

# Metaphysical Times

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## No More New Year, New You

by Nixie Vale

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The whole “New Year, New You” thing is... Well; it’s never really made sense to me. I understand that people want to make themselves better, but I look at the new year as not a chance to make myself over or change who I am through social pressures to ‘better’. There is one thing my illnesses have taught me is that; I don’t need to force myself to “be a better person” because that is counterproductive - the more pressure I feel the more I dig my heels in. Change isn’t a bad thing, nor is improving yourself... what is bad, is feeling that you must be more... do more.... see more.

In 2022 I said, “forget

the notion of ‘new you’ and just be yourself”. Throughout the year there will be opportunities for growth, introspection, and change, you don’t need to fight to find them, you don’t need to force yourself into a socially acceptable box. So, as we are entering 2023; don’t be too hard on yourselves and most importantly... give yourself a break. In October I had a bit of a breakdown, and made some difficult decisions and I must admit that I feel much better for the regular breaks I have had over the last few months, and this is something I am going to take forward to 2023, because self-care is a kind of magic in its own right

**BE YOU!!!**

**Be Crazy**

**Be Lazy**

**Be Happy**

**Be Sad**

**Be Scrappy**

**Be Mad**

**Be Free**

**Be Outrageous**

**Be Funny**

**Be Comfortable**

**Be Flashy**

**I think I am  
going to be...**

**ME!**



# FROM THE PUBLISHER

While the holiday season is in full swing and another chaotic year comes to an end, it can be severely stressful. Life has dramatically changed for so many in both positive and negative ways since January and trying to sum it all up and set new goals for a new year, can really put a dent in one's ability and desire to "celebrate" this year.

We don't want to put a damper on the celebration for anyone, but we do want to remind people that 2022 has been a year filled with struggle, loss, and hard times for a great number of people. We'll even go as far as to say, more of them than usual this year. Be grateful, be gracious, and be kind, no matter what the situation or the person is.

Our best wishes for

abundance, peace, and love go out to all of you and yours in the coming year. May 2023 be the year that you get what you have been working so hard for, that that kindnesses you have bestowed upon others comes back to you 10 fold, and that the losses you experience in the coming year are fewer and less severe. So mote it be!

Happy Yule Everyone!



Christy 😊

## Metaphysical Times

The Metaphysical Times is a pagan print and online newspaper made in Northern, Utah bringing news, interests, and services to the pagan community in the US and abroad.

The paper is printed 8 times a year, coinciding with and themed based on the 8 Sabats of the Wheel of the Year. This publication is a conduit for connecting people from all walks with the new, information, and entertainment that matters to them.

\*Reader Advisory- Mature Content\*

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# The Magic of Yule

by Nixie Vale

At this time of year many cultures have celebrations, Christmas, Hanukkah, Kwanza, to name a few, and we as Pagans are not exempt from that, we celebrate Yule. No matter what your religious or spiritual background, this is the time to gather with friends, family, and other loved ones. In the Pagan community we celebrate Yule, the Winter Solstice, the shortest day of the year. A time when the light begins to return. In a scientific light the Earth tilts on its axis away from the sun, meaning we have less hours of daylight. In some places they don't get any light at all.

## Modern Day Yule

The modern-day Yule is an amalgamation of many traditions from many different cultures. The decorating of a tree, the Yule Log, feasts, wassailing (for those who don't know, this is akin to carolling) these can all be traced back to the Nordic peoples of Scandinavia. The collection of sacred trees - Holly, Mistletoe etc - were collected by British Druids. The Romans had a celebration for the God Saturn, named Saturnalia, and this was a week-long feast. Gift giving was a large part of the celebrations during Saturnalia. In Ancient Egypt, the rebirth of the Sun God Ra was celebrated daily, and as their culture and civilization grew, many more cultures began to celebrate the cycle of the sun. They realised that even with the cooling of the year, and the crops dying, the sun always returned, and with it brought life and fertility.



## Celebrating in Winter

Winter celebrations have been around for thousands of years, from the ancient Brits to Greece and Rome, to the Egyptians. These celebrations were deep rooted in the people and their cultures, so when Christianity came along, and they began trying to convert people, but they had trouble because people weren't willing to give up their old holidays, and old ways. The early church decided to incorporate themselves into the more established sites - churches were built on the older pagan sacred ground. They incorporated pagan symbols into Christianity, this made it easier for the invaded culture to adapt to the new ways. It only took a few hundred years for the Christians to create a new winter holiday and have people celebrating on December 25th.

## The Holly and Oak Kings

In some traditions the battle between the Oak King and Holly King plays a central part to celebrations. The Oak King represents the light of the coming year, and the Holly King represents the darkening of the year. The Oak King battles with the Holly King at Yule for dominance, and eventually the Oak King will win and the light returns.

\*)O(\* Rainbow Love, Light and Blessings \*)O(\*



# Baba Yaga: The Witch and Mistress of Magic in Slavic Folklore

by Nixie Vale

Baba Yaga, the enigmatic witch of Slavic folklore is a character I first heard about when I was a child. I didn't know who she was, or what part she played in the various Slavic stories, but as I grew up, I began to see her feature in movies and TV shows, but who is she, or what is she? Is she a witch, a wise old woman, a spirit of nature or an evil crone who lures people to their doom?

The truth is she is a little of all of them. When I first heard stories of Baba Yaga, it was a Hansel and Gretel kind of thing about straying too far from home, she was the warning about getting lost or being tricked into unpleasant situations. When I think of Baba Yaga now, I think of her as more of a Spirit of Nature and teaches how having reverence for nature is important and how we need to respect the land we live upon. The stories of Baba Yaga aren't just known in the Slavic countries anymore, she is known all over the world thanks to the people travelling, popular culture and (of course) the internet.

### Origins of Baba Yaga

The origins of Baba Yaga are hard to pin down because her character is derived from a number of Eastern European countries, but the stories would change

depending on the country, local culture, and communities. At the core of many of the stories of Baba Yaga is manners, politeness, and a pure spirit, and if she is approached in the right way, she can be a valuable source of wisdom and guidance. Though, if she is approached without preparation or at least a sincere heart then you are likely to run into the nastier side of Baba Yaga. The list of things you could do wrong is crazy, from asking too many questions, asking the wrong questions to just being disrespectful in general. To have a successful encounter with baba Yaga, you need to:

- Respect for your elders
  - Have a pure heart
  - Have faith
  - Have a loving of Nature
- Though, you always need to keep in mind that, even if you do these things, she still may not like you, or even want to help you.

### Baba Yaga in Folklore

One of the things I love about Baba Yaga is she is so unapologetically herself. In some Russian tales she lives in a log cabin that sits atop a pair of dancing chicken legs, and the crazy doesn't stop there. The keyhole to her house is a mouth with a lot of sharp teeth. Her garden fence is a tad

sinister because it is made of human bones with skulls on top of them; but there is always one post that remains headless, and this is to warn people that should you displease her, your skull will join them, that is after she is done eating you. If the house of chicken legs is not fabulous enough, her other mode of transport is a mortar that she steers with a pestle. I have also seen Baba Yaga associated with three riders representing day, night, and the sun.

There are times when Baba Yaga is the antagonist of the folklore tales where she kidnaps children and eats people, but she is also a source of great guidance and wisdom where she will help heroes on their quest, but seeking her aid is always seen as a dangerous thing, because unless you are prepared; you may end up as lunch.

### Baba Yaga in Popular Culture

Baba Yaga has been featured in a range of media, from classical music to film and TV. Here are some that I was able to find.

#### Bartok the Magnificent

Baba Yaga was one of the main characters in the movie, but she wasn't the antagonist.

#### Vasilissa the Beautiful

This was one of the first movies with a fantasy theme during the Soviet Era, in which she was seen as an evil master to her servants.

#### Baba Yaga by Antony Lyadov

Baba Yaga is featured here summoning her pestle, mortar, and broom before flying around the woods.

#### Dungeons & Dragons

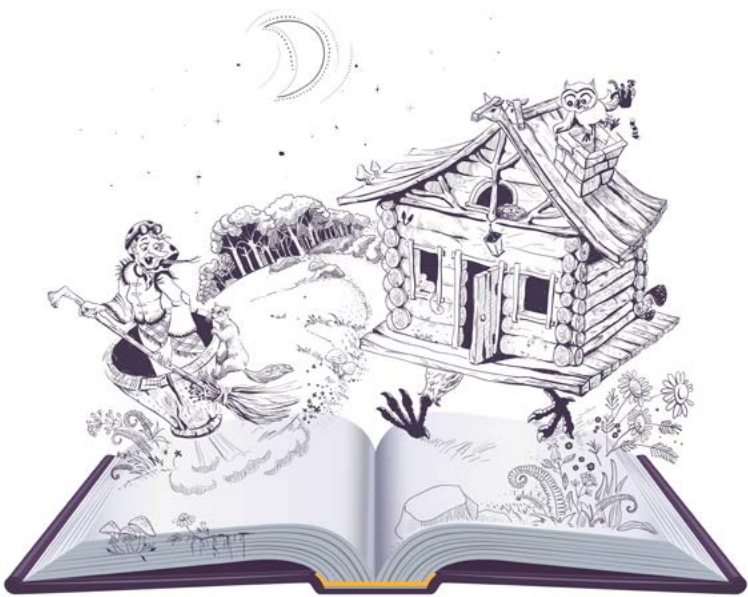
Baba Yaga is a character that is featured in D&D as the mother and grandmother of other characters

#### Hellboy

Baba Yaga is featured in the newest Hellboy film as an antagonist.

#### Witcher 3: Wild Hunt

The enemy Crones is loosely based on Baba Yaga as she sometimes appears as a trio of sisters, all named Baba Yaga.



Ask any woman and she'll probably say she doesn't have anger. But that doesn't mean it's not there. Buried deep, festering, and making us unwell. And yet, the only example of anger in our society is what men show us. And that is not the way for us! We crave a more sustainable, healthy expression of our very natural anger emotion. We deserve to speak up in times when we normally swallow our truth. It's time to unravel the people pleaser cycle and be whole. Let me show you how!

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# New Year Folklore

by Nixie Vale



Nearly every culture has their own rituals and customs for the New Year - by new year I will be referring to the Gregorian Calendar's New Year. I will cover the other New Year festivities throughout the year for other cultures.

There are many modern ways to celebrate the New Year, like

- \* Fireworks marking the change from the Old Year to the New Year.
- \* Drinking something sparkling.
- \* Kissing the one you love at midnight.
- \* Singing the words you know to "Auld Lang Syne" while humming those you don't.
- \* Sleeping through and not realising that something special has happened.

Okay; we don't have many meaningful celebrations to mark the movement of one year to the next. However, over the century's cultures from all over the world have created meaningful ways to observe the New Year.

**Open Doors and Windows**

As a child I was taught to open all the doors and windows to allow the old year to leave through one door, while welcoming the new year in through the other. Obviously, you will need to adapt this to your own home - if you only have 1 entrance/exit to your home, open the window furthest away from the door. As I have grown up, I have added my own flair to the ritual.

**Noise, Noise and Noise**

Another version of getting rid of the old year is to chase it away from your home by making as much noise as possible. It is believed that making lots of noise at midnight will drive out any lingering spirits from your home. It's believed that pesky spirits don't like noisy houses and will leave to find peace

**Lemon Protection**

I'm not sure where this tradition hails from, but from what I have found is to hang lemons on your front door on 1st January. Apparently evil spirits dislike the smell of lemons... I think it's the smell.

**The Home**

This is a group of smaller traditions that have to do with your home and what enters and leaves on the first day of the year.

It's believed that if something leaves your home on the 1st day of the year, it will be a persistent theme of the year - things leaving and not staying. However, if something coming into your home can flip this on its head and be a positive theme for the year.

In some cultures, it is customary to tie a cord to a basket with a few items in and set it outside of your front door. Once dawn rises on the first day of the year, pull the cord to bring the basket back into your home.

Another tradition pertaining to your home, is not to do laundry on the first day of the year as it may wash away any good luck that may come your way in the new year. Though.... on the same note it isn't bad luck to have a bath or shower on the first day of the year, it's believed to be a good thing as it washes away any taint of the previous year. While doing laundry on 1st January, in some folklore traditions it is good luck to wear new clothes and it brings luck into your home. Though, if you have pockets in the new clothes, place a coin in the pocket so you won't have empty pockets throughout the year.

Ensure your cupboards are not empty, and you have something in your fridge and freezer too. This helps to ensure that your table will have ample stores through the year.

For many being debt free this New Year is probably out of reach, but in some folklore being free of debt at the turning of the year will bring financial stability... However, with the current climate, I would say pay one bill, or at least pay something off the debt you have.

**Visitor Folklore**

In some folklore traditions the first person to enter your home is important, and it needs to be the "right" person. In folk traditions it is believed to be best for a man to be the first person to enter your home, carrying offerings. Saying

*"I bring Salt for the table.*

*Fuel for the Fire and bread for the table.*

*A Coin for your Needs.*

*I ask you to allow me entrance"*

Once allowed in, he needs to greet all of those living in the house and leave through a different door, to not take the blessings back.

**Breakages**

It goes without saying that breaking something is never a good thing, but on the first day of the year it is important not to break anything, because this could

indicate more of the same through the year leading to chaos and havoc. If you do break something, don't cry about it because if you do, it will indicate that your year may be filled with tears.

**Working**

For some, working on New Year is a necessity and to set a trend according to folklore. Working isn't a bad thing, but it is important to remember that you need balance in your life. Work if you must, but keep in mind that working too much on the first day of the year can lead to an imbalance toward your working life.

**New Year Winds**

The weather on New Year's Day can be an indicator for the type of weather to expect throughout the year

Wind blowing from the South indicates that the year will have beautiful weather coming.

Wind from the North indicates that the year may have foul weather coming.

Wind from the East indicates there will be disaster, calamities, and general bleh

Wind from the West indicates that there may be deaths in the year that are important (not sure on this one as everyone has different people that are important to them.

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## Featured Stone: Garnet

Heart and Root Chakras

Garnet inspires a sense of lightness and brightness, bringing joy and hope to you, and will help to lessen anger towards yourself. It brings willpower and courage to all situations. It will cleanse negative energies and re-energize the Chakras. It also helps to inspire love, passion, devotion, and loyalty in relationships.

# The Colours of Mourning

## Part Two

by Nixie Vale



In my last article about the colors of mourning, I focused on the mostly European traditions of colors in mourning, and in this article, I am going to cover a wider view of what colors are worn during times of mourning.

### What is Half Mourning?

Relating back to the strict rules and etiquette of mourning around the Victorian era there is a concept called half mourning. Women were expected to wear some kind of mourning dress for 4 years. During the first year of mourning, she was expected to wear black to signify full mourning, and after this point she could enter "half mourning" which allowed her to wear muted tones of purple and gray alongside the black. The longer time went on she was allowed to add more muted purples, mauve and gray. Men were not expected to mourn as long as a woman and were not expected to wear black or dark colors for as long either, or the etiquette around their mourning vastly different, they didn't have to enter half mourning either.

### Mourning Colors and Customs around the World

Purple is a very spiritual color, and in some countries, it is worn to show their mourning and grief. In Brazil they wear purple alongside the black. In Thailand, purple is a

color that is solely reserved for the widow(er) after the death of their spouse.

Red can be a controversial color when it comes to mourning as some cultures deem it a forbidden color, seeing it as the highest form of disrespect; while others wear it to honor their dead. For some South Africans red is a colour of mourning as it represents all the blood that was shed during the Apartheid era.

The Ancient Egyptians associated gold with mourning, especially related to the death of royalty. It is believed that this reverence of the color gold came from the idea that Ra's flesh was made of gold.

In Papua New Guinea a gray-stone coloured clay is applied to a woman's skin after the loss of her husband, she will also wear 36 strands of gray beads, and as each week passes from his death, a strand of beads is removed, and this period of mourning lasts on average 9 months.

### Mourning of Today

When mourning today, the colors worn during a funeral and even during a period of mourning follow the wishes of the deceased, or at least their family. We have largely moved away from the strict rules and etiquette for what is and isn't allowed while mourning. I

have seen cases of people wearing superhero costumes, Hawaiian-style shirts, or including a specific color along with black. While many still follow tradition and wear black for the funeral, societal rules have changed so much in the last 100 years. We now have more freedom of expression during trying times.

The day Queen Elizabeth died, an announcement earlier that day by the palace led news presenters in the UK (and others around the world) to change into a black suit and tie, as it is a mark of respect for the Queen's illness and passing. They wore black for the entire period of national mourning – which lasted 10 days. All news stations in the UK were required to have a black suit and tie available for these occasions because when Prince Phillip passed away in 2021, one news reporter broke the news wearing a maroon tie. This deeply upset the royal family. In a similar situation back in 1952 the Queen was abroad when she found out about her father's passing and required a set of black mourning clothes to be delivered to the plane before she could disembark. After this all royals are required to take a set of black mourning clothes with them when they are overseas, so the events won't be repeated.

During the events around the

Queen's death and the ceremonies and customs that were being followed I was asked why the Yeoman Warders and Queen's Guards were not wearing black, and I answered, "they are" as they were wearing black armbands as a sign of mourning. They were wearing their ceremonial uniforms and for something like the royal funeral, ceremony, tradition, and ritual are very important.

### Conclusion

While we may not follow the strict rules of our forebears, or understand the customs of other cultures, we all have our own thoughts about what is and isn't suitable for mourning. I went to a funeral about 10 years ago where we had to wear gray because the lady didn't like black because it reminded her of an upsetting youth during WW2, I remember some of her family saying it would be disrespectful to wear anything other than black, but my uncle stood up and explained that she hated black, and anyone who came in black would be turned away at the door – the only black that was allowed was shoes. When it comes to what colors people wear at your funeral is a personal decision, and whether or not you choose a traditional route, or go with something more unique, it's up to you.

# Yule Altars

by Nixie Vale

Yule is in the depth of Winter, and as such when you are creating your altar, you may want to think about what colours signify this for you? You can use colder colours like silver, blues, and white, while mixing reds and greens in, more on that later.

## Creating an Altar

Whether this is your first Yule, or the first time you are creating your altar, or you are just looking for some inspiration for something new. Creating your altar is a creative and enjoyable process - or it should be anyway. Altars are personal spaces, and you don't have to follow any set rules or guidelines, and the only limits you have are the space you have available, and your own imagination. Don't let what others do, or what you see online to determine what you

should be doing in your own personal sacred space. If you are a part of a Coven, creating your coven altar is a group decision, but don't be afraid to go to your coven leaders and give your ideas and opinions, you have the right to be heard, but if you are creating your own one, the sky is the limit.

When you think of Yule, what is the first thing that comes to mind? Ice, snow, the cold maybe? These can be represented by colours like silver, white and blue. Do you think of evergreens and berries? These can be represented by reds and greens. Do you think about the Sun returning? You can introduce colours like Yellow and Gold, but also items that represent the sun. Your altar cloth and candles are a very simple way you can

introduce these colours to your altar, you can use boughs of evergreens, pinecones, holly, and mistletoe, these add a natural touch to your altar. If you have witchlings in your home, you can also add things like Santa and his reindeer. Do you have a sweet tooth? Why not add some candy canes or other Yuletide treats to your altar as an offering?

You can get coloured candles from many shops, and you can get them online as well, they are readily available now, you can even buy specially charged candles from some online shops. You can buy Holly, Mistletoe, and other wintry greenery from florists, if you don't want to go fighting with plants yourself. Though..... If you are strapped for cash, or you have young

witchlings, or pets, you can by artificial versions of these plants. (In the UK - Wilko's has a good selection of artificial greenery)

I know what you're thinking... Artificial? Did you know that the berries from Holly and Mistletoe can make your pets and children poorly if they are ingested? Therefore, I chose to go for the artificial option, because me at Phoenix lays all over my altars and I want her to be safe.

When you are creating your altar, whether you have made them for years, or it is your very first, TRUST your instincts, and follow your own inspiration and creative juices. This is YOUR personal space, and a space for you to celebrate and honour the Sabbat



## Yule Correspondences

**Colours:** Yule has always been a time for greens, reds, golds, and silvers, but in the last few years there has been an emergence of white, black, and other colours.

**Crystals:** Bloodstone, Garnet, Ruby, Emerald, and Cats Eye, all closely related to the colours of Yule.

**Animals:** Deer, Reindeer, Elk, Moose, Goats, Lambs, Pigs, Cows... I'm not going to list all the cloven hoof animals because I would probably miss A LOT off, but you get the idea.

**Symbols:** The Sun, Yule Log, Clove studded oranges that represent the sun, Mistletoe, Holly, Ivy, Evergreen trees and wreaths, candles, bells, new-born baby ornaments (a sign of new life and the return of the sun).

**Food:** Who doesn't like food at Yule, huh? Fruitcake, dried fruits, nuts, cranberries, cider, ale, spiced drinks, mead, eggnog, popcorn, cookies with icing, breads both savoury and sweet.

**Activities:** There are many things you can do with your witchlings if you look on google which means you can have lots of fun with them, but what else can you do activity wise? You can light a Yule log, light candles (safely), decorate your tree and your home, baking, sharing stories and memories, feasting on good food, carolling, arts-and-crafts, visiting family.

**Plant Kingdom:** Sage, Thistle, Mint, Cinnamon, Cloves (yuck) Ginger, Nutmeg, Frankincense, Myrrh, Holly, Ivy, Pine, Cedar, Spruce, Mistletoe.

# Merry Meet Elyse Welles

**W**e here at Metaphysical Times are very fortunate to have a network of writers from around the world. We got a special opportunity to have a chat with the one and only Elyse Wells. The following is part one of that conversation with her.

Elyse Welles is a writer, witch, and wanderer – and the creator of Seeking Numina. Her work connects people to “numina”, or spiritual places, within themselves and around the world, through online community, courses, coaching and spiritual pilgrimages to Greece. Her writing has been published in Metaphysical Times, Sunflower Journal, and Yellow Arrow Journal, among others. Her debut novel, “Witch on the Juniata River”, is forthcoming from Running Wild Press. She also cohosts the Magick Kitchen Podcast.

Join the Spirit First Community on Patreon: [patreon.com/elysewelles](https://patreon.com/elysewelles) and learn more at [seekingnumina.com](https://seekingnumina.com). Follow Elyse on Instagram and Facebook, @seekingnumina.

As a paid subscriber you can access the part 2, full video interview with Elyse Wells too! Subscribe now!

**Hi Elyse, thanks so much for being with us today. It’s great to have you. We know it’s late in Greece and don’t want to keep you.**

It’s great to be here. Thanks so much for having me.

**Let’s jump right into it then shall we. Can you tell us a little about you and how you relate to the Pagan Community?**

Sure. I’ve been a practicing witch for ten years, both solitary, in a coven, and now a solitary coven “ambassador” as I now live in Greece, a bit far from my coven’s base in Pennsylvania. I’m pursuing my second degree in my Faery Tradition coven, but I am Greek, Egyptian, and Anglo/Celtic American, so my practice is as eclectic as I am!



**Great! Is there anything in particular that you love about being Pagan?**

I’ve studied witchcraft, paganism, and syncretic religion across three continents in dozens of countries. I never feel like less of a student, which is my favorite thing about Paganism. I never run out of things to learn about, and most importantly, ways to connect to Spirit.

**To paint a full picture of you, is there anything you dislike about being Pagan?**

That we are still a marginalized community, and yet the oldest

religious group on the planet. Greece is home to powerful energies and deities venerated the world over, and yet here, the national religion of Greek Orthodoxy prohibits the practice of witchcraft by law. While there has never been a recorded legal proceeding against witches for practicing their religion, there’s a pervasive anti-witch energy that shuts down the conversation before it starts.

**So, if you could do anything to fix the world’s problems, what would it be?**

Great question. The core problem the world faces, in

my opinion, is the earth’s deterioration at the hands of human “progress”. I would spread an Earth-centered message to others, raising a generation of people who put Mother Earth first. In a way, that is what I am doing! I began as a public school teacher of English and theater, and now teach adults spiritual living – I hope to see that circle back around to family-focused educational experiences for pagans.

**Sweet. Teaching is such an intensive path. We hear you host Pagan events that flow along that path. Can you tell us a little about them?**

Certainly.

My spiritual pilgrimages take people to the Attica region of Greece: the temples of Artemis, Poseidon, and Nemesis, as well as the site of the Eleusian Mysteries. I take them to visit the sacred places and give small group tours (no more than 6 people) focused on what the sacred practices looked like then, and how to experience these numina, or spiritual places, from anywhere in the world. It is a very personal, unforgettable experience.

Online, I run a Patreon community, The Spirit First Community, where individuals connect and engage on their own time with my weekly journal prompts, full moon rituals, new moon reflection prompts, and other resources I share. I’m hoping for it to grow into a space for online events and workshops, as well. I also teach self-paced courses online.

It’s important for me to provide resources and opportunities that create global connections through diversity – I introduce members to each other, and to pagan customs, cultures, and places they might not get to engage with outside of the digital world. Time zones make recordings and open-access materials a bit easier for most of our members.

**Are turn outs usually higher or lower than expected?**

The Magick Kitchen Podcast, where I promote all of what I do as they pertain to our conversations on magic and paganism, has over 10,000 listeners a month; based on those numbers, I do wish we had more people engaged in the online community space!

**Do people that you had no idea were even interested in Paganism come and pleasantly surprise you?**

I had my first ever student enroll in my course as a Christian! She enjoyed that the spiritual living practices didn’t include anything about shame, guilt, sin, or punishment that she was used to learning about in her Christian upbringing. It’s been very fulfilling to see her release those negative feelings and create her own spiritual



path, within and without the resources I provided.

**So, what and when is your next event we can tell people about?**

My spiritual pilgrimages are running this spring and summer, from March to June. I do not provide lodgings for guests, but tours do include pick up and drop off from your hotel location.

Mycohost, Leandra Witchwood, and I also just launched an online community which will include online events coming this spring. Sign up for my newsletter at seekingnumina.com for updates (and a free energy protection guide!)

**That is all the time we want to take from you for now Elyse. I know it’s late for you. Thank you so much for chatting with us.**

It was my pleasure.



*Numina*  
(NOO-mih-nah)  
[Latin]  
*Places of Divine,  
Spiritual Power*

You can find Elyse all over social media, via her articles at Metaphysical Times, Facebook, Instagram, and her website, [www.seekingnumina.com](http://www.seekingnumina.com). As a paid subscriber, you can watch the extended video interview with Elyse by visiting the Exclusive Content page on our website.

# The Turning of the Wheel: The Story of the Sabbats

by Nixie Vale

### Imbolc

When the Wheel of the Year turns to Imbolc and the return of the Sun. Imbolc is also known as Candlemas and the Feast of Bridget. Imbolc is one of the Celtic Fire Festivals and commemorates the changing of the Goddess from her Crone phase into her Maiden phase. Imbolc celebrates the coming of Spring, when the first signs of new growth emerge from the long Winter sleep.

### Ostara

The Spring Equinox is a time of celebration. Some people begin to enjoy the lengthening days and the warming of the air. Work begins in the garden with the planting of flower beds and vegetable gardens. At Ostara we begin to connect to nature as she begins to wake. Ostara is also known as the Vernal Equinox, a point when nature is in balance.

### Beltane

Beltane is the second of the four Celtic Fire Festivals and fire plays a pivotal role at Beltane. Beltane is sometimes known as May Day. May is the time when the Earth is at it's most fertile and some traditions describe how the Great Mother (the goddess) and her Consort (the horned God) unite and from this union new life comes forth.

### Litha

Litha is also known as the Summer Solstice, the point when the sun is at it's strongest. It's also the point where the days are at their longest. We celebrate the strength of the Sun and the growth of the crops planted earlier in the year. In some traditions this is the time of year where the Oak and Holly Kings do battle. The Holly King is the Victor and with that comes the darkening of the days and the decline of the light.

### Lughnasadh

Lughnasadh is also known as Lammas which Loaf Mass and is the first of the harvest festivals. It is the harvest of the corn, wheat, and grains.

What grew from the seeds you had sown earlier in the year. This is the time when we realise that Summer will soon be coming to an end. Lughnasadh is the Festival for the Celtic God Lugh while for others it is the first or earliest harvest.

### Mabon

Mabon is the time of year when night and day are once again equal, it's the mirror the Ostara. The scales of time begin to favour the darkness. Mabon is when we give thanks for the Sun and the abundance of crops. This is the time when then Goddess moves away from her mother phase into her Crone phase while her consort prepares for his death. Mabon is the

second and predominant harvest festival and one of the most common symbols for Mabon is the Apple. Mabon is also known as the Autumnal Equinox.

### Samhain

Samhain is pronounced Sow-In and is the last of the four Celtic Fire Festivals and the last of the Harvest festivals of the year, the time when preparations are being made for the Winter months. Samhain is one of the most magical times of year as the veil between this world and the next thins, making communication with those who have passed easier. It is also the time when we honour all those have come before us and no longer with us.

### Yule

Yule is also known as the Winter Solstice and is the time when we celebrate the rebirth of the Sun. As with the Summer Solstice the Oak and Holly Kings once again do battle and this time the Oak King is the victor and this heralds the return of the Sun. For almost every religion, every tradition this is a time of year to gather with friends and family, celebrating good times, enjoying good food among good company



# FULL MOON

MAGAZINE

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Full Cold Moon in November

December’s full Cold Moon rises on the night of Wednesday, December 7, 2022!

When to See December’s Full Moon

December’s Cold Moon reaches peak illumination on Wednesday, December 7, 2022, at 11:09 P.M. EST.

Start looking for the full Moon just before sunset as it begins to peek above the horizon. December’s full Moon has a high trajectory in the sky, which means that it will be above the horizon for longer than most full Moons.

Why Is It Called the Cold Moon?

The Moon names come from Native American, Colonial American, or other traditional sources passed down through generations. A variety of Native American peoples traditionally used the monthly Moons and nature’s corresponding signs as a calendar to track the seasons. Today, December’s full Moon

is most commonly known as the Cold Moon—a Mohawk name that conveys the frigid conditions of this time of year, when cold weather truly begins to grip us.

Alternative December Moon Names

Other names that allude to the cold and snow include Drift Clearing Moon (Cree), Frost Exploding Trees Moon (Cree), Moon of the Popping Trees

(Oglala), Hoar Frost Moon (Cree), Snow Moon (Haida, Cherokee), and Winter Maker Moon (Western Abenaki).

This full Moon has also been called the Long Night Moon (Mohican), as it rises during the “longest” nights of the year, which are near the December winter solstice. This name is doubly fitting because December’s full Moon shines above the horizon for a longer

period of time than most full Moons.

Other names include Moon When the Deer Shed Their Antlers (Dakota) and Little Spirit Moon (Anishinaabe).

In Europe, ancient pagans called the December full Moon the “Moon Before Yule,” in honor of the Yuletide festival celebrating the return of the sun heralded by winter solstice.



\*article from www.almanac.com

DECEMBER 2022



SUN	MON	TUE	WED	THU	FRI	SAT
<div>NOVEMBER</div> <div>S M T W Th F S</div> <div>30 31 1 2 3 4 5</div> <div>6 7 8 9 10 11 12</div> <div>13 14 15 16 17 18 19</div> <div>20 21 22 23 24 25 26</div> <div>27 28 29 30 1 2 3</div> <div>4 5 6 7 8 9 10</div>	<div>JANUARY</div> <div>S M T W Th F S</div> <div>1 2 3 4 5 6 7</div> <div>8 9 10 11 12 13 14</div> <div>15 16 17 18 19 20 21</div> <div>22 23 24 25 26 27 28</div> <div>29 30 31 1 2 3 4</div> <div>5 6 7 8 9 10 11</div>	29	30	Rosa Parks Day 1	Create a Kindness Tree and ask family and friends to decorate it with ornaments that have notes attached of a kind act they did. 2	Make a Gift Day 3
4 Send an unexpected, handwritten postcard or letter to a loved one. 	5 Talk to the person sitting by themselves at a party. 	6	Letter Writing Day 7	8	9	10 Human Rights Day
11 Invite some friends or family members to a fun night out at an Escape Room.	12 Try a new hobby such as beading or jewelry making. 	13	14	15 Purchase a Christmas tree for a family that can't afford one. 	16 Hand out candy canes along with a smile or a note wishing the recipient a joyful holiday season. 	17
18 Leave unused coupons next to the corresponding products at the grocery store. 	19 Help a neighbor shovel snow or complete a household chore. 	20	Ugly Sweater Day / 1st Day of Winter 21	22	23	24 Christmas Eve
25 Christmas Day	26	27	28	29 Donate towels or blankets to an animal shelter. 	30	31 New Year's Eve
Gift a loved one an experience rather than a material gift.	Take a long, solitary walk in the park or in the woods.	Practice mindfulness today. Take deep breaths.	Practice independent, critical thinking.	Respect yourself. Make others aware of your boundaries.	Write a list of goals you would like to accomplish in your life.	

Visit www.randomactsofkindness.org for more kindness ideas.

RANDOM ACTS OF KINDNESS FOUNDATION

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# Being Thrifty at Yule

by Nixie Vale

At this time of year, having a tight budget is something that hangs above the heads of many, and it can be overwhelming and daunting. Having a restricted budget doesn't mean you cannot celebrate Yule to the fullest, and it doesn't mean it will be any less amazing as it is for those who don't need to worry about money.

## Making a list, checking it twice...

The very first thing I would suggest is that you create a list of who you need to get gifts for. Next look through the list and see if there is anyone who you buy gifts for, but think you'd rather use that money elsewhere? Talk to that person and see if they wouldn't mind skipping the gift exchange this year.... you may find that they are in the same boat as you but didn't have the courage to ask. Once you have gone through the list and crossed off those you don't "need" to buy gifts for, go through the list again and see who you could make gifts for - making gifts is fun and will save you money in the long run.



## Cards and Wrapping Paper

Do you spend a great deal of money on cards, postage and wrapping paper every year? I know I do... Why not consider not sending a traditional card and consider making an E-Card? There are lots of programs online that you can use to create your very own e-cards. Pizap.com and Picmonkey.com are the ones I use to make all the images for RoarW, and they are the ones I will be

using to send e-cards to my worldwide friends. Like many people, I like to sit and create fancy wrapped presents with lovely paper and adornments. Instead of spending \$5 on a roll of fancy gift wrap, consider other means. You can go to a \$1 shop and buy a roll of paper, yes, its quality is not as good as a \$5 roll, but when you think it's going to be thrown into a recycling box... consider saving yourself the extra dosh. You could also think of other ways of wrapping gifts. A gift bag

can be reused, and you can buy packs with different sizes. You could even consider making your own wrapping paper... do you have children? You can buy rolls of plan paper and have your children decorate it. It's a lovely touch. I have used lining paper (for walls) and stamps and doodles. I keep any boxes and packaging throughout the year like tissue paper, bubble wrap and even boxes. This helps me cut down on waste I throw away, and it saves me money come Yuletide.

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### Decorations

Decorating the home and tree, this is a wonderful part of this time of year, and if you have kids, it's kind of essential, but instead of going out and buying expensive baubles and do-dads, get a pack of beads, some string and other crafting materials and have a crafting day with your children, and let them make decorations for your home. It is fun and will keep your witchlings occupied for a little while. I am making a "paper chain" out of old yarn that I am crocheting into strips, this uses the old scraps of yarn I have, and it is going to last longer than paper or foil. I have also use old scraps of yarn and thread to make a wrapped effect around crystals for decorations.

### Charity Shops and Thrift Stores

There are plenty of ways you can save money when it comes to the holiday season, and some of them are so very simple they often get overlooked. If you have a tight budget. If you need to buy a gift, why not look in charity shops, you can get some real treasures there, all you need to do is look.

If you do go to a charity shop or thrift store, always be sure to cleanse the items.

### Energy Saving

One thing that is more apparent this year is how much energy is

going to cost, so we need to be a little wiser with what we do over the yule period regarding lighting, and other electrical things. You can get energy saving light bulbs now, and there are also energy saving Christmas lights available, and they can save you a pretty penny. If you have a house full of people, consider turning the heating down a little. People create heat, and with a lot of people, you don't need the heating high. Also, think about the lights you have on in your home? Do you need them all on? Do you need to have the mains light and a lamp on? If you are not in a particular room, switch the light off when you leave it.

### Finance, Credit Cards, and Money. Oh my!

As easy as it is to put everything on your credit card, or have a finance program, you end up paying far more because of interest. If you have a realistic budget and realistic goals, you need to decide what you need to buy against what you can afford. I know this is hard in this day and age, when kids want the latest gadget, or the latest game system and they are quite expensive, there are places where you can buy refurbished and second-hand devices that are not as expensive as brand new. If you don't have the funds available right away, make sure you can pay it off within the following month, that way you will avoid paying the interest on the item.



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Markets and Festivals

First Thursday Witches Night Markets

May - October 2022

Healing Hands Metaphysical Store, 429 B St, Idaho Falls, ID 83402

(208) 542-5446

Utah Pagan Market

Sandy Utah 111 W 9000 S, Sandy, Utah

Debbie Broaderick 801-888-1657

15th Annual Psychic Fair

August 14th, 2022 11.00am - 5.00pm

Healing Hands Metaphysical Store, 429 B St, Idaho Falls, ID 83402

(208) 542-5446

Band Directory

Brian Henke

[www.reverbnation.com/brianhenke](http://www.reverbnation.com/brianhenke)

Celtica Pipes Rock

[www.facebook.com/CELTICA-Pipes-rock-110758404049380](https://www.facebook.com/CELTICA-Pipes-rock-110758404049380)

[www.celticarocks.com](http://www.celticarocks.com)

Krista Chapman Green

[www.facebook.com/krista.chapman.16](https://www.facebook.com/krista.chapman.16)

[kristachapmangreen.bandcamp.com](https://kristachapmangreen.bandcamp.com)

Tempest

Band Leader Lief Sorbye

[www.tempestmusic.com](http://www.tempestmusic.com)

[facebook.com/tempestcelticrockband](https://facebook.com/tempestcelticrockband)

Louis Garou

[louisgarou.bandcamp.com](https://louisgarou.bandcamp.com)

[www.facebook.com/louis.garou.54](https://www.facebook.com/louis.garou.54)

Sencha Skene

[senchaskene.bandcamp.com](https://senchaskene.bandcamp.com)

[www.facebook.com/sencha.skene.3](https://www.facebook.com/sencha.skene.3)

Touch The Earth Band

[www.facebook.com/TouchTheEarth](https://www.facebook.com/TouchTheEarth)

[www.touchtheearthuk.com](http://www.touchtheearthuk.com)

Tuatha Dea

[www.facebook.com/tuatha.dea](https://www.facebook.com/tuatha.dea)

[www.tuathadea.net](http://www.tuathadea.net)

Virginia Ackley

[www.gingerackley.com](http://www.gingerackley.com)

[gingerackley.bandcamp.com](https://gingerackley.bandcamp.com)

Wakefire

[www.facebook.com/wakefiremusic](https://www.facebook.com/wakefiremusic)

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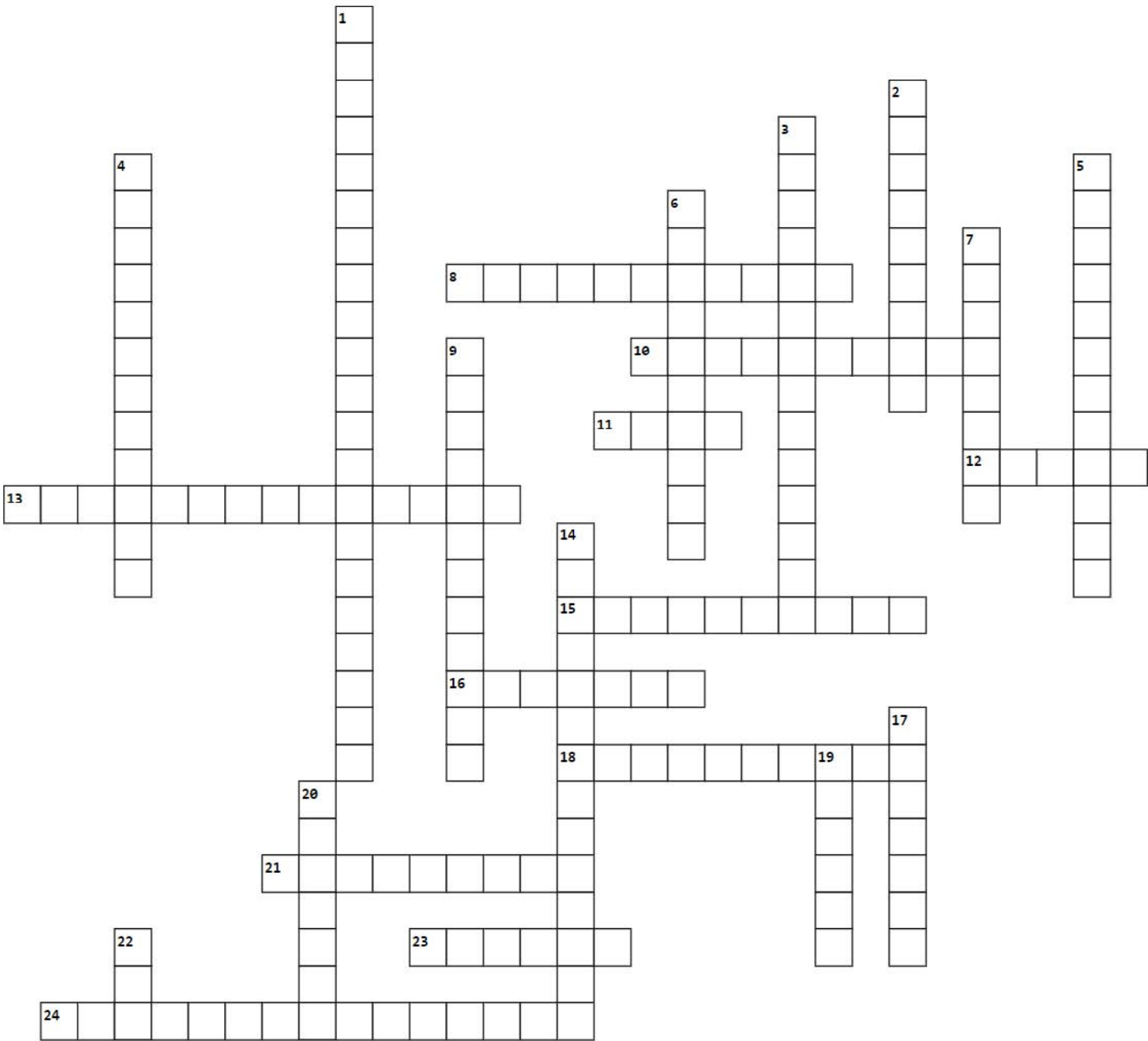
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Metaquizzicle Times Mega Yule Crossword



Across

- 8. Home to Sunbow Pendragon (7,4)
- 10. Homemade Yule decoration
- 11. What is brought for the table
- 12. Environmentally friendly alternative greeting
- 13. European Cold moon (4,6,4)
- 15. Sunbow Pendragon book series
- 16. A yummy treat or warming tradition (4,3)
- 18. Roman Yule-like festival
- 21. Noise to chase away the bad
- 23. Folklore Baba Yaga is from
- 24. Baba Yaga’s mode of transport (6,3,6)
- 26. A traditional plant to bring lovers together

Down

- 1. Baba Yaga tale (9,3,9)
- 2. Christian holiday that uses pagan traditions
- 3. Sunbow Pendragon Book (7,7)
- 4. A way to see how the future year will be (3,4,5)
- 5. Chakras of the garnet (5,3,4)
- 6. Singing for the season
- 7. The cloven-hoofed animal of the season
- 9. An ode to a new year (4,4,4)
- 14. Alternative name for Yule (6,8)
- 17. Eternally battles the Holly King (3,4)
- 19. What to hang on your door on January 1
- 20. What feature sets Baba Yaga’s house apart from others (7,4)

LAST ISSUE ANSWERS

- Across

  - 6. Moshka
  - 8. Izanami
  - 9. The Rigveda
- Down

  - 1. Beloved Dead
  - 12. Silent Supper
  - 13. Baron Samedi
- 2. Botswana
  - 3. Bilocation
  - 4. Samhain
  - 5. Crystal Gridding
- 7. Mictlantecutli
  - 10. Anishinaabe
  - 11. Evermore Park

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