

STANDING STONE



the newsletter of the pagan federation,
wessex district, spring equinox 2011

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editorial

Welcome to the spring edition of standing stone. The sun has woken up and many of us are enjoying warm bright days. The world seems to be wanting me to move much faster than I wish to at present as I want to remain in my winter slumber. Perhaps with the spring equinox celebrations rising quickly I will be able to pull myself clear of this winter's debris.



We have the pleasure of introducing Chris Down our first pagan artist to present his work and inspiration to our news letter, so please enjoy his artwork and check his website for other examples of his creative work. Thankyou Chris.

Inside you will find an up to date revised program in the centre pages for the PF Wessex Conference, there have been a few changes and introductions to new speakers. It all looks set to be a great day, so please do attend. It's days like these that give us a chance to meet old and new friends and the conference as a whole gives us a great sense of joy and unity within the pagan community.

With our work and busy lives it always seems to me that the world is running on a constant wheel that doesn't seem to change, and an aspect of self seems to be running on that wheel always trying to catch up with life. Throughout the winter months this gets much harder as the natural world closes down and to a certain degree dies. Perhaps as more of us learn to attune to the natural rhythms of the earth we as humans will be able to cope and thrive on the turbulent planet we are now experiencing and perhaps bring some balance to the earth too. May our thoughts and healing energies go out to the people of the world who are experiencing many difficulties and losses at this time .

Blessed Be, Dean

dm's thoughts

It's been a year since I became District Manager for The Wessex Region.

The wheel has turned full circle. I went to my first Council meeting in March last year everything was sorted for the conference to be held in April, so I just agreed with everything that was being debated, not a clue, the team were so organized I wondered why they wanted me, this is easy I thought nothing to do just agree with everything LOL.

We had a very successful conference in Glastonbury; tickets are available to buy for this year see our advert in this edition.

We also changed the Wessex Website from a very dark page not everyone could read, to a beautiful bright light one with pictures that make Wessex Region so wonderful a place to live.

There is now a message board on there and listings for the moots. If you want anything put on there please get in touch with our very efficient web mistress.

We have new Regional Co-ordinaters for Somerset and Dorset.

Welcome to Myrddin and Angie and Paul

We also have a new editor for Standing Stone who has been doing a fantastic job. If you have any articles just email standingstone@pfwessex.org

In October we held our first Witches Market at the town hall in Glastonbury it was very successful so good in fact we are doing it again.

There are also some very successful moots in our region thanks again to every-

one that organizes them and to the people that go to them if you didn't attend they wouldn't be successful.

The Census on March 27th will hopefully give everyone the opportunity to vote Pagan, and get us listed as a religion.

The Druids have charitable status thanks to Emma's determination and drive.

I think 2011 is going to be a good year, positive mental attitude that's the word for this year lets go for it.

I wrote to my MP Neil Carmichael about why he voted to sell of the forests and I received a letter back on Saturday 12th February with a complete u turn about the policy.

Now its been announced we won Hooray, what a big blunder they made so to all those people who think there is know such thing as people power think again we can do something to change things for the greater good.

I was quite taken by Dotty's ramblings in the Pagan Dawn. Please do look out for your fellow pagans and make sure they are okay be kind to yourself and be kind to others.

Bright Blessings to everyone

Jan Hardy

The Practical Bit

Standing Stone is published by the Pagan Federation, Wessex District. The views expressed here are not necessarily the view of the Pagan Federation or the editor. Articles are selected on the basis that they will (hopefully) be interesting, thought-provoking or informative to people who are members of the Pagan Federation in the Wessex District, which comprises Dorset, Somerset, Gloucestershire, Wiltshire, Bristol & Avon and parts of Hampshire. Standing Stone is circulated to just under 200 Pagan Federation members, mostly living in Wessex, and back issues are available for free download from the PF Wessex website, www.pfwessex.org

Standing Stone cannot be produced without submissions from its readers. All submissions of articles, stories, poetry, art work or anything else I can print are gratefully received and will probably be published. Please send submissions to standingstone@pfwessex.org or if you are unable to email your submission, phone 01264 791379 for a postal address. The deadline for submissions in the Spring Equinox issue will be the 15th February. Just keep them coming in till then please, many thanks. Dean

Advertising is available in Standing Stone for the following prices:

1/4 page: £3 per issue

1/2 page: £5 per issue

Full page: £10 per issue

Officers elect

A quick run down of the Pagan Federation Officers, at both national and District level

National Pf Council

President Chris Crowley

Vice President Belinda Winder

Treasurer Angela Cheesman

Publications Officer Kitty Macintyre

District Liason Officer Keith Tovey

Prison Minister Manager Jo Matthews

PF council consists of: Committee, District Managers, Regional coordinators, PF Managers and Honorary Members

Pf Wessex

District Manager DM

Jan Hardy janethardy95@yahoo.com

Regional Co-Ordinators

Bristol And Avon Julia Shortman juliashortman@hotmail.com

Dorset Paul and Angi Gerrey rcdorset@pfwessex.org

Gloucestershire Marie & Phil paganfedglosrc@aol.com

Somerset Myrddin mryddin@oakashandthorn.co.uk

Wiltshire NW Hants Sam Stiles sam.wiltshireyew@btinternet.com

Event Organisers

Adrian & Ann Bryn Evans houseoftheoldways@talktalk.net

Other Committee members

Treasurer Lizzie DolfinMoon

Standing Stone Editor: Dean standingstone@pfwessex.org

Web Designer: Rowan & Myrddin

pagan artists an introduction to CHRIS DOWN

A combination of circumstance and curiosity had a strong influence on who I became. My grandfather and uncle were full time professional writers for most of their lives. In his youth, my grandfather also taught at Chelsea Art College. My uncle wrote episodes of Dr. Who in the classic Jon Pertwee/Tom Baker era. Both were inspirational to me as I grew up. In their wake, it seemed natural to follow a creative path. What affected the course of that choice was where I happened to be brought up and a desire to seek something beyond the life I knew.

The school bus would wind its way through the quiet valley, where I still live, before approaching Amesbury from the south. Once a year, in June, we'd have our faces pressed to the bus windows to get a closer look at the strangely attired migration heading west on foot. Day after day a continuous flow of people. To village kids in 1970's Wiltshire, this was an exotic sight. In the evening, through my open bedroom window, I could hear the distant sound of music carried across the summer air. What was going on out there?

I'd been taken up to Stonehenge by my parents (Before the fences and barbed wire). Aged eight or so, kicking around in the dirt between the stones surrounded by tourists, it was hard to see what the fuss was about. There was no context. It was in my last year at Stonehenge School (now there's a coincidence) that a group of us walked there on the night of the Solstice. The first sight of the festival, while



enigma

cresting the hill on the A303, never failed to impress. Tens of thousands of people gathered on the plain. Now that was more like it. We stayed all night, watching the sun come up through the Stones and walked home in the light of the new day, elated.

The next year I came back on a motorbike, soon to be painted by me, with an image of Stonehenge and the sunrise on the petrol tank, emblems I would use for many years. June, Stonehenge and the Solstice grew into the focal point of my year. When away at university, the pilgrimage home for the festival heightened the experience. It would be disingenuous of me to claim my time at the Stonehenge Free Festival was a spiritual quest. Pure youthful hedonism was on my mind. The festival was exhilarating, enlightening, flawed and frightening all at once. My final year at university was 1984, which turned out to be the final year of the festival. It had pushed its own boundaries too far and was brutally snuffed out of existence a year later, but the death of the festival brought on a new phase.



stonehenge sunrise

Crawling through wheat fields, sheltering in ditches and hiding from Police helicopter searchlights, was what became of my quest for the Solstice at Stonehenge. A time when technically it was illegal to walk from my front door with friends. Living within the annual exclusion zone around Stonehenge, it would have constituted a procession, and they were banned. I started to look wider. I learned there was both another Solstice and equinoxes which I added to my personal calendar. As I travelled around the country on my bike, I would hunt out ancient monuments and witness the setting of the sun.

Years later, when approached by the publishers Harper Collins to illustrate what would turn out to be the Real Witches series of books, I was put in touch with the author, Kate West, to find how she wanted the first book to be illustrated. She took me through the cycle of the wheel of the year and the sabbats and I realized the core of it was known to me already. Much of it was innate or picked up on the way, without me having overtly looked for it. It felt like a natural path.

Over the last two decades, I have only occasionally been to Stonehenge for the summer Solstice, finding other, quieter, places to celebrate the sun rise, after the intensity of the 1980's. But whatever happens next for me, my roots are deep in the soil of some simple grassland where an incomplete set of stones stand in mute, enigmatic testimony of another time, another place, another way of being.

To date, Chris Down's art has featured in 48 books. His own titles, on Celtic and Fantasy art, has had English, American, French, German, Russian and Chinese editions. Greeting's cards, window transparencies, mugs, coasters and bookmarks are some of the items which have been adorned with his art. Not to mention a number of custom motorbikes. These days, Chris is concentrating on figurative painting which can be seen on his web site

www.chrisdown.co.uk as well at a number of shows around the country. He will be having an exhibition of his work at the Moontree Gallery in Boscombe at the end of the year.

Many thanks to Chris Down for sharing his art work with us, best of luck for the future Chris may you continue to create these evocative and inspiring works of art. Blessed Be.



the change

About the Pagan Federation

The Aims and Objectives of the Pagan Federation as set out in the Constitution are:

- To seek to support all Pagans in their personal and public life, to help ensure that they have the same rights as the followers of other beliefs and members of other religions.
- To promote a positive profile for Pagans and Paganism and to provide information on Pagan paths and beliefs to the media, official bodies and the greater community.
- To facilitate effective communication, education and dialogue within and between Pagan communities and with non Pagans, through publications and events.

In more detail, the work of the PF is:

- To provide open access to Pagan Worship, and to facilitate the celebration of the sacred festivals of Paganism.
- To provide support, advice, and pastoral care for Pagans in the community, including those in hospitals, Hospices and Prisons: to act as a liaison body between Pagan Ministers and the authorities concerned.
- To promote contact and dialogue between the various branches of Paganism and other religious traditions.
- To promote contact and dialogue between the various branches of British and European based Paganism and contact with Pagan and other Ethnic or Tribal religions world-wide.
- To undertake an educative role for people not familiar with Pagan beliefs and ways by providing practical and effective information on Paganism to members of the public, the media, public bodies and the Administration.
- To maintain contact by letter, through events, and the publication of a Quarterly magazine, with individual Members and the wider Pagan community.
- To provide members with local contacts where possible with other Members through correspondence or meetings.

Membership of the Pagan Federation (England & Wales)* is open to any Pagan aged 16 or over who supports our Aims and Objectives. Followers of all Pagan Paths are welcome.

There are several online resources for Pagan Federation members:

The Pagan Federation Website <http://www.paganfed.org/>

Includes the latest news regarding Paganism and latest information about Conferences and other PF events, as well as many other resources and links to the District websites.

The Pagan Federation Wessex website <http://www.pfwessex.org/>

Local news and information. New information posted here first.

Yahoo! Group <http://groups.yahoo.com/group/PFmembers/>

An email group for PF Members, you will have to quote your membership number when you apply to join this group, contact your RC if you can't find your number. Like other email groups, this goes through busy and quiet phases, and can sometimes quite fill your inbox, but it is possible to choose to receive a summarised, digest version, or read the messages online, instead of receiving every email.

PFmembers-subscribe [@yahoogroups.com](mailto:PFmembers-subscribe@yahoogroups.com)



PF Wessex Conference & Masked Ball



Celebrating 40 years of the
Pagan Federation
Saturday, 16th April
Glastonbury Town Hall

10 - Late

Speakers

Trevor Jones Dr. Liz Williams,
Penny Billington Simon Costin
Corwen & Kate
Janet Farrar & Gavin Bone

The Masked Ball

Music from
Susan Raven duo
& Brocc

Daytime (10am-6.45pm)

PF members £9.00 (Non-members £11.00)

Evening (7.45- Late)

PF members £10.00 (Non-members £12.00)

Daytime & evening tickets together

PF members £16.00 (Non-members £18.00)

Children under 16 years of age free.

Tickets available from:

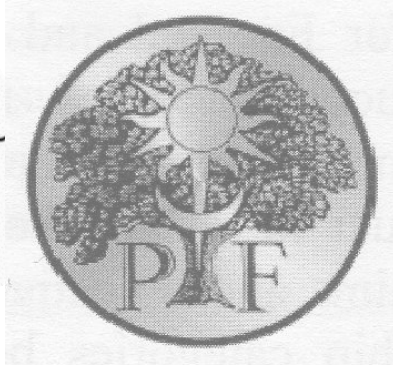
The Pagan Federation Wessex Conference,
House of the Old Ways, 76 Balch Road,
Wells, Somerset, BA5 2BX

The Cat & the Cauldron, Glastonbury
or via a PayPal link on the PF Wessex web
site.

The PF Wessex web site can be found at www.pfwessex.org
Please make all cheques payable to PF Wessex.

Conference sponsored by The Magic Box &
The Cat & the Cauldron, Glastonbury





Pagan Federation Wessex
Conference & Masked Ball

Glastonbury Town Hall,
Saturday, 16th April 2011

Sponsored by The Magic Box,
& The Cat & the Cauldron,
Glastonbury.



Schedule for PF Wessex Conference

10.00 + Doors Open to the Public.

10.15 Opening Blessing by Ann & friends

10.30-11.30 Trevor Jones & Dr. Liz Williams on the History of the Craft



Trevor Jones has worked for 20 years in the IT industry as a consultant before becoming director of Witchcraft Ltd. He has been a country-dweller for many years, managing a smallholding on Sedgemoor, near the Isle of Avalon in between consultancy postings and overseeing his four shops in Glastonbury. Besides holding a degree in History and the Classics, Trevor is an experienced woodman and as well as managing and planting ash, willow, apple rowan and elder at home he also produces hand-crafted chalices, wands, boxes, plaques and scrying mirrors for his shops.



As well as being co-director of Witchcraft Ltd, Liz writes fiction and dark fantasy books and has had 14 published here and in the USA. Liz comes from a Welsh and Scots background, with a family in Pembrokeshire; she has a particular interest in Celtic studies. In addition to having degrees in Philosophy, Artificial Intelligence, History and Philosophy of Science she is also a tutor with the Order of Bards, Ovates and Druids.

From 1996 onwards she lived and worked intermittently in the former Soviet Republics of Central Asia, and has returned there recently on several occasions to research esoteric issues: visiting shamans in the Siberian Altai, and travelling across Uzbekistan and the Gobi Desert in search of (allegedly) ancient Celts. Her work as a writer has led her into research in the subjects of John Dee, Enochian magic, Kabbalism and the Golden Dawn.

11.30-12.00 Coffee Break

12.00-1.00 Penny Billington on Druidry.

Penny Billington is a Druid in the Order of Bards, Ovates and Druids and editor of the Orders magazine, Touchstone. Her experiences include running Lughnadas camp programmes, eisteddfod, day and weekend workshops, rituals and rites of passage. Her druidic stance is to live with awareness and lightness of spirit, allowing spiritual experiences to expand from joy in the moment, and using celebration as a way of honouring life.



As the author of the 'Gwion Dubh, Druid detective' series she has spoken at Literary Festivals and has contributed to and spoken at the annual Dion Fortune Conference in Glastonbury. Her latest book, 'The Path of Druidry: Walking the Ancient Green Way', is being published by Llewellyn early in 2011.

1.00-2.00 Lunch (and a chance for volunteers to move chairs, if needed)

2.00 - 3.00 Mumming & Guising with Corwen & Kate



This is a workshop about the traditional pass-time of dressing up and reciting silly words and doing daft things known grandly as Folk Drama.

Corwen is a musician and musical instrument maker from Dorset. Kate is a musician and music teacher originally from Berkshire. They are fascinated by ancient ballads, Nordic music, old obscure musical instruments and British folk customs. They play music

together as the imaginatively titled duo 'Kate & Corwen'. They share their lives with a narrow boat and a cat called Loon.

3.00 - 3.30 Coffee break & raffle (and chance to move chairs back)

3.30 - 4.30 **Simon Costin on British Folklore**



Simon Costin was born in London and studied Theatre Design and History of Art at Wimbledon School of Art. Since leaving college in the mid 80's, Simon has grown to become an internationally respected art director and set designer renowned for the conceptually ambitious nature of his editorial and catwalk designs and his event conceptualising. Simon's work has been displayed in many exhibitions, at venues as diverse as a forest in Argyll, the Institute of contemporary Art in London

and The Metropolitan Museum of Art in New York. His life long passion and involvement with Folklore has resulted in his launch of the Museum of British Folklore project. A long term idea which aims to establish the UK's first ever centre devoted to celebrating and researching the UK's rich folklore cultural heritage. Simon is currently working on a series of folklore related exhibitions which will open across the UK in 2011.

4.30–5.30 **Janet Farrar & Gavin Bone**



Janet & Gavin are practising Wiccans and authors of books on Paganism, Magick and Witchcraft. Prior to Stewart's death on February 7th 2000, Janet and Stewart have been publishing their work since 1971, and are recognised as experts on Witchcraft and the Occult. Gavin joined them in 1993 and has worked with them on numerous books up until Stewart's death. Janet and Stewart were initiated by Alex and Maxine Sanders in 1970 whilst resident in London and Gavin was

initiated into Seax-wicca (1986) by a coven he belonged to in his home town of Portsmouth. Janet actually went along to get her friend "out of this weird cult" and ended up staying.

Janet & Gavin (continued)

They live in the Republic of Ireland, in a small cottage with an influx of field mice, eight lazy cats and two goats called Fanny and Pan. They run a progressive coven in Ireland called *Coven Na Callaighe* and have links with several covens in the United States, Australia, New Zealand and Europe.



Most of their publications will be on sale at the Conference and they will also be selling jewellery that they make. Janet will also be doing tarot readings.

5.30 - 6.00 Closing Blessing by Janet & Gavin followed by a few words from Jan Hardy (PF Wessex District Manager)

6.00-7.45 Break for people to go out and eat.

7.45 onwards...The Masked Ball with the Susan Raven duo and Brocc



Susan Raven is a troubadour with a truly beautiful and haunting voice. Her lyrics are a powerful mixture of fairy-tales and prayers, drawn from many years of esoteric study. She lives in the hills of mid-Wales and receives much of her inspiration from the elemental kingdom of this ancient landscape.

Reviews for her latest album "Raven song". "Some of the messages contained in Raven song pulled me up short with their insightful honesty—there are wondrous stories told here". Kindred Spirit Magazine. "Listened to your album again, awesome". Donovan.



Brocc's music is rooted in the myths and legends of our land, and together we weave stories and tunes, narration and song, dance and harmonies into a spellbinding experience. We incorporate a wide range of instruments into a rich musical tapestry—from full volume with three pipers and two huge medieval drums to the gentle sounds of harp, bandurria and bowed psaltery. We play English and Swedish bagpipes, the medieval hurdy-gurdy, recorders, mandola and a host of percussion. Our music is timeless,

the instruments reflecting our love of forgotten timbres.

Produced by

Pagan Federation Wessex

Disclaimer: We wish to point out that the opinions and views expressed by some

THE MAGICAL ENERGY INTENSIVE WORKSHOP

With Janet Farrar and Gavin Bone

A one day experiential workshop exploring
energy in ritual and magical use.

This workshop includes:

- *Creating 'Sacred Space' on the etheric and astral levels
- *Understanding the magical bodies - Aura and Chakras in magic
- *The magical Laws connection to magical energy
- *Raising Energy - 'The Cone of Power'
- *'The Chalice and Athame': Understanding sexual polarity
- *The Holy Grail Healing Ritual

Please note: This is not a series of seminars but a multi-level workshop which includes a series of practical exercises to teach you how to work with magical energy.

17th April 2011 - 10.30am to 4.30pm

At: The Grail Centre, 24 Chilkwell Street,
Glastonbury, BA6 8DB

Cost: £60

Contact: Witchcraft Ltd. at The Cat and Cauldron,
7 Market Place, Glastonbury, BA6 9HW
Tel: 01458 831457
E-mail: enquiries@witchcraftshop.co.uk

For those who are not familiar with Janet Farrar and Gavin Bones work we have Provided their biography with an overview of their magical lineage and their most latest work, Progressive Witchcraft.

Janet Farrar

A native Londoner's, Janet was initiated by Alex and Maxine Sanders in 1970. It is here she met her husband to be and co-author, Stewart Farrar, who initially became involved around Alex Sanders as a reporter for the *Reveille*, and was then asked to write ***What Witches Do***.

Janet Owen (later Farrar) became involved in the Craft after a friend started regularly visiting the Sander's. Janet, being from a Christian background, went along to dissuade her friend from becoming involved, but was impressed by the moral structure that Wicca had and joined the Sander's Coven.

Stewart and Janet first met when Stewart was asked to script and narrate ***A Witch Is Born***. After receiving their Third Degree's from the Sander's they left Alex and Maxine's coven to form their own. They had found much of Alex's teaching sparse in content and developed their own ritual structure as well as training methods during this time. They married in 1972 and moved to the Republic of Ireland in 1976. Stewart passed away in February 2000 following a series of illnesses, but Janet has continued her work as a Priestess and Author

With her late husband she has written over a dozen books on the Craft to date. Titles which include ***Eight Sabbats For Witches'***, ***The Witches' Way*** (one of the first books to suggest the southern hemisphere turn for festivals in Australia), ***The Witches' Goddess, The Witches God, Spells and How They Work***. Janet has also had one book published jointly with Virginia Russel, ***The Magical History of the Horse***, and with her current partner Gavin Bone, three books; ***The Pagan Path, The Healing Craft, The Dictionary of European Gods and Goddesses***, and their latest work ***Progressive Witchcraft***.

Their books have become some of the most influential in Witchcraft and have set the mould for modern Craft writers worldwide. They have lectured both in the United States and the Netherlands and are now exploring the field of Video as a way of presenting information on the modern pagan movement.

Since her initial introduction to the Alexandrian Craft with Stewart, she, with Gavin Bone has developed her own unique brand of Witchcraft and have been honorary initiations into several other traditions, including traditional Italian Strega. She prefers just to be called *witch* rather than be considered of any spe-

cific tradition. In 1999 she became ordained as third level Clergy with The Aquarian Tabernacle Church, and is the Religious affairs officer for The Aquarian Tabernacle Church in Ireland.

Janet strongly believes in the idea of Wicca being both progressive and dynamic, while remaining a clergy of those dedicated to serving the God and Goddess.

Gavin Bone

Born in Portsmouth, Gavin Bone was originally initiated into Seax-Wicca in 1986. He trained as a Registered Nurse, is a practising Spiritual (naturally empathic) Healer and a trained Reflexologist.

He developed a fascination with the theory that Wicca's roots are in tribal shamanistic healing traditions rather than medieval ritual magic and their related secret societies. He has studied shamanism in a Northern European context, with particular focus on the Runes.

He met Janet and Stewart Farrar in 1989 at the Pagan Link conference in Leicester and moved to Ireland in 1992 after accompanying them on a tour of the United States. He co-authored *The Pagan Path*, *The Healing Craft* and *The Complete Dictionary of European Gods and Goddesses* with Janet and Stewart.

In the UK he was both a Pagan Link and Pagan Federation contact in early '90's and this led him after his move to Ireland to set up the Pagan Information Network; a contact network for pagans in the Republic and the North of Ireland.

Like Janet, he is an honorary member of the Strega tradition, and ordained third Level Clergy with the Aquarian Tabernacle Church.

Both Janet and Gavin tour regularly doing intensive workshops in the United States and Europe, and just recently have had successful tours in Australia and New Zealand. They believe strongly in the idea of Wicca being both progressive and dynamic in nature, while remaining a clergy of those dedicated to serving the Gods and Goddesses. Their recent work, *Progressive Witchcraft*, is their most radical to date emphasizing the non-dogmatic creativity of Wicca. Their major area of work at present, is teaching deity connection and trance-prophecy.

helen's herbs

Goose grass (Galium aparine)

Goose grass, cleavers, or any of the other many local names it bears, is a real little pioneer plant. When most of the world is still convinced it is winter, goose grass begins to sprout its bright green, rough and distinctive little leaves out of the ground.

Imagine it is the time before supermarkets and you had to fend for yourself through the winter. You had been eating the stored root vegetables, the meat culled the previous autumn and not a lot else. By February you would not have seen much in the way of green vegetables for two or three months. Then imagine how your body would be feeling. Sluggish, low, you may have been fighting off respiratory illnesses and you had not eaten any vitamin C for ages.

That is why goose grass was so important. It was one of the first plants to make new green growth fit to eat in the early spring. Along with dandelion leaves and, a few weeks later, nettle leaves these were the first vegetables.

All of them are the spring tonics. They are all diuretic, cleansing the kidneys after the winter. Along with nettles the goose grass stimulates the lymph system into action, increasing the circulation of the lymph, freeing up the flow and so helping the immune response to illness.

These days I use it on patients who have any signs of fluid reten-



tion, swollen lymph glands or low immunity. It can really help to get the fluid moved out of the body and bring back some normality. Even in breast cysts that change through the month with the hormone levels I have reduced the discomfort and swelling. (Any more serious causes of the breast pain and lumps had been previously excluded by the GP.)

At Beltane we often have a wonderful feast as part of our celebrations. My contribution has been to bring a hedgerow salad. I pick the young tender leaves of lots of different plants. Hawthorn tips, dock shoots, ground ivy leaves, dandelion leaves, and a few others. One year I rather foolishly decided to add some goose grass leaves. By Beltane the leaves have been growing for a few months and are not exactly young. As a result it was a bit like eating Velcro! The thousands of little hooks on the leaves attached themselves to our tongues and it was not the most pleasant culinary experience. If I had been eating them when they first emerged the hooks would have been so soft that the Velcro effect wouldn't have been such a problem.

If you would like to try the leaves as a spring tonic go and pick a bunch of leaves, maybe with the odd dandelion leaf too, and make yourself a cup of tea. Do beware of picking any low growing leaves where dogs are walked as they may not be safe to consume. Try and find a dog free zone for harvesting and wash the leaves well before you use them. Then put them in a cup, add boiling water and steep for 10-15 minutes. This way you get the benefits without the Velcro! Spring blessings to you all.

Helen Ellis is a Medical Herbalist with 10 years experience. She practices in Salisbury and Andover and is a member of the National Institute of Medical Herbalists.

Contact me at helenellisherbal@gmail.com or 07542 696 170

The Path

How old is the path that we follow?
how long have we walked in these ways?
how old are our deepest traditions?
can these ages be counted in days?
For our path is not always unbroken
at times it is hidden away,
sometimes only seen under moonlight
and not in the clear light of day.
And so sometimes the path it will call you
you will hear in the back of your mind,
the direction your soul needs to follow
for the answers that it needs to find.
Then we try to rebuild of the old ways
when thoughts were allowed to run free,
when the moon and the stars were held sacred
we were close to the land and the sea.
We have no need of old books of dogma
designed to constrict and constrain;
For our ways are passed on in clear visions,
As we walk in the wind and the rain.
So we gather in woodlands at nightfall
in awe of the moon and the stars,
we might be the world's lost children
But we're happy to know who we are.

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A poster for 'Witches' Market' set against a background of a blue sky with white clouds. The text is in a dark blue, gothic-style font. In the top right corner, there is a silhouette of a witch riding a broomstick.

Witches' Market
Saturday, 1st October
2011
Glastonbury Town Hall
9.30am - 5.00pm
Free Admittance!!!
For further details about booking stalls contact Adrian at
houseoftheoldways@talktalk.net

The Society of Ley hunters invite you to join our merry company, with two moots and six newsletter issues per year.

Our moots are held at exotic locations throughout the U.K. with extensive local tours through the mystery landscape of the area usually led by a local luminary steeped in the history of the ancient sites.

Our 2011 Moots are Yealand Conyers, Lancs and the Orkney Isles.

It is also our remit to bring you as much up to date news of Earth Mysteries as possible, of which will be highlighted in our news letters and website.

So look us up at www.leyhunter.org or please write to the Membership secretary, 17 Victoria St, Cheltenham., Gloucestershire , GL50 4HU. **Membership costs £12.50 for year or £7.50 conc.**



events

Please note events listed here are not linked to the Pagan Federation, but are included as they may be of interest to pagans in the Wessex district. I will not include events that appear to be run for profit unless the organisers wish to advertise with Standing Stone. If you wish your event to be listed here email ; standingstone@pfwessex.org

Glastonbury Under The Stars Pagan Gathering

Sacred mistletoe Rite and full moon 3.30 pm cinnamon lane, Glastonbury. Bring lanterns and your old Mistletoe for burning if possible. Contact: Morgan Rhys Adams on 01458 835518.

The Gorsedd of The Bards Of Caer Abiri.

Gathers in Avebury six times a year to honour the Guardian of Avebury. Bardic initiations are offered at certain times of the year. Meet at noon on the nearest Sunday to the festival outside the café. Contact: Morgan Rhys Adams on 01458 835518.

Dates for 2011 Sundays

1st May,

31st July

25th September

30th October

Moots and Groups

You are advised to phone first before attending any moot in case the time or venue has been changed at short notice

Taunton Moot

Taunton Moot is run by Stephen [paul\(.jeans1@btinternet.com\)](mailto:paul.jeans1@btinternet.com) , tel 01823 330585 on a non-profit basis. We meet every second Tuesday of the month from 7.30pm onwards in Rule 7, 27a High street, Wellington, Somerset, TA21 8LY. Free admittance to all with a small donation for speaker's expenses encouraged. A current schedule is available to view on the Wessex Research Group Network website www.wessexresearchgroup.org.

Andover Hedgerow Hearth Moot

2nd Wednesday of the month at The Danebury Hotel, High Street, Andover. meeting from 8pm. You will find us in the back room. Please contact Sam, email sam.wiltshireyew@btinternet.com All Pagan paths welcome, Come for talks, occasional herb walks and Social.

The Avebury Moot

On the 1st Sunday of every month pagans, people with open minds and free thinkers gather at the Red Lion in Avebury, Wiltshire.

<http://aveburymoot.blogspot.com/>

Bath. 2nd Sunday, 2.30pm Omphalos Magick Moot,

St James Wine Vaults, St James Square, Bath.

The Omphalos Magickal Moot is an independent group open to people from all magickal paths. Check our postings regularly for updates, as there is often a guest speaker (when a donation of 5.00 will be asked for to cover expenses). Suggestions for discussion topics are welcomed - prior knowledge of a topic is not essential as we can all learn from each other.

Bristol Open Circle Moot

The Moot is held every Tuesday evening at the King William pub, 20 King Street, Bristol and meets from 8pm for an 8:30pm start.

Contact: www.bristolopencirclemoot.org.uk

Yahoo group: http://uk.groups.yahoo.com/group/Bristol_Online_Moot/ Phone Mark **0117 944 2133**

Burnham-On-Sea.

The Moot meets up on every second Tuesday of the month in the Wetherspoons at 7.30. You can contact them via this website www.somersetpagan.org

Calne.

First Thursday every month. Start 8pm in the Wheatsheaf, Curzon street, Calne town centre. Regular speakers and discussions. Newcomers welcome. NB Please do not park on the land next to the pub. It doesn't belong to the pub and is a clampers trap. Contact: freyaluck@yahoo.co.uk

Useful link supplied from Catherine (former editor) about the History of Ancient Britain' series. <http://www.bbc.co.uk/history/handsonhistory/map-explanation-ancients.shtml> Both the virtual ancient tours here are in Wessex district, Wiltshire & Gloucestershire



Dursley Moot

3rd Tuesday of the month The White Lion at Cambridge on A38 Gloucestershire, everyone welcome
ffi email janethardy95@yahoo.com

Glastonbury under the Stars

Pagan Gathering. 1st Thursday of the month, 7.30pm, at The Mitre, Benedict Street FFI Morgan
01458 835518 or email Amia glastonburyunderthestars@live.co.uk

Gloucester PF Moot

Last Thursday monthly, 8pm onwards, Black Cat Bar (basement of the DickWhittington pub), West-
gate Street, Gloucester.

FFI PaganFedGlosRC@aol.com

Highworth Swindon Moot

The first Friday of each moth 7.00 pm at The old Forge In The Fox In, Swindon Street Highworth
SN6 7AH. For More information contact: highworth-swindon-moot@yahoo.co.uk

Salisbury Moot

1st Thursday every month, The Avon Brewery Inn, 75 Castle Street, Salisbury 8.30pm onwards.
Email magentis3@aol.com or tel.01722 324660 and ask for Greg or tel. Marisa on 07731 489551

Weston-Super-Mare PF Moot

Every other Wednesday. Contact Julia for details email: juliashortman@hotmail.co.uk Phone Julia
01934 620716

Weymouth Moot

2nd Wednesday of the month 7.30pm onwards Marquis of Grandby Chickerell Road Weymouth
Dorset FFi Taloch 07899812919 or dolmengrove@btinternet.com. The moot is run by the Dolmen
Grove www.dolmengrove.co.uk



Dorset PF Moot at Wimborne

At the Greenman 1 Victoria Road Wimborne
Every 4th Tuesday of the Month 8.00pm
Everyone invited for a social gathering of like minds
Contact Marian on 01202 380772