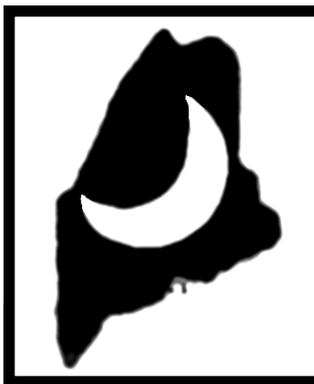


Samhain, 2004

EarthTides Pagan Network News

Living in Maine, Celebrating the Earth



Samhain: Between the Worlds

Mabon; the Celtic harvest festival of the Autumnal Equinox, is a time of equal light and dark, of equality between male and female.

Like Eostar, the Vernal Equinox, it signals a time of balance and transition. Eostar heralds the waxing year as we move from the cold and dark of winter into the warmth and fecundity of spring. Mabon, however, heralds the waning year, when we move from the warmth and fullness of summer into the cool and darkening days of autumn.

In ancient times, Mabon was the second of three harvest festivals of the year, the first being Lughnasad on August 1st and the last being Samhain on October 31st. The bounty of the Sun God has been conferred to the fruits, grains and animals which will nourish us through the cold and dark of winter.

Now we harvest and store the bounty, reaping the benefits of our actions over the past year. While an agricultural reference, this can serve as a metaphor for our own lives as well. What seeds did you plant in your life this past year? Did you care for your dreams and goals, watering them carefully and pulling the weeds that would smother you? What are you harvesting now?



Our lifetimes also follow the agricultural metaphor. We are born in the springtime of our lives. We grow to maturity and become fruitful in the summertime of our lives. Before we know it, we have aged into maturity, the autumn of our lives. When our bodies die, we too, like the Earth, shall rest and be renewed through the winter of our lives, ready to be born again, to come to life again in the spring

Let us live every minute fully, from the cradle to the womb. Share your love, your wisdom, and your enjoyment of life with all you meet, and let them share theirs with you. Let your lifetime shine as a beacon to others, to help them find their own way.

Merry Meet, Merry Part, and Merry Meet Again! Blessed Be!

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St. John's Wort

(Inadvertently left out of the summer issue)

St. John's wort, *Hypericum perforatum*, is a European native that has been naturalized over most of North America. It grows from 1 to 3 feet high and has bright yellow flowers with five petals and five sepals. You can find it growing in abandoned fields and waste areas, along highways and at woods' edge. It starts blooming around midsummer and continues to August.

Hold a leaf up to the light and you'll see what looks like holes in the leaf. These are the oil glands which hold the lovely red pigment, hypericin, which is extracted into the oil or tincture. According to the Doctrine of Signatures, a medieval belief that the plants revealed their uses by their physical appearance, these "holes" suggested the use of St. John's Wort for wounds or punctures in the skin.

The oil has been used since ancient times to speed the healing of burns of all kinds including sunburn and to reduce scarring. It can be used as a massage oil for muscle pain, and aching joints.

St John's wort has an affinity for injuries to the nerves, particularly the nerve rich areas such as the fingers, toes, eyes and spinal region. It can be used for shingles, sciatica, neuralgia, and fibromyalgia. A few years ago, my husband caught his finger between a piece of wood and the wood splitter, splitting his finger open in the process. While we were getting ready to go to the emergency room, I had him soak his finger in a bowl of cold water to keep the swelling down. I also added 10 drops of



St. John's Wort flowers are yellow when seen in color.

St. John's wort tincture to the water. The result was an immediate pain relief that lasted as long as he kept his finger in the water. Fortunately nothing was broken, but it made me realize how powerful St. John's wort was for nerve-ending pain.

In the past few decades, numerous studies have shown St. John's wort to be useful for mild to moderate depression due to its ability to inhibit the breakdown of neurotransmitters. Some types of depression, such as seasonal affective disorder or SAD, are thought to result from a decrease in the effectiveness of these neurotransmitters. The herbal preparations work to enhance mood over a long period of time but they must be taken long term, at least 2 to 6 weeks before seeing results.

There are some cautions, however, that apply to the internal use of St. John's Wort. External use of the oil or tincture does not have these cautions. St. John's wort can strengthen the liver's ability to clear medications from the blood stream, so do not take it if you need to maintain a certain level of drugs in your blood (i.e. organ rejection drugs or HIV protease inhibitors). It may react with drugs such as Paxil, Prozac, Zoloft and Celexa to increase their action. It may also react with MAO inhibitors to cause a sudden change in blood pressure, headaches or irregular heartbeat. St. John's Wort has been known to cause photo-toxicity in white skinned animals such as sheep, horses, and cattle. While there have been no confirmed reports of this reaction in people, fair skinned people should be aware of the potential for increased risk of sunburn.

Disclaimer

This article is meant for information only. You are ultimately responsible for your own health, but self diagnosis is not recommended. Any health concerns should be discussed with your health practitioner.



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Aesir to Zeus : Book Reviews by Arwen Evenstar

Witchcraft Medicine: Healing Arts, Shamanic Practices, and Forbidden Plants by Claudia Muller-Ebeling (and others), is simply stunning. An in-depth look at traditional European folk-medicine, beautifully illustrated, historically and botanically accurate, this book examines traditional healers and their work. Inner Traditions, \$24.95.

If You Want To Be a Witch by Edain McCoy is a new, and well thought out, beginner's guide to Wicca. McCoy emphasizes paganism as a religion, and discusses the study and spiritual work involved in becoming a practitioner. With some basic information on ritual, herbs and healing, history, and pagan culture, this book is a good introduction to Wicca. Llewellyn, \$9.50.

Snow Melting in a Silver Bowl by Nancy Brady Cunningham is a collection of activities, illustrated with beautiful photographs by Denise Geddes, designed to focus the mind--if only for a moment--on seeing the spiritual in the physical world, the extraordinary in everyday life. Eclectic in its spirituality, this book offers simple ceremonies and peaceful meditations. Red Wheel-Weiser, \$19.95.

Rachel Pollack's The Kabbalah Tree: A Journey of Balance and Growth, is my favorite of the new introductory books on the Kabbalah. While primarily known for her work with Tarot, Pollack has given us a great view of the Tree of Life, interpreted in the context of its origin in Jewish mysticism, but also in terms of tribal and shamanic traditions, Tarot, and modern science. It's readable, clear, and gives lots to think about. Llewellyn, \$16.95.

And finally, there are new editions out of two important favorites:

- Diane Stein's The Women's Book of Healing: Auroras, Chakras, Laying On of Hands, Crystals, Gemstones and Colors, which helps modern women learn ancient skills for self-healing (Crossing Press, \$16.95), and
- Walkers Between the Worlds: The Western Mysteries from Shaman to Magus, by Caitlin and John Matthews, which includes both historical information and spiritual exercises in a variety of traditions (Inner Traditions, \$19.95).

Arwen Evenstar

About the EarthTides Pagan Network News

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. Please submit on disk or e-mail to anu_dudley@umit.maine.edu

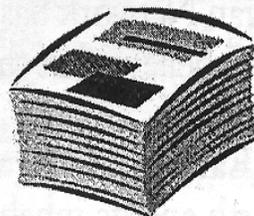
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Starcat's Corner: A Harvest of Creativity

As Fall begins, all around us we can see the fruits of Mother Earth's creativity. Apples, pumpkins, zucchini, corn and tomatoes are abundant. We human beings are by nature creative beings, tending the soil to help coax forth an ample harvest of food, as well as beautiful flower gardens to enhance our surroundings.

We also create art: from music to quilting to creative writing; from painting to dancing to carpentry. Even those who don't consider themselves artists in the traditional sense are creative beings. On a fundamental level, we create the lives that we live, to a greater or lesser extent depending on our beliefs. We set and work toward goals, we react to events, we use our focused intent to attain the results we desire. Living is a creative endeavor.

The Fall, with its feeling of quickening activity as we leave behind the "lazy, hazy days of summer" and begin to prepare for the coming cold season, is a good time to focus on our own expressions of creativity. There are many ways to allow new ideas to inspire us and encourage our creative work. Here are a few, which offer with the hope that they might spark further thoughts for you to explore:

- **Nature.** Let the natural world infuse your imagination. Walking in the woods, working in the garden, or gazing at the mountains in the distance can encourage a breakthrough on a tricky project. Or it can simply relax you enough to allow new ideas to surface.
- **Dreams.** Dream imagery is rich in creativity. Many of the world's famous artists and scientists found inspiration while they slept. Take time when you wake each morning to remember your dreams, and ponder what messages they are delivering.
- **Daydreams.** Repetitive tasks, such as hanging out laundry, doing dishes, or driving, can allow part of the mind to wander. Solutions to

problems can suddenly surface, or you may find yourself viewing things in a new way. If you're alert, you may be able to capture some of the essence of the daydream and use it in your projects (though if you are driving, be sure to keep at least some of your focus on the road!).

- **Personal experience.** Your life experiences, your times of joy and of adversity, and your relationships with others are a rich soil in which creativity can take root. Reflect on the memories that stand out most, and see how you can use, and share with others, the feelings and thoughts that arise.
 - **Other artists.** Sometimes the work of other artists can be an inspiration for us. This is perhaps particularly true when we are enjoying the creations of an artist who works in a different medium. Taking in the paintings at an art exhibit can inspire a poet's work. Listening to inspiring music can encourage a potter to create new designs.
 - **Odd juxtapositions.** Sometimes we see, hear, or experience something that seems incongruous to us, and it can be of use to us in our creative work. They are often rich in metaphor. To quote lyrics from a song Quester wrote, "Have you ever seen an eagle soar? Have you ever seen an eagle with its beak all covered in gore?" A more well known example would be the image of a soldier holding a gun with a flower stuck in the barrel.
- **Meditation, prayer and magick.** Call on the Divine in circle, or get in touch with your Muses and ask them to inspire your work. Allow your conscious mind to wander as you meditate, breathing deeply and watching the images or ideas arise.
- **Deadlines.** Sometimes having a time limit can help us to bring a project to a successful completion. Perhaps you need to finish a gift in



(Continued on page 8)



Greenwitch: Herbs for Magical Travel

The long migration to the Southland as the Wheel turns to winter calls for much in the way of preparation, and we should not neglect our magical aids from the Green Nation. Our goals for our migration will determine what sort of preparation we need to make, but we may be concerned about safety, and on this inward migration, we may also want to enhance our spiritual awareness and promote wisdom.



Bladderwrack

There are dozens of herbs used in protection spells, but only a few are specifically used for safety in travel. One is the seaweed, bladderwrack. We can find this greenish-yellow seaweed on any beach in Maine, and we recognize it by the air bubbles contained in its flat, nubby stems. This plant gives protection to sea travelers and those flying over the ocean, and can be used to summon sea spirits and to call the wind. Symbolically, it is a use-

ful herb for spiritual journeys that involve watery or airy elements.

Another herb specifically for safe travel is wormwood, *Artemisia absinthium*. This silvery green plant, often used as a moth repellent because of its pungent odor, can be hung inside your automobile to protect you from accidents. It can also be carried in your medicine bag to keep you safe on spiritual journeys.



Wormwood

A powerful herbal aid for spiritual migration is cinnamon. This herb enhances spirituality, promotes psychic powers, and provides protection. Use cinnamon oil when making migration incense, or use it to strengthen your medicine bag.

If the goal of your inward migration is to increase wisdom, add sage to your altar or traveling gear. This silvery green herb makes a lovely tea to sip during contemplation, and dried sage leaves added to a smudge gives protection during journey-

Sacred Places: The Aesclepion at Cos

A few years ago, I had an opportunity to make a pilgrimage to the Greek island of Cos, the birthplace of Hippocrates. I call it a pilgrimage because, as an historian of medicine, I wanted to make the trip to the place where the "Father of Medicine" was born in 432 BC.

The main town on Cos proudly displays a



very old banyon tree believed, apocryphally, to be where Hippocrates offered his healing services. It is, of course, not possible that the tree could be 2,500 years old, but it nonetheless offers a locus for veneration. The real site on the island that actually has historical value in terms of healing is the ancient Aesclepion, many miles inland. This site, which overlooks the sea from a high hill, is like many other healing compounds throughout the Mediterranean, named for the god of healing, Aesclepius. When actively in use, it featured temples and other healing facilities where supplicants came to be helped by the gods through the assistance of the priests. On Cos, there were a series of temples built on the hill over a period of almost a thousand years. But in the year 2000 AD, all that remained were the foundations of many temples and several sets of long, steep steps leading

(Continued on page 9)



Kitchen Witch: Carrot Power

Foods that are grown underground have special importance at Mabon. These include potatoes, parsnips, turnips, rutabagas, and the ubiquitous carrot. As we move inward at this time of year, it is appropriate to honor and partake of these hearty and healthful foods that naturally seek the underworld. Carrots, probably for their phallic shape, are traditionally associated with lust and fertility.



Their brilliant orange color harmonizes with the season, and orange's solar association metaphorically represents the sun's fertility in the underworld of the waning year.

I love to make carrot soup at this time of year. Here is my favorite quick recipe:

Curried Carrot Soup

6 fat carrots, grated
 1/4 cup tahini or almond butter
 1 big yellow onion 1
 Tbsp. curry powder, or more to taste
 4 cloves of garlic
 4 cups chicken or vegetable broth
 2-3 Tbsp. olive oil
 Salt, pepper, or tamari

Chop onions, smash garlic, and gently saute in olive

oil until soft. Add curry powder and stir for a minute to develop the spices, then add the tahini and stir to blend. Add the grated carrots and stir to blend with spices, then add broth a cup at a time while stirring to blend evenly. You may need to add more broth or water to get the consistency you want. Simmer for half an hour or more till carrots are soft. Season to taste.

Another lovely way to enjoy carrots is to roast them.

Roasted Carrots

8 fat carrots
 1 Tbsp. minced fresh parsley
 2 1/2 Tbsp. olive oil
 1 Tbsp. minced fresh tarragon
 2 tsp. white wine vinegar
 1/2 tsp. minced fresh marjoram
 2 tsp. white wine
 Salt and pepper

Preheat oven to 400F. Peel carrots and place in a baking dish. Brush carrots with olive oil. Roast for 10-15 minutes until golden brown. Slice carrots and place in serving dish. Drizzle vinegar and wine over carrots. Sprinkle with fresh herbs, and season to taste with salt and pepper. Note: herbs such as dill or thyme may be substituted for the parsley, tarragon, and marjoram.

Be Well, Marigold

Pagan Preserves

The Pagan Preserves Project is a fundraising effort currently under the auspices of Immanent Grove, saving toward an eventual purchase of land in Central Maine for Pagan use. We will have a donation jar at the Common Ground Fair, and some craft projects are for sale at Apple Valley Books in order to

raise even more. Donations can easily be made by PayPal at the site: <http://www.ctel.net/~applebooks/ironwoodhollow.htm#PPP>
 The fund is now at \$1131.00 !!!
 Harper Meader



Sacred Migration

The wild geese fly south in a long, undulating V. The thrushes have long since left the woods. The garden is exhausted and asking to be put to bed. The glorious green of summer is giving way to the flaming finale of autumn. Our friends have begun their great seasonal migration to the south.

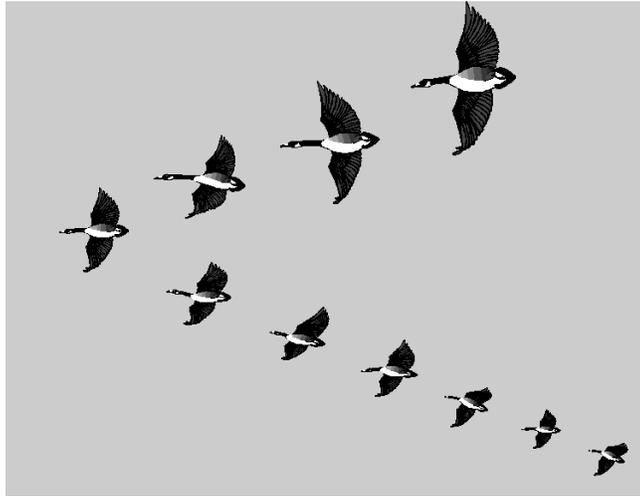
Shall we join them? While some of us may literally be preparing to go to Florida for the winter, the rest of us can plan and undertake our own migration without ever leaving home, for it is time to journey to the great Southland, that vast territory where the light metaphorically goes in winter, to the other side of knowing, to the world of the inner light in the waning of the year.

Our myths about the change from summer to winter, while providing figurative explanations about seasonal cycles, have corrupted the sacred potential of this inward migration. We are told that the Goddess weeps in sorrow for the departure of her daughter and causes the earth to wither for half of each year. Winter has become a season of loss and privation, when it could more profitably be a time for the discovery of inner treasure. When we sleep do we mourn the loss of wakefulness and activity? On the contrary, we welcome the chance to refresh ourselves and gain renewed strength and vitality.

The same can be true of the turning of the Wheel into the dark time. We can take the long stair case down into the inner world, dive into the dark pool, enter into communion with the Divine, and grow our spirit. While our outer world is turning into winter, our inner migration wends its way to the Southland. In Egyptian and Indian symbolism, the South is the feminine night region. It is a fiery place, but it is the warm, dark fire of the inner world—the soul. Here we journey to be consumed, purified, nurtured, and reborn.

Inward migration is a natural and perfect activity for this time of year. The growing cold and darkness nudge us indoors, while the dark energy of the Wheel of the Year draws us inside ourselves. We are instinctively called to make this journey, so let us honor this call, and take full advantage of the blessings it offers.

We can go on this inward migration with as much pleasure and trepidation as we might experience before any momentous trip abroad. What should we pack? What do we need? What do we want to see and do when we get there?



In our annual journey to the Southland, are we planning to visit some new place, or do we expect to relax with our feet up and wait for whatever experience that comes our way? Some of my best memories from travels in Europe have come from unplanned happenings—a wrong turn off the planned path. But we need some basic preparations to get us to that path, whether we stay on it or not.

First, let us make changes in our daily environment, as though we were actually in the Southland. Start with our altars. Let them reflect the elements and colors of the season, and let them also represent the dark world of the Southland in a way that keys us to reflect on the spiritual adventure we wish to have or the spiritual rejuvenation we wish to accomplish. Extend these changes throughout our dwellings and work spaces.

Second, let us make a conscious plan about what we will bring with us on this migration. As we travel to this other place, what do we want to see and feel, and what will we need to have with us in order to accomplish this? Another way to look at this is what do we want to leave behind for a time? Do we need a break from some problem, work, relationship, or even some pleasurable ele-

(Continued on page 9)



Blackberries (Inadvertently left out of the Summer Issue)

Big juicy sweet blackberries ... yum!! That's what I think of when contemplating August. Not only good for eating but good for you, too. Loaded with potassium, magnesium, calcium, iron, phosphorus, beta carotene and vitamin C, these berries pack quite a nutritional punch. But that's not all. They're also good for what ails you. The leaves and root bark, and the fruit to a lesser degree, are loaded with tannins. Tannins are compounds produced by many plants as a protective measure and which act to shrink swollen or injured tissue and allay pain. Due to this astringent action, blackberries are a useful remedy for simple diarrhea and intestinal inflammation, and for sore throats where there is redness and swelling. Just two teaspoons of blackberry vinegar diluted in a glass of water makes a refreshing drink or gargle for use when you feel that prickly throat symptoms of a beginning cold. It is also a refreshing drink for use in fevers.



Fruit vinegars are easy to make. Take 3 cups of berries, removing any stems, and crush them. Cover them with vinegar and let stand for three days. After three days put them through a colander or cheesecloth to separate out the seeds. Measure the juice into a saucepan and add 1 cup of sugar for every 1 ¼ cups of juice. Simmer gently for 5 minutes stirring until the sugar dissolves.

Skim off any foam that may appear. Bottle and keep in refrigerator. This will probably last up to 3 or 4 months. Or if you want to keep it longer, omit the sugar step until just before you want to use it. The unsweetened vinegar will last up to 18 months.

Many modern recipes use white vinegar which is really harsh and in my opinion fit only for use in cleaning, or white wine vinegar. For medicinal purposes, I like to use the best apple cider vinegar I can get. Raw, unfiltered organic vinegar has many of its own benefits and can be found in your local health food store. If that flavor is too strong for you, try a rice vinegar.

Disclaimer

This article is meant for information only. You are ultimately responsible for your own health,

but self diagnosis is not recommended. Any health concerns should be discussed with your health practitioner.

Norine Bates

Starcat's Corner (Continued)

(Continued from page 4)

time for a friend's birthday, submit a story for publication by a certain date, or maybe you've a self-imposed deadline for completing a project. The pressure to finish your work can sometimes help you find just the right final touches.

Whatever your milieu, may you find the time, energy and inspiration to explore your natural creativity this Fall season. Enjoy!



Sacred Migration—(Continued)

(Continued from page 7)

ment? Can we travel light for a season? What can we do without? Creating empty spaces in our lives invites new energy to flow in to fill the void.

Third, let us make an itinerary that specifies at least one destination. This can be as general or as specific as we feel inclined to make it. Will we go to "get extra sleep" town or "make peace with my mother" city, or to the beaches of "peaceful remembering?" Perhaps we need to climb the mountain of "giving compassion to myself." Create a map of this itinerary and keep it near your altar.

Finally, let us set a departure date and a return date for our migration, and plan a ritual or even a party around these times.



Marigold

We can create a ceremonial round-trip ticket, and have our "Inward Migration Passports" updated. Bon voyage! May your journey be all that you want it to be, with many wonderful surprises.

Sacred Places: The Aesclepion at Cos (Continued)

(Continued from page 5)

from the newer temples below to the oldest temples at the top of the hill.

On the day I was there, we arrived in the middle of the afternoon and began wandering the grounds in search of some landmarks that would help us identify this place as a healing compound. Without any interpretive signage, all we had to go on was a rather abstract map, and I lost patience with it and just began climbing the hill to the top section. There were many people at the site, and I soon was feeling overwhelmed by the heat, sun, and crowds, and decided to sit down on one of the stones, a large limestone block. A word about Greek monuments: they are surprisingly unprotected. I actually put my hands on many 2,500-year-old ancient floor mosaics and wall murals (shame on me)! What a thrill!

When I sat down on the block, I immediately felt a tingling as though some electric current were running through the block. I jumped up to see what was making the sensation, but there were no lights or any other kind of electrical equipment anywhere around. The place is not illuminated at

night. I put my hand on the block and felt the same current, and then decided to sit on it again. It was one of the most energizing experiences I've ever had!

It was then I brought out the crude map and tried to figure out where this block was in the complex. I was quite astounded to discover that I was sitting on the altar of the original temple of the Aesclepion! Thousands of years ago, temple priests had found the site of healing energy and placed their altar just there. Later temples were grouped around this site to capture as much auxiliary healing energy as possible. I look forward to discovering other healing temples and feeling their energy, as I did that day at the Aesclepion at Cos.

Be Well, Marigold



Calendar of Events

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.

SEPTEMBER

24-26 Friday through Sunday

Common Ground Fair, Unity. Many activities and demonstrations, with great shopping! Earthtides will have a booth for fund-raising and information about Paganism in the political action tent--stop by and say hi! If you'd like to volunteer to help in the booth, please contact Fred Griffith at griffith@mf.net. For details about the fair itself (directions, schedule etc.) email mofga@mofga.org.

OCTOBER

3 Sunday

Maine Pagan Pride Day, Sacred Oaks, Wells, 10 am to 4 pm. There will be workshops throughout the day, including "An Introduction to Elements", "The Spiral Scouts", "A Norse Sumble", "Tarot for Everyday Life" and more, as well as an afternoon public ritual, vendors, and pagans from around the state. Please bring a non-perishable food item that will be donated to a local food bank. For more information, check the website: <http://www.maineppd.org>.

30 Saturday

Open Samhain, Immanent Grove, Sidney, 7:00 p.m. For more information, please contact mrpukkil@colby.edu.

NOVEMBER

5-7 Friday through Sunday

Elements Workshop (Reclaiming Tradition), Sidney. For more information, contact mrpukkil@colby.edu.

13 Saturday

Meeting, Maine Pagan Clergy Association, Portland (place to be determined later), 4 p.m. This organization is open to all who perform the work of clergy (facilitate a group, teach, write for publication, offer open circles, etc.) within the state of Maine. For further information, contact jane@janeraeburn.com.

DECEMBER

12 Sunday

Open Yule Ritual, Silver Cauldron, Saco, 4:00 p.m. This child-friendly Yule ritual will be followed by potluck. For details e-mail oldlucy@maine.rr.com or call 282-1491.

18 Saturday

Open Yule Ritual, Immanent Grove, Sidney, 7 p.m. For further information, please contact sharonemery1@hotmail.com.

MONTHLY EVENTS

Pagan Coffee Klatch, Quilting Bee and Clothing Swap, Gardiner. For further information, contact

Jani @ fritticat@verizon.net.

Westbrook Maine Pagans offer several regular events. For further information, please contact Christopher Willow, 7crows@maine.rr.com.

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 solitaires 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: e pn@maine.rr.com

The deadline for submissions to the Samhain newsletter is October 9, 2004.



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.

> together to share their work and honor the Deities who inspire them.

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

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 website <http://www.earthtides.org>
- Maine Pagan Resource Page, <http://www.janeraeburn.com/maine>
- Maine Pagan Clergy Association website, <http://www.mainepaganclergy.org>
- 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

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