



# The Simmering Cauldron Newsletter

Yule  
2015

*A mystical and magical resource based in Mid Wales*

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

## Help with the excesses of the Festive Season!

Regardless of whether we call it Christmas, Yule or the Solstice, we are all apt to overindulge at this time of year. Rightly so! As in the midst of the dark, festivities involving light and rich foods are a tonic to the psyche! So this newsletter, I'm writing about an oil and a crystal that might help combat those excesses.

### Amethyst

In addition to its more spiritual powers of aiding meditation, warding off psychic attack and alleviating geopathic stress,



Amethyst is also, according to folklore, possessed with the power to avoid inebriation! It is for this reason that the Romans made drinking goblets from amethyst!!!! Not sure of its efficacy, but the stone also aids with decision making and common sense! So therein may lie the answer!



### Fennel Oil

Fennel oil helps regulate the appetite; curbing excess and stimulating where there is a lack. It is also has powerful detoxifying properties when used in local massage. It helps prevent flatulence and eases digestive problems. Use in a burner to help regulate the appetite and to revitalise the senses or put a few drops in a carrier oil for a local massage to ease indigestion and wind.



\*Fennel oil should not be used at any stage during pregnancy nor should it be used by anyone prone to epilepsy

Ok, so armed with these tools of defence against the overindulgence of the season, have a very merry Yuletide!

*Angela*

## New Year CLEAROUT SALE & CALAMITY CORNER

From 5<sup>th</sup> – 17<sup>th</sup> January

**At least 70% off**

This year we have combined our two popular sale events to include things we have loved for a while but would like to say goodbye to plus a number of damaged/repaired items

**Don't miss it**

www.thesimmeringcauldron.co.uk



As we approach a new Calendar year thoughts often turn to what it might bring. My Tarot divination at Samhain indicated big changes without any clarity as to whether they would be good or not. Somewhat unnerving!

When we started the Simmering Cauldron over 10 years ago we had no idea that we would end up running a successful shop and having the opportunity to meet and work with such a diverse and wonderful group of people. Any idea of

changing that doesn't bear thinking about, yet one day we will!

The other day we stood looking round the shop considering what we sell now and how it relates to what we started out with and what we feel comfortable selling both ethically and in terms of our Pagan interests. There is some conflict between the ideal and the reality of what sells - we do have to pay the rent! As a result of that musing we will at least be phasing out a few lines and hopefully introducing new things and expanding others. We also discussed the possibility of completely rearranging the shop!

Whether those changes match the Samhain prediction I don't know, we will have to wait and see.

In the meantime enjoy the Festive Season and begin to ponder the return of the light in the New Year.

Blwyddwyn Newydd Dda / Happy New Year

*Tony*



Current **Cauldron Card** Offer  
for Yuletide and the New Year!

**FREE Worry Stone in  
a bag**

when spending over £10

**Don't forget to flash your CC when you shop!** Offer for limited period

Conditions apply

*plus*  
**£3 OFF**

when spending over £30

### Our Diary for Yule and New Year 2015/6

**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

#### **Festive season opening times**

**Normal opening (see above) except**

Mondays 14<sup>th</sup> and 21<sup>st</sup> December - open 10.00 – 5.00

Thursday 24<sup>th</sup> December - open 10.00 – 3.00

Friday 25<sup>th</sup> December - Monday 4<sup>th</sup> January - closed

Tuesday 5<sup>th</sup> January - normal opening resumes

Saturday 5<sup>th</sup> March    PF Cornwall, Devon & CI Conference, Bude, Cornwall