



Herbal Knowledge ~ December Holiday Herbs and Their Symbolism

- Basil *Ocimum basilicum* - Love and good wishes, herbs of kings
- Bay Laurel *Laurus nobilis* - Glory, reward of merit
- Boxwood *Buxus sempervirens* - Constancy, stoicism, constant love
- Cedar *Cedrus*, fir *Abies*, juniper *Juniperus*, spruce *Picea abies* - Living presence of the Holy Spirit, prayers ascending
- Costmary *Tanacetum balsamita* - Bible Herb, Herbes Sainte-Marie, fidelity
- Cypress *Cupressus sempervirens* - Longevity, eternal life, mourning
- Everlastings *Helichrysum* (Celosia, Globe, Statice, Amaranth, Strawflower) - Life everlasting
- Holly *Ilex* - Reminder of the crown of thorns
- Ivy *Hedera* - Reminds us by its habit of clinging to a strong wall of our Human frailties in need of divine support
- Marigold *Tagetes* - Mary's plant, friendship flower
- Marjoram *Origanum marjorana* and Oregano *Origanum vulgare* - Joy, happiness, kindness
- Mint *Mentha* - Lady's mint, eternal refreshment, wisdom, virtue
- Mistletoe *Viscum* - Eternal life springs forth in the midst of seeming death
- Myrtle *Myrtus communis* - Love, dedicated to Mary, symbol of virginity
- Parsley *Petroselinum crispum* - Mary's little finger, festivity, feast
- Pennyroyal *Mentha pulegium* - Manger herb, flee away
- Pine *Pinus* - Longevity, eternal and vigorous life, friendship
- Pot Marigold *Calendula Officinalis* - Mary's Gold
- Rose *Rosa* - Purity, God's love expressed
- Rosemary *Rosmarinus officinalis* - Mary's tree, remembrance, love, friendship, loyalty
- Rue *Ruta graveolens* - Herb of grace, virtue, banishes evil
- Sage *Salvia officinalis* - Immortality, health, happiness
- Santolina *Santolina chamaecyparissus* - Great virtue, avoids evil
- Statice *Limonium sinuatum* and Globe Amaranth *Gomphrena* - Life everlasting
- Thyme *Thymus* - Bravery, a manger herb
- Winter Savory *Satureja montana* - Interest, spiciness, manger herb
- Wormwood *Artemisia absinthium* - Life everlasting, absence
- Yew *Taxus* - Penitence, sorrow, sadness

Hours & Things for December

Sunday~ 12p-5p

Monday & Tuesday CLOSED

Wednesday~ 11a-7p

Class open to all Wednesday nights 7p-9p \$10 per person.

Thursday -Saturday 11a-8p

Twinkle Light Parade~ Dec 2nd @ 5:15p (we might closed early so we can watch too!)

Nob Hill Shop & Stroll Dec 7th 5p-10p

We will be open till 10p hosting our Holiday Psychic Fair~

Closed Saturday December 16th so that we may celebrate Yule with others.

Yule Gathering @ Abitha's will be Dec. 20th @ 7pm~ ALL are welcome!

Rosemary Shortbread Cookies

- 8 Tablespoons Butter (1 stick of butter)
- ½ Tablespoons fresh Rosemary, finely chopped (1 ½ teaspoons)
- ¼ Cup superfine sugar
- 1 ¼ Cups all-purpose flour

Sugar (can use red and green colored sugar)

Cream butter and sugar until smooth. Work in the flour and rosemary to make soft dough; shape into a ball. Roll out on a floured surface until ¼ inch thick, cut into rounds with a 2" fluted cutter, or cut into any shape that you like. Bake on a greased baking sheet in a 325° oven for 15 to 20 minutes or until the shortbread changes color. Cool on a wire rack and sprinkle with sugar. Makes about 12 cookies.





Romance knocks loudly on your door during the December 3 full moon. You have so much to offer a prospective partner that a lot of people are going to find you totally irresistible. You can charm your way out of it if you like. The moon conjoins Jupiter on the fourteenth. Get lucky about something fundamental that will make many other small problems go away. The new moon on December 17 beams happiness and good cheer your way. On the spur of the moment, turn over a new leaf in your personal life or attitude and instantly become a new, improved you.

Some little things around the house need attention, and you're in the mood to do them under the full moon on December 3. Groom the dog, get the cat to the vet, or organize and feed the indoor plants. The new moon on the seventeenth favors quiet private parties rather than big social blowouts. You might want to invite a few choice friends (or perhaps only one) to your place for an intimate celebration of the season. On December 21, the sun enters Capricorn and conjoins Saturn. The holidays are falling into place, and you are making it look effortless.



The December Full Moon is often referred to as the Full Cold Moon or Moon of the Long Nights Moon. The Zuni Indians referred to this time of the year as "sun has traveled home to rest". This December's Full Moon will also be extra big and bright as it is the last SUPERMOON of 2017. A Supermoon is when the Full Moon happens at the same time as the Moon's perigee (moon's closest position to earth in the moons orbit) This combination results in the Moon being a bit bigger and brighter than other times.

MAGICKAL STONES

clear quartz, jet, ruby, diamond, garnet, alexandrite, kunzite, citrine, green tourmaline, blue topaz, pearls

birds, ring the bell to greet the Solstice Morn, and perform magick for a peaceful planet.

* Gather up Yule greens after 12th night and save. At Imbolg, burn the greens to banish winter and usher in spring.

PREPARING YOUR ALTAR

Candles: red, green, white, gold, silver

Incense: bayberry, pine, spruce, pine, spice, cedar, cinnamon

Decorate circle with holly, mistletoe, ivy, pine, pine cones, a Yule Log, and place ash twigs in the cauldron (to burn for prosperity).

* Make and burn a Yule Log.

* Bake a Yule Log Cake.

* Read Bran the Blessed, A Faery King Myth.

(References: *_Green Witchcraft_* by Moura, *The 1998 Witch-es Calen*)

TOP

YULE ACTIVITIES

* Sing pagan solstice carols.

* Decorate the Yule tree.

* For personalized wrapping papers, cut a pattern on a halved potato, then dip it into tempera paint and on to plain wrapping tissue paper.

* For prosperity, burn ash wood.

* Yule blessings: wreath on the door, mistletoe indoors, food and clothing donations, sunflower seeds outside for

YULE PROSPERITY POTPOURRI

3 cups water

4 tablespoons cardamom seeds

2 tablespoons whole cloves

3 cinnamon sticks

3 nutmeg berries

1 teaspoon ginger

Simmer ingredients together on a stovetop or in a potpourri pot.

Yule Ideas~