

ABITHA'S APOTHECARY

VOLUME 26, ISSUE 7
OCTOBER 2015

CLASSES AND GATHERINGS

October

4th ~1pm ~ donation

Magical Journaling

7th ~ 7:30p ~ \$10*

Egyptian Pantheon I

14th ~ 7:30p ~ \$10*

Egyptian Pantheon II

17th ~ 7:30p ~ \$10

Making Gazing Mirrors

20th ~ 7:30 ~ \$10

Communing with your
guides and other spirits.

24th ~ 12-7p

Psychic Fair

28th ~ 7:30p ~ \$25

Day of the Dead Figure
Making Workshop

30th ~ 7:30p ~ free

Samhain Ritual

November

11th ~ 7:30p ~ \$10*

Norse Pantheon I

18th ~ 7:30p ~ \$10*

Norse Pantheon II

24th ~ 7:30p ~ \$10

Grounding and Centering

November 26th CLOSED

Meditation Mondays ~ 1st and
3rd Mondays of each month @
5p. Bring something to sit on.

More info at ~ abithas.us
Subject to change due to
life

Samhain Traditions

"Sam" and "hain" meant "end of" and "summer" to the Celts. They observed only two seasons of the year: summer and winter. So, Samhain was celebrated at the transition of these seasons.

Samhain, (pronounced SOW-in, SAH-vin, or SAM-hayne) is the third and final Harvest. The dark winter half of the year commences on this Sabbat. It is generally celebrated on October 31st, but some traditions prefer November 1st. It is one of the two "spirit-nights" each year, the other being Beltane. Originally the "Feast of the Dead" was celebrated in Celtic countries by leaving food offerings on altars and doorsteps for the "wandering dead".

To Witches, Samhain is one of the four High Holidays, or Greater Sabbats.

Because it is the most important holiday of the year, it is sometimes called 'THE' Great Sabbat. Pagans consider Samhain the most magical night of the year. It occurs exactly opposite of Beltane on the Wheel of the Year. It is a night of glowing jack-o-lanterns, tricks or treats, and dressing in costume. It's a night for telling chilling ghost stories by the fire. And a time for séances, tarot card readings and scrying with mirrors. It is upon this night, that the veil which separates our world from the Otherworld is at its thinnest, making it a Night of Power.

As Witches, we observe this day as a religious festival. We consider it a Memorial Day for dead friends and family. It is still a night to practice various forms of divinatory arts such as scry-

ing and rune casting. One could never hope for a better Tarot reading than on this night! Samhain is considered a time to wrap up old projects, take a good look at one's stock in life, and consider new projects and endeavors for the coming year.

Bonfire, hearth fire, candle - gaze into the flame and revisit our ancient heritage. Draw friends close and leave an offering for the whispering ghosts. Samhain is here.

Let the Samhain BONFIRE burn high & bright!

'Listen! The wind is rising,
And the air is wild with leaves,

We have had our summer evenings,

Now for October eves!

~ Humbert Wolfe (1885-1940)

'Do not stand at my grave and weep, I am not there, I do not sleep.
I am a thousand winds that blow, I am the softly falling snow.
I am the gentle showers of rain, I am the fields of ripening grain.
I am in the morning hush; I am in the graceful rush.
Of beautiful birds in circling flight, I am in the star shine of the night.
I am in the flowers that bloom, I am in a quiet room.
I am in the birds that sing, I am in each lovely thing.
Do not stand at my grave and cry, I am not there, I do not die.'

~ by Mary E. Frye 1932



Activities for Samhain

- Make resolutions, write them on a small piece of parchment, and burn in a candle flame, preferably a black votive candle within a cauldron on the altar.
- Wear costumes that reflect what we hope or wish for in the upcoming year.
- Carve a jack-o-lantern. Place a spirit candle in it.
- Enjoy the trick or treating of the season.
- Drink apple cider spiced with cinnamon to honor the dead. Bury an apple or pomegranate in the garden as food for spirits passing by on their way to being reborn.
- Do divinations for the next year using tarot, a crystal ball, flame, pendulum, magick mirror, black bowl, runes, Ouija boards, or a black cauldron filled with black ink or water.
- Set out a mute supper.
- Make a mask of your shadow self.
- Make a besom, or witches broom.
- Make a witches ladder for protection or as an expression of what you hope to manifest in the year ahead.
- Find a magick wand of oak, holly, ash, rowan, birch, hazel, elm, hawthorne or willow.
- Let this be the traditional time that you make candles for the coming year, infusing them with color, power, herbs, and scent depending on the magickal purpose.

Remembrance Cookies

These cookies can be made on Samhain Eve. They can be shaped like people (use a gingerbread man cookie cutter to achieve this easily) and the herb rosemary is added to the dough as a symbol of remembrance. Some of the cookies are eaten while telling stories or attributes of special ancestors, reminding us that we still have access to their strengths--or perhaps a predisposition to their weaknesses. The rest of the cookies are left outside by a bonfire or by window next to a black candle as an offering. This can be a solemn ritual, but it need not be.

Ingredients for the cookies:

1 1/2 cups powdered sugar
1 cup butter or margarine (softened)
1 egg
2 t. vanilla
2 1/2 cups all purpose flour
1 t. baking soda
1 t. cream of tartar
1 1/2 T. chopped fresh rosemary (substitute dry)



Please note: Small - t - = TEASPOON, big -T- = TABLESPOON

Heat oven 375 degrees. In a large bowl, beat sugar, butter, egg, vanilla, almond extract, and rosemary until creamy. In a separate bowl, sift flour, baking soda, and cream of tartar. Fold flour mixture into sugar mixture. Beat until dough forms and refrigerate for three hours. Divide dough into halves. Roll out one portion to 3/16 of an inch on a floured surface. Cut out with gingerbread women or men cutters and place on an un-greased cookie sheet. Repeat rolling and cutting with second portion of dough. Bake for 5-7 minutes. You can also punch a hole in top of each cookie with a wooden skewer (BEFORE baking) and thread black ribbon through, these can be hung for decorations, or top gifts.