

Myddle Earth

The quarterly Magazine of the Pagan Federation Midwest and Wales District

Imbolc 2019

Issue 144



Welcome to Myddle Earth

Your **Pagan Federation District Manager** is Audrey and Richard

Contact details are: mwaw.dm@paganfederation.co.uk

or write to Pagan Federation, BM Box 7097, London WC1N 3XX

Myddle Earth Editor: Ailim Email: mwaw.editor@paganfederation.co.uk

Myddle Earth is distributed four times a year to local PF members (and a few others). Your contributions are welcome, whether they are letters, stories, poems, suggestions and/or black-and-white drawings. Don't be shy—share them with us: this is **your** magazine.

These are the copy deadlines:

31 December for Imbolc issue

31 March for Beltane issue

30 June for Lughnasadh issue

30 September for Samhain issue

Advertising: This is free for non-profit-making ventures. For commercial advertising, prices on request. Adverts can be posted as a hard copy to: Pagan Federation, BM Box 7097, London WC1N 3XX or emailed to: mwaw.editor@paganfederation.co.uk.

Editor's Blurb

We have another beautiful meditation for you by Morwenna Greenslade. Thanks to Catherine (PF RC for South and Mid West Wales) we now have a full list of Moots for you to check out.

This year will be a testing time for everyone. One might be forgiven in thinking the world has gone mad! We have political instability with some people going on a power trip, at our expense. I wonder whether the current trend in social media and the speed at which we need to get things done will push us ever closer to that downward spiral into chaos and self interest. Sometimes its worth taking a step back and trying some old skills such as "snail mail" letter writing.

A group of OBOD druids are doing just that, using pen and paper to correspond with druid pen-pals around the world. I've found that it's helping me slow down (not that I need much of that at my age) because when you hand write something, you think about each word and sentence carefully. Writing emails or sending text messages is a fast click of the fingers using abbreviations and emojis. Often the send button is hit before you've considered your words. Hand writing is slower but there is a pleasure in that simple act. And when you receive a letter, there is joy in opening it, knowing someone has taken the time and effort to put pen to paper.

I hope you enjoy our Imbolc magazine but it goes without saying that *Myddle Earth* needs YOUR input, whether its just a comment on something, or an actual contribution. Imbolc is a great time for starting anew, so let your creative juices flow and share with us here.

Bright blessings to you all,

Ailim

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SKY AT NIGHT

FEBRUARY:

Monday 4th: The New Moon is at her furthest point from Earth and is a Micro-Moon.
Tuesday 19th: It's a Supermoon!
Wednesday 27th: The Moon and Jupiter will be together in the dawn sky.

MARCH:

Wednesday 20th: SPRING EQUINOX.

Is there anyone who would like to write our "Sky at Night"?

*If you're interested, drop a line with your ideas to the Editor at
mwaw.editor@paganfederation.co.uk*

DISTRICT NEWS

District Managers Report – Imbolc 2019

Greetings and a warm welcome to all the new members that have joined us in the past 3 months, and to those who have shown faith in the PF by renewing memberships year after year. We are extremely grateful and proud to have you as part of the community. Members are the life-blood of the Pagan Federation, our source of funds which allow us to carry on the campaigning work that helps us practice our Paganism without fear of persecution. In 2021, just two short years from now, the PF will have been in existence for fifty years. Just think of it: half a century of protecting and securing the rights of people of a nature-based spirituality that has grown into an international success. And you are part of it!

It's been a year now since we appointed a new editor of Myddle Earth, and the new webmaster for the District website. Both volunteers have worked very hard and contributed so much to these projects and continue to do so. However, it would be so much better if there was more input from members out there, what is stopping you? If it's the thought of having your name in print, we are happy for you to use a pen name in time-honoured publishing tradition! No need to feel shy or think nobody will be interested in what you send, just go ahead because this isn't a competition or an exam. This District has just over 200 members, there must be *something* you can share with the rest of us?!

Please note: there is no obligation to receive emails from us, you are free to opt out anytime.

SITUATIONS VACANT -- SITUATIONS VACANT -- SITUATIONS VACANT

- ◆ Three Counties (Gloucestershire, Herefordshire and Worcestershire) looking to appoint a Regional Co-ordinator (RC) to do the admin work with memberships.
- ◆ Mid-west Region (Staffordshire, Shropshire) requires Regional Co-ordinator (RC)
- ◆ Interfaith volunteer required to liaise with Interfaith UK to represent Paganism and the PF.

In the meantime the RC work for these Regions will be done by us, but really it needs people living in those areas to take on the jobs. Please contact us at the addresses below if you want to help.

Best wishes for this season of Earth's renewal

Audrey & Richard

District Managers, PF Mid-west and Wales

Contact: mwaw.dm@paganfederation.co.uk

Find us on Facebook: 'Pagan Federation Mid-west and Wales'

or Pagan Federation, BM Box 7097, London WC1N 3XX

Imbolc Guided Meditation

by Morwenna Greenslade



Make yourself comfortable and close your eyes.

Take a few deep breaths and be aware of the ground beneath you, of your general surroundings, and of any everyday noises in the background. As you relax you see a white mist forming in the corners of your vision, a white mist that gradually thickens and swirls around you; blocking out the space you are in, blocking out any other people. A thick white mist that envelops you, surrounds you, and hides everything around you. You are alone and safe in this thick white mist.

As the mist clears you find yourself sat on grass, it is dawn, and the ground is covered in dew. The first rays of the sun are beginning to reach out and touch the sky and the landscape around you. Take a few deep breaths of the cold crisp air and listen to the birds singing. You stand up and stretch and notice a path nearby, you walk along this path looking around you, noticing trees, plants and any animals. A few snowdrops are nestling in patches, their white flowers heralding the beginning of spring.

Walking along the path you feel that you have come this way before, it feels familiar, and you become aware that you know what is just up ahead, a sacred space that you alone know of. Sure enough, as you perhaps turn a corner, or come to the crest of a hill, you see in front of you a special sacred space. Stand for a moment and look at it. What do you see? Is it a grove of trees, a waterfall, a temple made of stones or rocks? It is your space, your special sacred space, see how it looks in the early morning light.

You walk towards the sacred area and when you reach what might be called its entrance you pause and consider for a moment all the everyday baggage and stress you normally carry around with you. Today you do not wish to taint your sacred space with all this stuff, so you make a decision to leave it behind you, at the entrance. Symbolically you may wish to take off your clothes and leave them in a pile before walking into your sacred space, or perhaps you have an actual bag with you that you want to leave at the entrance. Once inside you feel light and happy and free, you are not weighed down with burdens and worries, you are a child of the light and are glad to be alive.

You notice that there is water within your space, this may be a pool or a stream, or simply a bowl of water. You want to engage with the water and so you walk over to it; you might drink it, wash with it, swim in it, feel the cold clear liquid against your skin and feel refreshed at its touch.

After the exhilarating touch of the water you feel a little cold and looking around you notice a white robe lying ready for you and so you put it on. You feel clean and warm and fresh, it is the beginning of a new day, and a new start in your life. You turn to your altar; this may be of stone, complete with elaborate tools, or it may be a fallen log, or a simple rock, whatever it is you walk up to it and find three candles by it. Take each candle in turn, light it, and place it on the altar, as you do so make three wishes: One for yourself, one for a friend, and one for the world in general. You sit and watch the candles burning for a while, thinking about your wishes.

It is now time to leave, if there is anything you wish to do before you go, do it now.

As you walk out of your sacred space you notice the pile of crumpled clothes, or bag, at the entrance. What do you wish to do with them? Perhaps you are willing to put them back on, or perhaps you wish to burn them or bury them. The choice is yours.

(Continued on page 6)

Once you have done what is right for you, begin to walk back along the path you came down. Once again noticing the plant life and animals around you, listening to the birdsong, and feeling joy in the world around you.

When you reach the place where your journey began sit down on the grass again, look around at the scenery. You now notice that a white mist is forming.

A white mist that envelops you and thickens to block out all your surroundings, until it is just you, alone and safe in this thick white mist.

When the mist begins to clear once more you find yourself back in the place you started, be aware of the ground beneath you, of everyday sounds, and feel yourself truly back in your body.

Take a few deep breaths, and when you are ready you may open your eyes.

Brighid is said to have asked the local Lord for land on which to build her abbey at Kildare, Ireland. When he refused she explained that it would only be the land her mantle could cover. So he agreed thinking it wouldn't be very large. She returned to Kildare and spread her mantle over the earth. It kept stretching until she had covered sufficient land for her community to live off.

This story shows that not only does Brighid's mantle cover and protect the land, but also wraps around each person who asks for her protection.

When we create ritual crafts, we want to imbue them with magic and power. Here's a simple chant you could do whilst making your Brighid's Cross.

Light-wielder, victorious Brigantia
Of the straight shining spear
Spread Thy verdant mantle of protection
Over all of us here.

Chant from:

<https://www.wicca-spirituality.com/brigids-cross.html>

Also on their page is "How to make Brigid's Cross"

Ley Hunter's Pilgrimage News



Gog & Magog, near Glastonbury, Somerset

Our next planned pilgrimage will start soon, and take until September 2019 to complete. It will be walked in stages of about 50 miles each. This will take us along the Meridian running north of Glastonbury (Somerset) from Stonedown/Gog and Magog area (to be dowsed), approximately 2 degrees 41' west. This pilgrimage will finish at Glassonby/Lazonby in Cumbria, near Long Meg and her Daughters. The route will go via Tintern, Kymin Naval Temple above Monmouth, Blackwardine Crossroads (where Alfred Watkins had his initial vision of Leys), Dinedor Serpent, Queen Eleanor's Bower east of Shrewsbury, Whitchurch, and so on up to Shap in Cumbria.

Local Pagans are welcome to join us at various points along the route, or even the whole journey. Anyone backpacking the entire distance will need to be fit, or perhaps motorists might help by transporting the backpacks some of the way?

We are thinking of walking the Marches (Wales-England borders) in the Spring of next year, after the floods.

Anyone interested in taking part please contact:

Laurence Main (Network of Ley Hunters), tel: 01650-531354, 9 Mawddwy Cottages, Minllyn,
Dinas Mawddwy, Machynlleth, SY20 9LW

PET CORNER

Share your anecdotes about favourite pets, or classic sayings perhaps.



*'I am a rough, tough
Carpathian shepherd.*

*During my working life in
Romania I was a police dog.
Chasing hardened criminals
was all in a day's work. No-
body messed with me.*

*Retired to Britain, I am
obliged to wear this silly
horses' bridle thing and sit
tethered to a wall in Wales
while my human goes to the
lavatory. Oh, the indignity!'*



Because I'm only human, it's sometimes hard to be
The wise, all-knowing creature that my cat expects of me.
And so I pray for special help to somehow understand
The subtle implications of each proud meowed command.

Oh, let me not forget that chairs were put on earth to shred
And what I like to call a lap is actually a bed.
I know it's really lots to ask but please, oh please, take pity
And though I'm only human, make me worthy of my Kitty!!!

(<https://badpets.net/CatHumor/CatOwnerPrayer.html>)



The Little QUIZ — contributed this month by Audrey

1. What Goddess gave her name to the River Severn?
2. The middle eastern God who was half-man, half-fish was known by what name?
3. In February the ancient Romans had the festival of 'Fornacalia' in honour of which Goddess?
4. The Greek God of revelry is Dionysus, but what did the Romans call him?
5. What is the name of the Scandinavian Goddess of the Underworld?
6. The Celtic 'good God' is better known as?

If you would like to supply the next Quiz, please send your Q&A's to the Editor.

Answers on page 17

YOUR CONTRIBUTIONS NEEDED: articles, stories, poems etc.

If you would like to submit a Cover Page design for our Beltane edition, please email The Editor at mwaw.editor@paganfederation.co.uk

Mae croeso i gyfraniadau yn Gymraeg. Contributions in Welsh are welcome!

(Please send an English translation with your submissions).

This is Your magazine, please help us make it special for everyone!

Submission Deadline for Beltane issue: 31st March 2019

Submissions may be edited due to available space and content.



HOT CROSS BUNS.

According to the Oxford Companion to Food, (an encyclopaedia about food published by the Oxford University Press in 1999) marking a cross on the bun is of ancient origin, connected with religious offerings of bread. The Egyptians used to offer small round cakes marked with an image of the horns of an ox, to the goddess of the moon. The Saxons ate buns marked with a cross in honour of the goddess of light, Eostre, whose name was transferred to Easter.

Today, the cross on the bun is associated with Christianity and signifies the crucifixion, however, if you look at the cross you notice the lines are equal (unlike the Christian cross) and many believe it actually symbolises the four seasons and/or the four phases of the moon.



Another Alternative to Plastic!

Clingfilm has many uses and helps make life easier, especially in the kitchen, but it still ends up being fodder for the landfill!

Have you considered the natural alternative—**HONEY!**

I was dubious at first, but bought some ready-made honey wraps and found them easy to use. The honey wrap keeps my bread fresh and I use them to cover open biscuit packets so the biscuits remain crisp. They can be used to cover bowls of food too, but don't use them to wrap raw meat/chicken or fish.

The honey wrap seals to itself by the warmth of your hands, and unlike plastic, is natural so your food is safe from plastic contaminants. You can even fold the wraps to make a sealable bag to store food such as nuts. However, I personally don't think they are suitable to carry in your bag or pocket because the slightly sticky outside of the wrap could pick up fluff etc.

Because honey wraps are made with cotton fabric the food can "breathe" thus keeping fresh for longer. The wraps can be washed in cold water with a little bit of soap and just hung up to dry, then they are ready to use again.

And when the wraps are completely used up, you can pop them on your compost as all the ingredients and material is biodegradable.

When my current wraps wear out, I'm going to have a go at making my own.

If you want to find out more, just search online for "honey wraps". There's some good "YouTube" tutorials on making your own too.

Ailim

The Bristol Goddess Temple has been open since August 2017. There are altars dedicated to the divine God and Goddess. All people of any faith or none are welcome. There are regular drop-in sessions for personal prayer, reflection, and contemplation.



There are also a variety of events, some on a regular monthly basis, and some as one off workshops and presentations.

On 16th February there will be two presentations from Ashley Mortimer (from the Doreen Valiente Foundation and Centre of Pagan Studies) on the history of witchcraft and wicca, which will include insights

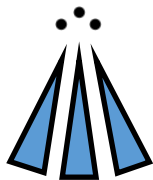
to Doreen Valiente's work and contribution to modern witchcraft.

Please see the Bristol Goddess Temple Facebook page for up-to-date information about current and planned events.

For further details about the Temple or our events, please feel free to contact us via the Facebook page or via email to:

goddess templebristol@gmail.com

You are guaranteed a warm welcome!



CALLING ALL DRUIDS!

You are invited to participate in
"The World Druidry Survey"



Contemporary Druidry is relatively new as a religious/spiritual path, and is still in the process of defining itself as a global movement. Several books have been written about the history of contemporary Druidry, but there is not much research, yet, focused on what it really means to be a Druid in the modern age.

The World Druidry Survey explores the ways in which Druidry, as a globalizing path of nature spirituality, is evolving both in the traditional lands of the ancient Druids, and elsewhere, as it spreads and takes root in other countries and cultures of the world. As we, the practicing Druids of the world, learn and grow and develop our personal paths of Druidry, what do we continue to hold in common? In what ways do our practices and beliefs diversify? What, if anything, forms the spiritual, common core of contemporary World Druidry?

Whether you are just beginning your journey on the Path of Druidry, or whether you have been a practicing Druid for decades, your experiences and perspective are important to this work. I hope you will share a bit of your story!

I am undertaking this study as an independent scholar and educator, with over 25 years' experience using mixed research methods to shed light on the ways in which people learn, grow, and change, under the influence of changing educational contexts and cultures. I am also a fellow Druid, supported by a grant from the OBOD's Mt. Haemus Awards program. The research findings from this study are to be published as part of the OBOD's Mt. Haemus Award program, at Beltane 2021, and presented at Mt. Haemus Day 2024, in addition to other publications and venues yet to be determined.

For more information about the study, and for links to the questionnaire (available in multiple languages, in both web-based and pdf versions), please visit:

<https://coast-range-druid.com/world-druidry-survey/>

*Yours, under the California Coast Live Oaks,
Larisa White M.S.Ed., Ph.D.*



PRISON MINISTRY – We need more Pagan Chaplains in the District.

Or you may be interested in becoming a **Pagan Writing Minister**, corresponding with prisoners on faith issues. Please note, your real name and address will not be used and all letters must use the Pagan Federation address.

Both these roles are co-ordinated nationally by the PF Prison Ministry (PFPM).

CONTACT: prisons@paganfederation.co.uk



www.paganaid.org

Pagan Aid has gone through a bit of a transformation during 2018 and has started 2019 with a new approach and new project.

The charity was set up in 2015 to raise funds for environmental and social projects that support and honour the sacredness of the Earth. It has donated £1000s to various charities and projects since then but has now taken a slightly different approach.

A membership scheme was launched in late 2018, with members being able to suggest projects that the charity might raise funds for. The scheme, although in its infancy, is proving popular with supporters. The small membership fee allows the charity to pay for its overheads so that all the money raised for its projects goes to the project.

Alongside the new membership scheme, the charity has embraced the culture of crowdfunding. It launched its first crowdfunding project in January 2019 to raise £1000 through crowdfunding to help with the next phase of **Patrick McCullom's India Environmental Project**.

McCullom's project so far has worked to try to save the environment and the animals of India threatened by India's entry onto the global economic stage. Working with Jane Goodall, the first stage was teaching children of the importance of protecting animals and the environment.

The second part was the **Save the Ganges Cremation Project** with the designing and promoting new furnaces for Hindu cremations with greatly reduced or zero wood. Instead of depositing the ashes into the Ganges as per custom, a pot containing a seedling tree is provided whose dirt is combined with the ashes and a small amount of Ganges River water to be planted.

The current phase is to bring indigenous leaders to the next Kumbh Mela where 130 million people will be gathered. These leaders will be teaching the importance of 'original instructions', how the Earth is sacred and how our actions affect all life. Their teachings will be both environmental and spiritual and will be given to the biggest gathering of people that has ever happened.

Please help us support the
Patrick McCullom Foundation
by donating a small amount today.

<https://www.crowdfunder.co.uk/india-environmental-project---patrick-mccullom>

MOOT LISTINGS

Useful information and links to local events can also be found on the Pagan Federation South and Mid Wales Facebook Page - <https://www.facebook.com/pg/PFSouthWales>

It would also be helpful if contact telephone numbers could be given for those who don't use Facebook.

MID-WEST STAFFORDSHIRE/SHROPSHIRE

Kidsgrove Moot

Last Tuesday of each month, except in December.

The Bluebell

This is a closed group. Please send a request to join via Facebook.

New Stafford Moot

3rd Tuesday of each month

The Shrewsbury Arms, Eastgate Street.

Occasional speakers.

This is a closed group but if anyone local to Stafford wishes to join please send a request to join via Facebook.

Stafford Pagan Moot

The Lamb & Flag at Little Haywood

Stoke-on-Trent Moot

2nd Wednesday of the month.

The White Star in Stoke on Trent

Run by Elric Sullivan with regular well known speakers. Elric is also the organiser of the successful Midland COA events.

WALES

Abergavenny Moot

Second Tuesday of every month

Hen and Chickens pub, Flannel street, Abergavenny, NP7 5EG

Start: 7pm

Contact ask on the South Wales Pagans FB group -<https://www.facebook.com/groups/25298269292/>

Aberystwyth Pagans

Have seasonal/monthly moots. Check out their group for more information - <https://www.facebook.com/groups/aberystwythpagangroup/>

Bridgend Moot

Please ask Siany for further details in the group page - https://www.facebook.com/groups/257960161278244/?ref=br_rs

Caldicot Pagan Moot

A new moot for the Caldicot area. Please join the group for details of the next moot.

Start: 7.00 p.m. for a 7.30 p.m.

<https://www.facebook.com/groups/422381884945564/>

Carmarthen Pagans

Last Thursday of the month

The Parrot, 32 King St, Carmarthen, SA31 1BS

Start: 7:30pm onwards

Contact the Carmarthen Pagans group -<https://www.facebook.com/groups/CarmarthenPagans/>
Carmarthen Pagans also have a mini-moot. Please ask on their group page.

Cardiff Pagan Moot

Monthly talks, workshops and discussions, including guest speakers. £1 donation to pay for room hire. They also host seasonal rituals in and around the Cardiff area.

Downstairs in the back room of *The Owain Glyndwr*, 10 St John St, Cardiff CF10 1GL

Start: 7pm for 7:30pm.

Contact Catherine Abbott (07989 261 773) or visit their page at <https://www.facebook.com/groups/167919513251601/>

Cilgerran, Pembrokeshire Pagan Moot

Last Friday of the month

Venue changes, please ask in the group for details of the next moot venue

All welcome! Ask out on West Wales Pagans group - <https://www.facebook.com/groups/westwalespagans/permalink/1617896464923421/>

Cwmbran Pagan Moot

Usually the third Sunday of the month, but please check

Pontrhydyrun Community Center, NP44 1SB

Start: 7:30pm

Contact <https://www.facebook.com/groups/541651255974373>

Lampeter Pagan Society

For all those lively people who are or were members of the Pagan Society at SDUC/UWL/TSD; of all paths and interested parties in the area.

First Sunday of the month

Cwmanne Tavern

Start: 7.00 - 7.30pm

Contact the Lampeter Pagan Society group -<https://www.facebook.com/groups/24065160648/>

Maesteg Moot

Has monthly/seasonal moots and rituals.

Please visit their FB page for more information -<https://www.facebook.com/groups/1723661897866164/>

Mold Pagan Moot

Dates varies

Liz Rose house

Start: 7.30 p.m.

The date of meetings varies due to Liz husband's work schedule. Please contact Liz for date and instructions on how to find her home.

Newport coffee morning

First Saturday of every month

The Pen and Wig, 22-24 Stow Hill, Newport NP20 1JD

Start: 11am - 2pm (ish)

Contact: Catherine Abbott or Kalli Bowden-Porter or ask on the South Wales Pagans group -<https://www.facebook.com/groups/25298269292/>

Newtown

3rd Wednesday of the month

The Monty Club, 11 Broad St, Newtown SY16 2LU

Start: 7:30pm

Facebook 'Simmering Cauldron' Contact Simmering Cauldron 01686 668404

Oswestry Moot

1st Wednesday in the month

Moved from the pub where we used to hold our meetings. Therefore, please contact Merion for directions to the new meeting place.

Start: 7.30 p.m.

Facebook page:- Oswestry Pagan Moot

Pontardawe

Contact: Jude on ygarregarcrochan@gmail.com

Facebook: 'Y Garreg A'r Crochan - Swansea Valley Pagan Moot' -<https://www.facebook.com/groups/ygarregarcrochan/>

Pontypridd Pagan Moot

Talks, workshops and discussions

3rd Saturday of the month (but please check first!)

Pontypridd Museum, Bridge St, Pontypridd CF37 4PE

Start: 12pm

Contact the Pontypridd Pagan Moot group -<https://www.facebook.com/groups/1590076611232881/>

Port-Talbot Pagan Pathways Gatherings (PPP Gatherings)

Last Friday of the month

Burgess Green pub, Port Talbot

Start: 7pm

Contact the PPP Gatherings - (Port-Talbot Pagan Pathways) group for further details - <https://www.facebook.com/groups/409240675924726/>

Rhyl Moot

Dates vary due to members work commitments

Caskeys Pub. Vale Road, Rhyl

Start: 7.30 p.m.

South Wales Drum Circle

Shamanic and drumming events based in and around Cwmbran.

Please contact their FB page for details of their next event - <https://www.facebook.com/groups/southwalesdrumcircles/>

Swansea Pagan Moot

Talks, workshops and more.

Third Tuesday of the month

Start: 7.30pm

Contact the Swansea Pagan Moot page -<https://www.facebook.com/groups/108929852508325/>

Teifi Pagan Moot

Last Thursday of the month (unless it clashes with something else)

The Black Lion Hotel, High Street, SA43 1HJ

Start: 7pm - 9pm

Contact Tamra at owla@ravensrede.org.uk or visit the group page -<https://www.facebook.com/groups/westwalespagans/>

Valleys

1st Wednesday of the month

The Griffin Inn, Gilfach Goch, Porth CF39 8YL

Start: 7:30pm

Contact Richard krishak2099@hotmail.com

Wales Wandering Moot (Asatru)

Irregular moots in various locations and events for all heathens.

Please contact the Asatru Wales FB group for details of the next event- <https://www.facebook.com/groups/asatruwales/>

Wrexham Pagan Moot

3rd Wednesday in the month

Wrexham Lager Club

If you would like your Moot or Events listed, please email details to:

The Editor, mwaw.editor@paganfederation.co.uk

Snowdrops



Their scientific name is *Galanthus*, which translates as 'milk flower'. Other names are: 'February fairmaids' and 'Candlemas bells'. Although seen to symbolise purity and hope, folklore also states that bringing a single Snowdrop into your home will bring ill-fortune, hence it's other name, 'death flower' which could mean it causes your milk to sour and eggs to spoil.

Snowdrops aren't native to the UK. Historians believe they were introduced from Europe in the late 15th century for Elizabethan gardens. They were first recorded growing in the wild in the 1770's.

There's 20 species of wild Snowdrop. *Galanthus nivalis* is the most common. Over 1000 new varieties have been cultivated from these 20 species, however, Snowdrops can also create new varieties by cross-fertilisation. One of which is *Galanthus 'Ailwyn'*, discovered at Anglesey Abbey in Cambridgeshire in 1994.

Snowdrops contain an alkaloid called *galantamine*, which has been used to help manage mild to moderate cases of Alzheimer's.

Snowdrops may look delicate, but they have a hard tip that helps them break through the frozen ground. Their sap contains a type of antifreeze which helps protect them from frost.

Bees love snowdrops as they're a vital source of nectar early in the year.



The General Data Protection Regulation (GDPR)



On 25th May 2018 the **UK data privacy law (GDPR)** came into effect. We need your consent to continue sending you occasional emails related to your membership of the Mid-West and Wales District, our quarterly magazine, "Myddle Earth" and any relevant updates.

The General Data Protection Regulation, known as GDPR, is a positive step towards you having more control over how your data is used and how you're contacted. The changes will also help to better protect your personal data.

What is GDPR?

GDPR stands for General Data Protection Regulation. It creates a single set of rules that better protects personal information for people across the EU.

What information is being collected by the Mid-West and Wales District of the Pagan Federation:

Personal details (names, address and contact details) from membership applications.

Where the information collected comes from: When you register as a Member of the Mid-West and Wales District of the Pagan Federation; talk to us on the phone, via email, or with contact forms on the website.

Why do we collect information: For use in maintaining your membership, and contacting you about any issues, and to send you our Member's quarterly magazine, "Myddle Earth" and advise you of any updates regarding membership and the MW&W District.

Who will information be shared with: We don't share your information with anyone other than the Pagan Federation.

How to get a copy of your personal information: You can access your personal information we hold by emailing the District Managers specifying exactly what you require at mwaw.dm@paganfederation.co.uk.

Letting us know if your personal information is incorrect : You have the right to question any information we have about you that you think is wrong or incomplete. Please contact the District Managers at dawaw.dm@paganfederation.co.uk if you want to do this. If you do, we will take reasonable steps to check its accuracy and correct it.

What if you want us to stop using your personal information: You have the right to object to our use of your personal information, or ask us to delete, remove or stop using it, if there is no need for us to keep it. This is known as the right to be forgotten.

How to withdraw your consent: You can withdraw your consent at any time, please contact the District Managers at mwaw.dm@paganfederation.co.uk if you wish to do so.

If you withdraw your consent, we may not be able to provide certain services to you e.g. District news or the Quarterly magazine. If this is so, we will advise you.

Unless otherwise notified, it is assumed that you consent to us using your information for the purposes mentioned above and to contact you occasionally as needs be with regard to the Mid-West and Wales District of the Pagan Federation.

Thank You

Audrey & Richard

District Managers

SUBMISSION GUIDELINES

Myddle Earth is the newsletter of the Pagan Federation, Mid-West & Wales District and is published four times a year at Imbolc, Beltane, Lughnasadh/Lammas and Samhain.

We would like to encourage our readers to submit articles, artwork, poetry and other creative works for inclusion in future newsletters. Please see the guidelines below when preparing your material. If you have any queries, please email: **mwaw.editor@paganfederation.co.uk**.

- ◇ Your submission must have a Pagan theme or be of interest to the Mid-West & Wales Pagan community.
- ◇ Articles need to be submitted as a Microsoft Word or OpenOffice document. Please use Arial or another standard font; 12pt; single-spacing; left justified; without indentation.
- ◇ Please ensure that articles are between 800 and 1200 words in length, unless agreed otherwise.
- ◇ Use a friendly, casual tone. We want to make the information as accessible as possible.
- ◇ We reserve the right to abridge articles and to edit them for clarity, style, grammar and accuracy.
- ◇ Authors are responsible for the accuracy of references and reference citations.
- ◇ Images should be sent as separate files, not embedded into the document. Please indicate recommended insertion points of the images within the body of the text, and ensure that the file names enable them to be easily identified.
- ◇ Images need to be of a high quality (minimum resolution 300dpi), preferably in JPEG format. Also, please ensure that you have copyright permission for their further publication.
- ◇ All articles/artwork remain the copyright of the author/artist.
- ◇ Please send your contributions via email to **mwaw.editor@paganfederation.co.uk**. Please include the type of submission and the suggested issue for publication in the 'Subject' line. For example: 'Poem for Imbolc'.
- ◇ Welsh language submissions: please accompany with the English translation.
- ◇ Although every effort will be made to accept your contributions for publication, we reserve the right to refuse submissions.
- ◇ We're sorry but we are unable to pay for submissions.

Disclaimer: The opinions expressed by writers are not necessarily those of the Pagan Federation or its Officers.

Images used in this edition:

Cover image: www.rootsimple.com

Page 10 Gog and Magog <https://c2.staticflickr.com/>

Page 11 Honey bee image <http://1.bp.blogspot.com/>

