



The Simmering Cauldron Newsletter

Samhain
2016

A mystical and magical resource based in Mid Wales

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

Samhain – start of the year or a point on a wheel?

Samhain is a Gaelic festival marking the end of the harvest season and the beginning of winter or the "darker half" of the year. Traditionally, it is celebrated from the very beginning of one Celtic day to its end, or in the modern calendar, from sunset on 31 October to sunset on 1 November. Samhain is believed to have Celtic pagan origins and there is evidence it has been an important date since ancient times. The Mound of the Hostages, a Neolithic passage tomb at the Hill of Tara, is aligned with the Samhain sunrise. This suggests that they considered Samhain to be the 'new year'. It is mentioned in some of the earliest Irish literature and many important events in Irish mythology happen or begin on Samhain. In Wales Calan Gaeaf is the name of the first day of winter in Wales, observed on 1 November. The night before is *Nos Galan Gaeaf*, when spirits are abroad. People avoid churchyards, stiles, and crossroads, since spirits are thought to gather there.

For some of us, Samhain is when we honour our ancestors who came before us. If you've ever done genealogy research, or if you've had someone close die in the past year, this is the perfect night to celebrate their memory. If we're fortunate, they will return to communicate with us from beyond the veil, and offer advice, protection and guidance for the upcoming year!

This is a good time for us to look at wrapping up the old and preparing for the new in our lives. Think about the things you did in the last twelve months. Try to conclude any unfinished stuff and begin looking towards the next year.

So some would have it that Samhain is the end/start of a year but in reality it is just a point on the wheel of the year. Whatever, it's a great time to mark the changing seasons and have some fun as we head into the dark time of the year.



Tony

The Simmering Cauldron 2017 Calendar

Available as a free
download from the
Publications page
of our website

**Hard copy (£3.50)
can be ordered
for collection at the shop.**

The Simmering Cauldron's
2017
Calendar



A premier mystical and magical resource
No. 7 Shortbridge Street, Newtown
www.thesimmeringcauldron.co.uk



Current Cauldron Card offer

*The return of our popular
Super seasonal offer*

£1 off

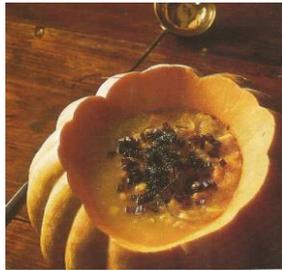
Every £10 spent

Valid until 24th December

Offer subject to conditions

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

Pumpkin Soup



We were discussing Samhain activities at a recent gathering of the Newtown Moot and someone asked whether anyone actually made use of the pumpkin innards. Well, not ones to waste good food, we do! Now pumpkin flesh is pretty bland and watery, so it needs to be well flavoured to make it palatable. This is a soup recipe that we have used for many years, having tried others and been disappointed.

- 3lb pumpkin flesh, chopped
- 1 onion, roughly chopped
- 2oz lean smoked bacon, chopped
- 1 1/2 pints good vegetable stock
- 2 1/2oz parmesan, cut into chunks
- Salt & pepper
- 1 leek, cut into thin rings
- Bunch curled parsley
- Oil (if liked) for cooking

Heat the oil in a pan, add onion and cook till transparent, then add bacon until lightly browned. Add the pumpkin and stock and cook until soft.

Blend in a food processor or use a hand blender. Return to the pan and add parmesan. Season to taste.

Heat oil in a fry pan until quite hot. Add leek and parsley and fry until crisp. Pour soup into a serving bowl or individual bowls and garnish with the leek and parsley.

This amount is for six servings. It looks beautiful served in the hollow pumpkin shell.

Oh and don't forget to sprinkle the pumpkin seeds with a spicy mix and roast in the oven! A delicious, nutritious snack.

Angela

Shop news

**Festive opening
2016**



Normal opening plus days/times below

- **Sundays** 11th and 18th December open 11- 3
- **Monday** 19th December open 10 - 5
- **Saturday** 24th December open 10 - 3

Closed Sunday 25th December - Monday 2nd January

Normal opening from Tuesday 3rd January

Our Diary

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|---|---|
| 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 | |
| Friday 25th November | Newtown Lights switch on - High Street stall 'Magical fragrances' (open 5pm - 8pm) |