



# ***The Simmering Cauldron*** **Newsletter**

**Beltane**  
**2015**

*A mystical and magical resource based in Mid Wales*

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

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## **Behind the scenes at The Simmering Cauldron**

Our recent 10<sup>th</sup> anniversary celebration caused us to look back and wonder at the changes that have taken place with the Simmering Cauldron. From simple fortnightly tables in a country market to a now established 'proper' town centre shop open 5 days a week. It has made a big difference to what goes on behind the scenes. In the early days Tony was regularly making jams and chutneys between stalls, now Angela makes cards and fascinating magical artefacts and blends oils while Tony keeps the website and newsletters going.



Nowadays one of the most time consuming tasks is to keep up with stocking the shop and event stalls, not only making sure we don't run out of popular items but constantly racking our brains about what new things customers would like and where to get them. Currently we get stock from more than a dozen different sources which involves us in making weekly orders either by visiting warehouses (on Mondays) or making internet orders. Incense from Manchester, Birmingham, London, Glastonbury and Sheffield; mystical and magical objects from Stoke, Birmingham, Manchester, Somerset and Swansea; Crystals and jewellery from Huddersfield, Manchester and Swansea; Books and packs from Glastonbury, Stoke and Huddersfield, Oils from Sheffield and Milton Keynes. In addition to these major shops we make several 'small orders' for specialist things like smudge, granular incense, goddesses and 'posh' incense. As we consider ourselves to be thrifty shoppers, much time is spent comparing costs from different sources and times to shop to get the best deal so we can offer goods at 'reasonable' prices. We are often told our prices are good and compare very favourably with shopping on the internet.

Running a small business like ours is very time consuming and challenging but is also very enjoyable. The things we sell mean a lot to us and we get to meet and greet a great set of customers who range from pre-school to post retirement and represent every nuance in between. How many other shops in town can say that?

So the next time you pop into the shop or visit our stall at an event, enjoy the ambience and the goodies but try not to notice the frantic peddling that is going on behind the scenes.

*Tony*

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### **Another local MBS fair coming up**

The Simmering will be attending and supporting a local MBS fair taking place on 16<sup>th</sup> May at Cemmaes Road Community Centre, Nr Machynlleth. This will be the

second event at this venue, we attended last year and found it a pleasant day out.

We look forward to meeting friends old new at this events.

**Profiles of what we sell**  
**(Vitality and Protection)**

A crystal and an essential oil to help with these issues

**Black Tourmaline**

This crystal is the supreme protector of the crystal world. Sometimes called 'the shield stone,' it protects against electromagnetic smog, radiation from cell phones and computers as well as psychic attack and ill-wishing. It connects to the base chakra, grounding and increasing energy and vitality. The stone disperses negative thoughts, promoting a positive 'laid back' approach to life. It also fosters altruism and creativity.



**Cedarwood Virginian**  
**(Juniperus virginiana)**

Cedarwood is an excellent nerve tonic, assisting with anxiety and nervous tension. As a mood enhancer, it is refreshing and uplifting. It is a powerful tonic of the subtle energies, being fortifying, warming and protecting. The oil assists in transforming negative emotions into positive ones.



To help with chesty coughs and bronchitis, it can be diffused in an oil burner or inhaled in a steam bath. It is also excellent for oily skin, dandruff and acne.

In a diffuser, it blends well with other woody oils and also with rose, vetivert, patchouli and benzoin.

Contraindications; Avoid during pregnancy and use in moderation. Do not use on sensitive skin.

*Angela*

**Want to contact us?**

Angela – [angela@thesimmeringcauldron.co.uk](mailto:angela@thesimmeringcauldron.co.uk)

Tony – [tony@thesimmeringcauldron.co.uk](mailto:tony@thesimmeringcauldron.co.uk)



Current

**Cauldron Card**

Offer

**Still available!**

**A fabulous**

**FREE Hematite pendant & thong**

**when spending over £10**

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

Offer for limited period

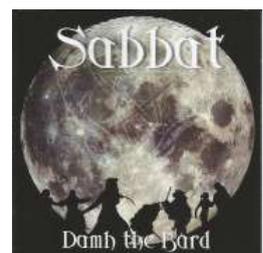
Conditions apply

**Damh the Bard 's**

**new CD**

**'Sabbat'**

Now in Stock



**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

Monday 4th May

Clun Green Man Festival, Clun, Shropshire

Saturday 16th May

MBS fair, Cemmaes Road Community Centre, Nr Machynlleth

19th May – 2nd June

Travelling (Sardinia)

27th & 28th June

Health and Healing Festival, The Pavilion, Buxton Derbyshire