



# Abitha's Apothecary

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March 2017 Newsletter

## March ~ Sowing Seeds

The spring equinox on March 21st or 22nd marked the New Year in earlier times, and in the British Isles and Ireland is traditionally considered the best time to sow seeds for the new harvest. The staple crops were usually oats, barley and rye, and, from the 17th century onwards, potatoes.

Ploughing often began on the lucky day of Friday, or, best of all, on Good Friday. The ploughman led his horses in a sun wise direction, to invoke the sun's blessing on his work. When he yoked and unyoked his team, he made sure their heads faced south.

The sower began his work with the solemn words, "In the name of God," and his first job was to give the horses a handful of seed from his bag and throw a clod of earth upon their rumps. Mixed in with the seeds were ashes from the hearth-fire, or better still, ashes from the midsummer bonfire, for the protection and luck of sacred fire.

In Scotland, the farmer prepared the seed three days before sowing-time by sprinkling it with water in the name of the Sacred Three as he walked around it sun wise. As he sowed this first consecrated seed, he chanted the invocation:

I will go out to sow the seed,  
In the name of Him who gave  
it growth

I will place my front in the  
wind,  
And throw a gracious handful  
on high....

Every seed will take root in  
the earth,  
As the King of the Elements  
desired.

Up until modern times in Ireland, the whole family assembled in one of the fields for the ritual 'turning the sod,' accompanied by prayers. The seeds were offered up for blessing of Saint Brighid, who was once a goddess associated with the earth, the sun and fertility. In Wales, families went out into the fields to call on the Corn Spirit for a good harvest. They poured a libation of cider on the ground and buried a piece of plum cake as a libation to the Earth. After the feast, they joined hands and danced across the field.

### Seeds for the Soul's Garden

Light a candle at your altar, center yourself, and ponder on what seeds you would like to sow in your life this year: Seeds that will grow and come to fruition to nourish your soul. Write down everything which comes to you in a list, then choose three of them that you can really focus on: one for yourself, one for your family or community, and one for the planet.

A seed will remain forever dormant unless it is planted in earth that has been well prepared for it. What groundwork do you need to do before your seed-ideas can germinate?

In the modern world, we are continually bombarded with distracting stimuli. The

straight, orderly furrows of a ploughed field remind us of the need to focus on our own projects. Look at ways in which you can clear space and time in your week for cultivating the delicate new shoots that will appear.

As the plough may encounter hard, stones in the soil, we may allow all sorts of things to get in the way of our growth. Take a look at any obstacles, within or without, that may prevent you from working towards your most important goals. How do you plan to deal with them?

Visualize your seed-ideas growing and becoming strong, healthy "plants." What will each idea look, sound, smell, taste, and feel like when it comes to fruition? Paint a picture in words or in colors, making them as real as possible, and place on your altar.

Ask Brighid to bless these projects with her life-giving sun and warmth.

Now re-enter your daily life and be sure to nurture your seed-ideas with the four elements:

Air = inspiration  
Fire = enthusiasm  
Water = imagination  
Earth = practical application

... and watch your garden  
grow!

## CLASSES & EVENTS

### March

3rd WTR ~ Runes II w/ Josh 7:30p \$10

10th WTR ~ Runes III w/ Josh 7:30p \$10

Beltane Registration opens!

Online registration for Beltane Southwest will open at 9:00 AM ON WEDNESDAY, MARCH 15. I know lots of people are anxious to start making plans, so please share this and mark your calendar for registration day! This year's festival will be held May 4-7.

Adult admission is \$20.

### April

7th Music and Magical Vibrations

w/ Brigita & Timothy @ 7:30p \$10

15th Psychic Fair 11a-7p

Go to [abithas.us](http://abithas.us) for more  
classes and events information~

## Moon Cycle

New Moon ~ February 29th 7:58am

First Quarter ~ March 5th 4:32am

Full Moon ~ March 12th 8:53am

Last Quarter ~ March 20th 9:58am



You'll be amply rewarded for all your good works with the wonderful, warm-and-fuzzy feelings coming your way the superbly successful 3rd and 4th.

Prepare for great news, Pisces! The 9th and 10th are romantically-oriented days. You love love, and someone lovey wants to love-love-love you right back. Great!

Your diet is crucial to your well-being on the 15th and 16th. If you skip meals and forget to get all your vitamins, you'll wear your body down. So be careful and conscientious.

Watch out: somebody isn't the helpful person they seem to be on the 21st or 22nd. Lend a hand on the 27th. You end the month with two superb days on the 30th and 31st. Who wouldn't want to take a walk in your stylish shoes?

By the super-enthused 6th and 7th of March 2017, you and your favorite project are in great shape. Finish the evenings off with a kiss and you'll see what it's like when things just can't get much better. Whether you want to or not, the 13th and 14th are days for getting in touch with your emotions. Don't fight it, Aries, even if you're totally busy and just don't have time for 'feelings,' right now.

'Selfish' is almost never the best approach to take to a problem. So, don't be selfish on the 19th and 20th. Your body will let you know: You need, need, need to get out there and workout on the 25th! Otherwise your joints (brain, lungs, heart) will start complaining. Pay attention to your dreams, no matter how confusing they are, on the 30th and 31st.



## Ostara Buns

4 cups pastry flour  
2 cups sugar  
1/2 cup vegetable shortening  
1 tube almond paste  
1/2 teaspoon baking powder  
1 teaspoon cinnamon  
5 eggs, slightly beaten

### Icing

1 cup confectionary sugar  
1/4 teaspoon almond extract  
1 tablespoon soft butter  
4 teaspoons water

Preheat oven to 375°F. Combine bun ingredients in large bowl until a medium-soft dough forms. Add a little flour as needed for consistency. With your hands, shape biscuit-size balls. Slightly flatten the balls when you place them on an ungreased cookie sheet. Bake until golden brown, 15-20 minutes. Cool. Beat icing ingredients together until smooth. Frost buns with large cross (+) with icing. Great for an Ostara breakfast.

## Ostara Honey Cakes recipe

1/2 cup Riesling wine (German white wine)  
1 egg  
2/3 cup flour  
1 cup honey  
2 tbs sugar  
1/8 tsp cinnamon  
1/8 tsp nutmeg  
Dash of salt

Beat the egg together with the wine. In another mixing bowl, sift together the flour, cinnamon, sugar and salt. Add the flour mixture to the egg mixture. Stir until blended through. Let sit for 30 minutes. In another small bowl, mix the honey and nutmeg. In a skillet, heat up about a 1/2 inch of oil. Drop a tablespoon of batter into the oil and fry until golden brown. Drain off the oil, and dip into the honey mixture.



Tuesday—Saturday 11a-7p

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