



The Simmering Cauldron Newsletter

Imbolc
2017

A mystical and magical resource based in Mid Wales

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

Celebrations galore

The end of January and February are a time for all sorts of celebrations - Burns Night, Chinese New Year, Imbolc (Candlemas), Valentine's Day and Pancake Day (Shrove Tuesday). Lots of feasting opportunities after trying to recover from the excesses of Yuletide! There are some interesting similarities between Chinese New Year and Imbolc.



Chinese New Year (Spring Festival 春节) is celebrated from the evening preceding the first day, to the Lantern Festival on the 15th day. The first day of the New Year falls on the new moon between 21 January and 20 February. In 2017, the first day of the Chinese New Year was on Saturday, 28 January, initiating the year of the Rooster.

The New Year festival is centuries old and based on several myths and traditions. Traditionally, the festival was a time to honor deities as well as ancestors. Chinese families gather together for a reunion dinner on New Year's Eve, and clean their houses to sweep away bad fortune on New Year's Day.

Windows and doors will be decorated with red coloured decorations with popular themes of "good fortune", "happiness", "wealth", and "longevity". Other activities include lighting firecrackers and giving money in red paper envelopes. Steamed dumplings (especially those with vegetarian fillings) feature prominently in the meals celebrating the festival.



Imbolc (1st or 2nd of February) is a festival of purification and a celebration of the first signs of spring and is considered to be the beginning of the agricultural year. It is the time to give your home a good thorough cleaning. As a part of the magical purification of the house a birch branch can be used symbolically to sweep the floors. On the eve of Imbolc, a family or community feast is often held.

Imbolc is mentioned in some of the earliest Irish literature and there is evidence it has been an important date since ancient times. It is believed that it was originally a pagan festival associated with the goddess Brigid. At Imbolc, Brigid's crosses were made and a doll-like figure of Brigid, called a Brídeóg, would be paraded from house-to-house. Brigid was also invoked to protect homes and livestock. Special feasts were had, holy wells were visited and it was also a time for weather divination, people would be relieved if Imbolc is a day of foul weather, as it means that winter is almost over. A fine Imbolc and winter isn't done!

Enjoy the season!

Tony (Rooster)

Incense, Oils and Smudge for celebration and purification from The Simmering Cauldron

A very special oil – Lavender!

It's an old favourite, I know, but there are lots of people who are unaware of its versatility. Lavender is one of the few oils that can be used neat on the skin and it is excellent for bruises, burns and minor sprains. When used on burns, it takes off the soreness, speeds healing and minimises scarring. Listed below are some other applications for this wonderful oil which, I believe everyone should carry with them.



- Epsom salts and Lavender oil in the bath can provide the ultimate relaxing experience.
- Rub Lavender and Lemongrass onto tired legs and feet after a tiring day.
- If you use vinegar as a natural household cleaner, a drop or two of Lavender oil in the mix will help take off the acrid smell.
- Mix a few drops of Lavender with Coconut oil to clear up the irritation caused by chafing (great for kiddies!)
- Rub on the soles of feet for a relaxing night's sleep (or drizzle a drop or two on your pillow).

- Apply to the back of the neck and temples to ease anxiety and promote mental clarity.
- Add a few drops to liquid soap or fragrance free skin lotion for an extra aromatherapy boost. Lavender oil is excellent for the skin, as it encourages cell regeneration.
- Try a drop or two in marinades, custards, biscuits, icings, honey and syrup.
- After shaving, pat the face with Lavender oil to reduce 'razor burn'.

Angela



**Current
Cauldron Card
offer**

FREE

**70p Gemstone
(Or 70p off more expensive gemstone)
When spending over £5**

Offer subject to conditions

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

As well as the 28th January being Chinese New Year it was the 12th anniversary of The Simmering Cauldron. Spot the difference!



Our Diary

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 attending events or on holiday but this may not always be possible. We apologise for any inconvenience this may cause	
Saturday 11th March	Devon, Cornwall and CI Pagan Conference, Bude, Cornwall