



The Simmering Cauldron Newsletter

Yule
2016

A mystical and magical resource based in Mid Wales

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

Cakes and Ale

It is common in a Pagan ritual (particularly Wiccan) to include 'Cakes and Ale' as part of it. Most usually it occurs towards the end of a ceremony in which the God and Goddess (Lord/Lady) have been invited. Cakes and Ale is often seen as the end of a ritual and a point when the merrymaking can begin but it should be seen as much more. It is a way of honouring the God/Goddess and receiving their blessings; a portion of the (often consecrated) food and drink are set aside for them before partaking of them yourself. The taking of the food and drink can be seen as a time when we take in the essence of the gods and receive their blessings. We are consuming the life force of nature and the universe.



The portions should only be small as they are merely symbolic, not the start of a feast. As for what sort of food and drink, they can be anything - sweet/savoury, alcoholic or not as they are merely symbols of nature's harvest such as bread/wine, meat/beer, biscuit/water. A cake suitable for the occasion would be sabbat cakes in the shape of a moon crescent so here is an (untried) recipe.

Sabbat Cakes

Ingredients

- 175g soft butter
- 450g brown sugar
- 2 eggs
- 1 Tbsp. lemon juice
- 2 tsp. grated lemon rind
- 50g flour
- 250g finely chopped walnuts (optional)
- Powdered sugar or cinnamon sugar

Method

Cream the butter in a large mixing bowl. Gradually add the brown sugar and mix well. Add eggs, lemon juice and rind. Mix until well-blended.

Stir in flour and walnuts. Cover and refrigerate overnight. When chilled, shape dough into crescent moons and place 3" apart on a greased baking tray. Bake at 375 for 8 -10 minutes. Allow to cool before serving. If you like, sprinkle them with powdered sugar or cinnamon sugar as they cool. Enjoy

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.**



Simmering Cauldron Gift Vouchers

Can't make up your mind about what to get but know someone who would love 'something from the Simmering Cauldron'
How about a gift voucher

Available in multiples of £5



**A Seasonal oil;
Frankincense**

According to the gospel of Matthew, the three gifts brought by the Magi to the infant Jesus were gold, frankincense and myrrh. The Magi were mysterious figures in their own right, and scholars have speculated as to their identity; wise men, alchemists, occultists. Whatever their origin, they were certainly high status individuals who came bearing precious gifts. As well as the resins, frankincense and myrrh, they also brought gold and there has been some conjecture that the latter may have been turmeric. All were very precious substances at that time and well known for their healing properties. In particular, frankincense and turmeric have recently been cited as having anti-cancer properties. Did you know that you can actually chew frankincense resin like gum?



Some uses of frankincense oil

Inhale in a diffuser with peppermint and lavender to relieve stress and tension.

Rub a drop of frankincense onto temples and the back of the neck to aid concentration.

Apply a drop to weak fingernails to help strengthen them.

Apply a few drops to the soles of the feet and rub in well to calm mood swings.

Frankincense is an excellent skin rejuvenator. Add a few drops to a plain face cream or to a carrier oil to help brighten tired skin. It is particularly excellent for aging skin, promoting cellular proliferation and elasticity.

Relax in a warm bath to which a few drops of the oil have been added.

Diffused in the meditation room, frankincense promotes deep breathing and is thus very good for inducing deep meditative states.

Because it encourages deep breathing, frankincense is also excellent for relieving respiratory problems. In fact, I once met an asthmatic who used it in preference to an inhaler!

Angela



**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!

Our Diary

Newtown shop opening hours	Tuesday – Friday 10.00 – 5.00 Saturday 10.00 – 4.00
Yuletide opening as above and ... Sunday 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	
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	