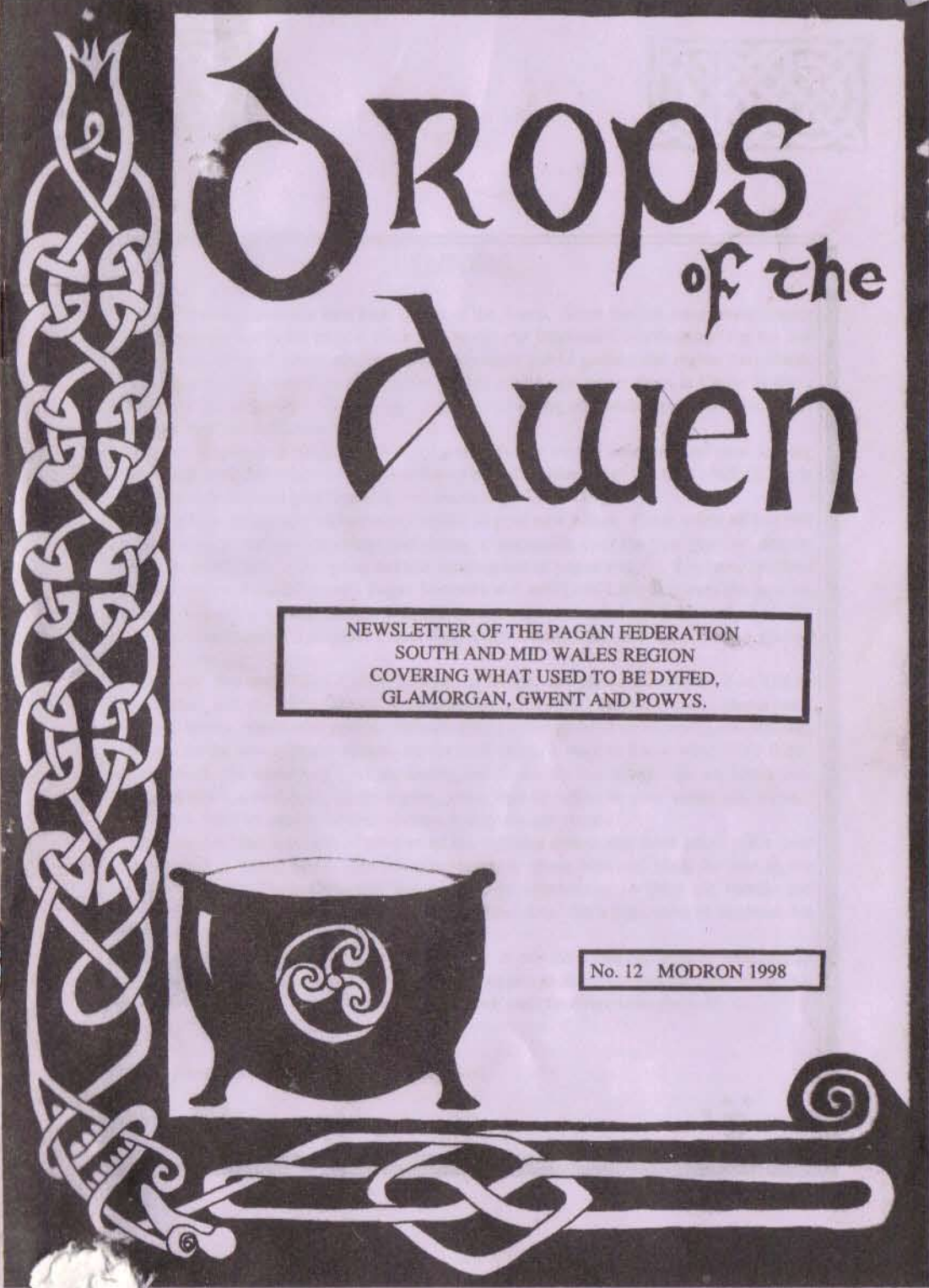


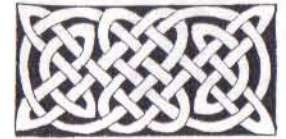
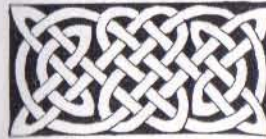
Drops of the Awen

NEWSLETTER OF THE PAGAN FEDERATION
SOUTH AND MID WALES REGION
COVERING WHAT USED TO BE DYFED,
GLAMORGAN, GWENT AND POWYS.



No. 12 MODRON 1998





EDITORIAL

Hello and welcome to the new look Drops of the Awen. Since the last issue much change has been going on in the region; Nick and Mary, our Regional Co-ordinators' for the last three years, stepped down after doing a marvellous job of getting the region into shape. They have now handed over the reigns to Mike and Angie (meet them in Co-ordinator's Corner!), whom I'm sure we all offer a warm welcome to, and wish them lots of luck with the task they have taken on.

Anthony, the editor of Drops for the past year, has also moved onto pastures new, leaving the region for a job in London. Many thanks go out to him for all the hard work he put in on the newsletter, and good blessings for his new life in the 'Big City'!

Which brings me round to introducing myself as your new editor. Quite a few of you will have met me at various gatherings and events in the region over the past year, as, despite being inherently shy, I like going out and meeting lots of pagan people! I've been involved in the running of the University Pagan Societies at Cardiff and Lampeter over the past six years (I'm a postgraduate student who still hasn't quite embraced 'real' life). And for the last year I have edited Lampeter Pagan Soc.'s newsletter, Dragon Bites (so I'm a glutton for punishment!).

I hope you like the change I have brought to Drops, but please remember, it is YOUR newsletter, and can only survive with your contribution. Please, please, please send articles, letters, comments, poems, pictures, jokes, cuttings from newspapers, meditations, etc. etc. to the new editorial address on the back page. I want to know what YOU think! If you don't like something - let me know; and if you do like things - let me know too. After all this is a newsletter of the region, and is here to reflect all your views and voices - but if you don't let me know your opinion, it may not get voiced.

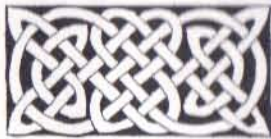
This issue contains a couple of reviews of the regional events that have taken place over the summer. I would like to take this opportunity to thank Nick and Mary for hosting the brilliant Lammas Camp-Out once again. A great opportunity to meet old friends and make new ones (see the reviews by Jenny and Blanche). So a big round of applause for Nick and Mary's hard work.

Anyway my cat, Darkle, and I, are now sitting in our little cottage eagerly awaiting all your exciting responses as you feel inspired to put pen to paper to send me your views etc. Do give the postman an excuse to visit, or else we shall feel ever so neglected!

Bright Blessings and a Happy Autumn Equinox!

Karen





"CO-ORDINATORS CORNER"

It will come as a surprise (for some!) that things have settled so quickly - for Pagans, phenomenally quickly! But here we are, in at the deep end, your new Regional Co-ordinators; hoping that we can follow, as well as we can, Nick and Mary's lead in keeping this region humming.

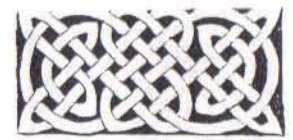
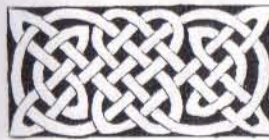
We are Mike and Angie Walters; we follow a Traditional Pathway (although Mike has been known to describe himself as an "Original"!). We would, however, eventually like to try our hands at Druidism, Northern Tradition, Shamanism, etc., and to that end would welcome tips/leads/hints etc., from you folks further down these paths - please write to 'Drops' and share your expertise and experience! We have this feeling that, unknown and underrated, various of you are following these other pathways and are veritable storehouses of knowledge - please share it with us all!

Before having to become a bit - only a bit, really! - 'political' in the future, which will become inevitable as we get to know more about PF structure and responsibilities, we'd like to make one suggestion with which no-one can possibly disagree. WHAT? (Yes, it is possible!) As you will all know, a waxing moon is best for anything involving increase - especially health.....

So, please, wherever you are and whenever suits you, on OCTOBER 23rd (Friday), bless and dedicate a candle - using your usual way - and then light it, with a simple thought and wish for **Nick and Mary's health and happiness!** For people working odd hours, even better - if one or two were to do this first thing in the morning, then a few mid-morning, a few midday and so on, we could keep the flame alight; so blessing them, all the day, and recalling one of Mary's favourite 'toasts': LOVE AND THE LIGHT! So come on, chaps and chap-esses; let's do it all day! Any colour that you feel appropriate will do - let's make a rainbow of 'Love and the Light' for Nick and Mary, with thanks for their dedication and hard work! (We'll kick off at 7.30 am).

Slightly unfortunately, a twinge of 'politics' here; one or two feathers ruffled? For those few who still think RCs should be elected rather than appointed (by District Managers and RC Manager, as mentioned in last 'Drops') we can only ask you to please read again Pete Jennings' excellent 'Letter from the President' in Pagan Dawn No. 127 (Beltane 1998), as he explains it far better than we can! We did not clamour for the post; it was offered, and after much deliberation and meditation, and a long talk with Steve the District Manager, we agreed to take it on. There's no status or pay attached; we are here to represent YOU the members, and pass on any grumbles - or even the odd congrat? - at the council meetings and conference, and keep you posted about these.

Funnily enough, Mike and I have this dream that, if the PF (that is all of us - the members!) does its job properly, the membership will increase to the point that it becomes desirable, even necessary, that RCs and DMs! - WILL be elected! Hopefully, soon, there will be more of us and we'll be meeting up at various regional events more often (so getting to know each other better), and therefore meaningful and democratic elections can happen...but that is up to all of us, the members, in all the regions! Saying that, it was therefore slightly disappointing that Andrew Baker's excellent spring equinox moot was



not followed up...But again, there are few of us that don't have problems with transport, finances, previous commitments or such.

Having said that, it was great to see such a turn out at Esgair Mill for the Lammas Camp-out; a wonderful weekend, with truly magical moments (articles on this to be found by turning a page or two!) Thank you to all; the workshops were brilliant, and our indefatigable hosts ensured that a good time was had by all! Mike and I loved it, and hope to arrange something very similar again next year.

One of the many things discussed on the Sunday afternoon at Esgair was, would people be willing to pay a small amount to receive 'Drops'. A majority said 'yes', but, as by then we were down to 18 or so, it was left hanging...Well, here's the good news! Thanks to the phenomenal success of the camp-out, we have raised enough to fund the newsletter for the next few editions, and providing similar ventures can be arranged (ideas, and venues, PLEASE!) two or three times a year, 'Drops' should continue to be free to all! [Ed.'s note: PF central office will fund regional newsletters up to two sheets of A4.]

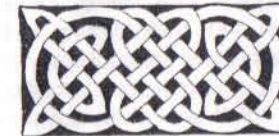
To conclude ('at last' we hear you sigh), Mike and I will be going (Gods willing) to the RCs/DMs meeting on October 10th, and will be hoping to put forward your views on: The Three Principles; and Back to Basics, i.e. which of the present PF activities do you think are important to you?

Any and every comment, outlook, etc., will be welcome. To receive a few (or even a lot of) comments would be great - we will then have something interesting to present at the meeting! - and as first timers that would help us, and get your points across too!

Please contact us by phone (01600 772946) or letter (sorry about the snail mail, but we haven't advanced to e-mail yet) 27 St Mary St, Monmouth, NP5 3DD. One day we might join the 20th century...

Bright Blessings to you all,

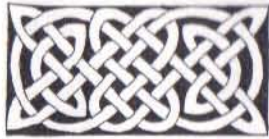
Mike and Angie Walters.



DOSH AVAILABLE TO CELEBRATE THE MILLENNIUM

Events (and possibly projects) to celebrate the Millennium could qualify for funding from the government. I don't know whether such things as Millennium Groves of Sacred Trees would qualify or just events, but why not a Pagan Millennium knees-up (though we'd have to call it erCommunity Millennium knees-up, I expect). Doubtless to qualify there'd have to be a community or environmental or heritage type slant, but I'm sure there are pagan projects which could take advantage of this. The event/project can take place any time during the year 2000. Funding is between £500 and £5,000 and application details will be out late December 98/early January 99. The contact for Wales is Jo Coles of the New Millennium Experience, Tel. 01222 228232.

Blanche



PSYCHIC SPRING CLEANING

Were you aware that the physical fabric of buildings absorbs vibrations from the air? These build up in the walls over a period of time and it is this, to some extent, which gives a house that indefinable atmosphere you feel as soon as you go through the door. All very well if you are going to move into a home that has been occupied by happy caring people, but not so good if your new home has previously been the scene of long-term unhappiness or trauma. It need not be anything startling like an unnatural death; known to have been the cause of many hauntings. A friend of mine moved into a house which had been repossessed by the Mortgagee and although he was not particularly psychic he found himself constantly uncomfortable, looking over his shoulder and convinced that there was someone else in the house. Various bits of D I Y that he tried went inexplicably wrong. -In other words, his house was haunted by the vibrations of the months, or years of unhappiness of the previous owners, a couple who had struggled against financial difficulty, as a result of which the husband became violent toward his wife, the relationship split up, and a great deal of bitterness and unhappiness ensued.

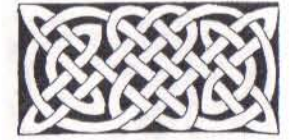
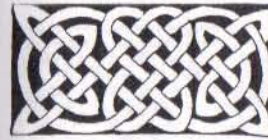
This is perhaps an extreme example of a modern 'haunting', but even so there are times when for many different reasons we may feel the need to alter, or lift the vibrations in our home. There are many different ways of achieving this end. The one which I advised for my friend, a Catholic, not a Pagan, was quite simple, but effective.

The essence of the ritual was to treat each room in turn by carrying burning juniper berries around the perimeter and speaking words of banishing. Salt was then sprinkled sparingly around the perimeter of each room as a final sealant and blessing.

No special knowledge or equipment was needed, a bowl filled with a couple of inches of sand with a charcoal block on top is as good as a censer, and juniper berries are sold by most whole/health food shops or delicatessens. They are a very powerful purifier.

The words of banishing you may make up for yourself, but the one I most commonly use is along the following lines "By the power of the God and Goddess, and by their dominion and sway over the Earth, the Air, the Fire and the Water, I command any unclean thing in this place to return to its proper place and abode."

The words should be spoken aloud and for maximum effect, can be accompanied by imagining or describing in the air a symbol which you find personally relevant, a pentagram or cross. Use horned or pointed fingers. It is very important to send any negative vibrations back whence



they came, because otherwise they can simply go to another part of the house, or a tree outside the window and sneak back in when you have been lulled into a sense of security . . .

(You can use the same words of banishing on their own if you feel uncomfortable at any time, perhaps after an unwelcome visitor, or if you feel that someone is psychically interfering with you.)

My friend did this little ritual and received an unexpected bonus at the end of it. As he was cleansing the last room, he saw a large, sulphur-yellow butterfly which flew down the stairwell. But it wasn't in the house at all the next morning, despite the fact that he had kept all his windows closed during the ritual, and he never found a butterfly corpse . . . Both he and I accepted this as a sign that the house was now psychically clean.

We had to do a little follow-up work on his home, and for this I prepared him some Joss-sticks. I used a little essential oil and with thumb and forefinger rubbed a very little oil into each joss-stick concentrating at the same time on the wish 'Evil out, love remain'. He was then able to burn a joss-stick whenever he needed and release its programming to help lift the atmosphere.

One other rather lovely and certainly ornamental way of cheering up a sad room is to place two mirrors at opposite sides of the room, so that each reflects the other. In front of each of these mirrors, place a vase with preferably orange, or yellow flowers. Marigolds are very good for this, the old-fashioned garden 'weed'. The image of the flowers will be reflected across the room an infinite number of times creating a room full of the gently energising and positive energy of the sun.

So if you think your home is due a psychic spring clean, give it a try. Bear in mind though, that sometimes you may come up against an entity pervading the room which will not respond to this relatively gentle cleansing - if so, there are people in the Fed., as well as other folk who CAN deal with unpleasant entities; never be afraid to ask for their help.

BRIGHT BLESSINGS.

MARGARET MATTHEWS.

POWYS - Iain Steele, late of the Silverbranch Celtic group in Berkshire, has recently moved to Felindre, Knighton, Powys and would like to start up a discussion group/moot at his house (a lovely 200yr old cottage). Beginning hopefully before the Samhain Full Moon. If anyone is interested please ring him on (01547) 510343.



LAMMAS CAMP OUT

The Lammas Camp Out this summer, organised and hosted by Nick and Mary, proved a wonderful experience for all of us who attended. Here are two moving accounts to remind those of us who were there what a good time we had, and to make those who missed it aware of just what it was they were missing!

Lammas In The Woods

Two dozen new friends . . . a soggy tent . . . a head bursting with ideas . . . how was the Lammas Camp-Out for you? You missed it? Shame . . .

Heartfelt thanks to Nick and Mary for hosting such a magical event and to all the talented people who shared their skills and their knowledge in the workshops. I had a deeply meaningful encounter with an ancient ash tree in the soggiest rainforest this side of the Amazon - thanks Jenny for the Tree Meditation - and watched Pam's storytelling weave its magic around the ring of enrapt faces, the wooded hillside a timeless backdrop.

We shared songs, poems and rude jokes in the Bardic Circle and circle-danced till the sun melted us. Andy's meditation workshop was moving and thought provoking (cough!), Marion's herbal lore was fascinating and Zena's crystal healing was both interesting and worthwhile as it featured a live demonstration of how a healing session doesn't always go according to plan. Lively stuff!

Much more went on - the Lammas Ritual itself, the socialising, Karen and Karyn's songs (sacred and profane), the weird time bubble that made the Programme pinned on the kitchen door bear only a coincidental resemblance to reality, Morris dancing with tea-towels and dandelion leaves, Angie the new RC's indefatigable getting-to-know everyone, and more hugs in two days than most people get in a year. I loved it. I came on my own and left surrounded with love and magic. Thanks to everyone who helped make it such a wonderful weekend.

Blanche.



Imagine....

You are walking along a narrow country lane at dusk, filled with anticipation of something you do not yet know how to quantify. As you continue, you come to a clearing in the path, where a great mill house rises majestically, with a babbling stream flowing musically past. You see tents in a semicircle and, suddenly feeling the rain on your cheek, you run to do your share. Immediately you are surrounded by friends; souls you know well and have longed for, people you have never met, but know you will like. As the rain grows stronger, a community spirit is forged as you all struggle together to put up the remaining tents, the rain adding to the pleasure you feel, struggling against adversity with a caring and competent body of people on your side. There is no way you can lose!

When all tents are erected, the battle finally won, you adjourn to the fireside to be serenaded and entertained by a myriad of stories, songs and poetry. One may stick out in your mind, and you listen fascinated at this sharing of spirit.....

After hours of this balmy glow of spirit connecting with soul, you wander weary and fulfilled to collapse in your battle trophy; a hopefully well erected sleeping space. Gently, you are rocked to a deep sleep.....

As you awake, early in the morning, a wealth of emotions assail your incumbent form. Depending on how many have wakened before you, you may feel rushed or calm, but you know that whatever moment you choose to enter the house, there will be someone in the bathroom!

After ablutions and food, and good morning chatter, you gather with your new-found friends to commune with the surrounding tree spirits. Although this seems magical to you, you are not aware of just how powerful an effect it has on everyone, until a gentle man, later in the morning, grows courage enough to enchant you with his tale.

After the trees, you approach a circle, where a beautiful, whirling ball of smiling energy is telling a story to cap all stories, to begin all stories, and to inspire all stories. If you listen hard, you can make it out.....

All this has made you hungry, and you sit awhile to recharge your batteries, sharing food with some friends. Soon you are tempted by a spinning circle of dancing bodies, all enjoying the feeling of being whisked out of their normal experience. You join this group, as no number is too many, and you skip gleefully round and round, feeling the music picking you up, as you dance, and dance, and dance.....

After a timeless period you begin to tire, and finally the energy is released and you follow the movement of people to another place, to be enchanted once more, by a Deep Pool of Glinting Power, mischievous and earthy, who regales to you and your friends the powers of herbs and concoctions. You sit in a circle with your now firmly cemented group, and



listen entranced to this gleeful woman, imparting her hard-won secrets as if she has at last found them a good home.

Time moves on, and just when you think your batteries cannot be charged by anything but a cup of tea and a good meal, you find that there is someone on hand to relieve your weariness. You sit comfortably and let your tiredness drain away, as an unassuming man leads you on a dance of delight, a path of nature and of healing, and you emerge refreshed, and ready to continue along this emotional train track of experiences.

You share a meal with friends and relax a while as the evening celebration is prepared for you. Eventually you are summoned by a bell, and all gathered rise as one and troop into a dedicated space to celebrate the death of John Barleycorn and the fruits of the year. You taste the barley wine and the exquisite bread proffered to you by the now serious Wisewoman of the Herbs, and feel sated with the knowledge that a day has been well spent.....

In the evening you feast gently with friends, and have a choice between an impromptu chanting session or a regaling of stories and the singing of folksongs. Make your choice and experience this for a moment.....

You find yourself awake, although you never really remember sleeping, and hurry to prepare yourself for another day of love and learning. You meet others from the day before, and as you troop to a room you may feel you have never been without these people.....

A beautiful turquoise woman greets you and you listen fascinated to her tales of healing and miracle. She asks for two volunteers, and you may feel some emotion. Do you want to be chosen?..... No matter, the time and place seem to choose them in spite of themselves, and first you watch as this bright blue ball of crystal energy gives of herself to heal a man, lying still and relaxed before you all. Suddenly, when she has finished you realise there is a great outpouring of emotion, people so beautifully tuned that they can sense the healing energies at work.

Just when you think things can get no more powerful, a strange experience occurs. You see a woman lying in front of you, being healed at each chakra point as she has done for herself many a time. She seems confident and in control, and the green light from the crystal is watching over everything. The healer finds an emotional blockage and proceeds to release it. Until this point nothing is out of the ordinary, but at this time you may feel something you cannot explain.....

All at once the once peaceful body on the floor is quivering with an intense emanation of energy, bubbling up from the core of her being, taking her by almost orgasmic waves although the seat of the energy is not sexual but emotional. The heart chakra, with the green crystal looking down from above is releasing lost, dampened pain, and as it breaks across the face, what was at first within, is now visible to everyone. The healer works



defly to reduce the flow of energy, and you sit back and watch, secretly glad that this woman knows her craft, so you do not have to help this distressed spirit. As she administers crystals and healing, the body slowly becomes controlled by the mind, and receives gratefully the love and healing offered by the kind, blue, talented woman of the hour.

You may need to be brought back down to earth, after this experience, and when an energetic, enthusiastic soul takes control, and ushers you outside to talk Pagan Federation, you are able to recover and re-energise, before the final event of your visit. As you sit and chat, you have time to think over what you have gained from this experience.....

Eventually a lively folk tune wakes you from your reverie, and you gather happily with your friends to watch or partake in a spot of Morris dancing. You are grateful for this practical end to such an emotional weekend, as it enlivens your spirits in a different way. A final spiral dance joins everyone in a final circle of embrace, where your host and hostess, having been often behind the scenes helping in unseen ways are appreciated by all. As you look at them, you see them glow; a beautiful, practical woman, and a fatherly, wise, gnome. You may remember them as they were in the ritual: the lady a white and shining brilliance, the man, a golden John Barleycorn. As you look at them transformed in this way, a mist begins to rise, and slowly, you become aware of yourself, reading this magazine.....

I hope you have enjoyed imagining how this year's regional Lammas gathering was played out, but if you are one of the worthy souls who can substitute remember for imagine at the beginning of this tale, then I am sure you did enjoy it. Merry meet, and merry part, and merry meet again!

Jenny





THE GATHERING

Lampeter Pagan Society hosted, in May 1998, the West Wales Pagan Gathering. This one day event held in Lampeter was part of various regional events planned this year for the purpose of bringing people together to meet, exchange ideas, celebrate and have a good time. The Gathering proved to be very popular with between thirty and forty people attending from the Pagan Fed. region and even one from just over the borders.

The one day event began with refreshments, especially welcomed by those who had travelled a long way just to be there, and an opportunity for people to chat. Thanks to the previous regional events many people already knew each other and the room filled with a friendly hum. When the day was ready to start officially, Karen calmly took the reigns of the situation to welcome everyone and to start us introducing ourselves, and if we had brought with us our representational object to place it on the altar space set aside. The introductions helped later in the day to meet new people and to ask how their object represented them. A few people introduced themselves as searchers, coming to find out about paganism and what it is.

After we introduced ourselves we went upstairs to begin the first of the two morning presentations. Nick, the then regional co-ordinator with Mary, presented a talk about the Green Man and what He means to pagans. Nick finished looking at the emergence of the Green Man today and His presence amongst the eco-warriors of Lyminge forest. There then followed a quick break before another workshop on Chakra cleansing began. Elaine, from West Wales Dowsers Society, did a practical demonstration of Chakra cleansing which at times was light-hearted, but covered important issues about our Chakras and our lifestyles.

After the morning session we stopped to have the shared lunch. Everyone had been very generous in bringing a wide variety of foods and there were difficulties in putting all the food out! The shared lunch enable everyone to stay together, chat about the presentations and get to know each other a lot better. With the plenitude of food no-one could complain of being hungry.

The afternoon presentations began with Hilaire, an Ovate in the Order of Bards, Ovates and Druids and a homeopath. presenting a talk about the Goddess, Brigit, who she has been interested in since the sixties. Hilaire had just arrived back from Ireland where she had been researching more about Brigit, findings that she presented in her talk. There was another quick break before the final workshop of the day, Ken's music workshop. We all gathered in the room with our musical instruments and put on our blindfolds. Ken took us to a meeting place where we all spoke different languages and couldn't communicate, until a drum beat began..... and the others joined in, including Robin (aged 4), who played a mean drum.

By the time all the presentations had finished it was late afternoon, and although a ritual was planned for the evening some people had to go. The rest of us stayed around eating the remains of the shared lunch, whilst the ritual was organised. An advance party went to prepare the Lampeter Pagan Society's own site on campus, although a lot of hard work had been put into preparing the site by all members of the Society over that week. The rest of the party headed out in a procession over to the site. The ritual, dedicated to Earth



Healing, went very smoothly and affected many people present. Little things happened during the ritual, such as the wind blowing the wind chimes at the invocation of the Goddess, which made it special. After the ritual we continued to consume the remains of the shared lunch and the other goodies brought for the feasting. The fire was burning merrily and we had plenty of wood, so we remained there for the bardic circle. We completed three rounds of the circle, one round dedicated to earth healing, another to peace in Northern Ireland, and the third to all meeting again. The day finally finished with sad goodbyes as different people needed to travel back home. However it had been a thoroughly enjoyable day and as I write this piece around the Autumn Equinox, I can only recommend that as the spiral ends and begins again, we all make a note to be there next year.

Simon

Karen Pierce and Simon Barrett have been compiling a booklet reproducing the presentations given which it is hoped will be available soon at a budget price. Watch out for further details.

SNIPPET OFF THE WEB - 'A Pretty Star'

One of our readers found this on the web one afternoon and thought others might like it:

"Several people asked me to post what is written on the cards my husband hands out when asked about his pentagram. I talked to the author and he gave permission to post it as long as his name stays on it. So here goes:

'It's a five pointed star, one point up, within a circle. It encompasses many meanings. It is the perfect proportion: each line in the star is the same length as all the others. It is the four elements ruled over by spirit. It is the five wounds of Christ. It is the four corners of the world and their centre (you). It is the ascendancy of spirit over baseness. It is the five Chinese elements. It is the pentatonic scale. It is a glyph of protection. It is a sign to let other Pagans know you're one of them. It's a pretty star...'

by Whisper Moonson

The story behind this is that on Genie last year one youngling said that she was asked about her pentagram. Afraid of the reaction of the questioner, she replied that it was a pretty star. She then asked if she had taken the coward's way out. Moonson came back with, 'Well...it IS a pretty star.' Then he wrote the above.
Elsbeth Sapphire"

So what does the pentagram mean to you? What do YOU say when asked about it? Please share your views with other readers!



MORWENNA'S HOME PAGE

Welcome to my 'home' page, in which I shall endeavour to share with you recipe's, hints, and herbs, which you can put to good use yourself. If you have anything similar you wish to share please send to me c/o the editorial address.

Morwenna

Seasonal Recipes

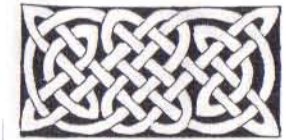
As the nights begin to draw in and the festival of Samhain fast approaches, the modern (American) custom of using pumpkins as lanterns at the time of Hallowe'en means the opportunity (if you are anything like me and just love to have a huge lantern in the window, plus lots of little ones dotted around the home) of making many delicious recipes with all that pumpkin flesh you have scooped out. You may all have your own favourite recipes for pumpkins soups and pies, but here is one that uses it for 'sweet' purposes, and makes a cake out of it (along the same principles of Carrot Cake).

Pumpkin Cake

100g/ 4 oz margarine
100g/ 4 oz castor sugar
30 ml/ 2 tbsp golden syrup
2 eggs beaten
225g/ 8 oz self raising flour
1 heaped tsp. ground mixed spice
pinch of salt
100g/ 4 oz mixed dried fruit
100g/ 4 oz cooked (boiled) mashed pumpkin



Grease an 8 inch cake tin.
Cream the margarine with the sugar and syrup in a bowl until soft.
Gradually beat in the eggs.
Sift the flour with spice and salt, and fold into the creamed mixture.
Add dried fruit and mix well.
Gradually mix in the pumpkin.
Put mixture into the cake tin.
Bake for 40 - 50 mins at 180 C/350 F/ Mark 4



When I was a child living back home 'oop North' (Lancs.) one of my favourite treats of the season, along with treacle toffee, was Parkin. This is a traditional recipe from the North of England (hence most people I've mentioned it to round here haven't heard of it!), and my mum used to make it. It was usually available and eaten on Bonfire Night (as was 'Black Peas' - something else no-one round here has heard of) and for me conjures up exciting frosty nights watching fireworks and warming myself by a huge bonfire. So I guess it's perfect for those Samhain rituals too!

Parkin

225g/ 8 oz medium oatmeal
100g/ 4 oz margarine
5ml/ 1 tsp. baking powder
10ml/ 2 tsp. ground ginger
100g/ 4 oz golden syrup (warmed)



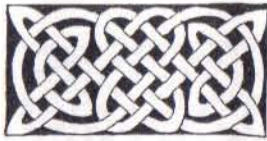
Grease an 8 inch cake tin.
Rub the margarine into the oatmeal.
Add baking powder and ginger.
Mix in the warmed syrup and spread into the tin.
Bake for 30 mins at 170 C/ 325 F/ Mark 3
Cool for 5 minutes, then mark into segments with a sharp knife.
Lift out of tin when nearly cold.

HERBS, PLANTS ETC.

After hearing the excellent talk given by Marion Davies at the Lammas Camp-Out, one of our members, Scott, thought it might be a good idea to get some kind of database going where the more unusual/rare/poisonous/useful plants etc. growing in this region were documented. After some discussion on the Internet the following Web address was sent to him, showing that the job has already been done!

<http://fff.nhm.ac.uk>

The Natural History Museum (for it is their site) have compiled a vast database of flora and fauna around the country. You access regions by postcode, and then they list all plants, trees, birds and animals in that area. You can get further details on each item, sometimes including a picture. They admit that their entries may not be totally complete, but do give an address where entries/discoveries can be sent to. For those who have access to the Web this is a site well worth visiting - extremely useful and interesting.



FORTHCOMING REGIONAL EVENTS

Dates for your diary!

Friday 30th October - Samhain ritual, organised by Lampeter Pagan Society. FFI contact Lampeter Pagan Society, c/o Student's Union, Lampeter University, Lampeter, Ceredigion, SA48 7ED. Or e-mail: pn027@Lampeter.ac.uk

Saturday 7th November - Regional Get-Together in Cardiff: Mask-Making Workshop (themed round the elements); Music Workshop; Ritual (themed around the wheel of the year). Provisional cost: £2 - PF members, £2.50 - non-members. For further information please contact David (01222) 529805



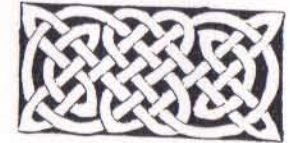
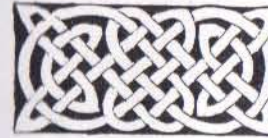
MAGAZINES (produced within the region)

STONE TEMPLE - covering Wicca and Paganism in South Wales. Please send a cheque/PO for £1 payable to C. Breen, 65 Vale Street, Barry, Glamorgan (No Callers Please).

THE CAULDRON - a much respected journal of the old ways. Please send a cheque/PO for £8 (4 issues) payable to Mike Howard, Caemorgan Cottage, Caemorgan Road, Cardigan, SA43 1QU. DO NOT write 'The Cauldron' or put pagan stickers on envelope - thanks!

DRAGON BITES - newsletter of Lampeter Pagan Society (A5, 28 pages). Please send three second-stamps to K Pierce c/o Pagan Society, Student's Union, Lampeter University, Lampeter, Ceredigion, SA48 7ED.

If anyone knows of any other pagan magazines produced in the region please send the details to the editorial address.



ROUND THE REGION

It is always encouraging to find PF members actively involved with their spirituality, and willing to share with others. This space is for you! If you would like us to publish details/dates/venues of your group/society/moot/workshops etc. which you think would interest other members then don't hesitate to contact us for inclusion in Drops!

BARRY: Contact Chris and Maria for details of open rituals and workshops - 01446 730221
email: Stotemple@aol.com

CARDIFF: Contact Gareth for further information - 01222 397147
email: Onnen@Bigfoot.com

CARMARTHEN: Sweat Lodges, held monthly in a secluded grove by woodland stream. All welcome, no charge. Enquiries to - J. Adams, c/o The Farmhouse, Marchoghywyn Fawr, Llanfynydd, Carmarthen, SA32 7UQ

LAMPETER: Pub Moot - first Monday of the month, 8pm, Cwmanne Tavern, Cwman, Lampeter. FFI ring 01570 423625

LAMPETER: University Pagan Society, regular meetings, talks and workshops during term time. All welcome. For further details please contact K. Pierce c/o Pagan Society, Student's Union, Lampeter University, Lampeter, Ceredigion.
email: pn027@Lampeter.ac.uk

SWANSEA: Pagan social meetings, contact Ffred for details - 01792 426506
email: 126469.93@Swansea.ac.uk

POWYS: See page 6.

DROPS OF THE AWEN is your newsletter, here to reflect your views, voice your opinions, and answer your questions - please use it!! To contribute please send a neatly written proof, typed script, or disc (Word for Windows version 6). We also need illustrations, stories, poems, helpful hints, news etc.....

Disclaimer: The views and opinions expressed in this newsletter are not necessarily those of the editor, or the Pagan Federation as a whole. The Editor has the right to 'edit' all submissions as she sees fit.

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