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SEG  
2018

# Aether

**For Faith, for Families,  
for Fun...**

*The Magazine for Pagan families,  
youths and children.*

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*You may notice throughout these pages that there is limited use of font, text size and background colour.*

*This was a conscious decision made to try to be as accessible as possible for those with visual stress, processing issues, dyslexia, sight limitation and other additional needs.*

*If you’re still having trouble with any aspect of our formatting, please let our team know so we can remedy it to the best of our ability.*

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## Letter from the Editor



*Greetings fellow Pagan families!*

I've given a lot of thought to what should be included in this issue of the Editor's Letter. There's so much going on in the world right now that is affecting us on so many levels, the majority of which has nothing to do with our faith practices and spiritual beliefs.

I think it's important to remember in times of uncertainty, upheaval and stress that our faith community, practices and spiritual beliefs are far more than a part of our identity. They're supposed to be a source of comfort, empowerment and strength.

The Pagan Federation has, since March, been putting out weekly content with an aim to support people and help members of our community to feel connected during a time when connecting with each other has never been more difficult or more important.

I've always felt that our lives can only be enriched by a greater involvement with community and have spent my life trying to create community and tribe for people to access in their times of need. There's never been a greater need for this than now and the community seems to be readily responding to the available resources that are being put out, not only by the PF but also by SPF, Children of Artemis, Green Mantle, Asatru UK and more!

We hope to continue with our plans to celebrate the Pagan Federation's 50th Anniversary next year and are working on two plans, one for a series of physical events and one for taking the whole celebration online in the event of continued social distancing. The opportunities for children and families to get involved with these events will be laid out soon and we hope that our plans are as exciting to you as they are to us!

In the mean time, we're going to continue with our weekly Kitty Kidz Korner, our online festivals, Batty Nan's Craft Circle and our Raising Pagan Voices Project in the hopes that our steadfast resources highlight that we're still here for you during this difficult time, as we have been for almost fifty years and as we plan to do for many years to come, regardless of what life throws at us.

Stay safe, stay well and be blessed!  
*xXx Debi xXx*



# Letter from the Families Manager... S!

*It's a goodbye from me.....*

Hello everyone, and a big thank you to you all for joining us here for the second edition of Aether – what an achievement!

It has been a strange last six months since our first issue and lots has happened here within the Pagan Federation all of which is culminating in me stepping down from my role of Children and Families manager to take on the role of President.

I've been in this role for nearing on two years and during that time have tried my best to lay the foundations for a solid Families team to support Pagan families and their children with improved policies and procedures, new services and growing the team so that we have enough people to do the necessary work for all Pagan families in the UK. I have every faith that this will continue with the team that will be serving you moving forward.

I have been truly lucky to have found some of the best people to join me including my new deputy Krys - who will take over from me as manager, Mabh - our brilliant team secretary and Debi – editor of Aether. I wish them well as they continue the valuable work with their own ideas and plans for the future.

During my almost two years, I've also been privileged to have helped many families in overcoming the barriers that they have experienced to practicing their faith and I am grateful to have had the opportunity to be in a position to be able to help them. Being able to follow your path without hurdles to have to overcome is why the PF exists and to be able to help that happen even a little is what keeps us as volunteers motivated to do the necessary work. Without you reader, that would not be possible, and I thank you for trusting me with that work on your behalf.

I have the pleasure of handing you over now to the fabulous Krys as your new manager. They have the task now of filling the team with willing district liaisons and continuing to come up with ideas for new ways the families team can help, and I have no doubt they are up to the task. With their own gorgeous toddler, they are only too aware of the problems that Pagan families face and full of ideas of how to solve them. Because of this I know I am leaving you all in the safest of hands as I move on.

Thank you all for your support over the last two years, and I will see you around somewhere soon.

Brightest of blessings,

*Sarah*



## *.... And a hello from me!*

Some of you may already know me but as I'm taking on the role of Children and Families Manager, I thought I'd introduce myself.

I'm Krys, seahorse parent to a very active toddler, I have my own business making and selling gemstone and metal jewellery as well as eco and Pagan crochet items. I'm a voluntary breastfeeding peer supporter, I'm involved with the local interfaith group and I'm active in the Pagan community too.

I've been a volunteer with Pagan Federation for around 10 years now, wearing many hats, and I've run a local moot for just a little longer than that. I've been the Children and Families Liaison to the North East district for a couple of years and run regular local and district family meet ups.

I'm looking forward to building on the work that Sarah has done and hopefully growing our team and the families community.

**Krys**



**DEADLINE EXTENDED UNTIL AUGUST FIRST!**



# Children's Poetry Book

Pagan Federation are after submissions  
for an anthology of poetry by the  
children in our community.

The themes are:

Moon and Stars  
Animals  
Weather  
Woodland  
Myth and Magic

Send your poems along with name and  
age of the child who wrote it, to  
[ne-disabilities@paganfederation.co.uk](mailto:ne-disabilities@paganfederation.co.uk)  
Illustrations to accompany the poems  
are also welcome

Deadline for submissions  
June 21st

# Picnic Time with Lisa!

Did you know there's a National Picnic week? It's 22-28 June this year, so perfectly timed for a (socially distanced) Summer Solstice celebration. You can have a picnic anywhere – your local park, your back garden, even your living room. Summer Solstice is a time of abundance and gratitude and a picnic incorporates plenty of both. Apparently the average person enjoys three picnics a year, meaning that around 94 million picnics happen every year in the UK. Its a lot more than three in our household where we are somewhat obsessed with picnics. The first picnics were held in France, after the parks were opened up to the public following the 1789 revolution.



So what do you need for the perfect picnic? Location is key, so if you are lucky enough to have woods, a park or even a beach close by where you can spend time safely right now, you're all set. A garden picnic or even a floor picnic in the living room (that's what everyone calls an indoor picnic right?!?) are also great fun and a welcome break in the daily routine. So gather your rugs and blankets, maybe even pillows or deckchairs and create your perfect space.

Picnics are all about the food and we'll be sharing recipes on our social media so please do contribute your favourites. Fruit, crisps, sandwiches and of course the all important sausage rolls (I make them with spinach – they are still sausage *shaped!*) are all traditional. I always think it's not really a picnic unless there's way too much food, so that it feels like a proper feast. Actually – random fact – in Elizabethan times, any meal with a sweet course at the end was considered a feast so as long as you finish with cake or flapjacks or fruit, its definitely a feast!

If you're outside, remember sun cream and insect repellent or you might go home with some unwelcome souvenirs. Insects tend to dislike citrus smells so for a more natural alternative to chemical inset repellents, dab a little diluted citrusy essential oil at your pulse points or burn a citronella candle. Games like Frisbee, rounders and anything with a ball are traditional if you have the space. If you're inside, play with foam balls or make a cushion obstacle course. Outside or through a window options also include cloud spotting and wildlife spotting, although you may have to keep quiet for the latter.

When you've finished, remember to take all of your litter with you. You can give something back to the land by collecting other people's litter as well as your own and maybe scattering some crumbs for the birds and little furry friends. Enjoy your Solstice picnics and do share them with us on social media!



Lisa is PF Children & Families Liaison for London, where she lives with her partner and their children. She'd love to hear from people in London and surrounding areas who are seeking family friendly pagan events. Lisa enjoys creating alongside the kids and playing with her tarot cards. You can contact Lisa on [london.families@paganfederation.co.uk](mailto:london.families@paganfederation.co.uk)





You can email Batty Nan with your questions and letters of appreciation at  
[battynan@paganfederation.co.uk](mailto:battynan@paganfederation.co.uk)



# RECIPES WITH RACHEL PATTERSON—KITCHEN WITCH

[www.rachelpatterson.co.uk](http://www.rachelpatterson.co.uk)

[www.kitchenwitchhearth.net](http://www.kitchenwitchhearth.net)

## SWEET AND SAVOURY BASICS

Some of the best recipes are the simplest. Having base recipes also allows you to add in your own flavours and make them personal. Here are two of my favourites, each one can have other ingredients easily added to tweak the flavours. They are also super simple to put together and quick to bake.



### Cheese Biscuits

*150g/5.3 oz strong cheddar cheese (finely grated)*

*100g/3 ½ oz plain flour*

*50g/1.7 oz butter I use unsalted*

*1/2 teaspoon paprika*

*1 egg yolk*

*You may need a tablespoon of water*

Crumble the butter into the flour (I do this in a food mixer) until it resembles breadcrumbs.

Add in the cheese, egg yolk and paprika.

Knead together to form a dough, you may need a little water.

Wrap the dough in cling film and pop in the refrigerator for half an hour.

Preheat the oven to 180C/350F/Gas 4.

Roll the dough out to about 2mm, on a flat surface dusted with flour.

Cut shapes with a pastry cutter and pop them on a baking sheet lined with baking parchment.

Bake for 10 minutes, turn them over and bake for a further 5 minutes.



Options— You can change the flavour and intent by adding a teaspoon of dried herbs to the mix.

Experiment by using other types of cheese such as smoked cheddar.

## ALMOND CRESCENT COOKIES

These are perfect, shaped like the crescent moon and very delicious. You don't have to make crescent shapes, you could fashion them into rocks, circles or anything you like.

*225g/8 oz butter, softened  
160g/5.6 oz sugar  
1 teaspoon vanilla extract  
1 teaspoon almond extract  
375g/13.2 oz plain/all purpose flour  
100g/3.5 oz ground almonds  
Possibly a teaspoon or two of water  
Icing/powdered sugar for dusting*



Preheat your oven to 180C/350F/Gas 4.

Line a baking sheet with baking parchment.

Beat the butter and sugar together until light and fluffy.

Stir in the vanilla and almond extracts.

Add the flour and almond flour, mix to combine.

The dough will be crumbly. If it is very crumbly and won't hold together add a teaspoon of water.

Take tablespoons of the dough and roll into small balls, shape into a crescent.

Place on the baking sheet.

Bake for 15-20 minutes until golden.

Dust with icing sugar.



Options: - Replace the almond extract with orange extract or rose water.

Add a teaspoon of mixed spice or ground cinnamon.

Pop in some grated zest of orange, lemon or lime.

## Magic of the ingredients:

Almond - Love, prosperity, treasure, intuition, psychic powers

Butter - Peace, spirituality, Faerie

Cheese - Success, happiness

Egg - Fertility, creation, life, new beginnings, divination

Flour (wheat) - Prosperity, rebirth, abundance, wishes

Paprika - Creativity, energy

Sugar - Love, protection

Vanilla - Love, spirituality, creativity

Water - Emotions, cleansing, purification



Rachel Patterson is High Priestess of the Kitchen Witch Coven and an Elder at the online [Kitchen Witch School of Natural Witchcraft](#). A regular columnist with [Fate & Fortune magazine](#), she also contributes articles to several magazines such as [Pagan Dawn](#), [The Magical Times](#) and [Witchcraft & Wicca](#).

You can find more on the [Patheos Pagan](#), [Moon Books](#), [Witches & Pagans](#), and her [own personal blogs](#).

A photograph of Rachel Patterson, a woman with long blonde hair, wearing a red dress and a large, colorful floral crown made of roses and greenery. She is smiling and holding a bunch of fresh herbs and flowers, including rosemary and thyme, in her hands. The background shows a garden setting with a stone wall and a basket filled with plants. On the left, there is a logo for "Rachel Patterson" with the text "Witch & Author" and the website "www.rachelpatterson.co.uk".

Rachel Patterson  
Witch & Author  
[www.rachelpatterson.co.uk](http://www.rachelpatterson.co.uk)

# PaganAid



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...THANKS FOR EVERYTHING

Fighting poverty & protecting Mother Earth  
Please support our work...

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# Reviews from the Community

## Weathering the Storm

I can very much recommend this book by Moon Books (John Hunt Publishing). Here is my five-star-review (also on Goodreads):

### Synopsis:

Written in three parts, psychological, spiritual and practical, Weathering the Storm is an anthology offering support to those of us who are isolated or vulnerable.

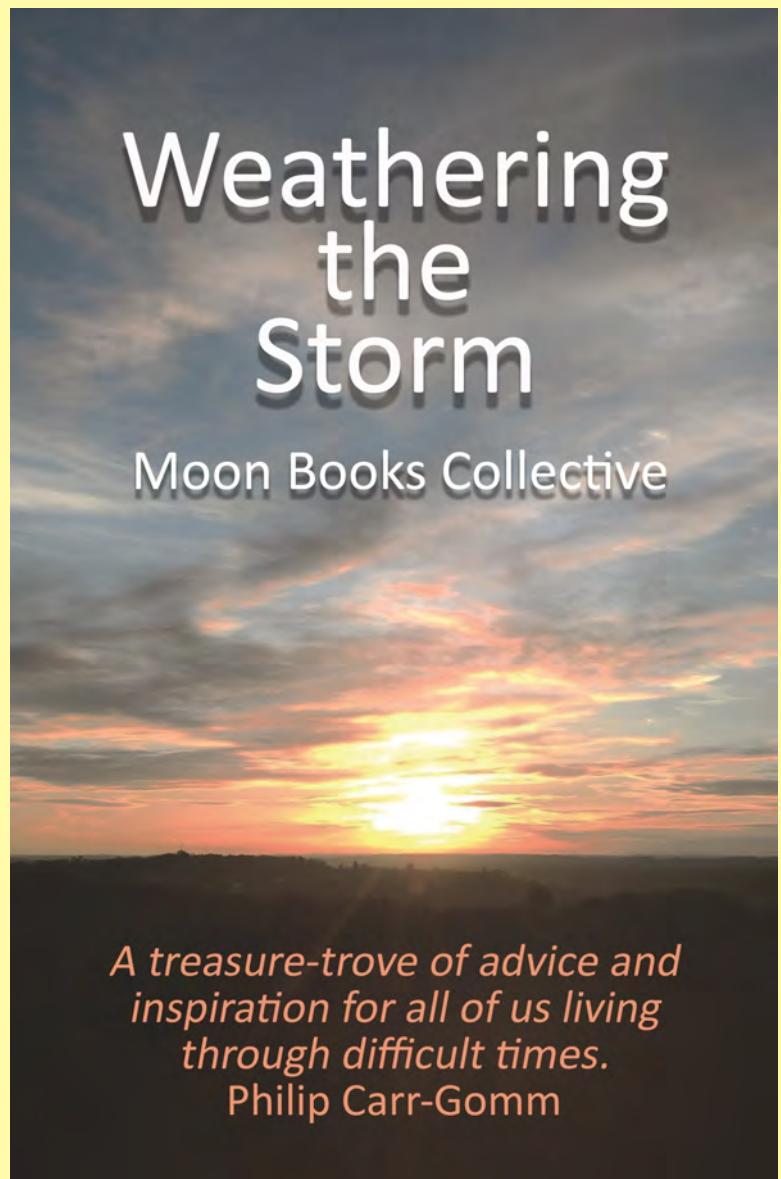
The book has a primary Pagan focus but will be of interest to all those interested in Mind Body Spirit matters and in alternative lifestyles and spiritualities.

Covering areas from loneliness and anxiety, self-care and gardening, to cooking and crystals, Weathering the Storm is a book designed to help everyone through uneasy, unprecedented times.

### Review:

There has been a lot of talk and resources all over the world about how to live in these

unprecedented times during the Corona pandemic. Many of them are mundane, so I was wondering about pagan and witchcraft perspectives on it. This book provides a very good collection of texts from various perspectives (pagan, psychological, spiritual, witchcraft) about the current crisis and how it changes our lives and how one can still live a spiritual life in these stressful times. Many of the essays are very personal and it felt very good for me to find myself a bit in those stories and not feel so alone with all the problems we are having right now.



The book is in three sections:

Part 1 – Psychology Matters

Part 2 – Spirituality Matters

Part 3 – Practical Matters

I enjoyed reading this books very much, there is also a lot of interesting advise to be found, some very practical ideas, guided meditations and more. So far, I have read a few books of the publishing house and I'll definitely take a look at their other titles, too.

Link to the free e-book:

<https://www.johnhuntpublishing.com/moon-books/our-books/weathering-storm>

Link to my blog (only on Facebook):

<https://www.facebook.com/witchcraft.paganism.and.shamanism/>

Blessed Be

- Andrea



## About the Children and Families Team



I often get asked the question “what does the Pagan Federation do for its members?” and I thought I would take some time to answer that question here with a special focus on the Children and Families Team.

The PF has existed for almost 50 years now. Its aims and work have been shaped over that time by the needs of its members and the community they are connected to. It has grown and developed to become what it is today and the formation of the Families team a few short years ago is a part of that development in response to a need within the community.

Just like the PF as a whole, this smaller section of the whole aims to support, educate and promote positively our beliefs and practices. The Families team focuses on the family aspects of community life, working on discovering and finding ways to overcome the obstacles faced such as accessing family friendly moots and events, finding good quality family friendly information about traditions and paths or information to places such as schools and other institutions around ensuring Pagan families have their right to practice their faith observed.

The team consists of a manager, a deputy manager, a secretary and district liaisons that work closely with district managers and regional co-ordinators. We are a small team at the moment consisting of just five people - but we are passionate, as Pagans with families ourselves, to ensure that families get the support and help they need to fully live their faith without fear of reproach. We are currently looking for suitable people to take up the liaison role in districts that don't have one and aim to have a full team by the end of 2020 so that we can make sure families across the UK all have the same access to support from us.

We may be a small team, but we have big plans. You're reading the first of them - Aether has been designed to be fun and informative for the whole family, hopefully helping at least a little to meet the shortfall in resources available to Pagan parents.

Our next project is to create an online moot for families that have problems getting to physical moots whether down to time or the moot not being suitable for children.

There will be activities, talks, interactive items and a lot more to get involved in, all available when you want it to be from wherever you want to access it. Launching at Imbolc 2020, these will be run as events on our Facebook group, will be open to all and guaranteed family friendly. Alongside this, the team are working on putting together their own lists of local resources, groups and events to be able to help their own districts as well as working on our biggest project yet – programmes of education that we can take into schools to teach both staff and students about Paganism. Hopefully this will enhance RE curriculums in schools that don't currently teach Paganism as well as helping staff to understand the beliefs of the students that are Pagan. We are looking forward to hosting the Yule Festival looking at how various cultures celebrate at this time of year as well as a big splash at Imbolc with us hosting the online festival, launching the online moot and having a special feature in the Imbolc edition of Pagan Dawn.

It is certainly an exciting and busy time for our little team!

***Now I need to ask for your help dear reader.***

If we could be doing something else to help you and your family, please let us know. We welcome being made aware of issues we don't already know about and we definitely want to be able to help.

If you, or someone you know would like to help us in our endeavours by becoming a member of the team or contributing to our efforts in some way, then please contact us. Our team needs to grow if we're going to meet our aims and do all the things we want to do.

If you like what we're doing and just want to tell us so or if we've done something wrong, missed something or been somehow mistaken, then please – let us know! Feedback is always taken very seriously whether positive or not so much. We relish positive feedback because it motivates and encourages us, and we adore the critical kind too because it shows us where we need to improve and grow.

I hope you enjoy our efforts and that we can help make life a little easier along the way.

***Sarah Kerr—Pagan Federation President***

## Dreams full of Magic—By Isabella Gamble



As I lay awake, watching you sleep  
I wonder if I could take a peak  
inside that little magic mind of yours  
and see where your untainted imagination tours.

Do you dream in colour?  
of the light through the trees  
the golden glow dancing in response to the breeze  
or perhaps the odd shapes of the birds in the sky,  
different sized wings depending how close they fly.

Do you dream of sounds?  
of the seaside waves crashing ashore  
repetitively soothing and endlessly more  
or maybe you dream voices telling you how loved you are,  
or the beat of my heart from which you are never afar.

Do you dream of touch?  
of your fathers beard gently brushing your cheek,  
tickling your face and as you excitedly squeak.  
or the warm sensation of being held close on my chest,  
the place you feel safe and seem to like best.

I know right now this abstract new world may not make much sense,  
it's full of strange sights, sounds and events

But, sleepy boy - as you dream away  
I promise to help fill your every day  
with love, with beauty, and with the wild,  
and I wish you be blessed with dreams  
full of magic and adventure  
my child.

## Bird-Speak

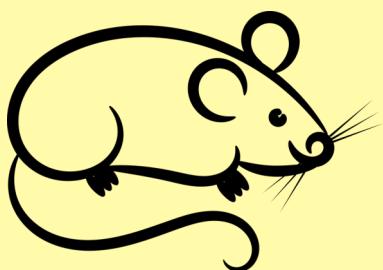


Jo was a bird,  
Who could never be heard  
For his chirp  
Was as quiet as a mouse.

His cheep was no louder,  
Nor was his squawk  
And so he decided  
Why bother to talk.

So he made up a language  
By tapping his beak,  
We know it as Morse,  
He calls it Bird-speak.

Original Poetry by Hannah Semple



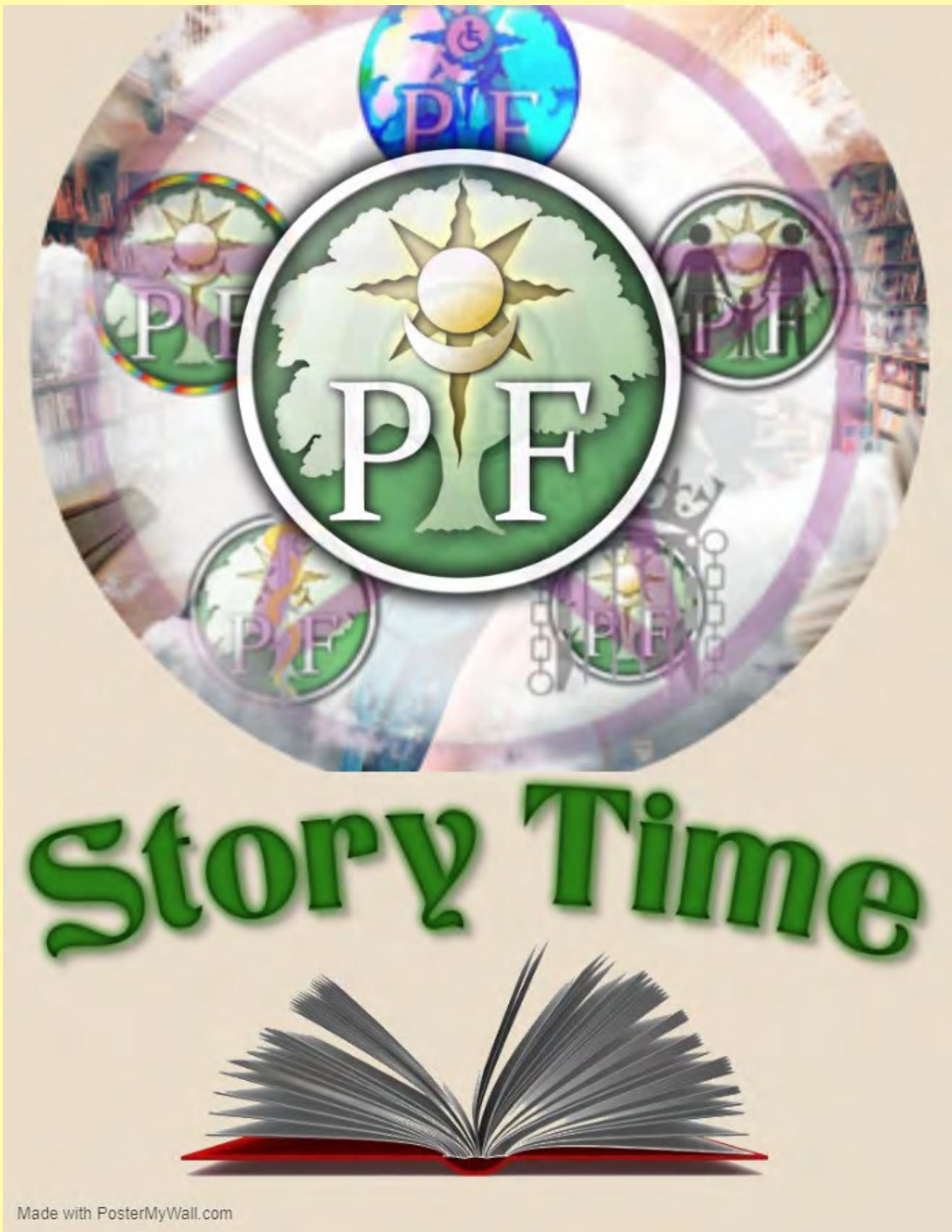
**THE PF COMMUNITY TEAM  
IS RAISING MONEY  
FOR A FULLY INCLUSIVE  
AND ACCESSIBLE PAGAN RETREAT  
BUT WE NEED YOUR HELP!**

Please consider donating to support disabled Pagans, carers and additional needs families in accessing this event, which is intended to be inclusive and accessible for all!



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Join us for Story Time, with different stories to suit all age groups.

In this issue we have:

Come play hide & seek with The Elemenpals by Debi Gregory—For all ages and intended for under 10's. This would be a great one to read to younger children.

Bumble and Pip by April Cope—For younger children and moderately strong self-readers.

The Royal Messenger by SD Stevens—For ages 14+ and also suitable for adults.

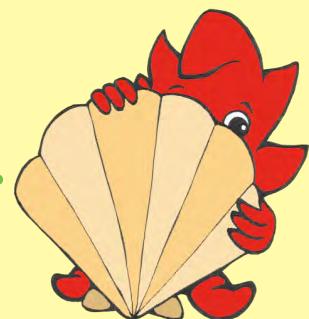
# Come play hide & seek with the Elemenpals!

By Debi Gregory

Deep in the Forest of a far away land, in a big tree live The Elemenpals and today they want to play hide and seek with you!



Menme loves to feel the soil.



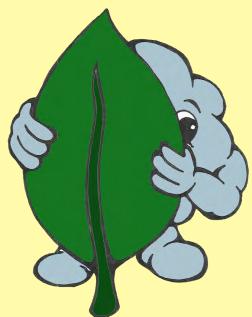
Tanwen likes to see the shells.



Celyn likes to search for fairies.



Dylan loves to smell the flowers.



Gwynt likes to collect the leaves.



**The ‘Pals are very tired from playing all day but  
they don’t want to go to bed!**

**Can you help me to us to find them?**

To be in with a chance of winning a copy of Walking with the Gods—A Heathen activity book—then all you have to do is find all five Elemenpals, which are hidden throughout this issue of Aether, and send an email to [aether@paganfederation.co.uk](mailto:aether@paganfederation.co.uk) with the page numbers! Entries will be closed on November 1st and the Winner will be announced shortly after.

Debi Gregory’s debut Pagan children’s book The Elemenpals is due for release this January!

To keep up to date with launch events, giveaways and other Elemenpals news, you can follow their social media—

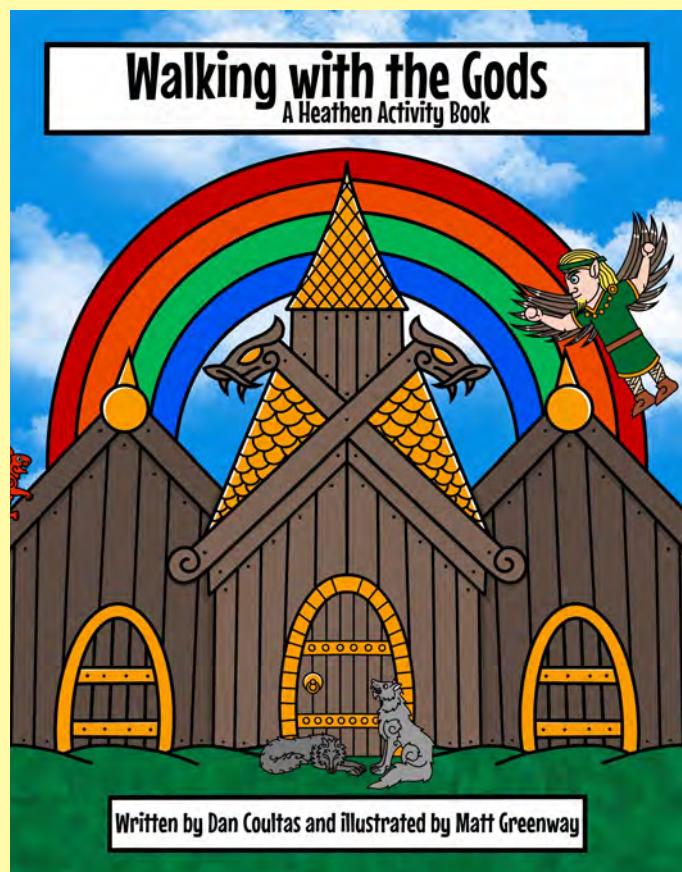
<https://www.facebook.com/TheElemenpals/>

Twitter—@elemenpals

Instagram—theelemenpals



Elemenpals Bedtime © 2019. All Rights Reserved. Debra Gregory Author; Adam Greenwood Illustrator; Philippa Bramley Graphic Designer.



The Elemenpals characters, names and imagery are used here with the permission of the owner and no permission is given to duplicate or use elsewhere.



# Bumble and Pip

## Rock Pools

Story and art by April Cope



Once upon a time, in a small village by the sea, lived a little kitten named Bumble. Bumble was a happy kitten, but also mischievous. His favourite game was to catch the little fish in the rock pools. But on this summers day he found something new. In the rock pool was a little goldfish!

"Oh this is different!" he purred happily, he dipped his little black paw into the cold still

water, the goldfish quickly hid behind some seaweed. "Stop hiding tiny fish! I want to play with you, I wont eat you I promise, your shiny and pretty"

The little goldfish popped her head out between the strands of green, "How do I know you won't eat me? your a cat and I'm a fish"

Bumble sat on a large rock and dangled his paws down to the water, "I don't like to eat fish, you all slippery and slimy, I just want to play" he sulked.

The little fish thought for a moment, " I tell you what cat, if you help find me a new home I will be your friend and we can play every day"

Bumble was excited. He jumped from the rock, "I can do that! just you wait there" and off he went. He scurried through the little village, and made his way down to the wonky cottage where the old lady lived. Hardly anyone came there, as they were afraid of the old lady , but bumble loved her, because she was kind and always fed him liver and chicken bits.

He climbed down over the little stone wall and landed in the garden, which was full of pretty flowers and shiny things. "ah here it is!" he said proudly as he ran to the pile of jars, one of them had a little metal handle that he grabbed with his teeth. He carefully carried it all the way back through the village and down to the beach to the rock pools. He gently lowered the jar into the water, "here little fish, swim inside and I can carry you to your new home"

The goldfish gladly swam inside, "thank you cat, you can call me Pip" she smiled.

"And my name is Bumble, lets go Pip!" he was very excited to help his new friend. He grabbed the handle again and carried Pip off through the village showing her all of his favourite places. The shop with the nicest window to sleep on, the tree that had the most blossom and the park where all the birds come to rest. But none of these were right for Pip. Suddenly Bumble had an idea, "I know! I will take you to the old lady, its my most favourite of favourite places"

He plodded on over to the wonky cottage where he very carefully placed the jar down on the cobble step. He took a step back and meowed his biggest MEOW! and waited. A few moments later the door creped open and the little old lady smiled down at them. "Oh what a lovely gift you have brought me Bumble, come along I have the perfect home for you" she said sweetly as she picked up the jar. She carried it around to the back of the cottage to a little pond surrounded by wild flowers "my little pond has long needed a fish to call it home" she said as she gently scooped Pip out of the jar and placed her into the cool gentle water.



## the Pooka Pages for Pagan Kids



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Filled with original stories, crafts,  
coloring pages, herbal lore, recipes  
and magic for children.

[www.pookapages.com](http://www.pookapages.com)



## The Dragon Imps

By SD Stevens

*This short story is a part of the Tales of Alhanassa.*

*Exclusively Written for Aether.*

Ambha's first assignments left her feeling let down. Today had been a series of messages between the palace housekeeper and cook. At first, the stalls buzzed with excitement. Princess Kohinora was hosting a royal banquet. She hadn't expected to be delivering invitations, so took a seat and waited.

Dawn rushed in, her cheeks red. "I can keep this up."

"What's wrong?" Ambha asked.

"There's too many and the princess wants us to wait for replies."

"I could do some." She offered, brightly.

"You're not allowed. Learning the network of flame points takes times." She put several scrolls on the table, "I'm going to pass these to Gwynt."

"Why?"

"I've never been to the southern islands."

Gwynt donned her cloak and smiled at them both. She was one of the senior messengers. "If Princess Kohinora calls, you will have to take it." She pushed the scrolls into her bag and stood on the flame stone. "Oh, Ambha, there's another for you to take to Cook." Without reciting the incantation, Gwynt melded into the flames.

"I don't like cook."

"It's not for us to like or dislike those we deliver too." Dawn put the scroll into Ambha's hand.

"We're not kitchen aids!"

Dawn laughed, "Princess Kohinora is having a banquet, what do you think Cook and Housekeeper will be doing?"

"Oh." Feeling a bit silly Ambha felt the blood rush to her face. "I better go." It wouldn't take long to walk to the kitchens.

It was a nice day, Ambha chose to walk through the vegetable garden. As she passed the strawberries, she saw Cook flapping a cloth around the compost pile. She could hear Cook cursing.

Ambha stopped when she spotted what made Cook angry. Several drai'hg fluttered around the compost. The tiny dragon imps were trying to feed but Cook wasn't allowing them to land.

"Dirty creatures." She swatted them, their iridescent wings catching the sunlight as they fluttered away. "What're you looking at?" Turning, Cook headed back inside.

Ambha loved the drai'hg. The tiny creatures fit into her palm, they had bright eyes that looked too big for their lizard like bodies and tails that wrapped around your wrist. They came in many bright colours. Ambha spotted several dead drai'hgs on the compost and anger flush her checks. Marching into the kitchen she found Cook rolling out pastry.

"YOU KILLED THEM!" She slammed the scroll onto the table. "You nasty woman, what did they ever do to you?"

Lifting her rolling pin, Cook rounded onto Ambha. "Get out of my kitchen you rude girl."

Ambha took several steps backwards, she didn't want hitting with the rolling pin.

"What did you do to them?"

"Poisoned the flying vermin. Now GET OUT." She lunged at Ambha as she ran from the kitchen. When she passed the compost pile tears filled her eyes as she saw the little bodies. One drai'hg flicked out its tongue and tried to shake its wings. Ambha carefully picked it up and slipped it into her bag and ran back to the stalls.

The room was empty. As Ambha reached for the dragon imp she noticed one lone request at the end of a pipe. Ambha opened it and looked around the empty room. Princess Kohinora needed a messenger and she was the only one available. With the contents of her bag forgotten, Ambha ran to the royal apartments.

The guard outside the Princess's chambers nodded as he opened the door, Ambha stepped inside. Princess Kohinora sat in her window seat reading a book. There was no mistaking her, she was The Queen's niece, the resemblance was striking.

"Do you have a message for me?" She asked as she looked up from her book.

"No, Your Grace; there was a request in the stalls." She gave a little curtsy as she spoke

"You must be new; I don't know your name."

"I'm Ambha, Your Grace." She curtsied again.

"Unfortunately, Ambha, I don't have a job for you." Princess Kohinora smiled. Ambha's heart sank. That wasn't a good first impression.

"Wait. What do you have in your bag?" Kohinora stood up. "I can feel the faint energy."

"Oh the drai'hg, I forgot about it." Reaching into the bag she took out the drai'hg.

"Cook's poisoning them." Ambha couldn't keep the upset from her voice.

A warm hand clasped hers, green light spilled from Kohinora's hand. Ambha felt the heat from the light magic. The drai'hg stood on her hand with its wings outstretched. It took flight and headed for the open window.

"We'll see about this." Taking hold of Ambha's hand The Princess lead her to the servant's stairwell. It didn't take long to get to the kitchens. Cook was bending over the oven door looking inside.

"What's this about you poisoning drai'hg?"

She stood up and wrung her hands into her apron. "They're vermin, your Grace!"

"Nonsense! Ambha show me where you found them." As they passed, Cook gave Ambha a look that could have curdled milk. Resisting the urge to stick out her tongue, Ambha showed Kohinora where the dead drai'hg littered the compost heap.

Kohinora dropped to her knees, gathering the dead drai'hg in her lap. Ambha watched the same green light spread over the dragon imps, giving them life. After a few flutters, the tiny creatures took to the air, each one turning towards the princess before flying away. Kohinora stood and dusted the dirt from her skirts.

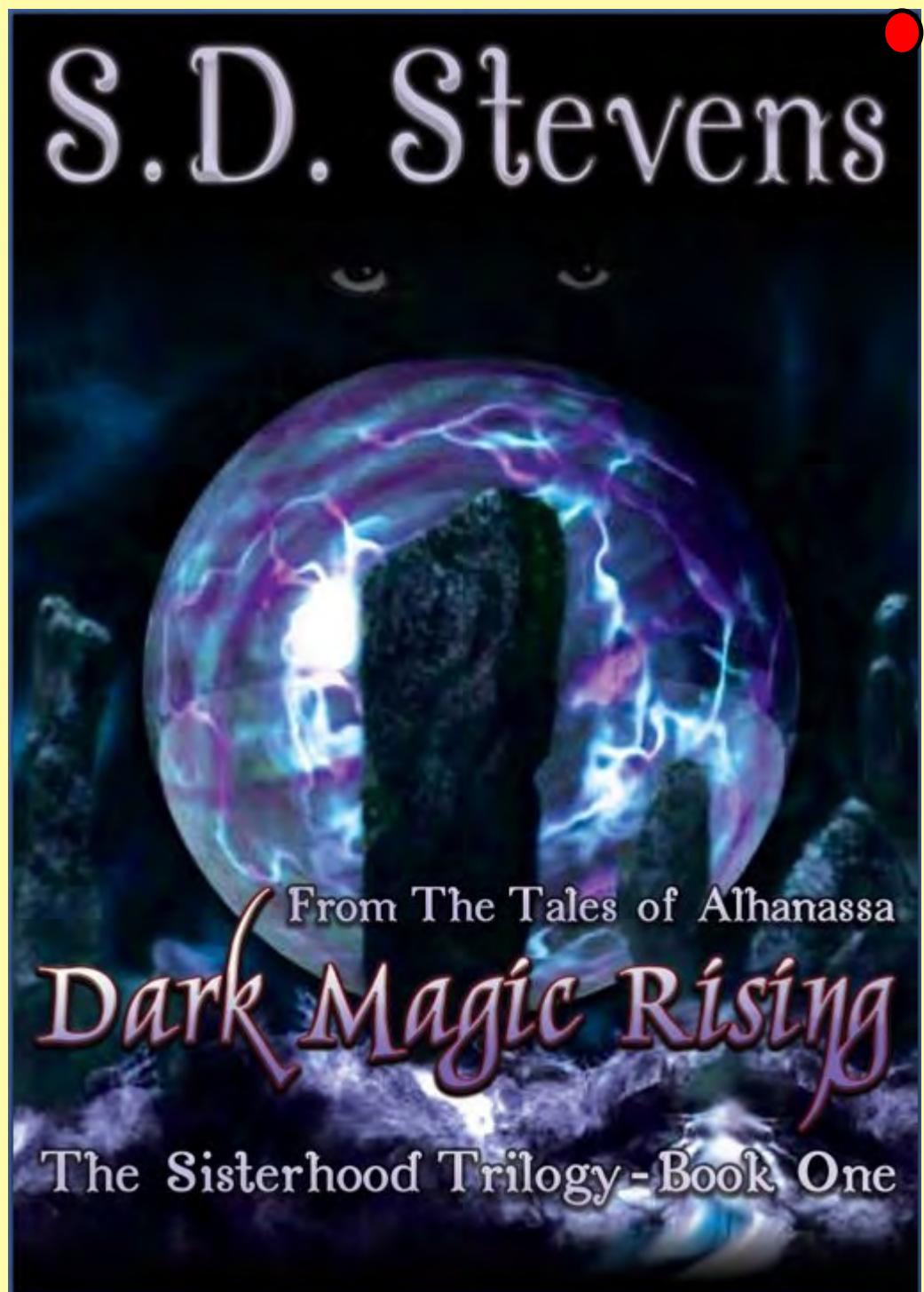
"From now on, every drai'hg that enters the palace grounds is protected by me!" She turned to Ambha, a huge smile on her face. "I'm pleased to meet you Ambha, I think you and I will get along nicely." Princess Kohinora gave a nod to those that had gathered and flamed.

Before Cook could say anything, Ambha ran through the kitchen and headed towards the stalls. She couldn't wait to tell Dawn about her adventure. She certainly had something to write home about her first day!

*Join us next time for another adventure with Ambha.*

©SD Stevens 2020

*Dark Magic Rising is a story within the Tales of Alhanassa series and although The Royal Messenger is intended for those of fourteen and above, Dark Magic Rising is recommended for those over eighteen only and is advertised here for parents and guardians.*





## Community Art Gallery



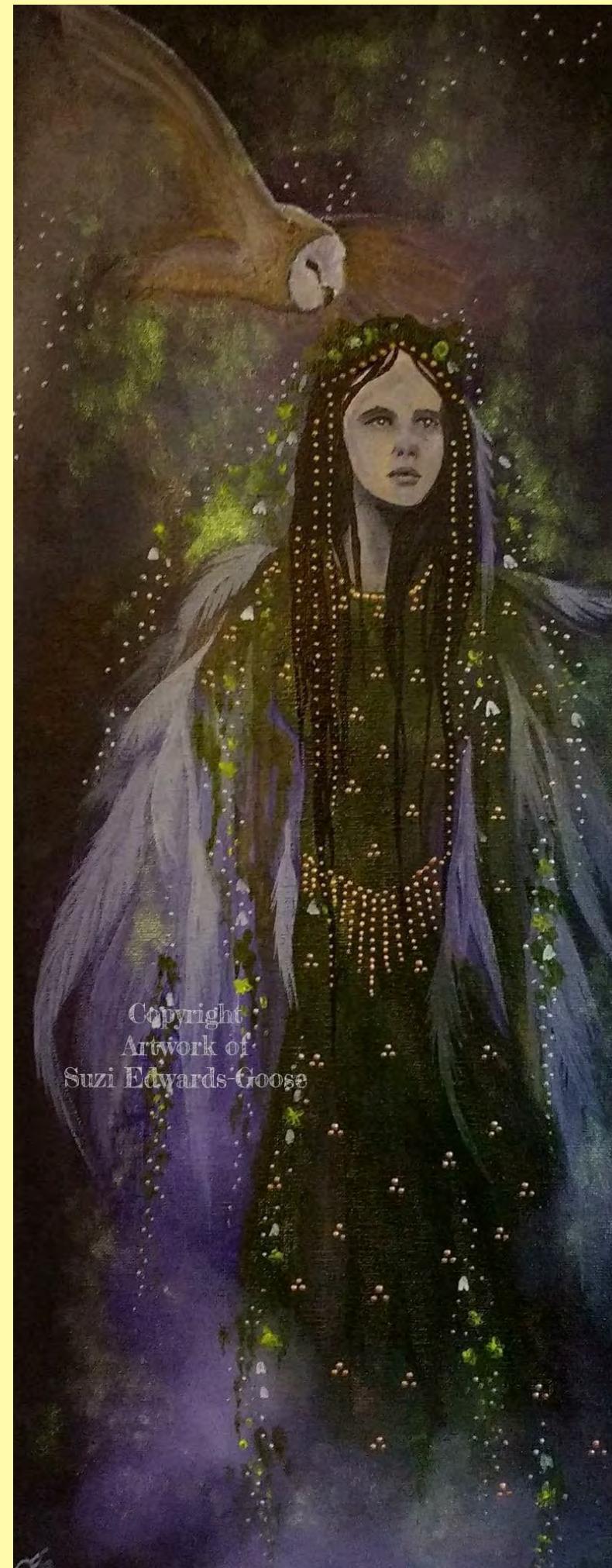
Art by Dr Andrea Redmond

<https://www.facebook.com/Cailleach-Moon->





By Rhiannon H—Aged 7



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More information can be found at—

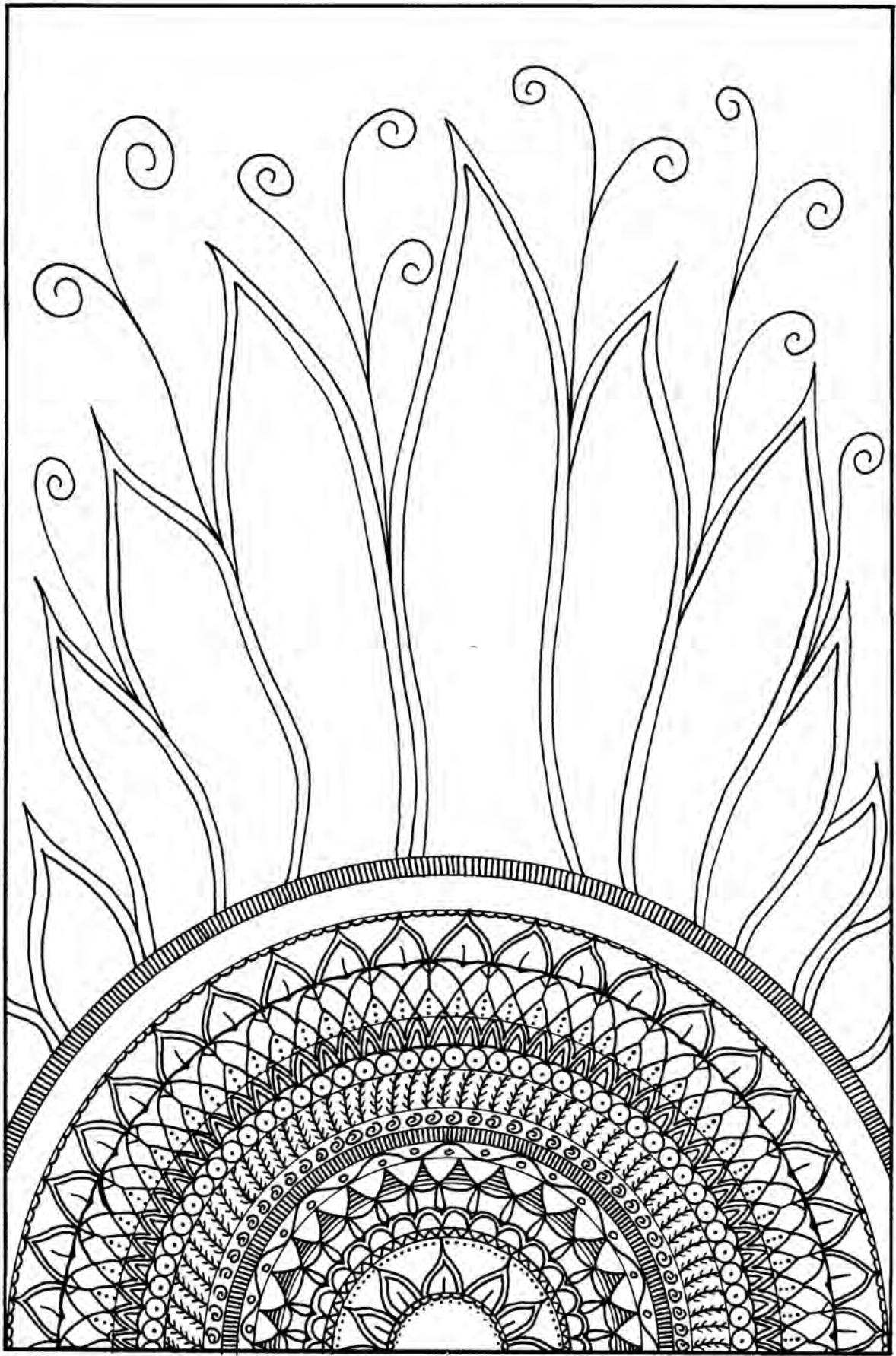
[https://www.facebook.com/  
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**Greenmantle**  
A Pagan Journal  
<http://www.greenmantle.org.uk/>

Greenmantle is a magazine for Pagans and occultists of all beliefs, paths and denominations. Founded in 1993, it has a unique voice combining thought-provoking and intelligent articles with news, humour, and a light-hearted personal touch. Avoiding the how-to and basic, Greenmantle concentrates more on living and reflecting as a Pagan, than on practice, and perhaps resonates more with the mature Pagan than the novice – though all are most welcome. One of the few surviving hardcopy magazines, Greenmantle has enjoyed over 25 years of serving the Pagan community.

• PRINT OUT PAGES



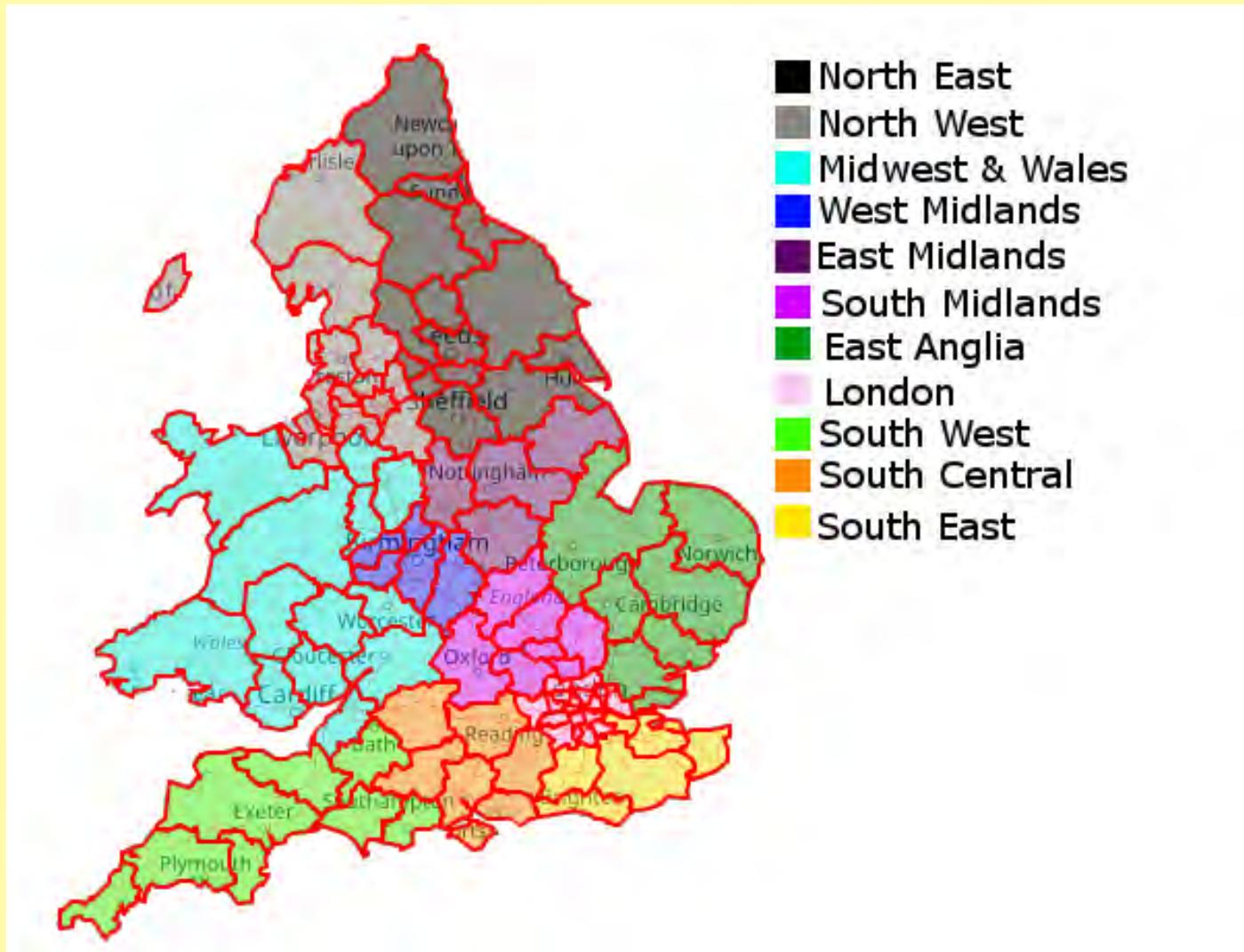


# MOON MAGIC



RACHEL PATTERSON

PAGAN PORTALS



If you're unsure which PF district you're in, this handy map by Jason Slowe can help!

## Pagan Federation Shop

Did you know we currently have LOTS of special promotions happening in the PF products shop online?

Grab yourself a super value goody bag for just £12, containing items worth over £30. Or perhaps indulge yourself with a huge bumper box of 120 mixed scents incense sticks for only £2.

Pagan Federation Products – the perfect way to show your support for the work of the PF with a lovely gift for all seasonal celebrations. Badges, patches, calendars, T-shirts, mugs and more. Visit <https://paganfed.org/shop/paganfederation-products>

Check the shop or social media for announcements to keep updated with offers and discounts. For queries please contact Jo on [products@paganfederation.co.uk](mailto:products@paganfederation.co.uk)



[www.paganfed.org/shop](http://www.paganfed.org/shop)

# ***Interfaith Spotlight***

## **The Importance of Interfaith Work**

**Jan Malique—Pagan Federation Deputy Interfaith Manager**

*The definition of “interfaith” in the Cambridge English Dictionary is as follows:*

***“Relating to activities involving members of different religions.”***



As you can see it's a pretty broad definition, but what does it mean in our everyday lives? Our societies, both pagan and non-pagan, are a diverse mix of cultures, voices and identities, co-existing in a world that will be unfamiliar to our ancestors. We endeavour to either practise ancestral spiritual traditions or ones we have adopted as our hearts have dictated, polytheism and monotheism rub shoulders sometimes in

the same family unit. For some individuals their practice may consist of adhering to a set of non-religious tenets. Regardless of who we either choose or not choose to pay our respects to, on the whole our beliefs will sustain and enrich life in numerous ways. They will define who and what we choose to be in this world (and perhaps in other realities).

The ways of worship and devotion are myriad, and all is acceptable. But what happens when lack of awareness and misconception rise amongst different faith and cultural groups? Human history has been witness to events that have shown a negative side of the psyche, even into modern times. This has necessitated much soul searching, as well as a need for healing and reconciliation. It paints a bleak picture but huge progress has been made by many organisations over time, including the Pagan Federation, to build bridges and promote harmony. Positive as that sounds there is much to still achieve, it's an ongoing process. We all have a responsibility to create a tolerant, just and fairer society where everyone feels safe and comfortable to practice their spiritual tradition, or practice none.

With respect to interfaith work, dialogue, education and a willingness to see the other point of view (even if we do not agree with it) go a long way towards creating better understanding. The process involves seeing past stereotypes and misunderstandings, in essence appreciating that every person deserves respect. This also applies to the traditions amongst the pagan community.

In a personal capacity I've grown up in culturally diverse communities who have followed different traditions to my own, and it has been a fascinating journey and experience. It has also brought home the importance of promoting better relations between faith groups, and standing together in the face of prejudice, bigotry and racism. This is of even greater importance in present times, and especially important in the engagement of young people in interfaith activities.

If we broaden the definition of interfaith work we can see it aims to promote co-operation, understanding, positive relations between people and organisations of different faiths, and of no faith. It is about appreciating our significant differences, but also about finding common ground between us.

This is a worthwhile vision and endeavour don't you think?

You can find out more about the Pagan Federation Interfaith team or get information about getting involved by emailing Jan at [interfaith.sec@paganfederation.co.uk](mailto:interfaith.sec@paganfederation.co.uk)



To find out more about the interfaith work being done throughout the UK right now, check out the Interfaith Network for the United Kingdom's website and social media.

<https://interfaith.org.uk/>

<https://www.facebook.com/ifnetuk/>

Twitter—@IFNetUK

# Cooking with Kids

## Messy Ostara cake.

You will need:

Chocolate eggs (big or small)

Preferred cereal

2 bars of cooking chocolate

300g butter—softened

600g icing sugar

2 types of preferred cake batter

2 round cake tins

Parchment or baking paper



Making cakes is a favourite of mine and our little ones love to help us with mixing and eating, its messy, fun and delicious.

Have them help mixing up the two cake batters, these can be any flavour you like, i chose vanilla and chocolate. pour one mixture into the two tins and bake for 20 minutes or until golden and bouncy. while those are cooling on a rack pour your second mixture into the two tins and repeat.

In a bowl break down your chocolate and melt, this can be over a pan of hot water or in the microwave, making sure not to over cook the chocolate as it will clump. Once away from the heat have your child/children mix in the cereal and pour into a lined cake tin, and press into a nest shape and put in the fridge to set.

mix your soft butter or spread (stork is best i have found) and gradually add the icing sugar mixing as you go. Layer the cooled caked with jam and butter icing, making sure you save enough to cover the outside of the cake. Now that the nest has cooled and set, remove it from the tin and place on top of the cake, fill the nest with chocolate eggs and place some into the icing around the cake.

By April Cope

# Diverse Deities

## Athena



Athena is one of the first goddesses I learned about when I first stepped onto my path. One of the twelve Greek Olympians, she was one of Zeus' daughters. Born from his forehead without a mother she became one of his favourites, and as I learned more about her, one of my own favourites too.

The goddess of wisdom, war and crafting, her character and stories spoke to pieces of me that at that time I did not know existed. What I did know was that I was most definitely in awe of her and her qualities at the tender age of sixteen or seventeen seeing her defensive and strategic way of approaching war as admirable and her patronage of heroism as honourable.

As I explored her stories, it always seemed to me that she had honour and integrity about her, choosing the higher ground when her father and siblings choose the opposite and became petty and aggressive. She became a symbol of freedom and

democracy and, for me at least, stood for female empowerment and the right to choose your own path, whatever you might chose that to be for yourself.

Athena is different to many of the Greek gods. She is still humanlike just as the others are but has none of their pettiness. She uses wisdom to seek the right path ahead and demonstrates it with her actions which are always carefully considered rather than simple reactions.

I love that she is goddess of things that are different from one another but that ultimately compliment each other too. War is a very destructive thing, yet she manages to find skill and wisdom in the making of it and does not destroy just for the sake of destroying something. She uses wisdom to decide whether it needs destroying and the benefits in it and then crafts a path to some sort of creation through that destruction. In my eyes, exactly how it should be done.

*Sarah Kerr*



Ants -

Ants have been around for a very, very long time and live on every continent on Earth except Antarctica. They live with lots of other ants in a nest and this is called a colony.

Ants are very organised and they each have their own job to do for the colony including keeping their nest clean and defending it from other creatures. They work hard and are really great at being a team, talking to each other all the time to get things done.

Ants are also clever, they build their nests a certain way to make the most of the sun to keep the nest warm and will work with other animals too if it helps out both.

Ants are a very successful creature and we can learn a lot from learning about them.



Keep talking – it is important for friendships and relationships and can help to solve problems

Be a team player – working as a team is good, you can achieve great things with teamwork.

Look after your family and home – family and home are special, look after them and they'll look after you.

Article written by Hannah Semple

## The Families Team are Recruiting!

The Children and Families team have spent the last year and a half solidifying our procedures and defining the work that we should be doing for our community. There are some changes happening and by the time this edition of Aether arrives with you, there will be a new team manager, a new President and new paths being forged – that means it's definitely time for this team to grow in size and capability.

Every role within the PF is filled by volunteers - we could not function and do the valuable work we do without them. They are the vital life blood of everything we do, feeding the necessary support we provide for our community with their time and energy and as we have all learned here, there is nothing more certain than the need for support for our community, especially in difficult times such as the ones we are living in right now.

The PF has always existed to work for ensuring the rights of all Pagans are cared for and protected, that is no different for Pagan families who are among those in the community who find obstacles in the way of practising their faith such as access to events, moots and other aspects of their faith. The families team specialises in identifying those obstacles and finding positive ways to break them down and work around them. The future for the PF looks no different in terms of the work we do, but it does look a lot different in terms of the shape the PF takes. We are applying for charity status this year and looking to up our game in terms of how we achieve our goals and that means we need great people to help us achieve them.

The benefits of being a volunteer are many fold and though it doesn't carry the same benefits as a paid role such as a salary, paid holiday time or a pension, it does carry plenty of other benefits. Professionally, it can help you gain new skills and find new experiences. It can also help you to develop an existing skill set and looks great on any CV. Socially, it can help you to meet new people, find new ways and new chances to socialise as well as get to know your wider community. Finally, on a personal note, it can enable you to give back to an organisation that has helped you and make a real difference in the life of others and help others less fortunate to have a voice. It can also help you to gain confidence in yourself and feel valued as part of a team.

We have several roles available from deputy manager to liaisons to work in our districts and social media officers. The range of skills that we need to help the team to do their work include familiarity with policies that relate to children and their families, social media and wordpress skills, an ability to communicate and listen effectively, a solid work ethic and a willingness to learn. If any of that sounds like you and you're looking for any of the benefits I listed above then please visit our website at the link below for full details, job descriptions and details of how to apply. We would love to have you join our team!

<https://www.pfcommunity.org.uk/vacancies/>



# Aether Quests

## OUT NOW!



The children and families team are really excited to announce the arrival of Aether Quests. But what are Aether Quests? If you ever did Scouts or Guides you'll know about the patches you can earn in return for completing tasks; well these are a similar idea but with Pagan themes. There will be quest packs available to download for free from the PF Community website. These packs will contain challenges related to each quest. There will also be an embroidered patch associated with it for you to purchase, if you wish, to award your child (or yourself) once the quest is completed.

It is open to children of all ages (including big kids!) but aimed at 3-18. There will be a variety of activities to accommodate a wide range of age and ability, and the number of challenges to complete will differ for each age group. The challenges have been split into the five senses and it is a good idea to choose your challenges to complete from across the different senses. Sight challenges are about seeing what you can see as well as looking up and learning about aspects of the quest. Sound challenges are about listening and how it shapes our interaction with the object of the quest. Smell challenges are not just about smells but the memories they create and evoke. Taste challenges are about foods related to the quest. Touch challenges are physical, hands on and crafty activities related to the quest.

These are a great way to introduce your child to Pagan themes and concepts. The first set of quests to be released are the elements of Earth, Air, Fire and Water but we have others planned such as the eight festivals, the moon, zodiac signs etc. If you have any other suggestions for quests please do let us know.

Find out more at—<https://www.pfcommunity.org.uk/aether-patches/>



**Touch Challenges**

The sense of touch is physical, so get hands on with these craft activities and challenges

- ☐ The element of earth is associated with grounding. Imagine there is a tree with big roots reaching deep into the earth and when the strong wind blows, those roots keep you safe and strong. Don't forget to write your experience in your journal.
- ☐ The element of earth is associated with money. Have a go at fundraising for a wildlife or other earth related charity.
- ☐ The element of earth is associated with the cold winter months. Write or draw your favourite winter activities.
- ☐ Have a go at wood carving or whittling.
- ☐ Insects are really important to the earth's ecosystem. Have a go at making a bug hotel for the insects in your garden.
- ☐ Looking after the earth is important and litter is a common problem for the environment. Take part in a litter pick to help protect the wildlife in your area.
- ☐ The element of earth can be felt in many places. You could visit woodland, climb a mountain, go caving, walk through fields, spend time in your garden or allotment. How do you feel in different places associated with earth? Write it down in your journal.
- ☐ Our ancestors made sacred places using natural earth elements. Visit a cave, stone circle or even a grove of trees and note in your journal your experience. Have a go at making your own sacred place.
- ☐ Statues, cups and other items can literally be made from earth. Have a go at sculpting or pottery, you could even make your own alter items. Air dry clay is readily available and does not need firing to set.



## *Flower Pressing Fun! With the Families Manager*

My little dilophosaurus and I made a Beltane Butterfly but you could do this for any festival and it doesn't have to be a butterfly.

### Materials

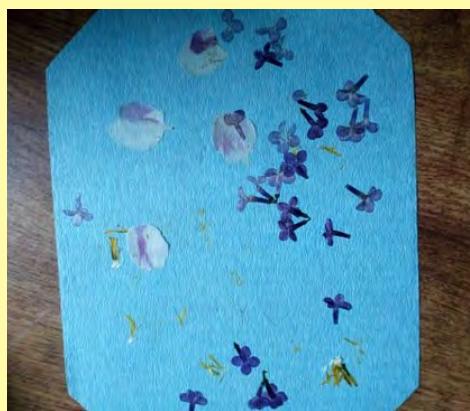
Pressed flowers

Laminating sheet and laminator

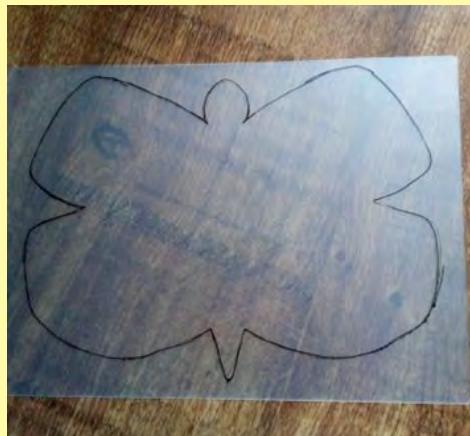
Pen that will work on the laminating sheet

Scissors

Pick some flowers and press them. If you don't have a flower press you can place them between two sheets of kitchen roll and stack heavy books on top of them.



Draw an outline of whatever image you want on your laminating sheet, as I said before, we did a butterfly.

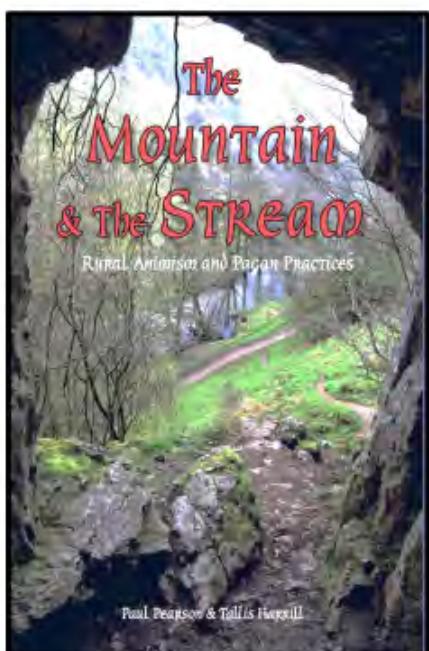


You want to place your dried and pressed flowers within this line. When you are happy with your placement, or more accurately, your child has used up all the flowers, laminate it.



Once it has cooled, cut out round the image you drew and it's done. If you want to hang it in the window use a hole punch and some string or ribbon to make a hangy loop.

- Krys



## THE MOUNTAIN & THE STREAM

Rumours of ancient traditions have followed Paganism since before Gerald Gardner brought Wicca to the public. Modern scholars have cast doubt on the so-called survivals championed by Margaret Murray and her counterparts.

*But have they been asking the wrong questions?*

Describing personal experience in two initiatory rural traditions – from the hills of Cheshire to those of Tuscany – ***The Mountain and the Stream*** offers new theories and insight in comparisons of several traditions. In this new book the editors of *Greenmantle* magazine ask how modern traditions relate to ancient animism and what that means for Pagans today.

**Now Available in paperback**

**Price £8.50**

**+£1.50 p&p**

Available from:

<http://www.greenmantle.org.uk/book.html>

*"...it is a lovely read: fast-paced, clearly-written, intelligent, passionately sincere and moving, and containing some very interesting new information."*

**- Professor Ronald Hutton**

*"...One heck of a page turner... Not often I read a Pagan book that I can't stop reading until I've finished it."*

**- Mike Stygal (outgoing President of the Pagan Federation)**

**Windgather Publishing**

# KEY WORKER SPOTLIGHT!

*We at the PF would like to take this opportunity to highlight some of the key workers in the community during this current pandemic!*

*To all our key workers, we see you and we appreciate you.*

*Love and blessings from  
the Pagan Federation Community Support Team.*



Please note—We wanted to take the time to thank our key workers and we know that this is a very small sampling of a large group of people. To protect their identities no information is included but we felt it was important to show some faces.

# Aether Glossary



**Here are some definitions and links that may be useful for those new to the community, youths and children.**

**Pantheon** – A group of deities associated with a specific group.

**Aether** – The upper sky or breath of the divine.

**Resonates** – To trigger positive feelings or an emotional response.

**Faith** – A system of spiritual belief.

**Horus** – A sun god of Egyptian origin.

**Juno** – Roman queen of heaven.

**Triglav** – Slavic deity.

**Magec** – Deity of light.

**Oracle** – A divine form of communication.

**Oracle cards** – Cards used to communicate with the divine.

**Divine** – Comes from the Latin word for “godly” and is associated with anything deemed “more than” or “super” natural.

**Revelation** – A profound understanding or communication.

**Symbolic/symbolism** – When one thing represents or stands in for something else.

**Angels** – Divine messengers.

**Zen** – A state of meditation.

**Divination** – To communicate with “other” or to interpret signs.

**Sabbats** – Seasonal festivals that celebrate the changing wheel of the year.

**Deities** – Personification of the divine.

**Moot** – A meeting of Pagans.

**Moon phase** – The cycle of the moon from waxing to waning.

**Mindful** – To take more conscious notice.

**Hail** – A form of recognising the divine or the congregation.

**Sidhe** (pronounced shee) – Magical creatures in Celtic and Gaelic mythology. Often compared to fairies.

**Wicca** – Pagan path often associated with witchcraft.

**Faerie/fae** – Mythical beings associated with many beliefs systems.

**Celebrant** – A person who performs ceremonies such as birth blessings, funerals and Pagan unions.

**Altar** – A sacred space, often displaying tools of an individual's path.

**Rite/rites** – A ritual or ceremony of divine or spiritual significance.

**Druid** – Celtic Earth based path.

**Runes** – Ancient Germanic alphabet now often used in divination.

**Atheist** – An individual who doesn't subscribe to conventional constructs of spiritual beliefs.

**PF** – The Pagan Federation – An organisation who aims to support the Pagan community and educate those outside the community on Pagan practices.

**Meditate** – To either look inward or look to the divine in an attempt to find answers or calm.

**Solstice** – Points of the year when the Earth is tilting either closest too or farthest away from the Sun, either at Summer or Winter, causing the longest and shortest days of the year.

**Equinox** – Points precisely halfway between the Solstices.

**Samhain** – Often confused with or associated with Halloween, this is the festival halfway between the Autumnal Equinox and Winter Solstice and is often associated with death or new beginnings.

**Ostara** – Associated with the Spring Equinox.

**Yule** – A Northern European celebration of the Winter Solstice.

**Guru** – A spiritual guide or mentor.



**Doreen Valiente** (pronounced valient-ey) – Often called the Mother of Modern Witchcraft. Important figure for anyone in the Pagan community, a pioneer of our modern practices.

**Pagan/Paganism** – A term for those who identify as falling under the umbrella term for many, mostly Earth based, practices.

**Tradition** – A series of practices or beliefs that are handed down through generations or practiced regularly and consistently.

**Ritual** – A ceremony repeated at significant times or for significant reasons.

**Spell/spell work** – A ritual with a specific purpose. A working of intent.

**Karma** – The ideology that your actions have further consequences that will manifest.

**Wyrdr** – Similar to fate or karma.

**Havamal** – An ancient text of Nordic origin.

**Ancestors** – The generations that came before, your deceased family.

**Reincarnation** – The ideology that a being can be reborn into another life after death.

**Tribe** – A group of people who are connected by ancestors, beliefs or customs.

**Religious practice** – The beliefs and traditions of a particular faith or faith group.

**Theology** – The study of the divine and spiritual.

**Occult/Occultist** – Relating to magic or supernatural practices.

**Denominations** – Particular faith groups.

**Magic** – Some call this the supernatural ability to harness and control and others call it other things. It's best to read a lot and decide for yourself.

**Magick** – A word used to distinguish the magic of faith beliefs from the stereotype of magic and magicians tricks.

**Celestial** – Heavenly or divine.

Relevant links -

Pagan Federation – <https://paganfed.org/>

Pagan Federation Shop - <https://paganfed.org/shop/paganfederation-products>

Moon Books—<https://www.johnhuntpublishing.com/moon-books/>

Dan Coulter—[https://www.amazon.co.uk/Dan-Coulter/e/B085BP93BQ?ref=sr\\_ntt\\_srch\\_lnk\\_1&qid=1588250240&sr=8-1](https://www.amazon.co.uk/Dan-Coulter/e/B085BP93BQ?ref=sr_ntt_srch_lnk_1&qid=1588250240&sr=8-1)



**Thank you for taking the time to read this publication, which has featured work from people all over the Pagan community!**

**We at the Pagan Federation thank our contributors and we wish you, our whole community, a very happy and blessed Summer and Harvest season!**

