



The Journey...

Official Newsletter of Church of the Spiral Tree - an Ecumenical Pagan church



Church of the Spiral Tree News

CST's annual membership drive is coming up soon! The dates are August 1 through September 13 (Auburn Pagan Pride Day). One-year individual memberships will be just \$12.50, instead of \$20, and one-year family memberships will be \$20, rather than \$35. Please encourage your friends to join CST during this membership drive!

The Auburn Pagan Pride Day will be held Saturday, September 13, at the Davis Arboretum on the Auburn University campus, in Auburn, Alabama. This will be our third year hosting PPD in this area. PPD is an all-day event, open to everyone,

children included, and is free to attend. Please bring a non-perishable food item to be donated to the East Alabama Food Bank. We are beginning to put the schedule together, so please consider volunteering to teach a class. Topics should be beginner-level, preferably about various aspects of

Paganism, or various paths or traditions. Vendors are also welcome! More information and forms for signing up can be found here:
<http://www.spiraltree.org/PPD/PPD.shtml>.

CST's community Beltane ritual & picnic was held on May 3, at Roxanna, near Auburn, Alabama, and was very well-attended. Our next ritual, Litha, is being held June 21, and our Lammas ritual will be held July 26.



Litha 2014, #54

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CST Directors:

- President *Linda Kerr*
- Vice President
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- Secretary/Treasurer
..... *Stephen Bradford*
- Member-at-Large
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Wiccan Litha/Summer Solstice/Midsummer Sabbat Solitary Ritual

www.wiccanway.com/Litha-Summer-Solstice-Midsummer-Solitary-Ritual-Guide_c_206.html#.U6Lay3Yn_ic

Make up a small pouch filled with herbs such as lavender, chamomile, St. John's wort and vervain. Pour all your troubles, problems, pains, sorrows and illnesses, into this pouch as you construct it. Tie it shut with a red string. Place this on the altar. Cast the circle.

"With the Sun God at the height of His power and majesty, The waxing of the year is accomplished, And the reign of the Oak King is ended. With the Sun God at the height of His splendor, The waning of the year begins. The Holly King must slay His brother the Oak King, And rule over the Goddess' land until the depth of Winter, When His brother shall be born again."

Litha Chant:
*"The spirit of the Oak King is gone from us,
To rest in the Underworld;
Until, with the turning of the Wheel,
The season shall come when He shall return to rule again."*

Ring the bell three times.



*"Oh great Goddess and God,
All nature vibrates with Your energies
And the Earth is bathed with warmth and life.
Now is time of forgetting past cares and banes,
Now is the time for purification.
Oh fiery Sun,
Burn away the non-useful, the hurtful, the bane,
In Your glorious power.
Purify me! Purify me! Purify me!"*

Pick up the pouch and light it. When it is burning, drop it into the cauldron. Say:

*"I banish you by the powers of the Goddess and God
I banish you by the powers of the Sun, the Moon, and the Stars
I banish you by the powers of Earth, Air, Fire, and Water!"*

Visualize the negatives burning away to nothingness. Then say:

*"Oh gracious Goddess, oh glorious God,
On this day of Midsummer magic
Charge my life with wonder and joy.
Help me to attune with Your divine energy."*

Meditate on the purification you have undergone. Feel the power of nature flowing through you, washing you clean with divine energy. Ring the bell three

times.

Plunge the athame into the chalice and hold it up, saying:

*"The Spear to the Cauldron, the Lance to the Grail,
Spirit to Flesh, Man to Woman,
Sun to Earth."*

Cakes and ale.

Open the circle.



Circle of Life

Birthdays for July-August-September! Happy Birthday to the following CST members:

Richard P. (July 15)
Rob V. (July 16)
Susan B. (July 17)
Joshua R. (July 18)
Rowan K. (August 2)
Kim R. (August 6)
Elizabeth R. (August 7)
LaDeana R. (August 8)
Larry R. (August 12)
Desi W. (August 19)
Hugh A. (August 19)
April G. (September 16)
Raivyn I. (September 18)
Tyler R. (September 21)



Local Groups

The local CST group is called a Grove. We feel the church will have a better chance of successfully meeting members' needs if it is easily and locally accessible to them; therefore, we encourage CST members of legal age, **after having been paid members for at least one year**, to begin their own local chapter of CST. In addition, as part of the public face and outreach of CST, all Groves are required to hold regular sabbat and/or lunar rituals that are open to the community. The application and first year's fee is \$35.00.

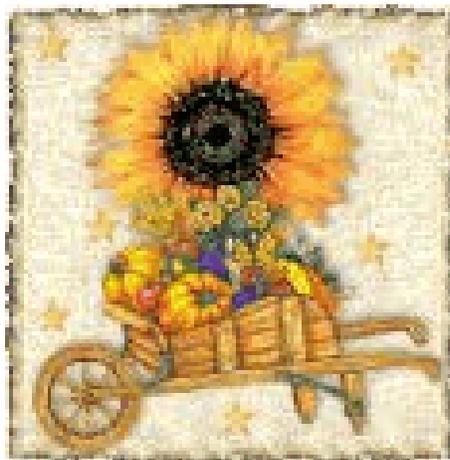
Ministers

CST, being a church, may ordain any member age 18 and over as a minister, as long as they have been a paid member for at least one year. We are currently re-vamping our program to better serve our membership and community.

It is now our the policy that any CST member who is made an ordained minister, must maintain their paid CST membership in order for their ordination status to remain valid. All ordinations will be good for a period of three years (we no longer ordain for life), during which the membership must be maintained. After this three-year period, you may apply to renew your ordination. There will be a small fee for renewal (still to be determined).

If the paid membership is not maintained during this three-year period or at any time thereafter, the ordination will lapse 30 days after the membership lapses.

This policy has been put in place to ensure that CST and our ordained ministers remain committed and connected to each other, and is effective for all ministers ordained in the year 2012 and on.



About CST

Church of the Spiral Tree (CST) is a non-profit, volunteer-staffed, ecumenical Pagan church, designed to foster and celebrate a sense of community and family among Pagans, both locally and in other regions of the country/world. CST celebrates the unique Pagan family: parents, children, elders, and extended family. It is an ecumenical church in that it encompasses all traditions, and is non-exclusive. It welcomes all who revere the Earth Mother and who respect themselves and others, regardless of which tradition one is affiliated with.

CST was incorporated in August 1997 to provide a legal, tax-exempt status to the Pagan community. This status enables us to offer to the community a variety of open rituals that anyone may attend, to ordain ministers, and to extend our tax-exempt status to sub-groups of CST. One of our ministries is Sacred Grove Academy, a Pagan church cover school program for homeschooling families in Alabama. CST also has a Community Relief Fund, so we can collectively donate money in the name of an established Pagan church to individuals in need and to disaster relief efforts, including the American Red Cross.

Church of the Spiral Tree is classified as a 509(a)(1) & 170(b)(1)(A)(i) organization. We are tax-exempt under section 501(a) of the Internal Revenue Code as an organization described in section 501(c)(3).

Sun Goddesses

<http://www.goddess-guide.com/sun-goddesses.html>

The sun Goddesses represent the power and force of the light of the sun. Today we are more likely to associate the Goddess with the energy and phases of the moon. This perhaps represents the power shift away from the ancient matriarchal society. This shift in power is represented in many of the myths of the sun deities, like the story of Akycha who fled to the sky after she was raped by her own brother and the myth of the Djanggawul Sisters whose power objects were stolen from them by their brothers.

Below you will find a list of sun deities from around the world. These Goddesses directly reflect the power of the sun rather than the nurturing powers of the Mother and Earth Goddesses.

Why not also look into the sun deities heavenly counterparts the mysterious Moon Goddesses.

List of Sun Goddesses

Aditi - a Hindu Goddess from India, keeper of the light that illuminates all life and ensures consciousness. She gave birth to the universe and the heavenly bodies.

Aine - Irish Goddess who represented the spark of life. Her festival was celebrated on Midsummer's eve. Later she was remembered in Christian times as the fairy queen

Akycha - An Alaskan solar Goddess who once lived on earth as a beautiful woman. She fled into the sky after her brother raped her.

Amaterasu - Japanese Shinto Goddess, her name means great shining heaven. She is the head of the Japanese pantheon and her emblem, the rising sun, appears on the Japanese flag.

Bast - The Lion Goddess of sunset, among her many roles she symbolized the fertilizing rays of the sun.

Beive - Sámi Goddess of



Lapland, she was celebrated at the summer solstice for providing the light the plants needed to grow. These in turn fed the reindeer that were vital source of food, clothing and tools for the people.

Bila - The cannibal Aboriginal Goddess who provided light for the world by cooking her victims over a giant flame. She was chased away but the world was then plunged into darkness, so Bila was captured and tethered to the earth.

Brigid - A Celtic fire Goddess, as a solar deity her attributes are light, inspiration and all skills associated with fire.

Chup-Kamui - A modest Japanese moon Goddess. She traded places with the sun God as she was so embarrassed by the adulterous and lecherous behavior that was occurring at night.

Djanggawul Sisters - Aboriginal Goddesses from Arnhemland. These daughters of the sun gave birth to all the plants

and animals. Their magical power objects were stolen from them by their brothers.

Hathor - Egyptian Goddess of the sky. Hathor is depicted with the solar disk indicating that this is one of her many areas of influence.

Hekoolas - Native American Goddess, with the help of the trickster Coyote, man was able to convince her to light up this world.

Medusa - The Greek Goddess is said to derive from an earlier Anatolian deity. This theory is supported by images of her with a lion that symbolized the power of the sun.

Pattini - A Sri Lankan solar deity who represents the heat of the sun's rays.

Olwen - Welsh sun Goddess, her name means "golden wheel."

Saule - Lithuanian, golden haired Goddess. She rode across the sky in a chariot pulled by two white horses with golden manes, battling with the powers of darkness.

Sekhmet - A Lion headed Goddess of Egypt, she represented the destructive qualities of the sun's rays causing drought and famine.

Shapash - Phoenician Goddess whose name meant "torch or light of the Gods". In addition to being a solar Goddess she was also able to travel through the realms of the dead.

Soltse - Slavic sun Goddess.

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Newsletter Deadlines

Our newsletter, "The Journey," is an important outreach tool to our members; as such, CST is committed to publishing this newsletter on a regular quarterly basis. Publication dates and deadlines are as follows:

March 21 (deadline: March 1)

June 21 deadline: June 1)

September 21 (deadline: Sep 1)

December 21 (deadline: Dec 1)

Please note that these deadlines are **firm!** Any submissions received after these dates will be published in the following newsletter.

Board of Directors' Meetings

Our Board of Directors' meetings are held around the cross-quarter days (Imbolc, Beltane, Lammas, Samhain), to allow updates and news from these meetings to be published in the next newsletter.

If you have important news that you would like to share in Happenings or Circle of Life in the Mabon edition of "The Journey," please email your info to Linda Kerr at info@spiraltree.org, or mail to CST, P.O. Box 3165, Auburn, AL 36831-3165, no later than September 1, 2014.

Sunna - Nordic Goddess of the Sun, also known as Sol, her chariot was pulled across the sky by two horses.

Uelanuhi - Cherokee Goddess of the Sun, her name meant "apportioner," as she was responsible for dividing time into units. Her warmth was captured for man by Grandmother Spiderwoman's web.

Walo - Aboriginal Goddess who traveled across the sky with her daughter, Bar. One day Walo realized that the reason the earth was parched was due to their combined heat, she then sent her daughter back to the east so that the earth could become fertile and bloom.

Wuriupranili - Another Aboriginal sun deity who lit a bark torch and carried the flame through the sky from east to west. At the western sea, she dipped it in the water, then used the embers to guide her under the earth to reach her starting point again.

Wurusemu - Ancient Hittite sun Goddess. She is also known as Arinna.

Xatel-Ekwa - Hungarian Goddess, like many other ancient European solar Goddesses she is linked with horses as she rode through the air on her three steeds.

Lughnasadh or Lammas

<http://www.tplt.ca/wheel/lammas.php>

Brief History

Lammas day (Lughnasadh) is one of the four main festivals of the year: Imbolc at the beginning of February, Beltane on the first of May, Lughnasadh or Lammas in August and Samhain in November. Lughnasadh marked the beginning of the harvest season, the ripening of first fruits, and was traditionally a time of community gatherings, market festivals, horse races and reunions with distant family and friends.

Traditionally it has been seen as the time when the Oak King (Oak representing strength, growth orientation and determination) relinquishes power to the Holly King who will rule from Aug 02 until Yule on December 21. The first half of the year is recognized as a time of growth and forward momentum, motivated by the ritual of Suspension on Dec. 21. But on Aug 02 the male energy changes and symbolically the Holly King (Holly being a parasitic plant grows and is maintained with the strength

of its host, in this case the momentum gathered in the first half of the year motivated by your suspension, sacrifice and inclusion) takes over. Now is the time to allow yourself to relax and go with the flow. Allow all your hard work of the beginning of the year to move you forward, enjoy the harvest. The challenge for most of us is to get off the push wheel and get into the cart allowing the momentum to carry us through the rest of the year.

Energetic Relevance

In reference to energy patterns this is the time of the year when we transition from Earth energy to Fire energy. Having been in total female energy (opportunity, creation and growth) for the past six months (see Beltane) we now move to a more relaxed time of year. Male energy is strictly potential so keep in mind that

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A Simple Lammas Ritual for the Busy Domestic Witch

By Mrs. B.

<http://www.themodernpagan.net/?p=406>

For many domestic witches, finding time to celebrate the sabbats can be a challenge, even in the summer months. Between keeping the little witchlets busy and out of trouble, or schlepping them to camps and activities, or just trying to find the time to do all the usual things we have to do between work and home, finding time to fit in a sabbat ritual can be tough!

Many times we forget that honoring the seasons and deity do not have to be a huge celebration, full of casting circles, fancy rituals and huge feasts. Of course the sabbats can be one or all of those things, but do they have to be? Of course not. Honoring the change of season can be as simple as a candle lit, a prayer said, and a toast made. Just 5 minutes out of your day to reconnect with your beliefs, your deity and the earth.

For Lammas, I created a simple ritual that can be done alone or with family or friends, with minimal fuss, and in just a few minutes. Of course, feel free to use and/or change the words for your own private use.

Supplies you'll need:

Bread (home baked, store bought, heck, a cookie will do in a pinch), wine (or beer, mead, fruit juice – you know you have a juice box in there somewhere!), a candle (a summer color is appropriate: gold or yellow, though white always works. Also appropriate? Anything that smells like baked goods – cinnamon, sugar cookie, etc..) Optional: anything seasonal that you'd like to set out, such as summer flowers, things harvested from your garden, a corn dolly, etc.), an appropriate incense.

Find a quiet place to sit for a moment, or gather around your table if sharing the ritual with others. Have your bread, wine and candle in front of you (don't forget something to light the candle with). Take a quick moment to think about what Lammas means to you, and what it has meant to those who have followed the season through times past. It's the first harvest, time to offer bread in thanks for the prosperity of the crops.

Light your candle (and incense if you are using it). Take a bite of the bread and a sip of the wine.

Say these words (or others, as you like):

"On this first day of August, I light a candle to celebrate the harvest.

As the wheel of the year turns and the days start to grow shorter, I honor the Lord and Lady (or the seasons, or your specific deity) and thank them for the blessings and prosperity they have brought to me this year.

I honor those who came before me, and all things living on this earth."

Eat more of the bread, drink more of the wine, being sure to save the last bits as a sacrifice to the earth. Later pour them outside, in your garden, under a tree or into a potted plant.

If you have the time, sit for a few minutes and meditate before snuffing the candle. As you go about your day, keep negative thoughts at bay and try to mentally tally all the wonderful things that have come into your life this year.

Have a wonderful Lammas,

however you choose to celebrate!

Lughnasadh or Lammas, continued from page 5

without the female of opportunity you will be jumping when there is no place to land. Use this season of Fire to rekindle your sense of comfort, rediscover your passion and illuminate what gets you going. Also remember that at this time of the year you can use fire as determination to get where you want to be or you can become stubborn (fire and earth makes bricks) and refuse to move from where you are. The choice is yours.

Symbolism and Traditions

The traditions that are involved in this time of the year are much more social and connection with friends and family who have been absent. Regarding the Wheel, this is the last opportunity to make any last minute changes to your choices of behaviours that will support a greater harvest of your suspension.

Contacts

You get a free contact listing with your membership. You may also submit your listing at any later time. As an additional service, you can send letters to CST, and we will forward them to your intended recipient.

Amanda T.: (770) 559-0878.

Ehsha Apple: I am an ordained minister, specializing in non-traditional Handfastings (i.e. mixed tradition, family joining, poly, and LGBTIQ) and Body Easing (aka "Crossing"). As har-gydia of Nine Worlds American Kindred in Auburn, AL, I offer a variety of learning experiences including workshops, initiatory training, and formal pagan education through Open Path Pagan Seminary (OpenPathSeminary.org). I am owner of The Wyrd Sister (thewyrdsistershop.com), an online metaphysical specializing in handmade artisan goods geared toward a magical life, and regularly hand-craft talismans, traditional hoodoo oils, healing salves, and ointments with the Nine Worlds tribe and my apprentices. Nine Worlds American Kindred, a syncretic heathen kindred, offers regular celebrations, workshops and socials. Information about Nine Worlds can be found at distruth.org and on Facebook.

Gary Fimple #1204170: I am looking to correspond with any Wiccans out there just for someone to talk/write to and make new friends. I am not looking for anything from anyone other than their conversation and friendship. Augusta Correctional Center, 1821 Estaline Valley Rd., Craigsville, VA 24430.

Madeline W.S.:
makalinakittenmother@yahoo.com

Matt Farley #1446657: TDCJ is not geared towards rehabilitation anymore. To anyone who cares, please send information on correspondence courses to me at Smith Unit, 1313 CR 19, Lamesa, TX 79331. Blessed Be!

Michael Lee Harris #221321: Wiccan pagan, My path is Celtic. Interest in reading Wiccan pagan books, Circle magazine, Pagans and the Law by Dana D Eilers. Fox Lake Corr. Inst., Box 200 HU One, Fox Lake, WI 53933-0200.

Ricarda Munch:
256-590-8502.

Richard Peebles #523160: I will correspond with Wiccan gay or straight males and females alike; I only ask to write and make friends, and an opportunity to learn something new in Wicca. Riverbend C.F., ED115, 198 Laying Farm Rd., Milledgeville, GA 31061.

Rob Von Allmen: Tired? Bored? Wanting to find true love and happiness? Well, what are you doing talking to me?! I don't have all the questions, much less the answers. But I do have a clue (I found it in a cereal box) and am licensed to share the wisdom of the ages (answered an ad in Rolling Stone). If you also ponder such mysteries as "Is there life after death?", "Was he a man dreaming he was a butterfly...?", and "Where am I parked?", then please drop me a line at: "Skippy" Rob Von Allmen, 425 Webster Road #934, Auburn, AL 36832, <skippy_the_witch@yahoo.com>, 334-826-3953.

Shuree Munden-Wagstaff:
shureezinleather@yahoo.com.

Siryn Dolphinsong-Bradford:
<la.siryn@yahoo.com>

Stephen Bradford, aka Tyernan WaterOak:
An intuitive medium and

natural healer. Within my Eclectic Witch and Yoruba Path, I do Tarot readings, rootwork, chakra balancing, crystal healing, energy work, and Reiki. I own Bio-Buzz, a metaphysical supply and service oriented business in Albany, GA. As an ordained minister, I offer legal communions, handfastings, hand-partings, Wiccannings, and requiems (passing on rites). At the store and across the US, I offer ongoing classes, workshops and various teachings. Bio-Buzz is also the home of Albany Pagans and the Magickal Mystery Tour, which is an ongoing discussion of anything metaphysical and spiritual related topics. I offer these services and classes with help from the community at my other store in Auburn, AL called DreamScapes, our second location of metaphysics and spiritual supplies galore. Look for me in the Panhandle of Florida quite often too! Stephen A. Bradford, 612 N. Slappery Blvd., Albany GA 31701, (229) 438-5878 or (229) 395-0963. Email:

tyernan2003@yahoo.com.



CST Calendar

CST and its affiliate Groves welcome church and community members, beginners, newcomers, solitaires, and anyone else interested in participating in rituals honoring the Sabbats and new & full moons. You need no experience or knowledge to participate, but we do request you come with an open mind and heart, and show respect for your fellow participants. We usually share a potluck dinner after each ritual, so those who come are asked to bring some type of food to share. Please wear something comfortable and appropriate for outdoors. Ritual robes are welcome but not necessary. Children of all ages are welcome. You do not have to be a member of CST to participate! Donations to the Church are entirely optional but appreciated.

Note: the schedule below is subject to change! Firmer times and locations of all rituals will be available closer to the date of the ritual. Please visit <www.spiraltree.org/upcoming.shtml> for up-to-date information, directions, and links to RSVP for each ritual. Rituals without at least five attending will be cancelled.

EVENT	DATE	LOCATION/HOST
Litha Ritual & Potluck	6-21-14	Roxanna, Auburn, AL/CST
Lammas Ritual & Potluck	7-26-14	Roxanna, Auburn, AL/CST
Auburn Pagan Pride Day	9-13-14	Auburn University, AL/CST
Mabon Ritual & Potluck	9-20-14	Roxanna, Auburn, AL/CST
Samhain Ritual & Potluck	11-1-14	Roxanna, Auburn, AL/CST
Yule Ritual & Potluck	12-20-14	Roxanna, Auburn, AL/CST

Board of Directors' Meetings: The next BoD meeting will be held May 4, 2014. BoD meetings are held four times a year; check website at <www.spiraltree.org/upcoming.shtml> for date and location of the next meeting.

Upcoming Festivals (Not CST events):

FallFling: October 9-12, 2014, Roxanna, Alabama

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