

ABITHA'S APOTHECARY



28 YEARS STRONG AND GROWING!

Abitha's founded by Marilyn Perry and Edythe 'Kathie' Crook in 1988. These two ladies knew what they needed for ritual but were having a hard time finding the ingredients. Marilyn decided that was it they needed to open Abitha's Herbarium. Founding location~ 4517 Central Ave NE ~ now home to Evolution Piercing.

Marilyn and Kathie knew what they wanted but was not sure what else might needed. So up went the sign "If you do not see what you are looking for, please ask. If we do not have it we will get it in for you." An thus Abitha's began to grow, and grow quickly. By the fall of 1989 Abitha's was busting at the seams and needed a new location.

New Home 3906 Central Ave SE and blessed to still be in this wonderful location. We have watched many changes over the years and the beginning of new growth in the Nob Hill area.

Marilyn is fully retired and living with her daughter in Florida. Kathie received a higher calling June 2015 and returned home.

Reta is continuing in her Aunt and Mother's plans~ working on meeting the needs of the community. Offering more classes, discussion meetings, and rituals. Supporting local metaphysical artists and healing with carrying their items. Working on making more and more inventory in house. So many new and exciting things. As stated before "If you do not see what you are looking for, please ask. If we do not have it we will get it in for you". We are here for you and hope to grow with your ever growing needs.

Blessed Be!

April Spells and Rituals

April gets its name from the goddess Aprilis, who is the Romans' version of Aphrodite. Her name means "to open," which is exactly what Aprilis does... she opens the path to playfulness and the way to personal enrichment.

We all know the rhyme "April showers bring May flowers." So consider what energies you want Aprilis to sprinkle on you this month for personal flowering. Overall, any magical efforts aimed toward growth, love, pleasure, improvements, and developing one's inner child will benefit from working this month. Direct your energy into creating and producing.

This is also an optimum time for magical workings involving the following: return balance to the nerves; change; self confidence; self reliance; take advantage of opportunities; work on temper and emotional flare-ups and selfishness.

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April 2016

Correspondences for
April:

Nature Spirits:

Plant faeries

Herbs:

Basil,

Chives,

Dragons blood,

Geranium,

Thistle

Colors:

Crimson red,

Gold

Flowers:

Daisy,

Sweetpea

Scents:

Pine,

Bay,

Bergamot,

Patchouli

Stones:

Ruby,

Garnet,

Sard

Trees:

Pine,

Bay,

Hazel

Animals:

Bear,

Wolf

Birds:

Hawk,

Magpie

Deities:

Kali,

Hathor,

Anahita,

Ceres,

Ishtar,

Venus,

Bast

Power Flow:

Put energy into
creating and
producing; return
balance to the
nerves; change;
self-confidence;
self-reliance.



The April 7 New Moon is all about you! Fun with friends and neighbors and perhaps a birthday surprise or two are all likely. Be at your most playful and energetic, and be on the best of terms with co-workers and officemates, too. You could be busy beyond belief around the Full Moon on April 22, so take good care of yourself on the inside. Protect your private time, get enough peace and quiet, then go out and rule the world. The Moon/Mars conjunction on April 25 gets your work week off to a quick start. The Moon/Saturn conjunction later that day keeps you on course.

The New Moon on April 7 brings an endless stream of crazy, brilliant ideas. Keep things to yourself, though. If one special project seems wise and possible, try it without talking about it first. You'll see right away who appreciates you. Romance shines brightly during the Full Moon on April 22. Cling to those idealistic visions of love and let a special someone be there for you. A gift for you or your home could appear. A temporary relationship could become more permanent. Your planet Venus enters Taurus on April 29. Look for daily life to get sweeter, slower, and more comfortable.



Pagan Recipe For Elder Flower Fritters (Medieval England)

The French use elder flowers to pack apples. They claim that this enhances the flavor.

- 1 egg
- 1 cup self-rising flour
- 1 teaspoon Rose Water (see following recipe)
- 1/4 teaspoon cinnamon
- 1/4 cup honey
- 2 cups elder flowers, freshly picked & cleaned
- 2 tablespoons brandy

Mix the egg, rose water, honey, & brandy in a medium sized bowl. Stir in the flour & cinnamon; the batter should resemble slightly thick pancake batter. If the batter is too thin, add a little more flour; if too thick, add more brandy. Fold in the elder flowers. Fry like pancakes or drop by the teaspoon into a deep-fat-fryer until golden brown. Serve with a sprinkling of orange water & fresh lemon, or dip into fresh sweet cream.

Yield: About 2 dozen

Note: If you are not using self-rising flour, add 1 teaspoon baking powder & 1/2 teaspoon salt.

Variation: If you can't find elder flowers, substitute 1 cup finely diced apples & a hint of fresh mint for similar magical effects.

Magical Attributes: Protection from Faery folk, trust, beauty, energy for attraction, & magical ambience. Can also be eaten on Lammastide, St. Valentine's Day, or Hallow's Eve.



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Tuesday-Saturday
11a-7p

CLASSES & EVENTS

April

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|--|----------------------------|------------------------|-------------------------|
| 4 th | Meditation | 5pm | Free |
| 5 th | Signs, Symbols & Sigils | 7:30p | \$10 |
| 7 th | Runes 101 | \$10 or \$25 for all 3 | |
| 13 th | Music & Magical Vibrations | 7:30p | \$10 |
| 14 th | Runes 201 | \$10 or \$25 for all 3 | |
| 16 th | Psychic Fair | 11a-7p | Readings \$1 per minute |
| 18 th | Meditation | 5pm | Free |
| 21 st | Runes 301 | \$10 or \$25 for all 3 | |
| 24 th | Beltane Ritual | 4pm | Free |
| 28 th , 29 th , 30 th | Closed for Beltane----- | | |

May

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|------------------|--------------------------------------|-------|--|
| 9 th | Meditation | 5pm | Free |
| 11 th | Sacred Geometry & the Flower of Life | 7:30p | \$10 |
| 23 rd | Meditation | 5pm | Free |
| 31 st | How to Tarot Workshop | 7:30p | 10 week workshop Call 262-0401 to reserve |

your spot