard

*Samantha Godley had a chat with our District
Managers*

Tell us a bit about yourselves

A – I lived in Canada from the early 1960s through to the mid 1970s. I grew up in an Anglican conservative family. I stopped going to church when I was nine years old as the rest of my family had stopped going by then too. I am more a general Pagan, although when I was younger I was attracted to Wicca.

R – I was born in the East End of London and grew up there in the 1960s. Back then London was very multi-cultural. We moved to a

suburban estate which I found incredibly boring. Weekends were spent at our place on the Essex/Cambridgeshire border. As a child I spent a lot of time on my own or with my canine friend exploring the area. I always wanted to be outdoors. Whilst at Sheffield University I was involved in Western Ceremonial Practice Group which was largely influenced by Pat Crowther. When I met Audrey we mainly worked with Wiccan groups but never became initiates. I believe you get to a stage in life when you have

been following Paganism for a long time, where you get an 'overview belief'. That is, you dip in and out of different paths, sometimes following one path, other times following another path.

Who would you say influenced you the most on your Pagan journey?

R – Doreen Valiente and her book 'Witchcraft Today' was a big influence. I read Pat Crowther's book extensively. I think Paganism is a state of mind.

A – The same people influenced me. I always had a love of nature, of fairy stories, green politics, ecology and progressive rock. I always had an interest in the cycles of nature.

Is there a book or article that made a profound difference for you on your Pagan path?

A – Pat Crowther's 'Lid Off The Cauldron' and anything by Doreen Valiente were the main ones for me. I also liked reading the Brothers Grimm stories too.

R – Yes, also for me 'The Ladder of Lights' by William G. Gray. That was an amazing book.

What influenced you to get involved in the PF?

A – In the 1990s I was living in London and had heard of the Pagan Federation (PF). I had just read

John and Caitlin Matthews' books. It was at a time when Paganism was seen very much as 'satanic worship'. I felt that kind of talk needed to stop. I met Jean Williams in 1993, she was the Membership Secretary. She told me that the PF needed support and asked me to be Regional Coordinator. She was the kind of person who could ask you to do something and you just couldn't say no to her.

R – I agree. I met both Jean and her husband Zac many times as they lived near me at one point. Jean was very influential in the Pagan Community whereas Zac always worked in the background so to speak.

I think Paganism is a state of mind

Richard

What is the post that you hold within the PF?

Currently we are the District Managers for the Mid West and Wales. We have a team of Regional Coordinators and some of the Regional Coordinators have Local Officers who support them. We have done the job for three years now.

Previously, we were Deputy District Managers under Pat Pitts, and we have both held other posts within the PF individually as well.

What does the role involve?

R - We manage the District. We have a good team of Regional Coordinators and Local Officers

who support the members within the District. We deal with membership renewals, new members, support if there are any problems. We manage and select the team and promote the District and the PF.

We also attend meetings in London. Really, we are a spoke in a much bigger wheel.

How does it work with two people in the post?

A – Well we split the work really. I deal with the administrative areas such as membership renewals. I also support the RCs.

R – I deal with the more practical side of things and a lot of the telephoning of people and dealing with telephone queries and so on. It feels good to have two people doing this job as you get more than one perspective on issues and problems which can be really useful.

Between us we keep the District Liaison Office in the loop with what is happening and update the PF with anything that is likely to affect them.

What is the main focus of the PF currently?

The PF has just finished work with the Interfaith Council, which the PF has now been accepted on to. It is very important to have a voice within the Interfaith Community. Mike

Stygal did a good job in achieving this.

In terms of Advocacy the PF are looking to move beyond the Pagan Prison Chaplaincy work to support within the community for released offenders. This is in the very early stages though.

The PF Disability section have recently appointed Disability Officers.

We are working with the Intrafaith Heathen Symposium to create a united front against critics of

Paganism. We are building support networks together and learning from each other.

In the last 15 years or so Paganism has mushroomed and like many areas of society, it is open to criminal predators, usually of a sexual nature. People preying on single female people, especially if they are new to Paganism.

We were aware of the matter that Andrew

Pardy (Pagan Police Association) wrote about in the latest issue of Pagan Dawn. Paganism is becoming more mainstream; more integrated into official societies.

What are the current aims for the District?

To develop the district; strengthening its newsletter and promoting, campaigning and raising funds within the district.

Really, we are a spoke in a much bigger wheel

Richard

Put on more events such as camps and conferences and encouraging members to chat to each other. It's something we feel doesn't happen much, just generally communicating with each other.

Carrying on the work of the PF.

Trying to encourage the district to become like a family, supporting and helping and learning from each other. We realise not everyone will get on but encouraging an air of agreeing to differ in such cases.

What would you say your achievements have been in the District?

We have a good management structure with a high retention of volunteers in official posts within the district. After a very distressing upheaval with the loss of Pat Pitts, we have tried to ensure the district is run as smoothly as possible. In addition, we have been active in developing and supporting initiatives of the Local Officers and fostering an

overall feeling of being more hopeful for the future.

What are your plans for the future of the District?

To hold more events and to get more people involved. We want to encourage communication between members at grass roots level, increasing interactions so people are not just a list of names.

Also it would be great to increase the interaction on the local Facebook page and the Myddle Earth Facebook page, making them more lively.

Thanks to Richard and Audrey for their time. If you would like any more information about anything that has been raised in the interview, contact Richard and Audrey on 07968 599882 or mwaw.dm@paganfederation.co.uk

Audrey's Tip - No-'poo!

Simple, earth-friendly and very cheap shampoo:

- Dissolve 2 Tablespoons (Tbsp) bicarbonate of soda in 500ml warm water
- Pour on hair, massage in for a few minutes, then rinse with warm water
- Mix 2 Tbsp apple cider vinegar with 500ml warm water, pour on hair
- Rinse with warm water
- Dry with towel

I've been using this for 3 months and it works very well to keep my waist-length, thinning, post-menopausal tresses clean and manageable for up to 2 weeks! Shorter hair needs even less, and no, your hair won't reek of vinegar because the smell dissipates on drying. Bathroom clutter is greatly reduced (no bottles), water use is minimal (you're not having to rinse out soap lather), no more dubious ingredients as used in commercial shampoos, this method has everything going for it. Thanks to www.treehugger.com for this amazing idea!

Pagan Prison Ministry

By Hazel Macmillan

“Hi, my name is Hazel and I'm the Pagan Minister.” This is how I normally introduce myself to people during the course of my working day. This is because I work within the Prison Service in a number of prisons across the Midlands. It's not your normal day job I'll admit (and it's not mine either as I also work full time) but it is a job that I love doing and I get to meet some amazing individuals along the way.

It is my job to help those who wish to practice their faith and learn more about Paganism. It's good to be able to help both prisoners and staff understand more about our beliefs and dispel the many myths that surround them.

I regularly send out various bits of information on Sabbats etc. so that everyone is aware of the importance of the dates. We hold rituals and celebrations in the Multi-faith Centre and also on the prison grounds (weather permitting).

Whilst we may not have the funding or backing that some of the other faiths have we are still a pretty determined group and over the coming months and years I hope to bring a better understanding of what goes on within the prisons.

So if you have any questions or would like to help in any way please feel free to get in touch, my email address is lady_macmillan@gmail.com

Over the past 25 years the Pagan Federation has gained recognition from the Home Office and Justice Department in England and Wales as the governing body of the Pagan Ministry within the prison system. The Pagan Federation are the only body that can endorse a Pagan Chaplain in the prison service, and membership of the Pagan Federation is mandatory.

Friends for Prisoners



Sometimes there are people who come into prison that have no relatives or friends. They can become lonely, depressed and feel isolated.

Would you like to help?

By becoming an Official Prison Visitor or a pen pal friend, you could feel you have contributed to the rehabilitation process by giving support to vulnerable people and help them to feel part of their community.

This can be a very rewarding and enjoyable experience for you too.

Give as much or as little time as you can anything from one hour a month to two hours or more a week.

**If you are interested contact Hazel
MacMillan**

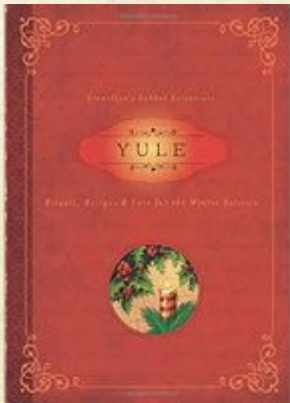
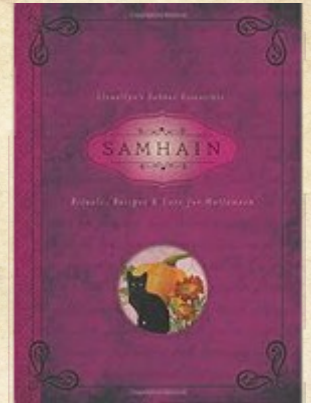
lady_macmillan@gmail.com



Book Review...

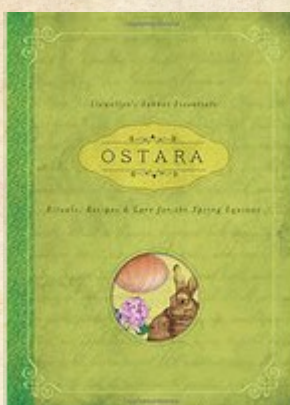
Llewellyn's Sabbat Essentials Series Review by Samantha Godley

Llewellyn Publications brought out a series of eight books in 2015, one for each of the Sabbats. On average the books are around 170 pages long, with a variety of authors having written at least one book, some more. The books are available in paperback form through Amazon at around £10 each for a paperback, less for an ebook. I purchased all eight of the printed books and have read all of them now.

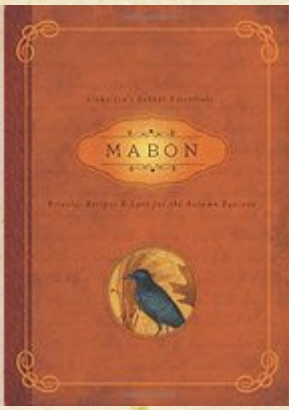


Each book is split into sections; Old Ways, New Ways, Spells and Divinations, Recipes and Crafts, Prayers and Invocations, Rituals of Celebration and Correspondences for that particular Sabbat. The books are based on Wiccan Sabbat celebrations and are aimed at those new to the craft or as a reference for the more experienced practitioner.

The books appear well researched pulling on sources from around the world including, but not limited to, the more well-known writers of Wicca. The book discusses the history and modern celebration of the Sabbats within different paths of Wicca. These include Celtic, Heathenry, Druidry, Neopaganism and Eclectic along with Greek, Roman, Egyptian and more.



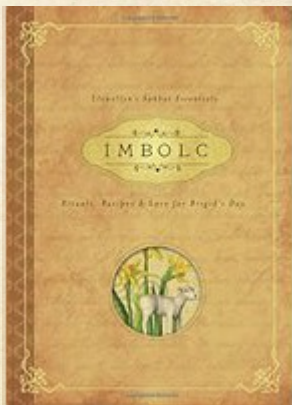
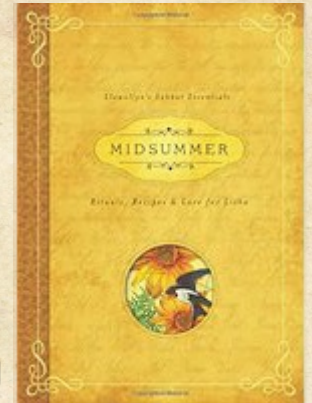
I like the structure of the books. It is easy to dip in and out or just read all the way through, picking out the parts that are relevant to an interest you have such as a specific path, recipe or craft. There are rituals for both group work or solitary work, depending on your preference. Each section is well written with little jargon and is easy to read for those new to the craft. The authors are not patronising and do not, at any point, specify that something has to be done in a specific way. The information within the



books is useful, interesting and the recipes and crafts are easy to follow, having tried a few myself.

The books are written as a reference tool; an introduction to each of the Sabbats for you to read further into if you wish. Each book has a further reading section if you wish to read more about Sabbat.

I bought these books just under twelve months ago when I was new to Paganism and Wicca and they gave me the background to the Sabbats that I was looking for. They proved a starting point for me to then progress from.



I do feel there are a couple of limitations to the series though. There are some spelling issues in the books for example occasionally there are extra letters in words, and the correspondence section at the end holds a lot of information in itself. It feels like the author has tried to cram everything into this section. The correspondences section includes keywords for that Sabbat, astro timings and planets, archetypes, deities, colours, herbs, trees, flowers, crystals, metals, animals/totems/mythical creatures, scents, Tarot keys, symbols and tools, foods, drinks, activities, alternative names and holidays in the Northern and Southern hemisphere.

Overall I enjoyed the books and have used them a lot, pulling out the information relevant to my personal path. The books were very interesting and informative, providing me with a base point to learn from. They give an outline of the Sabbats historically, as much as records allow, and an insight into modern times. There is a lot of information in the books, particularly the correspondences section which seems a bit crammed when compared to the narrative of the rest of the book.



Click on the books to be taken to the relevant Amazon page

Write for Myddle Earth!

To make this magazine the best it can be, we need a variety of features from different authors. In addition, there is a need for letters, opinions, personal experiences, artwork and photos.

Let us know what you think of the magazine, what you particularly like, or what you really don't like! Do you agree with what has been written? Do you think you can do better? Write in and tell us!

If you want to be a part of the magazine but don't know in what capacity, email the editor and we can discuss your interests, strengths and weaknesses to find you the perfect position in our magazine. There is space for regular columnists or one-off features.

Broadly, the content of the magazine is split into the following:

- News and events - district and regional news
- Pagan Life - to include the wheel of the year, eco and environment, personal stories, interviews, herbs, trees and animals
- Family and Home - to include pagan parenting, crafts, recipes, activities, shopping, rites of passage
- Spirituality - to include deity, personal stories, meditation, the spiritual side of life
- Back to Basics - revisiting some of the basics of Paganism and its various branches
- Reviews - books mainly, plus oracles, music and anything else you want to send in

The Mid West and Wales is a large district, so get your opinions and experiences out there and share with lots of people! Look on our Facebook page for submission guidelines



Moot Listings...

North Wales

Rhyl

2nd Thursday of the month @ 7.30pm

Caskeys Pub, 19-23 Vale Road LL18 2BT

Facebook 'Rhyl Moot'

Contact Steve: offasring@gmail.com 01691 679066

Wrexham

Last Wednesday of the month @ 7.30pm

Wrexham Lager Sports and Social Club, 1 Union Road LL13 7SR

Facebook 'Wrexham Pagan Federation Moot'

Contact Steve: offasring@gmail.com 01691 679066

Mid Wales

Aberystwyth Pagans

Occasionally have moots in their area. Check out their group for more information

<https://www.facebook.com/groups/aberystwythpagangroup/>

Newtown

3rd Wednesday of the month @ 7.30pm

The Monty Club, Broad Street, Newtown

Facebook 'Simmering Cauldron'

Contact Simmering Cauldron 01686 668404

South Wales

Carmarthen

Last Thursday of the month @ 7.30pm.

Get Stuffed Pizza, Cambrian Way, John Street, SA31 1QN (back of Marks & Spencer)

Facebook 'Carmarthen Pagans'

Contact: Susan on 01267 281414 or Paul Rouselle on 07872 992162 email

paulkwrousselle@yahoo.co.uk

Cwmbran

3rd Friday of every month @ 7pm

Cwmbran community centre NP44 7JJ

Facebook 'Cwmbran Pagan Moot'

Pontardawe

1st Monday of the month @ 7.30pm.

The Pontardawe Inn (known locally as Y Gwachel), SA8 4ED.

Facebook: 'Y Garreg A'r Crochan - Swansea Valley Pagan Moot'

Contact: Jude on ygarregarcrochan@gmail.com, or telephone 07966 206536.

Website: www.ygarregarcrochan.moonfruit.com

Pontypridd
3rd Saturday of the month (but please check first!) @ 12pm
Pontypridd Museum, Pontypridd
Facebook 'Pontypridd Pagan Moot group'
Contact Karin krainbird@me.com

Port-Talbot Pagan Pathways Gatherings (PPP Gatherings)
Last Friday of the month @ 7pm
Burgess Green pub, Port Talbot
Facebook 'The PPP Gatherings - (Port-Talbot Pagan Pathways)'

Swansea
3rd Tuesday of the month @ 7.30pm.
Mozart's, Walter Road, SA1 4QA.
Facebook: "Swansea Pagan Moot"
Contact: Cyt on 01792 578309.

Valleys
1st Wednesday of the month @ 7.30pm
The Griffin Inn, Gilfach Goch, Porth CF39 8YL
Contact Richard krishak2099@hotmail.com

Mid West

Kidsgrove
Last Tuesday of the month @ 8pm
Blue Bell, 25 Hardingswood, Kidsgrove ST7 1EG
Contact Glenys Walmsley 07973 635318 glenys.walmsley@hotmail.com

Oswestry
1st Wednesday of the month @ 7.30pm
The Golden Lion, Upper Church Street SY11 2AA
Facebook 'Oswestry Pagans'
Contact: Cheryn@nlp-hypno.com

Shrewsbury
Last Wednesday of the month @ 7pm
Bucks Head Inn, Frankwell, Shrewsbury SY3 8JR in the restaurant area.
Parking available at Frankwell car park, with a short walk to the pub.
Facebook 'Shrewsbury & District Pagan Moot'.

Stafford
3rd Monday of the month @ 8pm
Ye Old Rose and Crown, 10 Market Street ST16 2JZ
Facebook 'Stafford Pagan Moot'
Contact: Maggie Jennings 07825 285688

Stoke on Trent
2nd Tuesday of the month @ 8pm Sept-May
The Red Lion, 18 Stoke Old Road, Hartshill ST4 6ES
Website: mysteriesgroup.atspace.org

Wellington
1st Wednesday of the month @ 8pm
Red Lion Pub, Holyhead Road TF1 2EW
Contact: Pat French 07967 329909 flutes@moonforge.com

It is advised that you contact the relevant person before attending a moot in case details have changed.

If anyone knows of any moots that are not advertised here, please let me know at myddleearth@yahoo.co.uk.

This moot list is also on our website <http://myddle-earth.wixsite.com/blog>



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Cups & Wands

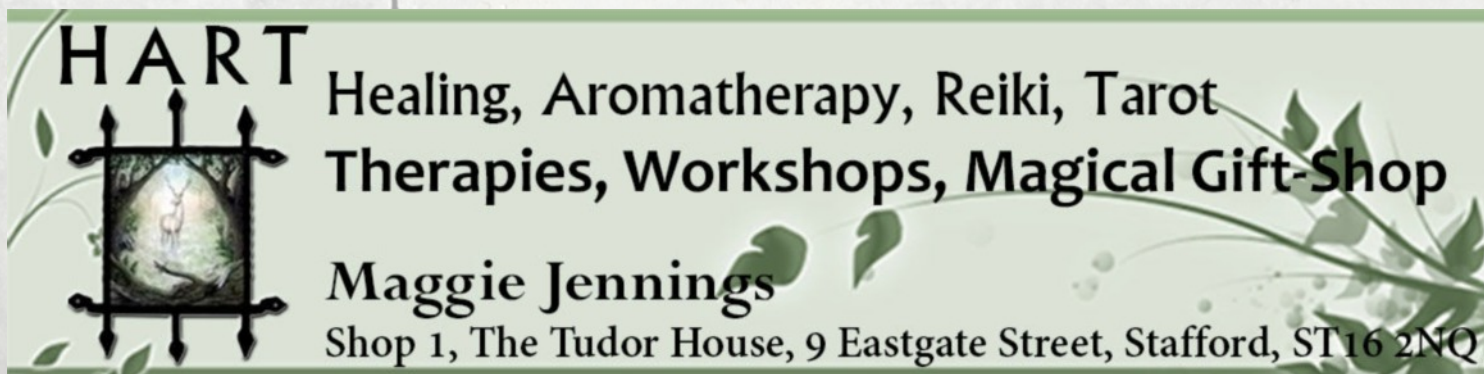
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Goddess Oracle Card Readings
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Indian Head Massage,
Friday Afternoons
Spiritual Healing
Saturday Afternoons
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Middle Earth...

All about the

Winter

Solstice

Submission cut-off date November 27th 2016

Out December 20th 2016