



The Simmering Cauldron Newsletter

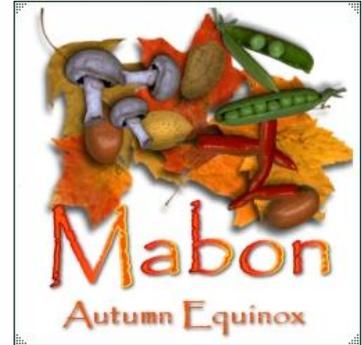
Autumn
Equinox
2016

A mystical and magical resource based in Mid Wales

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

Mabon – the second harvest

Mabon is the mid-harvest festival. It is when we take time to honour the changing seasons, and celebrate the second harvest, on or around September 21. For many Pagan and Wiccan traditions it is a time of giving thanks for the things we have, whether it is abundant crops or our other 'outcomes' that we have achieved over the year. The harvest is a time of thanks, and also a time of balance as there are equal hours of daylight and darkness.



Mabon is the name often given to the Autumn Equinox and while some would like to think that it's an old and ancient name for the celebration, there's no evidence to indicate that it's anything other than modern.

In Welsh folklore, there is a figure known as Mabon ap Modron, or Mabon son of Modron. He appears in some of the Arthurian legends, as one of Uther Pendragon's loyal servants, and as a follower of Arthur himself. There is doubtful speculation that this led to the name of the autumn equinox holiday, Mabon. Interestingly, it appears that the tradition of calling the autumn equinox by the name Mabon goes back only to around 1970, when author Aidan Kelley was gathering information for his 1991 book, *Crafting the Art of Magic*, and assigned new names to the Sabbats, most of which were rooted in Celtic lore. The purpose, Kelly has said, was to conceptualize modern Pagan religious ceremonies. Hmmm!

Historian Ronald Hutton has pointed out that there is no academic evidence indicating that ancient Celts called their equinox celebration Mabon.

So at this period of balance take time to meditate on your own harvest from the past year and give thanks to all that has enabled you to achieve those things. Also set aside the seeds of ideas and plans that will form next year's endeavours. Oh and celebrate!!



An altar is a great focus for Mabon celebrations – anywhere. Ours in France 2012

Tony

The Simmering Cauldron on TV Did you see it?

The Simmering Cauldron shop featured in the first episode of a new Channel 5 programme 'Carry On Caravanning' broadcast on Friday 9th September. There may still be time to get it on catch-up TV.



Wishing you all a very fruitful Autumn Equinox!

Essential oil tips

Last newsletter, I wrote about the less well known uses of Lemon oil. Well, I can vouch for its use as a very effective remover of sticky residue from all sorts of surfaces! I removed some patches left by nasty labels on book covers, and some mysterious gummy patches on my workroom sink (I use all sorts of odd glue and stuff in there), but it all cleaned up beautifully. I can also vouch for rubbing lemon oil on the back of the neck as a pick me up!

Now here are some tips on Peppermint oil.

- ★ **Weight loss;** Diffuse Peppermint oil to help reduce the urge to snack on junk food, or to feel fuller during meals
- ★ **Reduce stress:** mix Peppermint and Lavender to apply to neck and forehead to relieve tension. (Avoid any oil near the eyes!)
- ★ **Tired feet;** Apply to a cold compress to cool down overworked feet.
- ★ **Breath freshener;** sprinkle a couple of drops of Peppermint and a couple of drops of Lemon oil into a small glass of water to make a freshening mouthwash that guards against bad breath.
- ★ **Spritzer;** Put a few drops of Peppermint oil in a spray bottle of water to create a cooling spritzer.



- ★ **Digestion;** rub a few drops on your tummy to ease digestive discomfort.
- ★ **Pepper up;** Rub a drop on your chest, or take a deep breath from the bottle before your next work out. Afterwards, add a drop to your shampoo to invigorate and keep your scalp healthy.
- ★ **Drive alert;** inhale Peppermint oil straight from the bottle, or from a tissue to stay alert whilst driving
- ★ **Study aid;** Spritz peppermint oil in water onto your shirt front, inhale deeply from a bottle or diffuse in the study area to maintain concentration. Works with kids too!
- ★ **For Yumminess;** Peppermint works well with chocolate, so add a small drop to beverages, baked goods and milk shakes!

Angela

Pagan Federation West Midlands Conference and market

Saturday 3th October



Newhampton Arts Centre

Dunkley Street, WV1 4AN Wolverhampton
Speakers on various pagan subjects followed by live bands - plus free entry to market from 11am till 6pm

pagconwm.webs.com

We are really looking forward to attending this great conference again this year.

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	
8th October	Pagan Conference, The Newhampton Arts Centre. Wolverhampton, WV1 4AN