



Abitha's Newsletter

Meet The Abitha's Family

Classes & Events

October

1st ~ Le Craft
Candle Magic Class
6:30p \$15 per person

9th~ Meditation &
Astral Travel
7p \$15 per person
Bring something to lie on.

14th~ Psychic Defense
Workshop
5:30p FREE
Guest Presenter Author
Ronda Del Boccio

20th~ Samhain Psychic Fair
11a-7p

November

5th ~ Kitchen Witchery
6:30p \$15 per person

Follow us on Facebook and
check out our website~ abitha.us ~ for more info!!

October's spotlight shines on Josh, Josh has been with Abitha's since 2013, starting out with customer service and inventory, quickly moving into the position of manager. With backgrounds in Norse, Sumerian, and Celtic he began teaching classes to help educate others in these pantheons.

Josh is a valuable resource, not only at Abitha's but in everything he does, in bringing hope, understanding, and new awareness to any situation, issues or troubles one might be having.

Soon Josh began expanding his gifts starting with offering readings. He uses Runes as his main divination tool. ~The Viking Runes evolved from ancient writing systems and were ascribed magical powers which meant they could be used to protect

property and ward off evil spirits. Reading Runes for predictions and spiritual insight involves professional rune readers casting the Runes and interpreting their symbols in order to answer your questions ~. Though his specialty is as a Rune-caster, he is very intuitive and has a great table side manner.

Expanding his spiritual education he moved into offering cleansing for people, animals, homes, and vehicles. Learning more of what his clientele needed help in understanding and working with.

When he is not at Abitha's, he can be found supporting the Pagan community at local events, Beltane and Magical Mountain Mabon are by far his favorites. With Abitha's move, he has been there the whole step of the way, not only settling into his new sur-



roundings but helping the shop adjust to its new location as well.

He hosts a Rune workshop twice a year and helps organize public rituals offered at Abitha's.

If you are interested in a very in depth and intense reading, Josh is our main weekend reading accepting walk ins and appointment.

Fairy Spice Cakes

These delicious cakes are best left in the garden for the Elemental Folk on nights of Wiccan significance, such as Samhain or Lammas.

½ cup sweet Muscat wine
2 tablespoons fine brown sugar
1 large egg
¾ cup flour
½ teaspoon poppy seeds
⅛ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg
⅛ teaspoon salt
Sunflower oil for frying

Mix the egg and the Muscat wine in a bowl. In a smaller bowl, mix together the flour, poppy seeds, cinnamon, sugar and salt. Stir this into the egg mixture. Let it stand for about ½ hour. Combine the nutmeg and honey in a small bowl. Heat some oil in a frying pan (about ½ inch in the bottom) until it's hot. Drop the batter into the oil one generous spoonful each time and fry until golden. Place on paper towels to drain and then dip into the honey mix. Delicious!



Extra opportunities and luck come your way through October 2018. Hopefully you've begun some new creative projects. You have an extra boost of energy to move you forward until the middle of November. After the 15th you'll intensely reexamine your values – materially, intellectually and spiritually. After the 22nd, finances and personal values need to be addressed. Are they serving your needs or are you serving theirs?

An inspirational romance or project could begin after the 24th. Joint finances, taxes, or intense personal issues could be illuminated on the 27th. By months' end you enhance your appearance or completely change it.

Do you feel like a volcano bubbling and boiling ready to erupt? All this Libra planetary energy is immersed in a house for you where things are often vague and unclear. Irritability is heightened. Engage in some form of mental and physical exercise to ease the tension.

You have a guardian angel on your shoulder until October 2019. A good month to pursue goals and dreams, participate in group activities, or spend more time with friends. After the 15th, you'll share what's been on your mind the last month.

Your new yearly astrological cycle begins on the 22nd. Unclear issues concerning the home front or family could arise after the 24th. The 27th brings enlightenment to the need to address issues in some partnership/relationship. You might discover a secret admirer by month's end!



Celebrating Samhain

Article by Selena Fox

Originating in ancient Europe as a Celtic Fire festival, Samhain is now celebrated worldwide. The timing of contemporary Samhain celebrations varies according to spiritual tradition and geography. Many of us celebrate Samhain over the course of several days and nights, and these extended observances usually include a series of solo rites as well as ceremonies, feasts, and gatherings with family, friends, and spiritual community. In the northern hemisphere, many Pagans celebrate Samhain from sundown on October 31 through November 1. Others hold Samhain celebrations on the nearest weekend or on the Full or New Moon closest to this time. Some Pagans observe Samhain a bit later, or near November 6, to coincide more closely with the astronomical midpoint between Fall Equinox and Winter Solstice. Most Pagans in the southern hemisphere time their Samhain observances to coincide with the middle of their Autumn in late April and early May, rather than at the traditional European time of the holiday.

Samhain also has been known by other names. Some

Celtic Wiccans and Druids call it Calan Gaeaf, Calan Gwaf, Kala-Goanv, or Nos

Galan Gaeof. In Welsh, it is Nos Cyn Calan Gaul. It also is known as Oie Houney. A medieval book of tales, the *Yellow Book of Lecan*, reports that common folk called it the "Feast of Mongfind," the legendary Witch-Queen who married a King of Tara in old Ireland. In the ancient Coligny Calendar, an engraved bronze dating from the first century C.E. and dug up in 1897 in France, Samhain is called Tri-nouxtion Samonii, or "Three Nights of the End of Summer." Variant spellings of Samhain include Samain, Samuin, and Samhuinn.

With the growth and spread of Christianity as the dominant religion throughout Europe, Samhain time took on Christian names and guises. All Saints' Day or All Hallows on November 1 commemorated Christian saints and martyrs. All Souls' Day on November 2 was a remembrance for all souls of the dead. With the coming of Christian Spaniards to Mexico, the indigenous customs of honoring the dead at this time of year mixed with Roman Catholicism and gave birth to the Day of the Dead, *Dia de los Muertos*, in early November. Samhain shares the ancient spiritual

practice of remembering and paying respects to the Dead with these related religious holidays of Christianity.

Halloween, short for All Hallows' Eve, is celebrated on and around October 31. Although occurring at the same time of year and having roots in end-of-harvest celebrations of the ancient past, Halloween and Samhain are not the same, but two separate holidays that differ considerably in focus and practice. In contemporary America and elsewhere, Halloween is a secular folk holiday. Like its cousin, Thanksgiving, it is widely and publicly celebrated in homes, schools, and communities, large and small, by people of many paths, ethnic heritages, and worldviews. Furthermore, Halloween has evolved to be both a family-oriented children's holiday as well as an occasion for those of all ages to creatively express themselves and engage in play in the realm of make-believe and fantasy through costumes, trick-or-treating, storytelling, play-acting, pranks, cathartic scary place visits, and parties.

In contrast, Samhain and its related Christian holiday counterparts continue to be religious in focus and spiritually observed by adherents.

Although observances may include merry-making, the honoring of the Dead that is central to Samhain is a serious religious practice rather than a light-hearted make-believe reenactment. Today's Pagan Samhain rites, while somber, are benevolent, and, although centered on death, do not involve human or animal sacrifices. Most Samhain rituals are held in private rather than in public. Samhain's long association with death and the Dead reflects Nature's rhythms. In many places, Samhain coincides with the end of the growing season. Vegetation dies back with killing frosts, and therefore, literally, death is in the air. This contributes to the ancient notion that at Samhain, the veil is thin between the world of the living and the realm of the Dead and this facilitates contact and communication. For those who have lost loved ones in the past year, Samhain rituals can be an opportunity to bring closure to grieving and to further adjust to their being in the Otherworld by spiritually communing with them.

Moon Cycle

Third Quarter	Oct 2nd	3:45a
New Moon	Oct 8th	9:46p
First Quarter	Oct 16th	12:01p
Full Moon	Oct 24th	10:45a
Third Quarter	Oct 31st	10:40a