



The Journey...

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



CST Survey Results

by Linda Kerr

The survey responses are in! A total of 17 people responded to "What is CST To You?". You'll find a summary of the responses to each question, plus a few direct quotes, below. Thank you for all your well-thought-out and honest answers!

How and when did you first learn about CST? Festivals, Pagan Pride Day, through friends, homeschooling through Sacred Grove Academy, and our Pagan Prisoner Ministry.

Why did you join CST originally? For support, networking, being part of a Pagan community, joining a family, attending events, friends, fellowship. A couple mentioned our Pagan Prisoner Ministry.

If you have renewed at least once, why did you do so? Loyalty, the membership benefits, to be more involved in growing the community, the newsletters, the fundraisers, the rituals. "I like the feeling of contributing to a Pagan community service organization, even though I'm not as active as I used to be." "The Church definitely lived up to my hopes of being active, putting on public rituals, participating in Pagan Pride and living up to its mission statements."

If your membership lapsed for a while, and then you renewed later, what caused you

to lapse and then return? Moved away then moved back, forgetful-ness, financial issues, not being near the community. "I lapsed due to disinterest. I returned for a hopeful sense of community."

What (or the lack of) would cause you to not renew? Lack of funds, if CST stopped being of service to the Pagan community, if all our outreach efforts and activities ceased, if funds were only benefitting one or two people and not the community, if it were no longer serving need for connection, if no activities near me, general disinterest, stagnation of CST.

What is your favorite perk/benefit of CST?
Festival discount (64.71%)
Newsletter (58.82%)
Use of Roxanna (58.82%)
Opportunity to be ordained (41.18%)
Discount at local stores (0%)
Other: Being able to be an active member; acceptance of all; interaction with others; support of prison ministry.

What is your favorite aspect of CST?
Charity activities (47.06%)
Annual Pagan Pride Day (41.18%)
Sabbat rituals (35.29%)
Activities at rituals (23.53%)

Ostara 2018, #69

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CST Directors & Staff:

- Founder *Linda Kerr*
- Treasurer *skippy*
- Solitary Representative *Madeline Wells Smith*
- Member-at-Large *Billye Welburn*
- Ritual Coordinator *Vacant*
- Meetup Coordinator *Callie Pagan Prisoner*
- Correspondent *Callie*

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Circle of Life



Birthdays for April-May-June! Happy Birthday to the following CST members:

- Tony D. (April 8)
- Cassandra K. (April 8)
- Jeff P. (April 12)
- Logan P. (May 5)
- Kirsten R. (May 14)
- Allison C. (May 15)
- Neil C. (May 15)
- Jason L. (May 28)
- McKenna C. (May 29)
- Anastacia (June 7)
- LeePhether M. (June 8)
- Craig K. (June 8)
- Marissa W. (June 27)
- David T. (June 28)

Life Passages:

Joshua H. is getting married on June 9, 2018.



CST Survey Responses, continued

Potlucks at rituals (17.65%)
 Fundraiser activities to benefit CST (auctions, etc.) (11.76%)
 Monthly Meetups (11.76%)
 Other: General spirit of service to the community; member of a group of like minded people; being able to be part of CST at a distance and being accepted even if not in person; the company of peaceable, non-judgmental people.



“At this point, there is a limit to what a volunteer organization can be reasonably expected to accomplish, and

What would you like to see CST do or offer in the future, both to paid members & to the community at large? More ways to be connected for those who aren't local or are away from home; be a real community; keep the Pagan Prisoner Ministry going; continue to be a supportive community; more growth, outreach, and more charitable work; recognition of members such as marriages, pregnancies, graduations, etc.

“An outreach to really showcase really who we are, what we stand for, what we believe, etc.”

“Website redesign to more modern-looking and mobile-friendly interface (Wordpress, etc.). More publicity would be nice and could help the church grow. Press releases, representatives at non-Auburn PPD events, networking/partnering with national Pagan organizations.”

“More outreach for needed people and families in our community. Possibly more visibility after the risk are evaluated of course.”

“I'd be willing to show up for one or two community projects. Or coordinating an internet event, where we all agree to go do something, like serve one hour at an animal shelter (one example).”

in my view the Church is probably at capacity.”

“I'd like to see rituals be taken seriously and the newsletter have articles from people within CST. People should WANT to be part of this.”

Are you local to Auburn, Alabama?

Yes (35.29%)

No (47.06%)

Not really, but willing and able to travel (17.65%)

Do you have any other comments?

“Thanks for the many years of service to the community. I like my membership because I feel like I can contribute financially even though I can't contribute with volunteer hours.”

“I'm very thankful for CST. While I was in prison they helped as much as possible.”

“I think CST might be spreading itself a little too thin lately. I observed a former board member being subjected to lead monthly meet ups until they were run ragged, yet they orchestrated the most fulfilling gatherings. Maybe the monthly meet ups could be held every other month to give the organizer a break? Or on a quarterly

basis?”



Ostara

by: Rev. April Iris McLeod

There are eight Sabbats per year: four greater and four lesser. The four greater Sabbats are Samhain, Imbolc, Beltaine, Lughnasadh; the four lesser Sabbats are the two equinoxes and the two solstices. Spring Equinox is known as Ostara, Summer Solstice is Litha, Autumnal Equinox is Mabon and the Winter Solstice is Yule.

Looking at these ancient Sabbats, it's easy to see where modern Christian holidays came from. Our upcoming Sabbat is Ostara, which falls between March 19 and 22 in the northern hemisphere.

Ostara celebrates the beginning of Spring, warmer days and fertility. It is the season of rebirth and renewal.

Some common symbols associated with Ostara are eggs (rebirth,) bunnies (spring,) and wildflowers, such as honeysuckle. The "Easter basket" generally incorporates eggs, a bunny, and some type of grass, hearkening back to the Pagan beginnings of this celebration.

Color associations for Ostara are pastels: light shades of blue, green, purple, yellow, and pink. Herb and flower associations include: jasmine, iris, rose, strawberries, violets, daffodil, ginger, crocus, and honeysuckle.

Stone associations include: aquamarine, moonstone, rose quartz, and amethyst.

Once you have found a moonstone that calls to you, you will probably want to cleanse and charge it. Here's how!

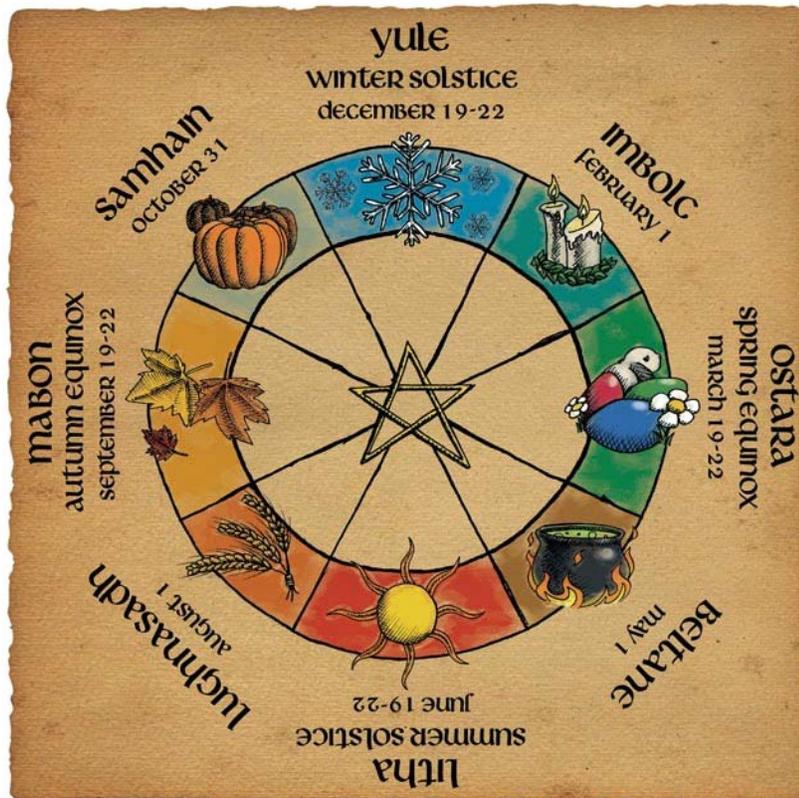
You may cleanse your moonstone in various ways— either by washing it with salt water (take care if it's in a setting; don't let it stay wet for long!) smudge it, or bless it overnight under the full light of a full moon. Some people even bury it, letting the earth cleanse any residual negative energy or charge from the stone (then, of course, you will wash it).

After cleansing it, decide what you want to charge your moonstone to do—meditation, abundance, healing, love, protection, or another purpose. Then, hold the moonstone, saying "I charge this moonstone for (insert your purpose here.)" It will stay charged

until you clean it and charge it for something else. (I often recharge my moonstone by leaving in the full moonlight several times per year.)

Dyeing "Easter" Eggs Naturally

I have been using natural dyes for years—I'm trying to remove as many chemicals from my home as possible and I just like the natural gradients that plants add to the eggs. Methods may differ, but the main thing to remember is, the longer you leave the egg in the dye, the darker it will be. You may also boil your eggs right in the dye bath; this will make the dye



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Moonstone

The moonstone has long been known as a healing stone for women; it is said to promote the balance of hormones and to promote fertility, as well as help period (moon-time) pain. Women throughout the years have used it to help with pregnancy and childbirth.

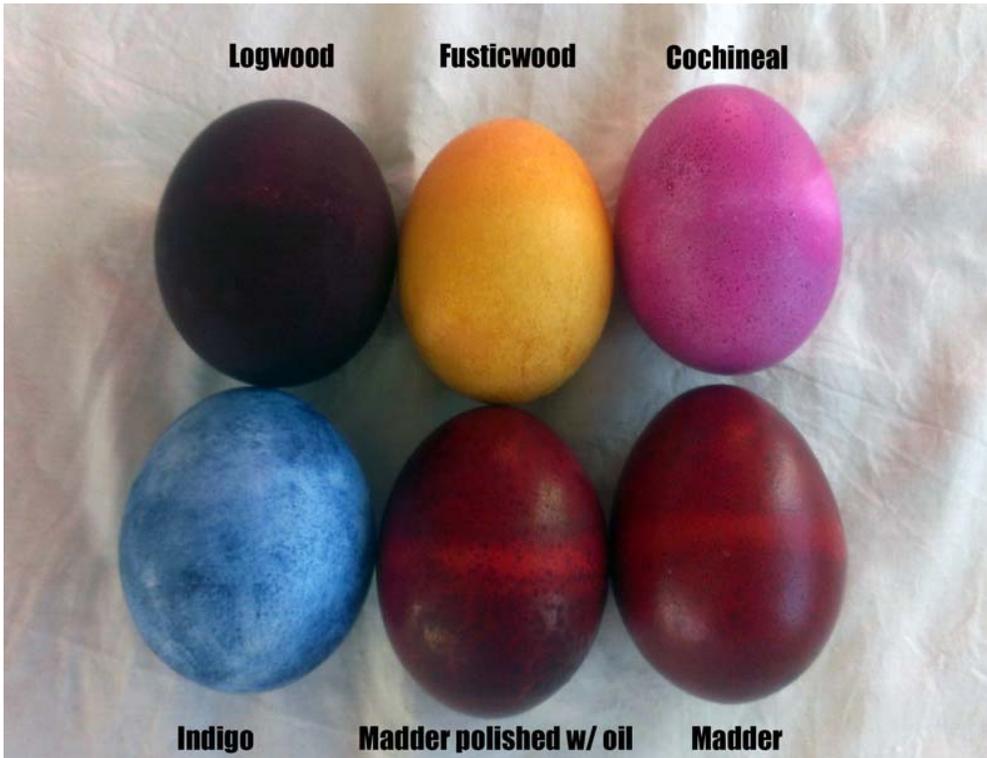
Moonstones are also used as a general healing stone; to keep the spinal column aligned, aid stomach problems, and balance yin/yang, helping to diminish anxiety, including fears about the future.

How to Cleanse and Charge Your Moonstone:

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darker but, you will need pan of water for each color you want to use. Here is a list of some of the natural items and the colors they will produce:

To cook perfect hard-boiled eggs: Wash and rinse eggs, place in 2-quart saucepan, cover with cool water, add 1 tablespoon white vinegar or lemon juice. Place on



- Green – Spinach
- Purple – Red onions, blueberries
- Pink – Beets
- Blue – Purple cabbage
- Yellow – Yellow onions, turmeric
- Light brown – Coffee
- Orange – Paprika

Some people like to boil their eggs in with the color, but, I find they must boil too long and it makes the eggs tough. I prefer to boil my eggs first, using the method below, let cool, wipe dry, then place in covered containers overnight in the fridge for deep colors.

For each item (other than the spices,) chop coarsely, then, for all items, use about ½ to 1 cup of the natural dye ingredient, 1 tablespoon white vinegar, and 1 teaspoon salt (I use pink Himalayan salt for everything!) Boil your dyes separately in about one quart of water, then let cool and place in container with a lid.

high heat, bring to a boil. As soon as it boils, turn off the heat. Let eggs sit on burner until water is tepid. Using this method will prevent that green line between the yolk and the white, which is caused by gases created when boiling too long, then immersing in cold water. Let eggs cool completely, pat dry, then add to dye containers, cover and place in refrigerator overnight. When you take them out, gently lay them on a cooling rack (protect your counter with a pan or towel underneath.) Leave them on the cooling rack until dry.

To decorate the eggs, you may use wax crayons BEFORE dyeing—draw pictures, names, spells, etc., with the crayon, then place in dye bath. The area you colored should resist the dye, leaving a reverse picture.

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. 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).



Ostara Rainbow Ritual

by: Rev. April Iris McLeod

I use this in solitary practice but, is very good for group use, as well. I am not going to spell out the entire ritual; you should fill in (or create) your own style of casting, calling, and Invoking for this ritual. Ostara is a perfect time to put your own energy and knowledge into a ritual and you can make this as simple or as complex as you wish. You may choose to have cakes or cookies—lemon is good for Ostara. Sparkling water or white wine can be used, if desired—make sure to leave a cookie and a glass on the altar. You may also add incense (I use patchouli or honeysuckle for this one, but you can use any scent that reminds you of Spring)

The basic items you will need are a space to perform the ritual,



and an altar, plus five candles (see colors below) and matches.

Suggested items on the altar are:

- A bowl or plate with cakes or cookies
- Jar of wine/glasses
- Athame
- Matches
- Water
- Salt
- 5 candles: pink, yellow, light green, light blue, light purple
- Incense

On the altar, arrange the five candles in a semi-circle, like a rainbow, in this order: Pink, yellow, light green, light blue, light purple.

Welcome spring by casting a circle your own way—start in the north, continue clockwise to complete the circle. Call to the four quarters, invoke the deities.

If you are using incense, light it before you light the candles.

Light the candles in the same order you placed them, asking the

universe (or the God and Goddess, or your deities,) to help you fill your life with some or all of the suggested correspondences listed below as each candle is lit.

While the candles burn, share the cake and wine. Then bid farewell to the deities, dismiss the quarters, and open the circle. You

may let the candles and incense burn down or put them out.

Color Correspondences (not a complete list):

- Pink: New beginnings, calming, gardening
- Yellow: Healing, friendship
- Light green: Faeries, prosperity
- Light blue: Wisdom, joy
- Light purple: Spirituality, meditation



What is Beltane? The Spiritual Significance of May Day

by: Erin Bruce

From: <http://www.theseasonalsoul.com/what-is-beltane/>

Beltane is an ancient Celtic holiday, celebrated on May 1st. It was a fertility festival; a day when the Celts celebrated nature's ability to reproduce. On this day they performed rituals, and prayed that their fields would be fertile & their summer harvests bountiful.

The Celts called this day Beltane, but May 1st has been a traditional spring festival in many cultures.

Beltane marks the midpoint between the Spring Equinox & the Summer Solstice. These days at the middle of the season are called cross quarter days. They divide the quarters of the year, set by the solstices & the equinoxes.

The ancient Celts actually used these cross quarter days as the division between the seasons. For them, Beltane was the beginning of summer. There are historians who believe some Celtic people may have even observed eight distinct seasons, instead of the traditional four.

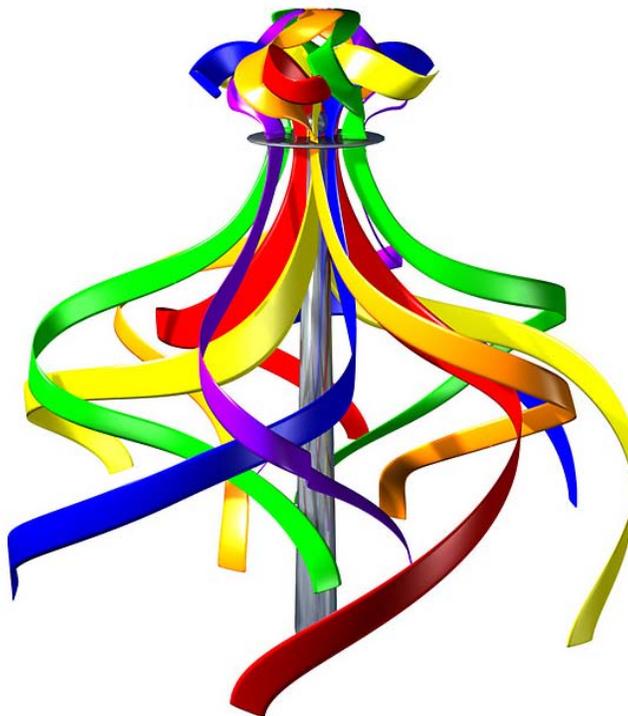
By the mid-point in the season, there is a clear difference in the energy from the beginning of the season. You can see that the wheel has shifted. What's happening in nature, the energy in the natural world is different here at Beltane, than it was just 6 weeks ago at the Spring Equinox.

At the Spring Equinox, life was just beginning to emerge. Depending on where you live, there may have been snow on the ground in mid-March. But here, at the beginning of May, there is no denying that the Earth has been

reborn. The colors are vibrant. The air is growing warmer.

The Wheel has turned. The energy is growing.

Beltane is a joyful & celebratory time of year. It is the time of year for celebrating life. All life. And the pleasures of being alive.



Beltane is the time to acknowledge & honor the fertility inherent in all life. At Beltane we celebrate the life force within all of us & within the natural world. It's a traditional time to celebrate the mothers, and their ability to birth new life.

This is the time of year for reclaiming your sexual energy.

Not simply the power sex has to create new life, but also for the pleasure it brings us. At this time of year, every act of pleasure is a celebration of the life force within

you. That is why your spirit chose this life, after all – to experience the pleasures your Soul can't experience without your body to touch things & to feel things.

This is the time of year to celebrate your body! To celebrate all the things your body can do & all the things you are able to experience because you have a body.

At this time of year the life force is rising. In all of us. And in nature.

The energy is expanding outward. We're moving into the season of GOing & DOing. It's the time of year for growing & adventuring.

This outward-focused energy is Yang energy. Summer is the Yang side of the Wheel of the Year. So right now the energy is growing & building. And we can feel that energy growing & building in our spirits. This time of year we tend to want to be outside. We feel excited about projects & plans & things to come.

Beltane is a great time of year for plugging into your self-confidence. It's a beautiful time to connect with your Self. To embrace the amazing, strong, gorgeous being that you are. Don't be afraid to push your very best, unique, talented, creative Self out into the world.

This season of Beltane is a powerful time, with powerful energy. And we can grab on to that energy & use it to fuel us.

5 Self-Reflections for Beltane

Grab your journal & spend some time in self-reflection at this powerful seasonal time.



Here's some wonderful questions to ask yourself at this time of year ...

1. What brings you great joy right?
2. What currently lights your spirit up? What do you feel inspired to devote your spring energy toward?
3. Do you feel connected with your sexual energy? Do you connect with that side of yourself? How can you connect more deeply with that part of you?
4. What parts of yourself do you feel most confident about? Where do you need to boost your self-confidence?
5. What intentions do you want to plant for the coming weeks & months? What do you hope to grow in your life? What do you want to harvest in the fall?



CST Vacant Positions

Get involved! The following CST staff positions are vacant, or soon will be:

Ritual Coordinator:

Choose dates and locations for regular Sabbat rituals. Plan the schedule for the ritual. Inform the community by creating events on the CST Facebook page, creating printed flyers, and other means as necessary. Find volunteers to write and run each ritual (BoD must approve the rituals ahead of time). Plan one or more activities appropriate to each ritual. Arrive early at ritual location, open the site up, and prepare as necessary. Keep things moving and on time. Close the site when the activities are over. Rituals are held on Saturdays usually, sometimes on a Sunday. Locations include Roxanna and the UU Busch Center in Auburn, and occasionally a local park. Minimum requirements: Must be highly organized, dependable, creative, and local to Auburn, Alabama.

Membership Coordinator:

Get membership forms from CST's email in-box or in person. Forward notification of PayPal payment, or give collected money, to Treasurer. Enter membership information into MS Access database. Send new or renewing member an email, welcoming them to CST or welcoming them back. Create, print, and mail membership cards. Maintain member list; send email reminders when memberships are close to expiring. Minimum requirements: Access to internet, computer, and printer. Experience using Microsoft Access, Microsoft Word, and Gmail. Must be



organized and professional, and able to complete tasks on time.

IT Coordinator: Maintain and update CST's website. Make sure domain registration and hosting are renewed yearly. Maintain CST's Google GSuite for Nonprofits account, adding and deleting email addresses as required. Forward CST's Google number as required. Maintain CST's Facebook presence, including our page and all official groups. Minimum requirements: Experience with web design, including HTML, CSS, and C-panel functions, familiarity with Google G-Suite and Facebook.

All CST staff positions are unpaid, volunteer positions. Any CST member can take on a staff position, regardless of the length of time one has been a member. You must maintain your CST membership as long as you hold a staff position.

Not ready to take on a staff position, but still want to be involved? Volunteer to write and run a ritual for one of the various sabbats, or come up with the craft activity for the sabbat. You can also contribute items to the newsletter—we always need articles, poetry, artwork, book reviews, and such. And if you'd like to do outreach and make a very real impact in someone's life, write letters to tn inmate! You can find the list of inmates here: [docs.google.com/spreadsheets/d/1takT08T__oKUif_MQPZv8KaoQ](https://docs.google.com/spreadsheets/d/1takT08T__oKUif_MQPZv8KaoQYjm9rNmUPK5vthgoIE/edit#gid=6)

[Yjm9rNmUPK5vthgoIE/edit#gid=6](https://docs.google.com/spreadsheets/d/1takT08T__oKUif_MQPZv8KaoQYjm9rNmUPK5vthgoIE/edit#gid=6)

A Beltane Ritual for Solitary Practitioners

From: <https://wiccanspells.info/a-beltane-ritual-for-solitary-practitioners/>

This Beltane ritual is designed to help you connect with energies of fertility, joy, abundance and unity in your life. Remember that although this can include sexual energy, you don't have to have a partner to do it. Equally you may also celebrate the union of masculine and feminine energies and use that power to fuel other areas of your life such as a creative venture.

You will need:

- Material for a ritual fire or ritual fire-space. This can be a small fire you build in your back garden or you can create a small fire inside a non-flammable object such as a cast iron cauldron or even a camping pot. Please remember to be safe and create a space away from flammable items. You will also need to take safety precautions such as having a lid or sand available in case of any accidents. Remember that you are working with potent vitality energy so fire can become unpredictable. Alternatively, you can use a plate of candles. Use green, yellow, red and white colors.
- A plate of Beltane offerings – This can be wine and rich foods such as chocolate. You can also use good quality organic bread.
- Colored ribbons.
- Beltane incense – You can buy a blend or make your own. Good materials for Beltane include ylang ylang, dragons blood, frankincense, rose petals, saffron, basil and sage.

Performing the Beltane Ritual

Cleanse and purify your working space. It can help to take a ritual bath with sea salt and sage before you begin working.

Put your offerings on your altar or on a plate near to your Beltane fire. Dedicate them to the energies of spring, union and sacred fertility and abundance.

Light your Beltane fire and incense and allow the energy to begin to take hold. If you are using loose incense you may add some of your mixture to your fire.

Dedicate the fire to the themes of Beltane. You may say a simple invocation such as: "Fire burn, fire bright, peace and joy this Beltane night." (If you choose you can add invocations to specific deities here.)

As you take in the energy of fire, visualize vitality and energy emanating from the fire and merging with your own.

Allow the fire to fill your vision with abundance and plenty. If you have a specific goal you want to work with you can use a representation and let the light from your fire fall on it. This can be a written intention or a crystal or other object you have charged with magickal intent.

When you have felt the energies begin to take hold gather your ribbons. You may attach them to your wand or other piece of wood (such as rowan), or you can plait them into your hair. Begin to plait your ribbons together as you visualize the union of masculine and feminine energies.

Say: "I call forth and celebrate the sacred union. With joy and love may my workings be filled



with fertile abundance."

Feel the energies uniting and allow the light of the fire to fall onto the plaits you've made. If you choose you can also celebrate with sacred orgasm.

Allow the energies to gather all around you. Visualize them giving life and potency to your intentions and infusing you with passion, vitality and joy.

When you have finished, you may mindfully eat your offerings. Take care to notice the flavors and textures and appreciate the sensations of plenty. Allow this to be a celebration of the energies you have just invoked.

Carefully extinguish your fire, or allow it to burn out if you will be able to tend to it until it does so. Thank the energies for their presence and dismiss them (remember to do this, as you don't want potent fire energy hanging about your ritual space!)

Alternatively – Gather colorful objects which represent the themes of Beltane. Use ribbons, flowers, candles, crystals and incense. Decorate your altar with these items and sit in meditation as you envisage the energies of abundance, fertility and joy gathering in your life.

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.

Rev. April Iris McLeod: P.O. Box 916, Grand Bay, AL 36541.

Holly Cannon: (334) 520-4318,
wannakitkat06@yahoo.com.

Ken Laporte: Former inmate and back in PA. Eclectic/nocturnal/ solitary Witch. I am a gay male and will become a permanent member of CST because I want to help/advocate for Pagan/Wiccan inmates. 301 E. Erie Ave., Philadelphia, PA 19134;
Darkmoonpunk13@gmail.com.

Madeline W.S.:
makalinakittenmother@yahoo.com.

Matthew Thomas Parker #281518: I am new to Wicca and would like to correspond with like-minded people. Easterling, 200 Wallace Dr., Clio, AL 36107.

Nion and LeePhether: We are vibrational alchemists who facilitate Reiki sessions/ attunements based on Usui, Lightarian, and other non-traditional methods. Ordained as clergy (Nion CST, Lee CST & ULC), we offer handfastings/ weddings, baptisms, requiems (passing-on rites), as well as spiritual guidance. We are on the council of The Sweet Potato Clan of The Free Cherokees

and are pipe carriers. As certified Angel Therapy Practitioners (ACP) and certified Wholeness Blessing Facilitators we are excellent listeners. We reside in west GA and can work in the Southeast USA. Contact: Nion011@aol.com, LeePhether@gmail.com, or (470) 399-4928.

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>](mailto:skippy_the_witch@yahoo.com), (334) 707-9076.

Robert Kaczorowski:
[<Bobbykacz@silverhands.net>](mailto:Bobbykacz@silverhands.net).



CST Calendar

CST welcomes 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 before or 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 always 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 CST's Facebook page at <<https://www.facebook.com/Church-of-the-Spiral-Tree-81596562207>> for up-to-date information, directions, and links to RSVP for each ritual. Rituals without at least five attending will be cancelled.

EVENT

Ostara Ritual
May Day Ritual

DATE

March 17, 2018
May 2018

LOCATION

Roxanna, near Auburn, AL
Roxanna, near Auburn, AL

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

Upcoming Alabama Festivals (Not CST events, admission fee charged, but CST members get a discount):

Moondance: May 24-28, 2018, Roxanna, Alabama

Church of the Spiral Tree
P.O. Box 3165
Auburn, AL 36831-3165

ADDRESS SERVICE REQUESTED