

COVENANT OF THE GODDESS



YULE 2021
VOLUME 47
NUMBER 1

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As is consistent with the values and beliefs of our religion, the Covenant affirms our belief in the spiritual and social wisdom of peace in the world. We aspire to stand in fellowship with the people of all religions, cultures, and ethnicities in our shared desire for peace. We do this for the sake of our shared love of the Earth and all living things that dwell upon it.



MEMBERSHIP RENEWALS DUE AT IMBOLC

Imbolc renewals are due on **February 2, 2022**. The Drop-dead date is **February 12, 2021** after which your membership will lapse and you will need to reapply. Renewal forms are emailed to the email address on file from your last renewal. If you have NOT received this form, please contact the National Membership Officer immediately (membership@cog.org).

CHAMISA LOCAL COUNCIL:

- ❖ Circle of the Cauldron
- ❖ Our Lady of the Woods

EVERGLADES MOON LOCAL COUNCIL:

- ❖ The Sylvan Forest
- ❖ Amy P
- ❖ Coyote Morningsate
- ❖ Qabal

HILLS AND RIVERS LOCAL COUNCIL:

- ❖ Coven of the Wooden Veil
- ❖ Hearthfire Coven
- ❖ Hekate's Wheel

NORTHERN CALIFORNIA LOCAL COUNCIL: NONE

ORANGE COUNTY LOCAL COUNCIL: NONE

SOUTHERN CALIFORNIA LOCAL COUNCIL: NONE

TEXAS LOCAL COUNCIL:

- ❖ Circle of the Star
- ❖ Anastasia L

TOUCHSTONE LOCAL COUNCIL:

- ❖ Ecclasian Fellowship

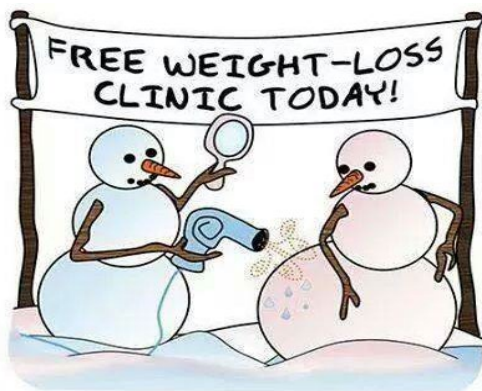
NATIONAL COVENS:

- ❖ Church of the Earth
- ❖ Grove of the Willow Wood
- ❖ White Buffalo Clan

NATIONAL INDIVIDUAL MEMBERS:

- ❖ Aracos Arendel
- ❖ Eibhlean
- ❖ Jerrie H
- ❖ Kirk W.
- ❖ Raniananda

FRIENDS OF CoG: NONE



OUR GOVERNING BOARD

- National First Officer – Lord Verderius
- National Purse Warden – Manny
- Chamisa – Tiffany B.
- Everglades Moon – Raven
- Hills & Rivers – Lauren T.
- Northern California – Thea Bristlebroom
- Orange County – Janine
- Southern California – Monica / Lady Mariah
- Texas – Orin
- Touchstone – Lord Soec
- National Covens – Lord Solandrin
- National Individual Members – Grace Moonhawk
- Governing Board Recorder - Bonnie

LETTER FROM THE FIRST OFFICER

Holiday Greetings CoG Members,

Well it is sad to say, but this is my final Yule letter as the National First Officer. It has been both an honor and privilege serving the Covenant in this distinguished position for these past two plus years. We have been through a lot together during my term as the NFO. I know that surviving the Covid-19 pandemic has been a challenge for all of us! Additionally, I know we are eager to come together this coming August of 2022 for our first in-person Grand Council/Merry Meet in Santa Ana – California. It has been a long three year hiatus from having GC/MM in person. I look forward to seeing so many of you at that special event. Please stay safe and healthy in the New Year!

One of my final acts as the National First Officer is to announce the re-appointment of the Interfaith Reps who have been working diligently over the many years on behalf of the Covenant of the Goddess. It is my honor to announce the re-appointment of the following Interfaith Representatives. Rowan Fairgrove, M. Macha Nightmare, Andrea-Joy Kendall and Don Frew. These astonishing people continue their amazing work as Interfaith Reps. More importantly, they bring about knowledge of our magical organization and the Pagan/Wiccan Religion as well. Thank you one and all for your continued work on behalf of CoG!

The Wheel seems to turn faster and faster between the Sabbats. I feel like I am writing a new Sabbat letter every other week. However, I am happy to announce that the CoG survey put together by the Governing Board Reps will be distributed in the days ahead. Please take the time to respond to and answer the important questions being asked on the survey. Your personal input is vital to our continued growth and development of our organization. We try to hear the call of the membership at large.



Additionally, I hope that in the new year of 2022 that more members will join us for our semi-monthly Wednesday with Witches. There have been many great topics and some really amazing conversations that have in-sued on the topics we've discussed. We would love to see more of our CoG members come to meet and greet the amazing individuals who are interested to learn more about CoG and the craft workings of its members. Your participation and involvement would be most appreciated by me and the Marketing and Outreach team. We hope to see more of you join us in 2022!

Once again, I would personally like to thank Canu for all his hard work with the migration of the CoG server and forums development that he completed for CoG. Canu has retired from his position at NetCo. Our new current appointed NetCo and tech guru is Orin, and we welcome him our Tech Team. Also a big shout out to our amazing Tech Team for their awesome transformation and the implementing of our new email messaging system for us to use on Groups.io. The easy access to AIR and DD are much appreciated for continued communication of the CoG members. A Big Hazzah for your precision in getting us all back online in an email environment. Thank you!

In closing, I would like to wish you all the happiest of winter holidays. Have a Blessed Yule and a Prosperous New Year! May the Gods continue to watch over us and preserve the Craft! Brightest Blessing to everyone!

In Love & Light,
 Lord Verderius
 National First Officer

GOVERNING BOARD MINUTES

~November 14, 2021~

Invocation:

Lord V invoked Coventina

Roll Call:

7 of 10 GB constituencies represented and both Officers present. We have met quorum.

Roll Call – (Quorum is two-thirds present):

National Officers:

- ✓ First Officer – Lord Verderius – present
- ✓ Pursewarden – Qabal – present
- ✓ Recorder – Bonnie – (Does not count toward Quorum)

Governing Board Representatives:

- Chamisa LC – Polaris / Alt: Lady K – Polaris
- Everglades Moon LC – Lord Rieken / Alt: Dennis – Lord Rieken
- Hills & Rivers LC – Lauren / Alt: Jamie D. – Jamie D.
- Northern California LC – Deborah B / Alt: Linnea – Linnea and Deborah B
- Orange County LC – Janine / Alt: Morgana – Janine

- Southern California LC – Lady Mariah / Alt: Lisa M. – Lady Mariah
- Texas LC – Guinevere / Alt: Orin – Orin
- Touchstone LC – Lord Soec – Lord Soec
- National Covens – Lord Solandrin – Not represented
- National Individual Members – Grace Moonhawk – Not represented

Visitors:

Thea – National Co-membership officer

Reports:

Thea has stepped in as National Co-Membership officer.

- Report: Updating all membership renewals, verifying email addresses, and expects to have all updated by Yule. She continues populating Groups.io subgroups.

Old Business:

Active Committees: Which active national committee should be under GB oversight?

SEXUAL HARASSMENT/CONSENT CULTURE COMMITTEE – This Committee has been abandoned. There is no chair or committee members willing to work on it.

- Lord Soec felt this was too broad of a topic for the GB to tackle.
- Lady Mariah was concerned that this will bring about a retro-active “witch hunt” of past abuse and harassment.
- Thea pointed out that a consent culture statement was already on the CoG website.
- Deborah Bender felt this was something to be defined in bylaws due to this concerning ethics of members of the covenant and has asked that the Bylaws Review Committee provide a statement for review by GB to provide a proposal to Grand Council.
- Lord V will consult with Membership and Outreach officers to review information submitted by Don Frew and present to GB for consideration and discussion.

BYLAWS REVIEW COMMITTEE – National Recorder is Chair

- Written report to be provided prior to next Governing Board meeting
- At next Grand Council, need to propose a vote to approve all amendments added to bylaws during virtual meetings.

PATH TO MEMBERSHIP COMMITTEE - National Membership Officer is Chair

- Written report to be provided prior to next Governing Board meeting

STANDING SOCIAL JUSTICE COMMITTEE

- Janine will chair this committee
- When a given social justice issue arises that may require a response, members of the Covenant shall be notified via AIR that an



assembly is being formed to address that issue;

- Lord V and Lady M will be active members of this committee
- This committee will only be active if a social justice issue needs a response. If no resolution is achieved by the end of three weeks, the issue is abandoned;
- When a statement has been formulated, this committee shall coordinate with the National Interfaith Representatives and the national and local PIOs with respect to making any public statements on behalf of the Covenant.
- Whether or not COG at the national level wishes to issue such statement, Local Councils can issue the statement, or a revised version of it, as they choose.

TIMELINE PROJECT – Committee Head - Andrea Joy Kendall, Committee Members are Anna Korn, Donald Frew, M. Macha NightMare, and Link

Lady Mariah to Send out Survey – *The survey to poll the membership to identify people who might want to become active in certain areas they are interested in or might be currently doing in their communities should go out to the membership within two weeks. Lady Mariah is working with Manny on the Survey Monkey account.*

No action has been taken. *Manny and Lady Mariah to discuss.*

Grace Moonhawk to research and prepare search report for word and service mark “MerryMeet” and associated costs **to trademark MerryMeet.** *Tabled until Grace Moonhawk is present to provide a report. No update – Grace was absent.*

These are the items for the Future Vision of the Covenant work we did way back last year!

Priorities (as summarized from October 11, 2020 National Officers Meeting)

1. New members/establish LCs/re-establish defunct LCs – Determine what LCs need – Making CoG more inclusive to those who are not interested in Degrees or Traditions to bring in younger Witches and people of color.
2. Build a culture within CoG by emphasizing the social aspects of CoG and develop language about what we offer – This is important to bring in new members. – PIO is continuing this work.
3. Outreach and mentorship with education to reach new people and support existing members with leadership to build, sustain, and encourage Craft culture. – PIO and Outreach are continuing this work.
4. Becoming Pagans with a purpose by supporting and performing conservation and/or activism for wildlife and wildlands – get back to basics –

5. Prison Ministry/Inmate Ministry –
For the future vision for the Covenant – (from the November 8, 2020 Governing Board Meeting Minutes)

1. Find ways to build a culture within CoG to make it more enticing for members
2. Mentors and leadership
3. Build, sustain, and encourage Craft culture
4. Become Pagans with a purpose
5. Emphasize the social aspects of CoG and make them a selling point (building further on the PIO and Outreach efforts)
6. Back to basics as an earth-religion/based organization – wildlife and/or wild lands conservation – be identified as an org that supports the environment
7. Education
8. Prison ministry (Inmate Ministry)
9. Re-establish defunct local councils
10. Governing Board as a think tank to brainstorm ideas – create a visionary structure for the board
11. Develop language about what we offer – what CoG can be for people
12. More marketing data with feedback from not just internal but also from external to CoG – how are we viewed externally?
13. Establish/re-establish LCs in metropolitan areas
14. Focus on establishing LCs in places where we might have National members (not necessarily where we were established before)
15. As more LCs are created and the Board gets larger, the GB reps could have a different role in their local council if we were to consider all members as National Members. Local Councils would then be free to have different kinds of responsibility and activities instead of being a path to membership

New Business:

The Synchrony Account

- GB does not have issues with this continuing as is.

Proposal to restructure the Pursewarden role.

- GB would like Manny to make proposal of changes and bring back to next GB for discussion.

Identify what are the benefits of membership besides credentials and networking Identify what are the ways we can be relevant

- Manny suggested that young people today want quick knowledge, but not be under authority
- Orin and Janine suggested more public rituals, education, and workshops to attract new members
- Interfaith reps need to be re-assigned and announced in Yule newsletter.



PROCESS TO DISSOLVE A LOCAL COUNCIL'S FINANCES PROJECT – *There is no language in the Policy Manual that a Local Council should follow when they determine to dissolve. This Project needs a resolution.*

The Governing Board will address this.

- The GB would like an expert on CoG bylaws to be present when this topic is discussed.

Meeting Adjourned: 8:13pm (C) with action items as follows

Action items:

- h Thea to resend information from Don Few to members of GB
- h Lord V to meet with Membership and Outreach officers to discuss policy on sexual harassment and consent culture and present to GB for discussion.
- h National Membership Officer to provide written report on progress of PATH TO MEMBERSHIP COMMITTEE for next GB meeting.
- h National Recorder to conduct meeting and provide written report on progress of BYLAW REVIEW COMMITTEE for next GB meeting
- h Manny to provide proposal of changes to Pursewarden role

- ✓ Second Officer – Queen Scott (Mary S.) – Present
- ✓ Membership Officer – Lady K / Thea Bristlebroom – Thea Present
- ✓ Publications Officer – Lord Soec (Jack) – Present
- ✓ Pursewarden – Qabal – **Absent**
- ✓ Public Information Officer – Janine N. – Present
- ✓ Outreach Officer – Brandon P. – **On Sabbatical – Absent**
- ✓ Correspondence Officer – Grace Moonhawk – **Absent**
- ✓ Recorder – Faelind – Present

Officer Reports:

First Officer (Lord Verderius): *[Please see full report on page 8].* Lord V opened discussion on how we can engage Dee or Brandon to provide the account information to the YouTube channel so Janine can post videos. The Officers discussed creating a new YouTube channel since we are unable to secure the account log in information despite repeated attempts. Queen Scott suggested that in the future, there be a policy to have all social media account information with three members to include the First Officer. She plans to submit a Policy change proposal to Grand Council.

Second Officer (Queen Scott): *[Please see full report on page 8]* Finalizing the project plan for Grand Council 2022 by end of month. She plans to send out to board members for comment and suggestions. OCLC held a semi-annual fund-raiser. They were able to substantially add to their budget for GC 2022.

Membership Officer (Lady K / Thea B.): *[Please see full report on page 8]* She plans to send an updated membership Roster to Lord Soec and is catching up on the membership items. She needs the official seal for the documents.

Publications Officer (Lord Soec): *[Please see full report on page 9]* Lord Soec noted that the deadline for the Yule newsletter has passed so asked that all Officer reports be submitted as quickly as possible. He is asking for additional articles and noted that he received wonderful articles from Macha and Andrea for the last newsletter. He has added new continuing articles to the newsletter. He added all the meeting dates to the newsletter.

Thea mentioned that she had not seen the variances, but Lord Soec confirmed they were in the Samhain newsletter. She was instructed to clear her cache and try again.

Pursewarden (Qabal) *[Please see full report on page 9]*– Absent. Lord V and Janine noted

EXECUTIVE BOARD MINUTES

~December 12, 2021~

Invocation:

Lord V invoked Coventina.

Gracious Coventina!

Goddess of growth and spiritual fountain of life-giving waters,

Be with us now.

Lead us in your ways as you light the immeasurable path before us.

Coventina, Great Matron of the Covenant,

Share with us your insight that shall enable

us to collectively work together in the humble honor of your Grand Design.

Sacred Goddess of inspiration lend us your aid and bring the Covenant back into abundance through your illumination.

Assist us to establish growth and prosperity for the Covenant.

We, your devoted children, seek your strength and encouragement.

Blessed Be!

Roll Call – (Quorum is two-thirds present):

6 of 9 present. Quorum met.

National Officers:

- ✓ First Officer – Lord Verderius – Present



that Manny planned to visit Atlanta in January to resolve issues with the Synchrony account.

Public Information Officer (Janine N.):

[Please see full report on page 9] Lord Soec asked if she could send a word doc. Janine had issues with her WIFI so could not see there was no attachment. Discussed the Wednesday with Witches and November was "No"vember, reminding people to say "No" and practice self-care. December's WwW was about different Yule traditions and sharing cookie recipes. She was not planning a December Marketing and Outreach Meeting.

Outreach Officer (Brandon P.): No report. On Sabbatical. Absent.

Correspondence Officer (Grace Moonhawk): No report. Absent.

Recorder (Faelind): These minutes will be my report.

Old Business:

- **Meeting Schedule for 2022/Recorder**
 - January 9 - Combined Board - Bonnie
 - February 13 - Governing Board - Bonnie
 - March 13 - Executive Board - Faelind
 - April 10 - Combined Board - Faelind
 - May 8 - Governing Board - Bonnie
 - June 5 - Executive Board - Faelind
 - July 17 - Combined Board - Bonnie
 - August 12-14 - Grand Council - Faelind and Bonnie
 - August 21 - Governing Board - Bonnie
 - September 18 - Executive Board - Faelind
 - October 16 - Combined Board - Bonnie (old Executive Officers last meeting and all new Officers will be in attendance)
 - November 13 - Governing Board - Bonnie

New Business:

- What is the continued role of the National Officers now that the Governing Board is managing the needs of the Covenant? We each have our roles that will continue. How do we assist the Governing Board achieve their goals? Discussion will continue at the next Combined Board meeting. Discussion included whether the Governing Board is waiting on the membership survey to be

distributed before moving forward on leadership objectives. Does the Governing Board have objectives and goals? Are they waiting on the results of the survey before moving forward?

- How do we find future National Officers as we prepare to step down after our completed terms? Thea suggested that we interview the officers and publish that for the membership (perhaps via video) to show them what we do. Something short and sweet. Thea also challenged each Officer reach out to two members in their local council or constituency who might be interested. Jack suggested we bring this up in a Member's Only Wednesday with Witches, also.
- What can we do to better CoG as a National Board? Lord V thinks the Officers have done a great job. CoG membership continues to grow even through the pandemic. We have a new way to communicate with Groups.io and we have seen membership engaging with each other. Things are going well.

Call for Additions to the Agenda:

- Thea brought up a question about whether CoG planned to advertise in the "Between the Veils" conference that is being planned for the same timeframe as the previous Pantheon conference in San Jose. Does CoG want to host a Suite at the conference? The Tree of Trad folks are interested in holding a Suite. There is no program or list of speakers for the Conference yet.
- Thea suggested we discuss how we navigate our first in person Grand Council after the pandemic. Officers discussed ways to allow members and attendees to note whether they were hugging or touching or requiring distance with colored badges or some other way. Mary to add to the project plan.

Action Items:

- Mary will write up a Policy proposal for next Grand Council to have all social media account information with at least three members to include the First Officer.
- Faelind to provide Janine the URI Policy from Don Frew in order to work on the Social Justice/Consent Culture Policy the Governing Board is working on.
- Add the "Between the Veils" Conference to the upcoming Combined Board Meeting Agenda. Do any of the GB Reps plan to go?
- Faelind to send out the bylaws/policies regarding porous borders for Local Councils.



- Thea to follow-up with the SCLC MO regarding an application to see whether it has been acted on.
- Janine to talk with Thea to create a Marketing and Outreach Group in Groups.io.
- Faelind to find the information the Texas Local Council uses for the public sabbats to note whether an attendee is hugging or not.

Meeting Adjourned:

Meeting adjourned after 1:30 hours.

REPORTS OF OFFICERS

FIRST OFFICER

The winter holiday season is upon us. The hustle and bustle of life has been a bit exhausting, but we will soon have a respite to celebrate with family and friends. During the last Governing board meeting, recognized that the role of the National Officers has greatly changed, since the Governing Board Reps are working to establish the future vision and direction of the Covenant. We need to re-define our roles as National Officers on how we can best assist them to bring about a positive change for the continued growth of CoG.

As the National First Officer, I have added concern with missing National Officers who have taken leave of their positions for personal reasons. This can be a significant detriment for the Covenant when these positions remain vacant, on a long term basis. My hopes are that the National Officers who have taken temporary leave will return to service after the winter holiday season is over. We all know that the New Year of 2022 is fast approaching!

The absence of these National Officers has added more tasks on the remaining National Officers. Additionally, we are unable to access the CoG channel on YouTube to add additional content. Both the NPIO and myself have requested this needed information several times. I believe we may need to re-create a new YouTube channel if we cannot obtain online access to our original account.

We have hosted our last Wednesday with Witches for the current year of 2021. These have been amazing evening discussions with folks from around the country. I am excited to see what new content we will discuss with these potential new members, when we resume our WwW's in 2022. I have continued to encourage the Governing Board Reps to join us in these discussions, especially on the Members Only evening on the third Wednesday of the month.

In the New Year, I will be traveling and visiting several areas where we use to have a Local Council to meet with current and former members to see if we can re-establish future Local Councils in these areas of the USA. With the continued growth

of both the Pagan and Wiccan communities, we should be able to establish new members and former members to join our magickal organization.

I would like to see the National Officers have a goal setting discussion on what things we feel strongly about working on and accomplishing in 2022. I think this would be a great team building exercise for us and will help us re-establish our objectives and aspiration for the betterment of CoG.

In closing, I have reached out to the National Interfaith Reps to verify which of them are seeking re-appointment this current year of service for 2021-2022. Their continued work on behalf of the Covenant is vital to the education and acknowledgement of CoG to other varying faiths. Their work gives credibility to CoG as another world religion. I am truly grateful for their continued service to us all. The Covenant blessed to have their continued commitment and service.

With Gratitude,
Lord Verderius
 National First Officer

SECOND OFFICER

2nd Officer Report on Grand Council/Merry Meet Preparations:

We are finalizing our Project Plan this month for the event. That will enable us to effectively move on all points after the holidays.

OCLC had their semi-annual fund raiser last weekend and added substantially to our budget for hosting Grand Council/Merry Meet.

MEMBERSHIP OFFICER

Merry Meet CoG-kin,

Thea Bristlebroom here, recently I have been assisting Lady K as Co-National First Officer with clearing a backlog. Personal health issues and family matters are continuing to delay membership renewals and applications. Thank you for your continued patience!

In a previous report, Dee had said "Mabon renewals will be due by October 15th, 2021. Samhain renewals will be due by November 10th, 2021." **Instead, those Members who renew at Mabon and Samhain have until Imbolc to renew before being considered late.** The next batch of prefilled renewals will be going out shortly, and hopefully by the time you read this they will be in your email inbox. I will be reaching out to members for whom I don't have a renewal several times and ways before canceling anyone, and I'm very willing to work with anyone who needs a little time to get their tithes together.

Please know that there is money in the Grace of the Goddess fund to assist those who might need it, and the NMO is willing to work with



you for deferred tithe payments. Please do not let a temporary situation keep you from your membership in CoG! As a reminder, Grace of the Goddess funds may only be used for tithes and cannot be used to pay for Credential renewals.

Do you need some help with the NEW Groups.IO platform, or getting subbed to a group? Send email to *administrators (at) CovenantoftheGoddess.groups.io*, and someone (possibly me!) will contact you. I can even do a virtual online meeting with you to walk through how to use groups.io through both your email and the website.

I am one of the people (for the moment) who is assisting our new NetCo (Orin) with approving messages sent to AIR, and I have a couple of **Netiquette reminders**.

1) When you reply to an AIR post, remember to change the address to DD. There is a long-standing CoG policy that replies to AIR go to DD. Because groups.io doesn't have a way to automate this, I have been manually applying this policy and have rejected (such a harsh word!) several people's posts due to this.

2) At a minimum, all Coven Contacts MUST remain subscribed to AIR. Additionally, anyone who is subbed to a CoG forum (aka subgroup) MUST also be subscribed to AIR.

APPLICATIONS: Please read these statements and letters on AIR and DD! They can also be found in the this newsletter (Yule). If there are any objections, please contact me at membership@cog.org

- Friends of CoG – Amartya
- Covens and Individuals - Lord Lucian (with 1 letter of recommendation from Lady Magdalena)
- Welcome New Members
 - o Olivia Briggs (FoC) (Effective at Yule.)
 - o Minos Lassar (Everglades Moon LC) (Became a member at Samhain.)

I am not able to give the data for following categories now, and I may have it in the next few days, but I will definitely have it for the report in the next (Imbolc) newsletter.

- Transfer Requests
- Overdue/Lapsed Members
- Cancelled Members
- MEMBERSHIP STATUS

Wishing you a Bright and Joyful Solstice!
In Her Service, Thea Bristlebroom

PURSEWARDEN

A few things have changed since the End-of-Year Report. So, I am sending an update.

1. I transferred PayPal funds to the CoG main Chase account on October 31, 2021. The transfer was for \$10,757.93.

2. We paid another year of An Honest Host for \$275.40 for website hosting.
3. I executed a reimbursement for Genise White's \$25 payment error on October 24, 2021.

As of this evening, our total National assets are:

1. In our Primary Account: \$ 101,284.02.
2. In our Interfaith Account: \$5,585.62.
3. In our PayPal Account: \$157.30.
4. Synchrony with a current value of \$33,114.36 (as of 10/31/2021).

Our current total assets are **\$140,141.30**

Blessed Be

Manny

PUBLIC INFORMATION OFFICER

Greetings and Happy Yule!

Since my last report the Marketing and Outreach Team have been enjoying the holiday season. Our Wednesday with Witches focused on self-care, and "NO"-vember for those times we shouldn't overextend or ask for help. My time was split between responsibilities for CoG National and as PIO for OCLC and the promotion of our annual Winter Psychic Faire.

This month is about reviewing 2021 and planning our calendars for 2022. We have a couple of videos to post to the CoG YouTube channel – October Wednesday with Witches with Orion Foxwood and the CoG Timeline by Andrea Kendall.

This month we are sharing Yule traditions, stories and cookie recipes.

We hope everyone has a splendid Yule and a happy New Year! If anyone is interested in learning more about the National PIO position, please contact me or join us for Wednesday with Witches. Also, we could use volunteers throughout the year to help with posts to our various social media platforms (Twitter, Instagram, YouTube, TikTok and Facebook).

I look forward to seeing everyone in 2022.

PUBLICATIONS OFFICER

'Tis the season! As we come together to celebrate this Yule season once again, we are facing the holidays with the cloud of the pandemic still trying to block the coming of the light. It is in these times we must stand firm in our endeavors to fight this pandemic with every weapon available. I beg of you all to get inoculated and get the booster. I am counting the hours that I'll once again be able to hug all of you, but until then know you are all in my heart.



As always, please send any articles, poetry or minutes to newsletter@coq.org. If you have an obituary for Beyond the Veil, training material, or past MerryMeet rituals for the website (or anything else really) please send it to cogweb@coq.org.

CORRESPONDENCE OFFICER

No Report Received. *[Please refer to Executive Board Minutes on page 6].*

NATIONAL RECORDER

Board minutes are my report. *[Please refer to Executive Board Minutes on page 6].*

NATIONAL OUTREACH OFFICER

On sabbatical. *[Please refer to Executive Board Minutes on page 6].*

WELCOME TO COG



Please welcome:

- ❖ None at this time.

MEMBERSHIP APPLICATIONS

LORD LUCIAN

National Assembly of Individual Members
Unknown City, Georgia

STATEMENT OF PRACTICE

To Whom It May Concern –

Merry Meet! My name is Lord Lucian, and I have been a practicing witch for over 18 years. In 2015 I followed the Goddess' call for more formal training and initiation into the priesthood. I applied to the Temple of the Rising Phoenix (an offshoot of the Unicorn Tradition) and have worked through their rigorous program, receiving 3rd degree at Samhain 2020 from my wonderful teachers, Lady Magdalena and Lord Myrddin. They have been instrumental to my spiritual growth and I will be forever grateful to them.

I will be officially hiving at Imbolc in 2022 and forming my own coven under the Phoenix tradition. I wanted to apply for membership here at CoG because I would like for my coven to join the organization 6 months after we officially start. It is my intention to eventually revive the Georgia Local Council and begin to hold more events here in Georgia which will unite the community.

5 years ago my partner and I made a decision to buy 100 acres of undeveloped woodlands. We now live off grid in a tiny house and

raise most of our own food. We have built a beautiful outdoor circle space and have plans to build a permanent indoor temple here. I serve both the Goddess and the God and turn the 8-spoked wheel every year. We try and also have as many esbats as possible. I agree to the Code of Ethics and I wish to become a CoG member.

Thank you, Lord Lucian

LETTER OF RECOMMENDATION #1

Tyler Calkins for National Individual Membership in CoG

To the members of the Covenant of the Goddess,

I am Lady Magdalena, High Priestess of Temple of the Rising Phoenix, Elder and Founder of Rising Phoenix Tradition. I first joined CoG with my Grove through the Dogwood Local Council in Georgia in 1997. I served as First Officer and other officer positions on DLC until it was dissolved in 2017. Since then, I have maintained a National Individual Membership as Elder as well as lead and teach my coven.

With pleasure, I write this letter to recommend Tyler Calkins, Lord Lucian, for CoG National Individual Membership. He applied to our Seeker Level in the Temple of the Rising Phoenix in 2015 and joined our classes in 2016. Lord Lucian was a diligent and enthusiastic student from the first who quickly took on responsibilities as he progressed through the levels of our program. Even before earning his Priest credentials he was a teacher and mentor to beginners and continues to write and produce Grove rituals. He takes the initiative when planning and carrying out Coven projects and helps us with activities in the larger Pagan and Wiccan community.

To the joy and benefit of our Temple, Lord Lucian has served as our Summoner and Web Master for over two years, jobs to which he brings trustworthiness and conscientiousness. Lord Lucian is a strong professional in the field of Medical Technology who applies his knowledge, training and empathy to his role as Priest and teacher. In addition to his serious work, he expresses a delightful sense of humor and a zest for life that shines out of his infectious smile and laugh.

Our Tradition encourages fully trained and qualified Third-Degree graduates to hive from the Mother Coven and establish their own groups. When we come out the dark months of the year at Imbolc 2022, our Temple will have the gratifying experience of giving Lord Lucian a Hiving ritual to legitimize the establishment of his new grove as a daughter coven in the Rising Phoenix Tradition.

He and his partner bought a large undeveloped acreage in middle Georgia in 2017 that had no buildings, roads or utilities. They live off the grid in a tiny house, with their solar panels, a deep artesian well, composting toilets, hundreds of chickens, dozens of goats, a few alpacas and other assorted birds and animals. They also have



established large organic vegetable and herb gardens, fruit trees and a fishpond to supplement their food supply. We have all had a hand helping to create a very large Circle site there and he is already planning time and space to start his own Grove called MoonRock Temple of Magick on the land.

He has a strong desire to use his talents in the service of CoG and the Wiccan community. I know he will become a valued member of our organization. I am happy to give Lord Lucian my wholehearted endorsement for his National Individual Membership in CoG.

Respectfully yours,

Lady Magdalena

High Priestess of Temple of the Rising Phoenix
Elder & Founder of Rising Phoenix Tradition
Elder in Covenant of the Goddess

FRIENDS OF COG APPLICATIONS

AMARTYA

Friends of CoG
Unknown City, Unknown State

STATEMENT OF PRACTICE

Dear CoG Membership Officer,

I humbly offer my request to become a 'Friend of CoG'. I've been around the pagan community *for-ever*, but I am quite a solitary character. That's why although I know a few members, I don't know anyone well enough to ask for a recommendation letter yet. I wish to combat that solitary tendency and lend my support to this organization which is really kindred in spirit to me.

About me: I was born, and lived until the age of 10, in Ashtabula, Ohio blocks away from the harbor and close to a stop on the Underground Railroad. Ashtabula has a unique spiritual atmosphere that feels like a busy highway -- Generations of maritime communities with sailors, trades people bootleggers, and more. My great-grandmother (a witch herself from Abruzzi, Italy -- with many "cures") had a "restaurant" (it was an illegal bar) and was a Rum Runner during prohibition.

The place was instrumental in the self-discovery (for better or worse lol) of my innate clairsentience and mediumistic tendencies. I was often terrified of experiences until I learned what they were and how to process it all. Now I feel grateful and part of why I want to associate more with other people who I think can relate.

<http://www.historicashtabulaharbor.com/>
<https://hubbardhouseugrrmuseum.org/>

My practices: I met Mata Amritanandamayi in 1993 and took mantra diksha (initiation) from her in 2000. Our tradition is Shrikula Shaktism centered on the Divine Mother (Adi Para Shakti / Maha Maya) and the practices are Sri Vidya, a

Tantric pathway, with daily ritual or study, chanting, meditation and astrology. I don't differentiate between Kali, Ceridwen or the Virgin Mary, it's all 'The Mother' to me and it's all about 'The Mother' to me as the crux of creation and reality.

Wicca, for me, is so much like the western sister of Shrikula and I follow and practice according to the Celtic wheel of the year. I also have had early exposure to what may be termed Roots Work and Pennsylvania Dutch Hex culture. Some of this via my family and some via the place of my origins. Through this I've learned different types of card divination and energy/intention/spell work.

<https://www.amritapuri.org/>
<https://en.wikipedia.org/wiki/Shaktism>
https://en.wikipedia.org/wiki/Shri_Vidya.

Thank you for your service to the Divine Mother our blessed Goddess!

Amartya

TRANSITIONING FROM COVEN TO SOLITARY

NONE AT THIS TIME

LOCAL COUNCILS



CHAMISA

~ Dec. 5, 2021

Present - Amber and Azrael, Carole McWilliams (recorder), Polaris (CoG rep), David Legare (CLC 1st officer), Rowan (Laura Lile, 2nd officer), Dru (PIO and national member), Falco, Sylvia Webb Kohler (Pursewarden), Cherie Snyder (Membership), Rick and Dee Proctor.

Covens, organizations - Ardantane, Circle of the Cauldron, Our Lady of the Woods, Crowwymmyn, Circle of the Silver Moon.

Friendly reports

Ardantane - Amber reported most of their activities are on-line, some things on campus. The Friday seminars are strong. The Zoom auction before this meeting brought in a little under \$2,000. Finances are good, all things considered. Rowan said she's starting to post the 2022 event calendar on the web site ardantane.org and people should keep checking it.

Silver Moon Health - No report.

Beltane Southwest - Same.

Albuquerque Pagan Pride - No report.

Las Cruces Pagan Pride - David reported it went really well and more than 400 people came. There were 24 vendors, also a clothing drive.

Officer reports

1st - David will talk under new business.



2nd - Rowan said she, Az, and Dru have been doing a lot of research on a site and potential guests for Mabon 2022. More later.

Membership - Cherie said she's waiting to hear from Thea (Bristlebroom) at CoG but she doesn't think there are any new applications.

Recorder - Carole reported that she worked from Brandon Proctor's notes for the Mabon CLC meeting. She e-mailed those to CoG and to David after Brandon reviewed what she wrote.

Purse - Sylvia posted it to the CLC io. group. The treasury has \$4,414.63, but that doesn't count the \$1,000 to Mabon guest presenter Oberon Zell. That check hasn't cleared yet. With that, we are at the minimum \$3,400 to hold Mabon in 2022. This year's festival income was \$2,132 versus expenses of almost \$5,000. More later. There hasn't been any contribution to Ardantane for the past two quarters.

Sylvia advised she still needs another signer on the checking account. The only other signer is Tiffany who isn't a CoG member. Sylvia said she and the new signer have to go to the bank in person. Authorization to add a new signer or to change banks must be in the minutes.

Mabon handbook - Dru said it's being created. She'll present results later for a survey of 2021 Mabon attendees.

Interfaith- David said Lora (not present) has been working with the interfaith people.

CoG - Polaris said the last meeting was their governing board. "They talk about direction for CoG. Two big topics were getting back to basics as an earth-based religion and 'Why CoG?' Most was discussion. There's a movement to re-examine the purpose and our reasons for people to be part of it."

Mabon survey - Dru posted results on-line from the survey of those who attended. It includes questions about the site, events, what people liked or not, feelings from newbies, ideas to improve. Overwhelmingly, people liked the beauty of the site but weren't real warm about going back. It was too small, too residential, the (10 p.m.) curfew was a big issue. Two new attendees responded with mixed feelings. One didn't feel welcome. The other thought things went pretty well but they might have appreciated more personal interaction. There was a suggestion to bring back Hearth Camps or a special wristband for new people.

Suggested improvements: post schedules, signs to workshops and the ritual area, put out more publicity. It was pretty last minute this year. On facilities glitches, Rowan said one person has been in charge of that for a long time, but not this year. Dru said it needs to be clear that work shifts are crucial. She suggested calling them community service instead.

Mabon financial report - Sylvia reported expenses at \$4,894.73 and revenue at \$2,402, for a net loss of \$2,492, not quite as bad as she said before. "The big financial shock, this gets to having

a signed agreement." CLC understood \$5 per person for the weekend but the owner wanted \$5 per person per day. "That's why it cost us so much, \$1,240," Sylvia said. "We can't afford to go back to her (Ruidoso). It's crowded and too expensive."

David added, "The curfew wasn't made clear at the time."

Sylvia continued, "It should say in the Mabon handbook that we don't go anywhere without a written contract. There were too many surprises. We would have been within our expected loss (for the event) without that big difference in cost."

Mabon 2022 - Rowan wanted us to pick the site, theme, and tentative guest today. "We looked at every campsite in the state. The only one without a curfew is Cedro (USFS group site southeast of Albuquerque). We looked at Paliza (near Jemez Pueblo). It would cost maximum \$600 and hold around 135 people." But their season ends on Sept. 13, a week before the intended Mabon date.

Theme - We discussed author Ashleen O'Gaea from Tucson as presenter. Rowan suggested a Return to the Woods theme. Sylvia said Ashleen might attract newbies.

Rowan said the other theme idea is social action/ activism with Ardantane. Az said that because social action is a heavy topic, there's a suggestion for two workshop tracks, the other one more magickal - spellwork, arts and crafts, fun stuff. "We never envisioned just the social action track."

Maybe bring in someone qualified to register voters, Rowan said.

Amber proposed a program of community presenters in 2022 to minimize expenses. David agreed. "Local people would be great," he said. Sylvia thinks it's been around 10 years since we've done that. Dru thought we could contact Ashleen or anyone else for 2023.

We approved a Steel and Silver theme for 2022 Mabon, located at Cedro Peak, with Ardantane coordinating.

Rowan wants to announce the **festival dates - Sept. 15-19**. The plan is to rent the site to Monday, Sept. 19, so people don't have to be out by noon on the 18th. There was a question of when people can arrive - Thursday, Sept. 15? Sylvia doesn't want anyone showing up on Wednesday except gate coordinators and facilities people, and no programs earlier than Thursday night, maybe opening ritual.

Rowan said Dru is providing a list of tasks for all the coordinators including facilities, gate, heralding, Happy Cauldron, programs, registration, security, publicity. David said we should call for coordinators at the Oestara CLC meeting. Rowan said, "I'm going to be looking for people." Falco offered to be herald coordinator.



Bank change? - After brief discussion Sylvia said we'll stick with US Bank for now.

CoG, staying in or not - We discussed the pros and cons of continuing as a local council under CoG. David said, We presented this to our coven. We decided we won't renew in the spring. It relates to something brought up at Merry Meet, why so much trouble getting young people. What can CoG do for us? Someone asked what can you (members) do for CoG? That got accolades. We pay \$120 a year to them. The coven said let's not do it (renew) again."

Sylvia said consideration needs to include covens that have left. "We've lost a number that have a lot of anger of disappointment with CoG. They (CoG) need to be aware that local councils are at risk."

David added, "CoG is leaving us cold."

Polaris said, "In the discussion of the (CoG) governing board, I'm the one who brought up why was (CoG) formed? The why is what people connect to."

Dee said, "After being on the national board, the meetings are so long, and sometimes we talk in circles. They start committees for things we've already discussed and determined, that already have procedures in place. The things I think are important like prison or military liaisons, I don't think they're being addressed even though they are being brought up. There's no information readily available to the people who need it. We aren't being listened to." She is on hiatus as national membership officer. Thea Bristlebroom is doing it now.

David said of prison outreach, "They don't need packets. They need chaplains."

Dee said, "It's like this machine of bureaucracy. Things that would really affect Pagans in the community aren't being addressed. I'm very frustrated." She said Cherie "thinks CoG isn't being open-minded. They only allow Witches and Wiccans."

Az said, "Four years ago they re-wrote their mission statements, and apparently no one is reading them."

Future CLC meetings - Oestara on March 13; Litha on June 12. The Mabon meeting might be held separate from the festival.



EVERGLADES MOON

~ No Report ~

Last published minutes in the Samhain 2021 edition.



HILLS AND RIVERS

~No Report~

Last published minutes in the Mabon 2021 edition.



NORTHERN CALIFORNIA

~ No report

Last published minutes in the Ostara 2021 edition.



ORANGE COUNTY

~No Report~

Last published minutes Samhain 2021 edition.



SOUTHERN CALIFORNIA

~ No Report ~

Last published minutes in the Mabon 2021 edition.



TEXAS LOCAL COUNCIL

~ No Report ~

Last published minutes in the Mabon 2021 edition.



TOUCHSTONE

~ August 2, 2021 ~

Date and Time: December 16th, 2021 7pm

Invocation: Val

Roll Call: Val, Jack, Stachia, Chad, Lari

Covens/Individual Members:

- Ecclasia – Jack, Stachia, Val
- Obsidian Oak – Chad, Lari
- Emerald Forest – Joanne was not present but Val had proxy

Verification of Quorum: Yes

Approval of Previous Minutes: Yes

Officer Reports:

First Officer – Val: Getting ready for Yule

Second Officer – Lari: Getting ready for public Yule ritual

Membership Officer – Joanne: Not Present

Pursewarden – Jack: Status Quo, no change yet



Public Information Officer – Chad: The public Yule Ritual will be held in Palm Springs; more information to follow

Recorder – Val: Will send minutes to National ASAP

Governing Board Representative Report – Jack: Had many questions about operations of COG, still in discussion phase

Old Business:

Yule will be held on December 18th in Palm Springs at The Crystal Fantasy at 7pm

New Business:

New format for Local Council minutes has been completed

Anything else of interest locally: Ventura County Spiritual Commons is continuing, and Ardantane is having a Zoom auction & classes

Blessing: Hermetic by 1st Officer

Meeting Adjourned: Yes at 7:30pm

Next Meeting: January 3rd, 2022

WHAT'S HAPPENING AROUND COG

WEDNESDAY WITH WITCHES

Jan 5 (Open to the Public) 5:30 PST
Jan 19 (Members & Friends of CoG) 5:30 PM

Come and join us for Wednesday with Witches! We meet on the first Wednesday of the month for the public and every third Wednesday for CoG members only. BYOB (bring your own brew) and snacks and join us for a spell!

Topics are announced on the CoG calendar

ONLINE PAGAN 101 CLASSES

Wicca 101 Jan. 12, 2022
Pagan Ethics Jan. 26, 2022

Texas Local Council presents a wide variety of Pagan Classes for the public. Our teachers primarily come from several different traditions among the many member covens and individuals in our Local Council and provide a new perspective on Pagan teachings so even long-time practitioners can learn something new!

Link for Wicca 101: meet.google.com/ukj-twvp-mdt
 Phone +1 617-675-4444 PIN: 294 276 029 3791#

Link for Pagan Ethics: [http://meet.google.com/thc-srba-yqu](https://meet.google.com/thc-srba-yqu) OR Phone +1 617-675-4444 PIN: 299 339 213 6550#

BALANCE YOUR LIFE WITH THE ELEMENTAL STAR

Friday, Jan. 7, 2022

6-8 PM PST

Our lives are built of Earth, Air, Fire, Water, and Spirit... or our bodies, minds, energies, emotions, and connections to the Divine. But are the Elements in balance for you, or lopsided so that you feel incomplete and unsatisfied? We'll present the Elemental Star exercise as a tool for balancing, as well as the Mychos and the Shadow Star. It's something you can return to, many times during your life, to check in on your well-being. Join Amber K and Azrael Aryan K, the originators of the concept, as they explain the elemental star and it's uses for magick and personal growth.

Free to supporting members of Ardantane; all others \$10. Register here:

<https://www.ardantane.org/event/balance-your-life-with-the-elemental-star/>

BLAST FROM THE PAST

THE CUNNING WIFE

Vol 14, No 1

Yule 1988

In this season, still pleasantly Pagan in spite of later additions, the Cunning Wife can find many things to which she may appropriately set her hand. Gifts, decorations, and offerings to the season's deities can all be made of Mother's vegetable bounty.

Rather than a fragile glass ball for your Yule tree, consider adding the scent and sight of a pomander ball to those of the tree. With a strong, sharp needle, work a sturdy thread through the center of a whole orange or lemon; put a wooden bead on the end of the thread to hold the end in place, and put the needle through again end first. Holding the thread to keep it from slipping back into the fruit, send the needle through again, and tie the end to the bead also. You now will have a loop from which to hang the fruit. Or, if you wish a fancier hanging, wrap two pieces of tape around the fruit longitudinally, thus quartering the surface. With an awl or knitting needle, pierce the fruit, either in patterns or covering it entirely (except the taped areas if you have them): then take whole cloves and slide one into each slit. Remove the tape and replace it with colored ribbon of the same width - wrap it over the top in one direction, twist at the bottom and wrap up in the other direction, and tie firmly. An ordinary wire ornament-hook can be used to hang a ribboned pomander from the tree. Such cloved fruit, so covered with cloves that the surface was invisible, were used in elder times to scent clothes in a closet and discourage moths; the fruit was rolled every few months in a mixture of



powdered cinnamon, ginger, clove and other spices, to renew its scent. A charming tradition has arisen around cloved fruit: at a festival gathering, the fruit is passed from reveler to reveler, and the one to whom the fruit is passed removes a clove, chews it to spice the breath, and then kisses the one who gave the fruit.

Do not forget your familiar at this season, while you remember your human friends! A quarter oz. of dried catnip folded in an envelope of cloth, which is then rolled and firmly tied with a long string is an inexpensive and pleasant trinket which will afford your cat and yourself much amusement. Both cats and dogs will appreciate a pennyroyal flea-bane collar. Measure your friend's neck and cut a 2 inch wide to that length plus 2 inches for a cat or small dog, 4 for a medium or large dog. Stitch the long sides together with a quarter inch seam. Turn inside out and stuff not too firmly to prevent the collar from curving too easily with fresh or dried pennyroyal within an inch to each end for the small collar or 2 for the large. A drop or two of eucalyptus oil would not be amiss. Sew across the ends close to the stuffing. Then turn the raw edges inside and sew there as well. If you wish a fancy touch add a buckle otherwise just tie the collar on, always remembering to leave a fingers width of slack for the small collar and a thumbs for the large.

The Cunning wife is always happy to hear of and share the cunning of others. May she here from you?

'TIS THE SEASON TO CELEBRATE CONIFER OILS!

From [Aromatics International](#) By Karen Williams

We'll be the first to admit that finding the perfect aromatherapy gift can be a challenge. You have a lot of options to choose from.

Conifer oils are distilled from evergreen trees, most of which keep their vibrant, verdant colors through the cold months of winter. In some parts of the world, the conifers are the only things that bring splashes of color to the otherwise dreary landscape in the winter months. Conifers are hardy, and they remind us that life persists even in harsh conditions.

Essential oils distilled from these steadfast, majestic trees offer benefits to get us through the winter months.

Most conifer oils have a lot of therapeutic uses in common. They tend to be excellent for cold season, helping us breathe clearly, and purifying our homes to reduce the threat of microbes. Some are even good for massaging sore, achy muscles and joints. And of course, conifer oils have that familiar, soul-stirring holiday scent: a rich, foresty

evergreen aroma! Each conifer oil has its own "twist" on that refreshing, piney scent. Some are softer, while others are bright and almost citrusy. Here are four of our favorite evergreen holiday essential oils, along with recipes to help you get the benefits of each one.

Balsam Fir (*Abies balsamea*): Balsam fir's scent is fresh and woody with balsamic notes. It's a classic conifer oil rich in a- and b-pinene, making it excellent for supporting your breathing. Balsam fir has a refreshing, energizing presence that can keep you feeling lively and active on cold, dark days (when you might otherwise want to curl up on the couch and rest all day long!)

Use balsam fir oil to:

- Guard your health during cold season! Balsam fir can help open the breath, and get energy flowing when you feel lethargic.
- Help relax a sore throat (from coughing) with a balsam fir essential oil inhaler.
- Care for muscles and joints that complain whether you're trying to move or be still! Use a balsam fir massage oil.

WINTER DIFFUSER BLEND

10 drops of Orange Sweet Oil
3 drops of Balsam Fir Oil
2 drops of Cinnamon Bark Oil

Black Spruce Oil (*Picea Mariana*): Black spruce oil's evergreen aroma has a touch of warm depth. It's one of a few conifers that contains a high percentage of bornyl acetate—a component that can help you feel relaxed. If you struggle with holiday stress or anxious feelings, keep black spruce oil around! Bornyl acetate can also calm your system after a long day of computer work.

Use Black Spruce Oil to:

- Keep your health strong when the cold sets in! Use black spruce to keep breathing comfortably.
- Clean surfaces with black spruce to reduce germs and protect your health (and make your room smell like a forest!)
- Make a black spruce body oil to comfort tender areas around a minor injury and make recovery less challenging.

CHRISTMAS TREE AROMA SPRAY

10 drops of Norway Pine Oil
10 drops of White Pine Oil
10 drops of Larch Tamarack Oil
10 drops of Black Spruce Oil
60 mls of Eucalyptus Hydrosol
8 mls of Solubol (Dispersant)
1 PET bottle with spray cap (2 fl-oz)

Directions: Add essential oils and solubol to a 2 oz spray bottle filled with Eucalyptus globulus hydrosol. Spray as needed. Also makes a great linen spray!



Larch Tamarack Oil (*Larix laricina*):

Larch tamarack is a unique type of conifer—it’s not evergreen! It’s a deciduous tree, meaning its needles turn gold and fall off in the autumn. The tree looks skeletal during winter... but it’s just waiting for spring to sprout new life again! Larch’s aroma is unique, too. It has a soft, sensual twist on the familiar conifer scent. Larch tamarack is rich in both a- and b-pinene, molecules that help protect you during cold season.

Use Larch tamarack oil to:

- Protect your family’s immunity when something is “going around”—diffuse larch tamarack oil to fortify health and purify the air.
- When pollen and other irritants come around, use a larch tamarack inhaler to support natural, healthy breathing.
- Soothe tenderness brought about by spastic coughing—make a topical throat care oil with larch tamarack diluted in jojoba oil.

BREATHING SUPPORT INHALER

- 7 drops of Grapefruit (Rose) Oil
- 4 drops of Larch Tamarack Oil
- 4 drops of Sitka Spruce Oil
- 1 blank inhaler

Directions: Drop the essential oils onto the cotton wick of a blank inhaler, then place wick inside the inhaler. Snap on the end cap, and unscrew the cover to inhale. Use every 2 - 3 hours, or as needed.

Siberian Fir Oil (*Abies siberica*):

Siberian fir oil smells soft, fresh, and piney with hints of sweetness dancing through its scent. It’s similar to black spruce in that it contains bornyl acetate, a calming natural ester that makes Siberian fir especially useful for topical blends during the cold months. It’s gentle on skin while supporting strong health and soothing sore muscles and joints. Siberian fir has a relaxing, refreshing presence that helps you let go of stress and breathe a deep sigh of relief!

Use Siberian fir oil to:

- Take a Siberian fir inhaler to work when co-workers are sniffing. No one will smell the essential oil but you!
- Soften your hands with Siberian fir oil diluted in aloe vera. Great to reduce germs on the go!
- If you’re stuck on the couch resting a sore muscle, make a recovery support blend with Siberian fir oil.

PURIFYING CONIFER DIFFUSER BLEND

- 20 drops of Cedarwood Oil
- 10 drops of Siberian Fir Oil
- 10 drops of Juniper Berry Oil
- 10 drops of Cypress Oil

CHRISTMAS CAROLE OPPOSITES

1. Cacophonous Morning
2. Henrietta the Blue Lipped Antelope
3. Disregard the Unofficial Devils Shriek
4. Lucifer Awake the Grouchy Ladies
5. Mar the Passage with Lifeless Shoots
6. It Fled in a Noonday Fog
7. Peanuts Chilling in an Airtight Cooler
8. Grouchy Young Demon Scrooge
9. Oh Wicked Day
10. Planetary Grief
11. What Ancient Individual Was That?
12. I’m Having Hallucinations About Black Friday
13. I Heard Daddy Yelling at the Easter Bunny

TUDOR YULETIDE WORDSEARCH

E	G	Q	O	S	G	P	O	M	A	N	D	E	R
A	O	U	E	A	O	A	R	R	E	N	T	R	B
C	L	E	F	G	O	L	R	U	N	N	W	R	O
H	E	E	U	E	L	L	E	R	A	E	E	E	A
R	L	N	S	C	N	A	H	L	P	E	L	I	R
I	U	E	L	R	S	B	E	H	H	R	F	W	S
S	Y	L	C	O	F	G	N	K	C	G	T	A	H
T	A	I	G	F	E	N	R	L	R	R	H	S	E
M	I	Z	R	T	A	I	Y	T	A	E	N	S	A
A	T	A	E	N	S	S	V	V	M	V	I	A	D
S	O	B	M	R	T	S	I	W	G	E	G	I	W
P	A	E	E	M	I	I	I	T	A	R	H	L	P
I	C	T	E	U	N	K	I	A	S	L	T	I	M
E	K	H	T	I	E	L	U	R	S	I	M	T	L

- POMANDER
- TWELFTH NIGHT
- KISSING BALL
- BOARS HEAD
- YULE LOG
- AGECROFT
- WASSAIL
- QUEEN ELIZABETH
- CHRISTMAS PIE
- EVERGREEN
- MARCHPANE
- HENRY VIII
- MISRULE
- FEAST

Answers to Christmas Carole Opposites

1. Silent Night
2. Rudolph the Red Nosed Reindeer
3. Hark the Herald Angels Sing
4. God Rest Ye Merry, Gentlemen
5. Deck the Halls with Boughs of Holly
6. It Came Upon a Midnight Clear
7. Chestnuts Roasting in an Open Fire
8. Jolly Old Saint Nicholas
9. Oh Holy Night
10. Joy to the World
11. What Child is This
12. I’m dreaming of a White Christmas
13. I Saw Mommy Kissing Santa Claus