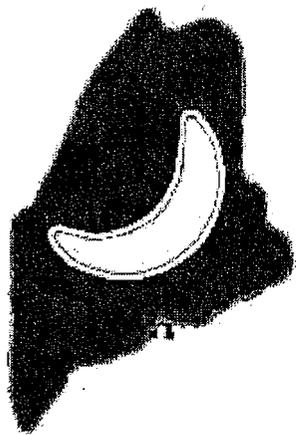


Lammas/Lughnasadh 2003



Earthtides Pagan Network News

Living in Maine, Celebrating the Earth

Of Service by Quester

I have seen horrors and wonders on my road, and I must ask myself if I did all I could to ease the burdens of my fellow travelers... Hey, sometimes you have to let the other travelers take care of themselves. I am not being selfish if I recognize that I can't help everyone (anyone), if I'm not in a state of mind where I can be *of service*. I also have to consider whether my fellow travelers may not be content under their burdens, desiring no help, perhaps even resenting it. What is the nature of being *of service* if your help is not needed? I'd like to think I know when I am in a state of mind where I can be *of service* and when my fellow travelers need my help,

but sometimes you just don't know.

Some seek solitude in nature to recharge themselves. If I had done this, I probably would not be contemplating this idea. I decided to recharge by losing myself in a city of strangers up in Limestone, Maine, last weekend for the Phish festival. The things I saw that weekend left me certain I can never know if my help is needed or wanted. Not everyone has the same idea of fun or danger or even right and wrong. I know this, but sometimes I forget how close to the edge some people dance.

I helped people on my adven-

(Continued on page 7)

Inside this issue:

<i>Starcat's Corner</i>	2
<i>From Aesir to Zeus</i>	3
<i>Networking</i>	4
<i>Calendar</i>	5
<i>About us</i>	7

About the Earthtides Pagan Network

The Maine Pagan community is diverse, independent and geographically distant. We worship in groups or alone, but sometimes need contact and a shared forum to express our ideas and concerns for this community.

The Earthtides Pagan Network was established in 1989 as a support resource for Maine Pagans. All solitaries and groups are welcome to join.

A subscription to this newsletter is available

for a suggested donation of \$11.00 per year. Single copies may be obtained by sending a \$1.50 donation and a self-addressed, stamped envelope to: EPN, P.O. Box 161, E. Winthrop, ME 04343
E-mail: epn@maine.rr.com

The deadline for submissions to the Fall Equinox/Mabon newsletter is Sept. 5, 2003.

Newsletter Staff:

Editor: Starcat

Contributors to this issue:
Quester, Harper Meader
and Arwen Evenstar.

Assistance: Quester

Starcat's Corner: Are You a "HSP?"

At a recent book sale, I picked up a self-help book about which I'd read a magazine article. It's called *The Highly Sensitive Person: How to Thrive When the World Overwhelms You*, and is written by psychologist Elaine N. Aron (Broadway Books, NY; 1996). Her basic premise is that fifteen to twenty percent of the population has a highly sensitive nervous system. This causes us to become more easily overwhelmed, but also allows us to perceive subtleties that others may miss. It's a neutral trait, yet in our culture a highly sensitive person (HSP) is often seen as flawed – more timid or solitary than “normal.” In this book, HSPs are encouraged to reframe their life experiences and needs in terms of this trait.

While reading this book, it occurred to me that an unusually large percentage of modern pagans are probably HSPs (“highly sensitive pagans!”). HSPs are drawn to look inward, and ours is certainly a religion which encourages self-reflection. There are obviously other religions with a similar focus (Buddhism particularly comes to mind), and of course there are many people who are not HSPs who choose this spiritual path. But HSPs seem especially suited to it. “Because HSPs have such close contact with the unconscious, such vivid dreams, and such an intense pull toward the imaginal and spiritual, we cannot flourish until we are experts on this facet of ourselves” (184).

HSPs are often drawn to nature, which has a calming effect. Many are “fond of reading and quiet study” (81). Both are qualities that many pagans also display. HSPs also tend to be very creative, which is

another common pagan trait, in my experience.

Seventy percent of HSPs are introverts, which doesn't mean that we dislike people, just that in general we tend to prefer smaller groups, and that we tend to protect our inner realities. Paganism is often practiced alone, or in smaller, more intimate groups. It's not often that pagans assemble in large congregations, such as the ones more common to mainstream churches.

This trait also helps us to focus and concentrate fully, particularly in a safe and familiar environment. The practice of magickal disciplines requires this type of strong concentration, and is helped by the ability to notice very subtle sensations. Many HSPs have a very strong intuition, and, I would speculate, more highly developed psychic skills in general.

In fact, the author compares HSPs to a class of well-known mages – the “royal advisors” who, throughout history, with their thoughtful and wise “priestly” approach, have served to balance the more impulsive and aggressive “warrior-kings.” She notes that, like Merlin in the King Arthur legends, HSPs often choose vocations where their intuition, thoughtfulness and vision are useful to others. In those roles, we often become respected members of society (or of our circle of friends, or our workplace).

Finally, many pagans I've talked to have expressed a feeling of “not fitting in” as a child or adolescent, which is very common among HSPs. Whether or not you decide to read the book (which has a “self-test” at the

(Continued on page 6)

From Aesir to Zeus

by Harper Meader

Cooking by the Seasons, by Karri Ann Allrich. This is a delightful vegetarian cookbook organized by the season, with bits of Pagan cooking lore added in for spice--very nice! We're waiting for the barbecue version... Llewellyn, Retail \$14.95.

In the Service of Life: a Wiccan Perspective on Death, by Ashleen O'Gaea. This is quite thoughtfully done, balanced and gently firm while refusing to judge. It would serve well as a planning format for a Pagan passing and funeral. Citadel Press, Retail \$12.95.

The New Book of Magical Names, by Phoenix McFarland. With over 5,000 magical names for anything at all, from a child to a coven, this book is a good resource. While not exhaustive (I couldn't find Branwen, a magical Welsh name dear to my heart, for example), it does have some helpful advice, interesting lore, and plenty of unusual ideas. Llewellyn, Retail \$19.95.

Pagans and the Law, by Dana D. Eilers. Dana Eilers, long known among Pagans as a Pagan attorney in the know about the law as it pertains to us, has covered the subject wonderfully in this book. Sections include Child Custody, Employment, the Rent, and Land Use. Dana explores issues in detail, offering pertinent examples, specific case-law that applies, and an extensive bibliography. If you anticipate any legal issues pertaining to your beliefs, read this book! New Page, Retail \$15.99.

The Veil's Edge: Exploring the Boundaries of Magic, by Willow Polson. Polson's book has many practical ideas for magical practice beyond what all the beginner's books offer. She offers well-reasoned explanations and calm encouragement while covering the "how and why" very well. Citadel Press, Retail \$14.95.



Locally
owned
and
operated!

Apple Valley Books

Rita Moran and Eric Robbins, prop.
Branwen Robbins, junior partner

(207) 377-3967

121 Main Street

Winthrop, ME 04364

New and Used Books • Gift Items
Special Orders Discounts!

E-mail: orders@applevalleybooks.com

www.applevalleybooks.com



Networking

The people and groups listed here are mentioned because they have done two things: They have volunteered to serve as points of contact for those seeking Pagan community, and they have signed the EPN Standards, which pledges them to follow a set of basic rules of ethical conduct. Any person or group may be listed here by subscribing to this newsletter and agreeing to those Standards; please contact EPN to arrange such a listing.

EPN has no interest in serving as the "Pagan police," and explicitly supports the autonomy of each person and group in matters of faith, belief and worship. The Maine Pagan community encompasses a wide variety of people and practices, and seekers are cautioned that any person or activity that makes you uncomfortable is probably wrong for you.

Groups and individuals who seek networking opportunities but are reluctant to sign the Standards are encouraged to take advantage of our advertising columns.

AUGUSTA AREA

Bill and Johanna Chellis. Pantheists working with the circle, wheel and labyrinth. 685-3860

Immanent Grove. A fellowship of practicing Pagans of all persuasions. Members pursue their own personal relationships with the Gods. We're interested in corresponding with experienced Pagans who would like to work with us. *Harper and Arwen, Immanent Grove, Box 2328 Middle Road, Sidney, ME 04330*

OXFORD HILLS AREA

Khyrohn Ni Mara. Eclectic Wiccan focusing on healing through herbs and drumming. *RR1 Box 2606, N. Waterford, ME 04267. 583-4215.*

PORTLAND/YORK COUNTY

Temple of Brigantia. Wiccan group honoring the Goddesses and Gods of Britain and Rome. Offering open Full Moon rituals and accepting selected candidates for apprenticeship. *Jane/Cassius, 646-6634 or temple@janeraeburn.com*

Circle of the Silver Cauldron, Atlantic. Eclectic Wiccan coven emphasizing creativity and self-development. Great Day celebrations open to the community. *Thea or Harry, 282-1491 or oldewtch@maine.rr.com*

WATERVILLE AREA

Lilith Dragonfly. Eclectic and Reclaiming Wicca. *Mmmmoongoddess@yahoo.com or 873-0528.*

SPECIAL INTERESTS

Deaf Pagans. I would love to meet Deaf adults who are Pagan and other Pagan parents of Deaf children. *Ede, 353-6202 (V/TTY) or ede@clinic.net*

PanCraft. Pagan artists, musicians and others beloved of the Muses get together to share their work and honor the Deities who inspire them. *Harper and Arwen, Box 2328 Middle Road, Sidney, ME 04330*

ONLINE RESOURCES

EPN Web site, <http://www.earthtides.org>
Maine Pagan Resource Page, <http://www.janeraeburn.com/maine>

Maine Pagan Mailing List, to join send blank e-mail to mepagan-subscribe@egroups.com
EPN Mailing List (open to newsletter subscribers only), to join send blank e-mail to earthtides-subscribe@egroups.com
Maine Pagan Politics List, to join send blank e-mail to meppolitics-subscribe@egroups.com

Calendar

NOTE: If you'd like your event included in our calendar of events, please send us an e-mail, with Calendar Listings as the subject, to grove@ctel.net before the deadline for the issue in which you'd like it listed. Each issue of the newsletter lists the next deadline on the front page.

If you would like an extra copy of this calendar to post on a public bulletin board, please feel free to photocopy it freely. If you know a business in your area which would like to post one, please send the information to the above e-mail address and we'll add it to the mailing list.

As a service to the Pagan community, we seek to list as many events as possible that would be of interest to Maine Pagans. You need not be a member of EPN, or even a subscriber to this newsletter, to list an event here. All we ask is that events be non-profit -- that is, that any fees for participating not exceed the reasonable cost of putting on the event -- and submitted to us by e-mail or post by the publication deadline. (Those planning for-profit events are welcome to avail themselves of our very affordable advertising opportunities.)

We make no claim as to the value or safety of any of these events, and caution our readers to rely on their own best judgment when assessing any situation, particularly those involving strangers. That said, we also encourage you to participate in as wide a spectrum of the Pagan community as you can, both for your own enjoyment and because our community needs your positive energy and good fellowship.

AUGUST

9 Saturday

First Harvest (Lughnasadh) Celebration, Hollis, 2 p.m. to 10 p.m. Outdoor games and fun! Live music by our own Freakwitch, and our friends Reverend & the Freak. Drum circle. Bring lawn chairs and something for the grill for yourself, or a dish to pass. We'll provide salads, corn on the cob, and non-alcoholic beverages. For directions and/or more information contact Matt or Nikki at nikmat@psouth.net.

Open Full Moon Ritual, The Temple of Brigantia, Wells, 7:30 p.m. This ritual celebrates the Deae Matres, the Celto-Roman Triple Mothers, associated with nurturing, fertility, growth, and many kinds of blessings. A pot luck and social time will follow. Those under 18 are welcome with a parent's permission. Children 9 and up are welcome to attend with a parent provided they can stand still for the ritual. Dress lightly -- the ritual space will have fans, but is still likely to be warm. Bring a dish for potluck, and please RSVP to Jane Raeburn: jane@janeraeburn.com.

SEPTEMBER

Open Mabon ritual, Immanent Grove, Sidney, 7:15 p.m. (Date to be determined) We will be burning the Summer King, returning his energy to the earth, along with our intentions. Please bring a candle in a windproof jar or other container, and something for next year's ritual mead (citrus fruit or natural honey--no preservatives--work best). We're planning a small pot luck afterwards, just snacks and finger foods. For more information, please contact Harper or Arwen, grove@ctel.net.

MONTHLY EVENTS

Mid-Coast Coffee Chat will be held on the second Sunday of each month at noon. Right now, Mid-Coast covers Belfast to Brunswick which makes Waldoboro the center point. Folks who live in Waldoboro area are taking turns hosting. E-mail mbird@acadia.net for directions or more information.

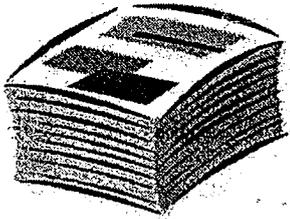
Calendar compiled by Arwen Ewenstar. Additional calendar information from The Mystic's Wheel of the Year 2003, A Multifaith Calendar © 2002 Page Tree, Inc.

Drop Us a Line Anytime! Letters to the Editor

Letters to the editor of EarthTides are welcome and encouraged. Whether providing feedback on something you've read here, bringing up issues affecting paganism that might be of interest, sharing ideas for rituals, or whatever else might come to mind, please share! Write to us by e-mail at nikmat@psouth.net, or by U.S. mail at EPN, P.O. Box 161, E. Winthrop, ME 04343.

Bradford Copy Center

Color copies, bookbinding, blueprints, UPS shipping, more...



(207) 641-COPY (2679)
Toll free: 1-877-267-2679
Fax: (207) 641-2FAX (2329)
bradford@celticweb.com
Open 8-5 M-F, 9-12 Sat

(Continued from page 2)

beginning), if the qualities I've described here ring true to you, perhaps it would be helpful to reframe your experience. Instead of feeling negative about either yourself or the less-sensitive people you've encountered who might have judged or hurt you, simply recognize that this trait is a natural part of your being. You can then value the advantages it brings you, and take steps to ensure that you don't become too overwhelmed on a daily basis.

Some of the steps suggested in the book, which may seem obvious, are to get enough sleep, take time to relax and "play" (do things which you truly enjoy), take plenty of time to yourself, and meditate or pray often. Exercise and healthy eating will help you keep your balance, too. Most important, when you need to remove yourself from an over-stimulating situation, do so without self-recrimination, knowing that your needs are healthy and valid. Taking care of yourself in these ways will help you to better serve the gods and the community as the powerful priestess or priest that you are.

BE A PART OF EPN

Stay connected with the community! Annual subscription is \$11.00 for 8 issues of this newsletter.

NAME:

E-MAIL ADDRESS:

ADDRESS:

This is a (check one):

New membership

Renewal

CITY:

STATE:

Mail to: EPN, P.O. Box 161, E. Winthrop,
ME 04343.

ZIP CODE:

(Continued from page 1)

ture and many helped me, yet some of the situations I encountered were so far outside my normal existence that I just marveled at the diversity of views of reality. I could cite examples of excess and abuse, of deprivation and disassociation. I could also tell you of beauty and grace, of joy and ecstasy, but which was which and how do I contribute, how am I *of service* when the stakes are completely unknown? The answer came to me inspired; I danced my dance and found and kept my center and I let my fellow traveler go on his or her own way, unless they asked for help. In my own Trickster way I spread love and good will, but I refused to react to what I saw through my own values and filters. I observed and reassessed and thought and danced, oh, how I danced, with 60 thousand strangers as dance partners.

About this newsletter

This newsletter comes out eight times a year, around the Sabbats. Literary, poetic and artistic contributions are welcome, as are opinion pieces. Please keep submissions to no more than two pages, double-spaced. Submissions on disk or e-mailed to nikmat@psouth.net are preferred.

Subscribers' names, addresses and other personal information are kept confidential except to other network members. EPN will aid in establishing contact be-

tween individuals, but accepts no legal responsibility for the results.

All signed articles and artwork are the property of their creators, and ads are the property of our advertisers; these may not be used elsewhere without permission.

All other content is ©2003 EarthTides Pagan Network, all rights reserved. The EarthTides Pagan Network News and the EarthTides name and "moon-over-Maine" logo are ©2003 Earthtides Pagan Network, and may not be used without written permission of the EPN Council.

The deadline for submissions to the Fall Equinox/Mabon newsletter is September 5, 2003.

EPN
P.O. Box 161
E. Winthrop, ME 04343

