



# The Simmering Cauldron Newsletter

Autumn  
Equinox  
2015

*A mystical and magical resource based in Mid Wales*

**Shop address – 7 Shortbridge Street, Newtown, Powys, SY16 2LW**

## Pagans bottle it!

It's that time of year again when harvesting and preserving the fruits of our labours over the year is a major task. It is the time of year when Pagans review their personal achievements as well as physically gather in their crops.

I have been heartened this year by the number of my Facebook friends posting their progress with the harvest as well as the responses to my postings on the subject. As I

write this I have a pan of crab apples gently simmering in readiness for making Crab Apple Butter - ah memories of an Amish meal many years ago!

Normally we set out the Autumn Equinox altar with a range of our produce together with a few stalks of wheat gleaned from an neighbouring field. So enjoy and appreciate your own harvest with special thanks to the elements that have made it possible.



### Crab Apple Butter

#### Ingredients

- 2½ lbs crab apples
- 1 lb sugar
- 8 fl oz water
- ½ tbsp cinnamon
- 1 tsp nutmeg
- 1 tsp. allspice
- ½ tsp ground cloves

#### Method

- Wash crab apples, remove the stems and blossom ends. Place in large heavy pot on stove. Add water and cover. Cook until soft, about 45 minutes, stirring occasionally to prevent sticking.
- Put through a coarse sieve.
- Return to pot, add sugar and spices. Cook slowly until thick, about 2 hours.
- Pour into hot sterilized jars and seal at once.

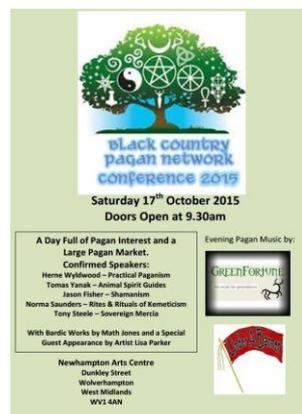
*Adapted from 'Mennonite Girls Can Cook' web site*

*Tony*

## Black Country Pagan Network Conference and market

A great new event we are really looking forward to attending.

Go to the Black Country Pagan Network Facebook page for more information.



## Q & A

On our website have you checked recently:-

- 1) The latest shop photos on the shop page of the website to see our current range of goodies?
- 2) The current Featured items page?
- 3) The distance shopping page to see how to reserve items for collection or to be posted to you?

## Two product profiles by *Angela*

### Aids to meditation

We're often asked what can assist in stilling the mind for meditation, so this newsletter, I'm outlining a crystal and an oil that can be of help. As we enter the dark phase of the year, which is a time for introspection and evaluation, this is can be particularly important, as we take stock of our achievements and begin to incubate plans that will lie dormant until the spring.

### Labradorite

This crystal is one which is highly mystical and protective, raising consciousness and connecting with universal energies. It stimulates intuition and psychic gifts and promotes inner sight. Labradorite calms an overactive mind and thus helps still the chatter of the 'monkey mind' which so often gets in the way as we attempt to settle into meditation. Either keep a cleansed and charged piece in the meditation room, or hold a piece in the non-dominant hand as you settle to your meditative state.



### Frankincense Oil

Although not cheap, Frankincense is one of the most beautiful of oils. It is excellent for respiratory problems such as colds, bronchitis, asthma and sore throats. (In fact, I met one asthmatic who sniffed the oil straight from the bottle in preference to using an inhaler). Its value in meditation lies in its ability to slow and deepen the breathing to allay fear, anxiety and stress. It promotes mystical, meditative mind states and is excellent for stilling the mind. Use in an oil burner or diffuser in the meditation room.



Current

## **Cauldron Card**

Offer

September super saver

**£2 OFF**

when spending over  
£20

or

**FREE Pack of  
Om incense**

when spending over £5



**Don't forget to flash your CC when you shop!**

Offer for limited period

Conditions apply



### Not just customers

The most pleasing part of being in our shop is the great range of people that visit us, sometimes to buy, sometimes to chat and other times just to chill.

This means many customers become friends so is with a mixture of sadness and congratulations that we sometimes say goodbye when people move on to other parts of the country to further their lives. Over the last few weeks we have said au revoir to two good friends and customers, one to university in Southend and other to further their career in Birmingham.

All the very best to you both.

## Our Diary for September - October 2015

**Newtown shop opening hours**

**Tuesday – Friday 10.00 – 5.00**

**Saturday 10.00 – 4.00**

**Notice** - We endeavour to keep the Shop open whilst we are away on holiday or attending events but this may not always be possible. We apologise for any inconvenience this may cause

18<sup>th</sup> – 26<sup>th</sup> September

Travelling, Brittany

Saturday 17<sup>th</sup> October

Black Country Pagan Network Conference and market,  
Newhampton Arts Centre, Wolverhampton