



The Simmering Cauldron Newsletter

Lammas
2015

A mystical and magical resource based in Mid Wales

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

Lugh, jack of all trades!

I was prompted to find out more about Lugh after I answered a few questions about myself on one of those trivial quizzes on Facebook and he was pronounced 'my Celtic God'!

The early harvest sabbat of Lughnasadh (later called Lammas) was named after the Celtic God Lugh, an Irish deity represented in mythological texts



Lleu rises in the form of an eagle.
Image from *The Mabinogion*,
Charlotte Guest, 1877.

as a hero and 'High King' of the distant past. The Welsh equivalent is considered to be *Lleu Llaw Gyffes* who appears most prominently in the Fourth Branch of the Mabinogion.



Lugh

Lugh appears as the god of many aspects of Celtic life and claimed to have many skills including blacksmith, wheelwright, musician, scholar and bard as well as possessing highly valued talents on the battlefield. In Ireland Lugh is called *sam ildanach*, meaning he was skilled in many arts simultaneously.

Lugh's association with harvest time is said to come about as he organised the first *Aonach Tailteann*, a fair held by the High Kings of Ireland in County Meath believed to have originated during prehistoric times. It was a combination of political assembly, marketplace, and games of skill and strength. He held the gathering as a tribute to his late foster mother, Tailtiu, and it took place during the last half of July, so that it would culminate in a giant feast and celebration on Lughnasadh, August 1. This day ties in with the first grain harvest in agricultural societies in the Northern Hemisphere. In fact, in Irish Gaelic, the word for August is *lunasa*.

Lugh is honoured with corn, grains, bread, and other symbols of the harvest so it great to have these things on your altar and included in a celebratory meal at this time. As I have written before nature deems that August 1st is an approximate day to celebrate the first harvest and we have been enjoying our personal harvest from the garden over several weekends already. However, our neighbouring wheat field is due to be cut on or very close to the day.

So take the opportunity at this time to raise a glass to Lugh and a good harvest.

Tony

Two product profiles

Fire Agate gemstone

A stone of security. It has a deep connection to the earth, with strong grounding powers. Protects against ill-wishing and returns harm to its source. It dispels fear and instils deep security. The stone fires up the base chakra and aids energy and vitality. Physically, it heals the stomach, nervous and endocrine systems. Aids relaxation and is useful for breaking addictions.

Essential Oils

Customers looking for a 'nice smell' to scent their homes are often surprised to find that not all essential oils smell pleasant! Although scent is a very personal preference, it is useful to remember that we do not diffuse oils simply to create a pleasant smell. Essential oils have healing benefits too, which fragrance oils do not. Their healing properties are what I often write about here. However I am quite surprised to discover that there are many who do not realise that essential oils can be mixed in a diffuser to create complex scents to aid relaxation, concentration or to stimulate and uplift the senses. Why not experiment with mixing oils to create your own home scent? Here's a blend to get you started, which evokes memories of holidays in the sun! It is uplifting and enlivening. In your diffuser, sprinkle a few drops each of Fennel, Ylang Ylang and Lemongrass. Over the next few weeks, I will be experimenting with blends and will post some 'recipes' in the shop, as requested by customers. Oh, and just a final note.....please, please add water to your diffuser first! I am finding that some people put oils straight into the bowl and then put the T light underneath. Not only will this 'scorch' the oils and render them useless, it's also a fire hazard!

Angela

Around on August Bank Holiday?

We will have stalls at two local events

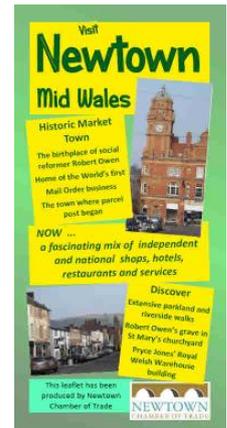


Berriew Show, Saturday 29th

Welshpool MBS fair, Monday 31st

Welcome summer visitors to Newtown

At this time of year we always enjoy meeting visitors to the town, especially when so many of them make a point of calling into the shop and saying how much they like it. Another good reason to drop by is to pick up information leaflets produced by the Chamber of Trade and Town Council. There



is also a free street map of the town available in our 'rack by the door'. See you soon.



Current

Cauldron Card
Offer

Summer special

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

Our Diary for May – June 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

Saturday 29th August Berriew Show
Monday 31st August MBS fair, Assembly Rooms, Town Hall, Welshpool