

COVENANT OF THE GODDESS



A MAY QUEEN

A pretty maid with a starry crown
Plucked from the hawthorn bowers,
A herald skylark proclaims her Queen,
Her realm— a realm of flowers.

BELTANE 2022

VOLUME 47

NUMBER 4

TABLE OF CONTENTS

Membership Renewals due at Litha 2

Our Governing Board 2

Letter from The First Officer 2

Combined Board Minutes 3

Reports of Officers 5

 FIRST OFFICER5

 SECOND OFFICER6

 MEMBERSHIP OFFICER.....6

 PURSEWARDEN6

 PUBLIC INFORMATION OFFICER7

 PUBLICATIONS OFFICER7

 CORRESPONDENCE OFFICER7

 NATIONAL RECORDER7

 NATIONAL OUTREACH OFFICER7

Welcome to CoG 7

Membership Applications 8

 LAWRENCE LERNER8

Friends Of CoG Applications 9

Transitioning From Coven to Solitary 9

Local Councils 9

 CHAMISA9

 EVERGLADES MOON.....9

 HILLS AND RIVERS9

 NORTHERN CALIFORNIA9

 ORANGE COUNTY.....9

 SOUTHERN CALIFORNIA9

 TEXAS LOCAL COUNCIL.....9

 TOUCHSTONE12

What’s Happening Around CoG13

 WEDNESDAY WITH WITCHES13

 ONLINE PAGAN 101 CLASSES.....13

 ASTROLOGY, MAGICK AND THE GODDESS.....13

 LEGENDARY STONES13

 FUNDAMENTALS OF ASTROLOGY II13

 KABALLAH FOR WITCHES.....13

Blast From the Past.....14

 THE POLITICALLY INCORRECT BEHAVIOR OPPOSITION.14

Essential Oils for Mental Health15

May the 4th Be With You!16

Back Matter 2

 DISTRIBUTION CENTER.....2

 COG ARCHIVES.....2

 YOUTH AWARDS2

 SUBSCRIBING TO THE COVENANT’S ELECTRONIC FORUMS.....2

 GENERAL INFORMATION2

 COG SOCIAL MEDIA4

National Officers 5

CoG Interfaith Representatives 6

Local Council Lists/Contacts 6

Applications and Forms..... 9

Bylaws and Policy Manuals 9



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 LITHA

Litha renewals are due on **June 21, 2022**. The Drop-dead date is **July 1, 2022** 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:

- ❖ COVEN OF THE SILVER MOON

EVERGLADES MOON LOCAL COUNCIL:

- ❖ DRAGONWHISPER COVEN
- ❖ LPRD GWYDION
- ❖ SILVER SANCTUARY COVEN
- ❖ SPIRALING HEART COVEN

HILLS AND RIVERS LOCAL COUNCIL:

- ❖ CIRCLE OF DIANA
- ❖ GROVE OF THE ANCIENT RIVER

NORTHERN CALIFORNIA LOCAL COUNCIL: NONE

ORANGE COUNTY LOCAL COUNCIL: NONE

SOUTHERN CALIFORNIA LOCAL COUNCIL: NONE

TEXAS LOCAL COUNCIL: NONE

TOUCHSTONE LOCAL COUNCIL: NONE

NATIONAL COVENS: NONE

NATIONAL INDIVIDUAL MEMBERS:

- ❖ BREILA
- ❖ FRODO
- ❖ KEALA DATURA
- ❖ LADY MAGDALENA
- ❖ SUSANNAH FAITH

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

Cheerful greetings CoG Members,

Here we are in the Merry month of May. The Goddess has renewed the land with lush greenness and fragrant flowers that bloom and grow boundlessly. This is the time of joyous merriment that we gladly celebrate. The splendid renewal of life gives us immense joy and happiness during these blissful months.

May the reunion of the Goddess and her consort, the Horned God, fill your lives with joyous blessings.

It's the time again, when we prepare for our upcoming Grand Council annual meeting and Merry Meet celebration. Orange County Local Council has been hard at work! They're diligently preparing for our big gathering in Santa Ana, California this coming August, which is just three months away!

This is sure to be an amazing gathering of our CoG members. As you may recall, during the past couple years with Covid pandemic we were unable to come together in person for these annual proceedings. Therefore, please be sure to join us in August for our returning "in person" Grand Council and Merry Meet.

In the weeks ahead, we will be sending out more detailed information on Grand Council with the required registration forms and Quorum/Proxy forms as well. Please be sure to fill these forms out and submit them to us in a timely manner. We will be keeping our deadline date of July 15th, as in previous years.

In addition to required forms, we will be requesting the submission of all Proposals with the same deadline date. Be sure to use the proper format and Bylaws wording structure in your Proposal.

If you have any question on preparing a Proposal to be submitted, then please feel free to contact the National Executive Board. Email: NatOff@covenantofthegoddess.groups.io and know we are here to assist the CoG membership with any Proposal for consideration by the membership.



One final reminder, we are still seeking willing candidates for the National Officer positions that will become vacant as of Samhain this year. We have requested the Governing Board Reps to discuss this need with their Local Council constituents. If you are considering running for a National Officer position, please notify your GB Rep and submit a candidacy statement for our Litha Newsletter.

The need for dedicated National Officers is imperative to keep our organization going. We seriously need dedicated CoG members to step forward to offer your service to the Covenant in these important National Officer position. Please consider being in service to the Goddess and the CoG membership.

I am wishing you all Bright and Festive Beltane!

Most Joyfully,
Lord Verderius
National First Officer

COMBINED BOARD MINUTES

~April 10, 2022~

Invocation: Janine invoked Coventina for Lord V.

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

National Officers:

- ✓ First Officer – Lord Verderius – Present
- ✓ Second Officer – Mary Stuart – Present
- ✓ Membership Officer – Lady K/Thea – Present
- ✓ Publications Officer – Lord Soec – Present
- ✓ Pursewarden – Qabal – Present
- ✓ Public Information Officer – Janine N. – Present
- Outreach Officer – Open Position
- Correspondence Officer – Grace Moonhawk Absent
- ✓ Records – Bonnie Mote/Faelind – Faelind Present

Governing Board Representatives:

- ✓ Chamisa – Polaris / Alt: Lady K – Polaris Present
- ✓ Everglades Moon – Lord Rieken – Rieken Present
- ✓ Hills & Rivers – Lauren – Present
- ✓ Northern California – Deborah B. / Alt: Linnea – Deborah and Linnea Present
- ✓ Orange County – Janine / Alt: Morgana – Janine Present
- ✓ Southern California – Lady Mariah / Alt: Lisa M. – Lisa Present
- ✓ Texas – Kim Berry / Alt: Orin – Orin Present
- ✓ Touchstone – Lord Soec – Present
- National Covens – Lord Solandrin – Absent
- National Individual Members – Grace Moonhawk – Absent

Officer and GB Reports:

First Officer – Lord V shared some of what he had written in his report about attending the

marketing meeting and all the things upcoming. He also let the Combined Board know that he reached out to Dee to ask what she planned to do about abandoning her elected role of Membership Officer. He also shared that the next CoG member's only Wednesday with Witches on April 20. He also suggested that folks should attend the WwW to discuss the issues facing Texas transgender youth and Florida LGBTQ legislation. He added that he will be attending the Mystic South event.

Second Officer – Mary Stewart joined late and communicated that for Grand Council/Merry Meet they only thing they are waiting on with the hotel is pricing because of food. During the pandemic there was no buffet meals. That has not changed yet. The hotel is meeting on this issue on Monday, April 18 and then she can begin to determine pricing for either buffet meals or plated meals. The Second Officer already has a slate of rooms and pricing for them. They are just waiting on meals. We have a signed contract with the hotel. They are hoping to open registration by May. She has a spreadsheet with all the folks who were interested in doing a workshop and will be meeting with the OCLC this Thursday to firm up MerryMeet workshops and entertainment. They do have some vendor spaces available.

Membership Officer – Thea mentioned that she is not caught up but should be soon. Lord Soec asked whether a Local Council can have only two covens and an assembly of individual members to not be provisional. Thea responded yes. Thea answered questions about new member applications.

Publications Officer – Lord Soec submitted in a written report and noted that he lost a dear coven-mate who introduced him to the craft just yesterday.

Pursewarden – Qabal got taxes in as noted in his written report. He has a challenge with all the materials he receives that he is unable to determine where distributions should go. External accounts are fine, but internal processes require that he meet with Thea to understand how much should go to Adocentyn, Ardantane, Grace of the Goddess, and future Interfaith since Dee has not provided where internal distributions should go. Also, we are receiving a monthly donation from a company called Huerta, Inc. that he doesn't know who it belongs to. Linnea offered to help him with any research he might need. He asked her to let Anna Korn know that the Adocentyn donation might be late.

Public Information Officer – Janine sent in a written report but wanted to thank Andrea Joy and Tracy K for their presentation at the last WwW. She is not sure if we will get to it at our next CoG Members only WwW since we will be having serious discussions of legislation. We've had several members with issues regarding the language around



LGBTQ in Florida and transgender in Texas and in sports. She is also presenting at Mystic South.

Chamisa – Polaris noted that the Local Council met on March 13 via Zoom. This was the first meeting they've had since Yule when the First Officer announced he would not be renewing. Rowan as Second Officer for Chamisa is acting First Officer since the FO and his wife are moving North. The Local Council determined by Consensus that will be disbanding no later than October 31, 2022. Some Covens and individuals are renewing in CoG at the National level, even if the LC is no more. Rowan will be communicating after a meeting the LC plans to have next week to determine whether they plan to do Magical Mountain Mabon. She said that there is a weariness in the LC that the same people who continue to do all the work don't want to do it anymore. They are also considering creating a broader group that includes more than just Witches and Wiccans and more young people.

Everglades Moon – Lord Rieken shared that two weeks ago they had their LC retreat. A number of EMLC members are part of a new hotel conference called Summer Magic Fest in the Orlando area the weekend of June 9–12 .

Hills & Rivers – Lauren shared that they met on February 22nd over Zoom and each Coven discussed all their upcoming events for the year. They are planning their annual Solstice Fest for June to be held at State College, PA at a holistic center called Rhoneymeade that has a labyrinth. There are groups of drum circles that currently attend the center and Hills & Rivers would like to contact that community to expand their reach to underserved areas. Hecate's Wheel will be hosting Grove of Gaia Fest in October. Lehi Valley Pagan Pride will be in August and will be hosted by Coven of the Wooded Vale and Coven of Leita Visindi. Grove of the Ancient Rivers continue to hold regular classes and rituals for their community, and a monthly Meet & Greet for new people who are interested. They've updated their LC website and made it more functional so people can contact them.

Northern California – Deborah said NCLC discussed Friends of CoG and asked for clarity around the program. Thea responded that Friends of CoG was created to allow people to have a close relationship with CoG. It could be both used as a way to become a member for a Witch, and to allow Pagans (who are not Witches) or others who have a closer relationship with CoG. NCLC has not had an active website for several years and Deborah has agreed to create one, even though she has no experience at all. Deborah asked about COMPASS and whether they would be a good organization to partner with. She wanted to get feedback from the Combined Board. Janine responded that COMPASS is fairly new and they are focused on community. They are also a 501c3. Jeffrey has been a CoG member,

Lilith, and Herleena, are board members of COMPASS and are current CoG members, Macha is an advisor to the board of COMPASS so they are closely affiliated. Lord Soec added that they are focused on the academic and thinks we should associate with them. Linnea added that Don Frew has identified a pagan Ukrainian contact. Linnea is going to send a letter requesting donations for Ukrainian Pagans to NCLC and was urged to send it to AIR so we could all help.

Orange County – Janine said they are focusing on their Psychic Faire for June which is how their LC makes money for GC. She has artwork ready for GC/MM. Lord Soec asked her to send it to him for the website.

Southern California – Lisa shared that she needs her coven renewal and noted that some of her folks have hived out and will be applying for CoG membership as their own Coven. They will be practicing a new Tradition as well. She wondered if their Credentials were good. Thea will work with Lisa to resolve all concerns.

Texas – Orin related that Texas had their LC meeting this morning. They are doing everything in person again. They are planning their Witches ball for October. A new Coven (Circle of the Ancient Mother) and an Individual (Jander) joined today.

Touchstone – Lord Soec noted that they too were able to meet in person and even had a couple of visitors to their most recent LC meeting. Obsidian Oak is teaching virtually and brought some students via Zoom to the meeting.

Old Business:

Manny noted that he has heard many times over the years, "What does CoG do for me?" He believes this is something we need to discuss at GC. It is the wrong question to ask. We need to change the relationship. We join professional organizations to be affiliated with them and for community. Linnea suggested this would be a great members-only discussion for a future WwW.

New Business:

Travel Assistance for Grand Council – We usually set aside 10K and it can come to a max of \$500 per person, first come, first served. We generally don't use all the money that is set aside though in 2019, we got close at about \$9,500 if he is remembering correctly. In 2018 we spent only \$4,000 and in 2017 it was maybe \$6,000. Lord Soec believes that LC's should finance their own GB Rep. Thea suggests that we will need a proposal to change how we do Travel Assistance to include GB Reps. Deborah was concerned that we may not have enough time to start anything from scratch. Deborah asked what was passed in the last Budget. We have line items for GC Travel Assistance for both GB reps and National Officers.



- \$10,500 10 GB Reps + 9 Nat Officers + 3 reserves (tech help, netco, etc)
- \$10,000 Set from 2017 GC
- \$ 3,800 CoG pay for GC Operation

The plan is to announce that we will be meeting face-to-face, the dates for Grand Council / MerryMeet, and that travel assistance is available to the membership in a members-only Wednesday with Witches, and then also send out to AIR and also publicize in the Beltane newsletter.

Suggestion to allow Local Councils to process Renewals and Credentials – Orin attending the TX LC meeting this morning and there was a request to take to the Combined Board meeting to allow Local Council Membership Officers to process LC Coven renewals and Credentials. Thea suggested it has always been a problem for people because they object to the personal data being available on the internet. Orin brought up the fact that when we email our personal information, we are sending that data out in a much less secure way. Secrecy was brought up. Is everyone out of the closet? It was suggested that a proposal be submitted to Grand Council to allow Local Council Membership Officers to process renewals and Credentials. Thea asked to be part of the group that puts that together. Manny added that things are becoming increasingly coming to a point politically where we may need more secrecy.

Combined Board Meeting Reports – The CB meetings and the GB meetings tend to let reports eat up a lot of time at the meeting, cutting into available time for discussions and decision making. A couple of possible remedies we might discuss: Identify which reports we need to ask for as a routine matter at the CB meetings and what kind of information we want the report to contain. Make a list, maybe contents guidelines. Set a policy that routine reports are due in writing, X number of days before the meeting, so meeting time isn't taken up delivering them. Deborah suggested we don't have time to discuss this evening but encouraged everyone to think about this and maybe we need a policy. She also noted that we were able to discuss agenda items during the reports so that worked out well tonight.

Meeting adjourned at the two-hour mark.

REPORTS OF OFFICERS

FIRST OFFICER

I have reached out via text to Lady K (Dee) to see what she intends to do to fulfill her term as the elected NMO of CoG. I have asked that she give us her decision and if she intends to step down to give her resignation to the National Board and the membership.

I was glad that my communication with Brandon prompted him to give his formal resignation. We are saddened to see him step down, but understand that he has other life challenges that are the main priority in his life currently. We wish him well in his focus to gain better control of personal matters in his life. We are sure the Goddess will continue to guard him on his path.

I attended our last Marketing Committee meeting and we discussed many exciting things that will be happening in the months ahead. I am planning to attend Mystic South with Janine in July and hope for a positive outcome to our attendance at that event. I have reached out to Heather G. (Lady M.) on this matter and hope to have my plans finalized this week on that event.

Our Wednesday with Witches this week was greatly attended with many new folks from around the country. It is always nicer to see so many new faces in the larger Pagan community. Additionally, a special thanks to those CoG members who joined us for the presentation and discussion. I am hopeful that our next WwW for members only will be well attended too. We hope to see you all there!

Once again I put out a call to the membership to remind folks that many officers will be finishing up the final year of our current term. As you know, I have served two terms and do not intend to run again. Additionally, with eldering parents, I feel that my need to focus on their needs in their final years will need to be my new focus. I am hopeful that many of the Governing Board Reps have asked the constituencies if there is a member of their Local Council that would like to serve the Covenant in this important capacity as a future National Officer. I am looking for your feedback...

As many of you may be aware, there is definitely going to be a big announcement coming from Chamisa Local Council in the very near future. I will await their announcement and we will discuss it at our next combined board meeting in a few months. Let's continue to lend aid and support to them during this vital time in their LC.

In closing, I will be planning some travel on behalf of the Covenant in the months ahead. I will advise you all of my plans once they have been formulized and made. I am hopeful that we can create some significant and positive changes for the Covenant before my departure as the National First Officer.

It has been an honor and privilege to serve the Covenant in this prestigious position. Most of all, I would like to thank both boards for your continued work and support of the Covenant as we forge ahead during the remainder of this year. You have been my greatest inspiration to continue my dream of rebuilding the footprint of CoG from our recent past.

Lord Verderius



SECOND OFFICER

No Report Received. *[Please refer to Combined Board Minutes on page 3].*

MEMBERSHIP OFFICER

Bright Beltane Blessings!

I have now caught up enough to resume pre-printed renewal forms. Thank you for your continued patience! You can also use last year's forms (change the signature date!) or get a blank form from cog.org, under How to Join, Applications.

If you're having trouble signing the pre-filled renewal, Lady K has recorded a tutorial on our YouTube channel, Covenant of the Goddess. The video is titled "Tutorial - CoG Membership Renewal Form - How to Fill Out and Sign".

I want to express my admiration and respect for Lady K's service, she was an improvement over me in this office, and I thank her for her service and friendship. I'm so very sorry to see Chamisa Local Council disband. If any of Chamisa's Members wish to transfer to National, please note that on your renewal (put "National" in the field for Local Council name) or have the Coven Contact send an email to membership@cog.org before the renewal date.

Do you need some help with the NEW Groups.IO platform, or getting subbed to a group? Send email to *administrators@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 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. If you need help with this, please reach out as directed above.

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.

Please know that there is money in the Grace of the Goddess fund to assist those Members 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.

Applications – Member: Lawrence Learner

Welcome – FRIEND of CoG: Prairie Witchie (mistakenly published in Ostara Newsletter as Hazel Wytch)

Transfer Requests – Kathy Lezon (Kasha) is requesting to transfer to National AoIM from Everglades Moon at Beltane.

Lapsed Members, Cancelled Members – 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.

Overdue Members – If your name is listed and you think you've renewed, please reach out to me.

MEMBERSHIP STATUS – These numbers are my best guess, until I can work through the list of Overdue Members. We currently have 127 Members total (62 Covens, and 65 Individual Members); and 10 Friends of CoG. Because things can change quickly between the Newsletter publishing deadline and the actual date of publication, this may have changed by the time you read it.

In Her Service, Thea Bristlebroom

PURSEWARDEN

CURRENT ASSETS

- Chase Main Account: \$ 101,319.09
- Wells Fargo Interfaith Checking: \$5,585.62
- PayPal Account: \$2,921.45
- Synchrony: \$33,116.02 (as of 12/31/2021)

Other activity: Federal Taxes have been sent to our accountant

For discussion: Historically, this is the meeting where we would set aside reserves if we are sponsoring individuals to Grand Council because we would need to set a date for submission of requests and announce by Beltaine. Typically, that deadline for requests has been the Saturday just before Litha, so this year it would fall on June 18.

National officers have been traditionally offered a stipend to attend Grand Council. Much has changed since the last time we met in person as a Grand Council and It is not clear who and which board should receive stipends.

BB
Manny





PUBLIC INFORMATION OFFICER

Since my March report, the Marketing & Outreach Team has met to review the status of the Consent Statement:

Recent edit: as of 3/19/2022

Line TBD. Sexual acts freely consented to by all who participate are in accord with the traditional values of Our Religion. All persons associated with this Covenant shall be mindful of the laws of their land.

After giving the membership time to review and comment we had a handful of members that provided their suggestions. We determined that it may be helpful to do a poll on Groups.IO to get a sense of the entire membership’s feeling on the statement. This is not consensus, but to determine if the membership feel we have achieve a statement that is ready to be set into a proposal for Grand Council. Please keep your eyes open for our poll.

Our next Wednesday with Witches will be 4/20/22 [Members Only]. There have been some members who have shown concern and the desire to discuss the recent emergence in the news about “Don’t Say Gay Bills in Florida” and the transgender bill in TX. So for the majority of the evening will focus on these topics. We will also discuss the National Officer positions the activities and responsibilities of each Officer and answer questions from the up-and-coming leaders in CoG. As we get closer to Grand Council, we hope there are members who are interested in providing service through a National Board position. If there is time, we can wrap up with the presentation given by Andrea and Tracy earlier in the month.

There is now a Marketing & Outreach subgroup on Groups.IO. If you are interested in joining this group, please let me know.

If there are events in your area where CoG can place an ad in the program, please contact me for information and artwork.

The next large event will be in July at Mystic South in Atlanta, GA. We are working on ways to promote CoG during the event. Yours truly will be presenting a workshop, The Magick of Salt.

And finally, several of our promotional materials have been updated. I am also updating the media kit but awaiting for the most recent membership numbers to bring the data current.

Janine Nelson
National Public Information Officer
The Covenant of the Goddess



PUBLICATIONS OFFICER

Blessings of Beltane. As we are coming out of the doldrums of winter and into the renewal of the Earth Mother let us not forget those that we have lost this past season. We sometimes forget that it is not only Samhain that veil thins, but at Beltane as well. Some we lost early and some, who had made it through the harsh winter have fallen only after seeing the very promise of spring.

One such was my brother, Robert. He passed into the Summerland yesterday after having made it through winter and was enjoying the breath of spring when he was called by the Goddess to come to her. Robert was the first witch I had ever met and with him I found my home in the Craft.

He will be missed by so many. Even though I miss him, I know he is at peace now and I will see him again, for he is one who has travelled this path with me before and I’m sure we will travel together again.

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 coqweb@coq.org.

CORRESPONDENCE OFFICER

No Report Received. [Please refer to Combined Board Minutes on page 3].

NATIONAL RECORDER

No Report Received. [Please refer to Combined Board Minutes on page 3].

NATIONAL OUTREACH OFFICER

Position open.

WELCOME TO COG



Please welcome:

- ❖ Prairie Witchie (Application was published as Natasha Ruiz)



MEMBERSHIP APPLICATIONS



LAWRENCE LERNER

Everglades Moon Local Council
Oakland Park, Florida

STATEMENT OF PRACTICE

Hello and merry meet! My name is Lawrence Lerner and I live in Seattle, WA. I have been a practicing Pagan/eclectic Wiccan and Witch since the mid '80s. Eris is my Patron god, and I am one of her priests. In addition, I have deep ties and devotional practices to Hekate, The Morrigan, and Inanna. All four guide me to a rich life of spirituality, service, self-exploration, and my Path. My faith is threaded through all aspects of my life. It manifests in my ethics, morals, how I present and organize myself, and my home.

I celebrate the full moon, eight sabbats, as well as annual death-walking rituals with Hekate. For the last two years my rituals have been solitary or over video with Chalice Heart, OLOTEAS (Our Lady of The Earth and Sky), and other churches/groups. I participate in monthly lunar rituals with the Temple of Inanna and Dumuzi in California (over video). My home has six altars one of which is a seasonal altar in addition to the one for Eris and other deities.

I currently serve as and have been president of Pagan Pride in Western Washington state for the past five years. I am an "out" and public Wiccan and Witch working with interfaith partners and local government. My commitment to Wicca is well documented in written form and media with a dozen plus articles and media appearances by and about me. Some highlights of events

- Pagan Pride Day 2020 & 2021 (online due to C-19) with over 30 speakers https://www.youtube.com/watch?v=BFqW7kiN9vQ&list=PL4IXK_15PN9wcZEBEctJnLQxzN3av92EG

- FaithForce – In December 2021 I spoke to Salesforce, one of the world's largest technology companies, on "Demystifying Paganism" https://www.linkedin.com/posts/lawrence_lerner_on-ward-interfaith-leadership-activity-6876977074708606976-8wSp

- World Economic Forum – Davos, Switzerland 2019. I was honored to speak on ethics in business as Pagan and venture capitalist

My path began in the 1980s' where I formed my first coven along with fellow students at the University of Chicago. Other Wiccans and Witches were few and far between. We were self-taught and based our practices on Starhawk and others. At the time I had access to one of the world's most extensive libraries and used that for my studies. I've learned from working closely with several traditions

and Pagan churches over the decades. My Patron has provided training and guidance over the years.

I agree to abide by COG's Ethics, Charter, Bylaws. and policies.

In Perfect Love and Perfect Trust,
Lawrence

Letter of Recommendation #1

Dear Sisters and Brothers of the Covenant,

This letter is to sponsor Lawrence Lerner for membership in our organization. He has been an out and active Pagan in the far Northwest of our country, an area absent a Covenant presence for some years.

Lawrence brings vast experience, both with his dedication to the Craft and his tutelary deities, and in the secular world with his organizing experience and with his initiative in organizing on behalf of Pagans. He can be enriched by his involvement in the Covenant, and in turn he can offer fresh, useful perspectives.

Lawrence brings expertise, dedication, and energy to the Covenant. I think it is mutually fortunate that he seeks affiliation. I know he will be an asset to the Covenant, and I urge you to welcome him.

Blesséd Be,
M. Macha NightMare

Letter of Recommendation #2

Dear Colleagues in Covenant,

Please accept this letter in support of Lawrence Lerner's application for membership in our organization. I have had the pleasure of knowing Mr. Lerner for several years now. I have learned of his practice and his work on behalf of the Craft.

Mr. Lerner has been an active member of the Greater Seattle Pagan community and has organized many local events. He is a cautious, deliberate, and wise member of our community. He has great experience and knowledge of Craft and has been an open advocate of the Craft for many years.

Mr. Lerner is a recognized leader of his community. His membership in the Covenant will join his experience and knowledge with ours. He also has extraordinary credentials in his secular life, which will undoubtedly strengthen our covenant as well.

I am certain that his membership in the Covenant will be beneficial.

Blesséd Be,
Manny Tejada y Moreno, PhD, MSEd





FRIENDS OF COG APPLICATIONS

NONE AT THIS TIME

TRANSITIONING FROM COVEN TO SOLITARY

NONE AT THIS TIME

LOCAL COUNCILS



CHAMISA

~ April 2022 ~

A Statement from Chamisa Local Council

The Wheel turns, and all good things come to an end in their season.

Chamisa Local Council (CLC), Covenant of the Goddess (COG), regrets to announce that we will disband no later than October 31, 2022.

CLC, which covers the areas of New Mexico, southern Colorado, and El Paso, Texas, has been a local council of COG for more than 25 years. Its primary activity has been sponsorship of Magickal Mountain Mabon, a fall camping festival.

CLC is dissolving due to gradual attrition over the past few years, key elders moving out of the area, and an aging membership. We are unable to sustain the level of energy required of an active local council.

We hope that a new organization will be willing to pick up a Fall Festival and continue that service to this community into the future.

We continue to support the aims of COG and in fact, some individual and coven members will be applying to rejoin as National COG members.

We offer our thanks to all who have served in local and national leadership roles through the years, helped Magickal Mountain Mabon succeed, and supported CLC in other ways.

Blessed be, the Members of Chamisa Local Council



EVERGLADES MOON

~ No Report ~

Last published minutes in the Imbolc 2022 edition.



HILLS AND RIVERS

~No report~

Last published minutes in the Imbolc 2022 edition.



NORTHERN CALIFORNIA

~ No report

Last published minutes in the Ostara 2021 edition.



ORANGE COUNTY

~ No report

Last published minutes in the Ostara 2022 edition.



SOUTHERN CALIFORNIA

~No Report~

Last published minutes in the Mabon 2021 edition.



TEXAS LOCAL COUNCIL

~April 10, 2022~

X = Present P = Proxy
A = Absent Z = Zoom

Covens:

- Z Circle of Danu – Orin
- X Circle of the Unicorn - Chuck, Christal
- X Circle of the Blood Moon – Chaos, Kim (Z)
- X Coven Firemoon - Bastion, Kara, Amarak (Z)
- Z Circle of the Moon and Sun – Dragan, Rowan, Ruby (last part)
- Z Coven of Diana’s Moon – Liz
- X Circle of the Serpent – Gaelen, Lopsi
- P Tree of Knowledge Coven – Chuck
- X Circle of the Star – Rae, Tasmin (Z)

Solitaires:

- Z Anastasia – 2/2 Dallas, TX
- Z Breila - 5/1 Addison, TX
- P Keala - 5/1- (Gaelen has proxy) Hurst, TX
- P Q'est – 12/21- (Gaelen has proxy)

Guests:

- X Jander Zen
- Z Essynce and Isolde from Circle of the Ancient Mother



Meeting start and Invocation to Coventina by Gaelen at 11:11 a.m.

Roll Call: Rowan conducted a roll call and determined that quorum was met.

Call for additions to the agenda and nominees:

Gaelen called for additions to the agenda, and none were added.

Officer Reports

First Officer (Gaelen): Meeting Dates for 2022 @ 11 am:

- ❖ 6/26/22
- ❖ 9/11/22

Gaelen said that she is glad that we have returned to in person meeting with Zoom available for those that need it. It is good to see everyone. She also said that there are predictions that Covid numbers will rise after Easter weekend due to large gatherings. We will keep watching the numbers and make a call regarding upcoming events, but for now all classes and Sabbats are open.

Pursewarden (Micheal L.):

- ❖ Bank - \$ 2344.66
- ❖ PayPal - \$ 1504.94
- ❖ CashApp - \$270
- ❖ Cash - \$50 on hand
- ❖ Total: \$4169.60

Sabbat donations:

- ❖ Imbolc - canceled due to Covid
- ❖ Spring Equinox - \$85 donations

Online donations (classes)

- ❖ Jan. after 1/23/22 - \$10
- ❖ Feb. - \$25
- ❖ March - \$65
- ❖ April to date - \$65
- ❖ Total: \$165

Gaelen said that it was good that donations are coming in again for the Local Council and thanked Amarak for his diligent work in keeping up with it.

Public Information Officer (Kara): Total followers for Facebook: 4063, which is up by 348 since the last report.

We are reaching up to 2121 people, which is up by 321 since the last report.

Total followers for Instagram: 255, which is up by 19 since the last report.

We have up to 35 likes on posts, which is up by 12 since the last report.

Total followers for Twitter: 496, which is up by 2 since the last report.

We have up to 201 impressions, which is up by 79 since the last report.

Webweaver (Kara & Gaelen): Kara said the website has many class and teacher descriptions on it. If it's not on there, that most likely means we don't have it. Please check & get it into Kara as soon as you can. Kara commented on Gaelen's tremendous job on getting the website set up and looking nice for visitors. She is asking for short bio entries of no more than 3 sentences. Kara has asked for any remaining bios to be sent in within the next week. She asked all attending High Priestesses that have coven members teaching upcoming classes to please get them to submit bios.

Membership Officer (Dragan): Most recent renewals needed since last meeting:

- Imbolc: Circle of the Star & Anastasia
- Spring Equinox: Coven of Diana's Moon

Dragan said that renewal paperwork was received for Circle of the Star, Anastasia, and Coven of Diana's Moon and it is going to be submitted to National.

Upcoming Renewals:

- Beltane: Circle of the Serpent, Tree of Knowledge Coven, Breila, & Keala

Dragan reminded those members with renewals coming up in Beltane that their paperwork is due, and it was acknowledged by attending members.

Communication with National - Dragan said that it is still very difficult to get a hold of anyone. No response from Thea or Dee. Received one response but nothing since. Gaelen said that Circle of Shadow and Light has not renewed in a couple of years and needs to be removed from the membership list at national.

Christal's credentials - Chuck said that they have still not received anything regarding Christal's credentials, and it is the only thing that's missing from the credentials and paperwork that they have been waiting on with Circle of the Unicorn. He suggested that we reach out to Lord Verderius again because it seemed to be helpful the last time, they had to reach out to him regarding membership issues. Orin offered to bring up the membership issues during the Governing Board meeting this evening. Gaelen agreed it was a good idea. Bastion also said that she did not receive her credentials for 2021. Breila said she did not receive her renewal notice either. Chuck suggested that it be brought up that local officers should be able to handle membership and credential applications and renewals.

New members will be handled in New Business.

Recorder: Rowan

- ★ Beltane ~ April 20, 2022
- ★ Lammas ~ July 21, 2022



★ Samhain ~ October 20, 2022

Gaelen mentioned that the above dates are the deadlines pertinent to our meetings' timing.

Rowan noted that our last meeting notes were posted in the Imbolc Newsletter and that we have 10 days to get everything finalized from today's meeting for the Beltane Newsletter. Gaelen reminded everyone that we are still maintaining that notes and corrections should be turned in no more than 7 days from today's meeting.

Pagan 101 Classes in Arlington (Ruby):

Ruby was not in attendance yet at the time of this report was discussed but did come in later in the meeting. Here is her report. We had not done any classes for a couple of months due to many people having COVID. We started classes back up in March. At the first class back there was no one in attendance but Ruby and the teacher. The next class there were 3 CoG members in attendance along with 1 regular attendee and 4 new attendees. This last class there were 4 CoG members along with 5 new attendees. We are hoping that with the topics of classes coming up over the next few months our attendance will keep increasing.

Summer tarot will be in Arlington this year. Gaelen will set up the dates with John.

Pagan 101 Classes in Dallas (Breila):

Breila said that attendance has been good for the first two classes since we've started back. She said that there were 3 or 4 new people at both of the most recent classes. She said that she felt that turnout was positive and is glad to be back in person.

Breila said that she received a question from Forrest about him teaching an upcoming class for Arlington. Chuck said that Forrest was released from Circle of the Unicorn. Gaelen said that that means Forrest is no longer a member of CoG and that he had been invited to teach as a TXCoG member, which is now no longer accurate. Ruby has spoken with Forrest and explained the situation and he now understands that he is no longer eligible to teach at our CoG Classes.

101 Classes Online (Lopsi): Lopsi said that there have been 96 people in attendance of the online classes since the beginning of the year and that they have been averaging 12 people per class. Bastion said that she will be teaching altars at the next class.

Sabbats (Gaelen): 2022 Sabbats

Doors open at 2 pm, Moon School at 2:15 pm, Ritual at 3 pm

- ★ Imbolc: Canceled due to Pandemic #s
- ★ Spring Equinox: Circle of the Serpent
- ★ Beltane: Coven Firemoon
- ★ Summer Solstice: Coven of Diana's Moon
- ★ Lammas: Circle of the Blood Moon
- ★ Autumn Equinox: Coven Firemoon

- ★ Samhain: Circle of the Ancient Mother
- ★ Winter Solstice: Circle of Danu

Gaelen said that turnout for Ostara was low, but it was still a good turnout for the first Sabbat coming back. Gaelen asked that members share posts for upcoming events to help spread the word about our upcoming events as much as possible. She also said that three vendors, some new, such as Peculiar Cookies, had asked to come to the next Sabbat, which is Beltane.

Moon School (Guinevere): At Ostara, in person Moon School went well with 6 in attendance and an adult visitor from the Arlington UU that came without children. We had a mix of new and familiar faces. Online resources for Moon School continue to get new views and downloads although not at the same level as they did prior to the opening back up to in person programming.

Gaelen said that we are going to keep offering water and not offering food at upcoming public Sabbats. Volunteers were very appreciative of not having to clean up.

Governing Board Liaison (Orin): Orin confirmed from National notes that Thea is the only one handling the office of membership at this time. He said that they're asking for volunteers for positions on the National Board. Merry Meet will be both online and in person in Orange County, California. He did not have the dates for Merry Meet on hand but will share it to the email list shortly. Gaelen thanked Orin for his time and effort and for taking our current issues to the national board.

Gaelen thanked all officers for the job they are doing. They are mindful and concise with the business of the covenant and due to their succinct nature, we were able to get through all items on the agenda in a timely manner. She said that she is pleased with the effort and efficiency that everyone has put forward.

Old Business

Idea of a spring activity – 2023: Since spring is almost over, we're going to hold off on planning anything for spring until 2023. She asked if everyone is good with just focusing on Witches Ball for 2022.

New Business

New Monthly Class Series: 1st Saturdays of the month: 1-3 pm, Lopsi has offered to start a new Reiki series that will be separate from the public classes at the Arlington UU. Gaelen said that Lopsi will facilitate these classes so that Ruby does not have to add them to her plate. Gaelen will coordinate with the Arlington UU contact for our needs regarding this class.

Witches Ball 2022: Forming committee will be meeting up in a couple of months. Gaelen asked



for anyone interested to be on the committee to reach out to her in the next week. Kara, Kim, Essynce, and Chuck have volunteered to be on the committee. Rae offered Tazmin for the committee.

New member applications: Circle of the Ancient Mother is applying to join TXCoG. Essynce, the High Priestess, read their Statement of Practice. Recommendation letters were read from Bastion of Coven Firemoon and Raven of Circle of the Moon. Essynce provided membership application, paperwork, and fee.

Jander Zen is applying for individual membership for TXCoG. He read his Statement of Practice. Recommendation letters were read from Kara of Coven Firemoon, Anastasia - Individual Member, and Gaelen of Circle of the Serpent. Jander provided membership application, paperwork, and fee.

Essynce, Jander and Isolde left the room and the council discussed them and voted.

VOTE: Both applications were unanimously accepted.

Our newest members were welcomed back in and celebrated.

Gaelen thanks Coventina. Adjourned at 12:00 pm.



TOUCHSTONE

~ March 14, 2022 ~

Invocation: Jack

Covens/Individual Members:

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

Guests:

- ❖ Jan and Steph
- Verification of Quorum: Yes
Approval of Previous Minutes: Yes

Officer Reports:

- First Officer – Val:** No report
- Second Officer – Lari:** No report
- Membership Officer – Joanne:** Not present, and no report
- Pursewarden – Jack:** Status Quo, no change yet
- Public Information Officer – Chad:** No report
- Recorder – Val:** Will send minutes to National ASAP

Governing Board Representative Report

– **Jack:** The executive board met and determined that it’s time for the local councils to get back into having physical meetings, and they are looking for people to run for office on the National level. Also, Merry Meet 2022 will be held in August in Orange County in Santa Ana.

Old Business:

Yule was absolutely fantastic! And a big round of applause and thanks is given to the Circle of The Obsidian Oak for the successful outcome and all of the efforts that they put forward to make the event happen. BLESSED BE!

New Business:

We need to start having physical meetings again, and brings friends.

Anything else of interest locally: Ventura County Spiritual Commons is continuing, and Jeff Albaugh is giving a survey for teachers.

Blessing: Val
Meeting Adjourned: Yes @ 7:30pm
Next Meeting: April 4th, 2022



~ April 4, 2022 ~

Invocation: Jack
Roll Call:

Covens/Individual Members:

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

Guests:

- ❖ Jan and Steph via Zoom
 - ❖ Jim attended physically
- Verification of Quorum: Yes
Approval of Previous Minutes: Yes

Officer Reports:

- First Officer – Val:** No report
- Second Officer – Lari:** No report but had a question about our Facebook page and will be discussed later in the meeting.
- Membership Officer – Joanne:** Not present, and no report
- Pursewarden – Jack:** Status Quo, no change yet
- Public Information Officer – Chad:** Is currently in the discussion phase of having a documentary made on Wiccan history with an outside source.



Recorder – Val: Will send minutes to National ASAP

Governing Board Representative Report

– **Jack:** Chamisa Local Council (New Mexico) has gone provisional and may disband. Also, C.O.G. is still looking for people to fill some empty positions on the National level.

Old Business:

Merry Meet will be held in August 2022 on the 11th, 12th, 13th, 14th in Santa Ana.

New Business:

Stachia will look into our Facebook page which was discussed earlier. Wednesday with Witches is also doing a lot of things for the community including having Zoom meetings, classes, guest speakers, etc.

Anything else of interest locally: Chad and Lari will be celebrating the Pink moon on the 16th

Val and others will be celebrating the Pink moon on the 17th

Raffle: Jim won

Blessing: Val

Meeting Adjourned: at 7:30pm

WHAT’S HAPPENING AROUND COG

WEDNESDAY WITH WITCHES

May 4 (Open to the Public) 5:30 PM

May 18 (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

The Five Elements Apr 27, 2022

Chakras May 11, 2022

Pagan Rituals May 25, 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!

<https://www.txcog.org/our-classes/online-pagan-101-classes>

ASTROLOGY, MAGICK AND THE GODDESS

Apr 29, 2022

6 - 8 PM PST

Weaving Astrology and Magick makes for powerful energy. How can we blend, focus and apply this energy for our best outcomes? Add a touch of the potency of the Goddess you say? How might we invite the Goddess to add Her special touch and to enhance our workings with Her presence?

In this seminar with Moonbeam Mage, be prepared to meet 12 goddesses, contextualize them within the 12 signs of the zodiac, and to tap into the magickal resources of 12 aspects of the Goddess. We will discover and discuss applications of these powerful forces within Sabbats, Workings, Rituals – the practices of your Craft.

At the very least you may find the goddess you have been waiting for, the one who aligns with you astrologically and is thus able to empower your magickal practice!

<https://www.ardantane.org/event/astrology-magick-and-the-goddess/>

LEGENDARY STONES

May 6, 2022

6 - 8 PM PST

We live on a rocky planet, and stones abound... but some stones have become special to human lore and legend, because of their history, form, inscriptions, or magickal attributes. We will visit some of the more famous examples (the Lia Fail/Coronation Stone on the Hill of Tara in Ireland, the stone that held Excalibur), as well as many fascinating rocks you’ve never encountered before.

FUNDAMENTALS OF ASTROLOGY II

May 13, 2022

6 - 8 PM PST

Tour of the Astrological Planets: Tonight we will take a deep dive into the Planets as the actors of the zodiac, that is, the planets make things happen (is) *during* their travels through the zodiac. We will touch on the archetypes, rulerships and exaltations for each planet before going on to the relationships between the planets, the aspects and what they mean. Come join us!

KABALLAH FOR WITCHES

May 20, 2022

6 - 8 PM PST

Understanding “Kaballah” from the Wiccan perspective: A brief overview of the history of Kaballah, some information on how it might be used in a Wiccan format and a resource list of publications,



websites, etc. which could be used for exploration if one seeks a deeper understanding. AmberIsis will also include an experiential pathworking.

BLAST FROM THE PAST

THE POLITICALLY INCORRECT BEHAVIOR OPPOSITION RESOLUTION.

Vol 14 Issue 4

Beltaine 1989

By PollyannaFlowerhighs

*Humor Alert! Humor Alert!
This is a letter, not an article
Not a statement of CoG Policy!
Not my fault!
Aoogha! Aoogha! (DIVE! DIVE!)*

We, who doth protest too much, as practitioners of Pagan and newly made-up Pagan religions, including Witchcraft (and only we know what that truly means), practice a double plus god, 99 and 33/100s percent pure faith that is dedicated towards health, ourselves of course, and of others we think are on our side. Also dedicated to the Earth – hereafter referred to as Big Mama. As such, we do not advocate Politically Incorrect Behavior(PIB), such as murder, rape kidnapping, and unjustified gossip. Nor do we condone PIBs such as jaywalking, farting loudly in public circles, or vomiting when visiting a church. We absolutely condemn the practices of PIB, be it to or from woman, child man, or nasty astral entities, and any we left out because we're in a hurry. PIBs directed at spirits minds, bodies, or auras is especially double-plus-ungood! We offer pity, platitudes, vague prayers, hugs and warm fuzzies for the poor unfortunate wretches who have been victimized by Politically Incorrect Behavior.

We are furthermore opposed to racism, the decay of our inner cities, the destruction of our environment, the eventual heat death of the Universe(hereafter referred to as Cosmic Mama) and entropy. We recognize that Big Mama is the best Goddess of all, and that it's not nice to fool with Mother Nature. We practice all of our rites of worship entirely legally, except for a few secret practices that violate certain outdated local statues relating to fertility, and enlightenment through psychedelic plants. We are always perfectly ethical and have perfect manners when we offer constrictive criticism to individuals and groups behind their backs.

We will not tolerate slander, libel, malicious gossip, or ignorant comments about our unique lifestyles behind our backs. We will sue the pants off anyone who we disagree with.

On behalf of the P*A*G*A*N community (the People Attractive Gregarious Association of Neophytes) as a public service.

We would love to have your group join us as undersigners of this wonderful statement so we can pretend there is more of us than there really are. If you think you can speak for your entire group without asking them, or would like to quibble endlessly about the details of this statement, please write me at: PO Box 269683 (Coyote) Berkeley, CA 00000

- THE WILD HUNT -

PAGAN NEWS & PERSPECTIVES

We are currently in the midst of our Beltane fundraiser, and we could use your help.

If you enjoy the articles we publish seven days a week, and believe that having a Pagan news source reporting news that is important to our diverse community, please consider making a donation if you are able.

If you cannot make a donation at this point, please consider sharing our fundraiser with your friends, covens, groups, and on your social media.

For those of you who are already monthly sustainers, thank you so much for continuing to support the mission of The Wild Hunt! Your support is vital for TWH to be able to continue its mission of offering factual and impactful news articles. We are a fiscally-sponsored non-profit through Independent Arts and Media (EIN: 94-3355076 - IRS Charity link Here)

TWH is 100% reader funded by readers like you. Every dollar donated by readers goes directly to the TWH team for their work. We pay our contributors: writers, editors, columnists, and support personnel. We also have hosting and server costs.

Wishing you the blessings of Spring,

Manny, and the rest of TWH editorial team, journalists, and columnists

Link to donate <https://www.wildhunt.org/donate>

If by check:

Independent Arts & Media

2830 20th Street, Suite 201

San Francisco, California, 94110

Note in the Memo : For The Wild Hunt



ESSENTIAL OILS FOR MENTAL HEALTH

From [Everyday Essentials](#) by Plant Therapy

After the year we've had, we're all looking for ways to care for our mental health. Even as things return to normal, we might find ourselves struggling with anxiety, stress, or just feeling down. Practicing mental self-care is a good place to start and essential oils are here to help along the way.

It's important to note that essential oils can't "cure" stress or anxiety, but they can help uplift our emotions and offer therapeutic benefits. And as much as essential oils can help you cope with mental health concerns, they're no replacement for professional mental health care. With that being said, let's look at a few of our favorite essential oils and blends that can help support you through our mental health journey.

To Help Relieve Stress

Whether it's meeting deadlines at work or studying for exams, many of us are familiar with the feelings of stress. It's important to recognize these feelings and give yourself proper time to care for yourself. If you're searching for a natural way to relieve stress, there are a few essential oils that can help. We'll start with everyone's classic pick: Lavender. It possesses a high quantity of Linalool, a constituent known for its calming, relaxing qualities. It's a wonderful choice to help you wind down after a stressful day so you can enjoy your evenings.

When diffused, Ylang Ylang can help reduce stress and worry, while calming the mind from impeding thoughts. In addition, you can also use this as a relaxing massage oil. It encourages full-body relaxation, which can help you unwind after a stressful day. At times, stress can string along feelings of nervous tension. Patchouli and Basil Linalool are other essential oils that can help promote balance and alleviate feelings of anguish or doubt. Use them in blends or diffuse by themselves during meditation for a wonderful grounding experience.

Coping with Anxiety

Anxiety can come in all forms, and leaving feelings of unease and nervousness. Once we're hit with it, it can strongly interfere with our ability to complete daily tasks. There are many ways to effectively help you cope with anxiety, one of them is essential oils.

Essential oils like Chamomile or Tangerine can help soothe nervous thoughts. If anxious emotions arise during your day, Tangerine can help clear the mind and reduce nervous tension. In addition, its bright, citrus aroma can help energize you through that midday slump. Whether you diffuse Chamomile before bedtime or dilute into a warm nighttime bath, it can help promote feelings of

relaxation and allow you to rest easier through the night. At times, feelings of anxiety can also cause us physical strain like muscle tension. That tension can get built up in our necks and shoulders. Chamomile can help relieve that tension if used in a carrier oil.

Additionally, our Worry Free Blend combines essential oils like Roman Chamomile, Lavender, Sweet Marjoram, Ylang Ylang Complete, and more to help promote a tranquil environment for you to help let go of feelings of anxiety and stress. It can also help quiet thoughts caused by overthinking and allow you to fully relax.

Try out this relaxing diffuser blend to help calm unsettling emotions:

Namaste Diffuser Blend

What you'll need:

- 4 drops Atlas Cedarwood
- 3 drops Elemi
- 2 drops Tangerine
- 1 drop Australian Sandalwood

What you'll do:

Place all essential oils into your diffuser, sit back and relax.

Comforting Emotions

Sometimes, life can throw unexpected curveballs. When we least expect it, we find ourselves dealing with feelings of grief or loss. And during these gloomy days, there are a few essential oils that can help bring comfort to the mind and body, while helping calm unruly emotions.

When you need a break from the world, Neroli is one of many essential oils that can help us through times of extreme grief, nervous tension, or exhaustion. Its floral aroma can help comfort fluctuating emotions that come with grief. Also known for its comforting capabilities, Rose Absolute can help soothe emotions and bring a sense of calm in the midst of fresh grief. With this in mind, try the diffuser blend below to help you during times of agitation.

Vetiver, another great essential oil, boasts an earthy and woody aroma that is pleasant to the senses. It helps promote balance and relaxation back into our lives. It's recommended to diffuse before bedtime because it can help calm the mind. Check out our Self Care Diffuser Blend that combines Vetiver, Green Tea CO2 Extract, and Lavender for the ultimate relaxation session.

As mentioned before, Lavender is well-known for its calming and tranquil properties. Diffuse into your living space or dilute it into a warm, night bath for a peaceful experience (try our DIY Lavender Bath Sachets recipe!).



Geranium Love Diffuser Blend

What you'll need:

- 3 drops Bourbon Geranium
- 2 drops Ylang Ylang
- 1 drop Rose Absolute

What you'll do:

Place essential oils into your aromatherapy diffuser for some needed self-love.

Uplift and Energize Moods

For days that seem grayer than others, there are a few essential oils that can help uplift your mood when you're feeling down or upset. It can instantly help get you going after a simple diffusion but adding these oils to lotions or creams can help you take in its emotional benefits as well.

Bergamot is arguably one of the most enlightening essential oils you can use. During times of sadness, this can help boost emotions with its bright, citrusy scent. Furthermore, you can add Bergamot to other emotionally supportive essential oils like Lavender or Neroli for even more benefits. The next time you're feeling down, check out our blog post on the benefits of breathing exercises and diffuse this Breathing Light Diffuser Blend. When you're feeling insecure and uneasy, Blue Tansy gives you a boost in confidence and supports high self-esteem.

Plant Therapy's Self Esteem Blend is a concoction designed to help ease worry and relieve some nervous tension. It gives you that confidence boost when needed most. Combining Blue Tansy, Black Spruce, Frankincense Carterii, and Ho Wood can help soothe and calm frazzled emotions and uplift your overall mood.

MAY THE 4TH BE WITH YOU!

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

- | | | | | |
|----------------|-------------|-------------|---------------|---------------|
| Coruscant | Darth Vader | Death Star | Droids | Empire |
| Emporer | Falcon | Finn | Force | Han Solo |
| Jabba the Hutt | Jar Jar | Jedi | Kylo Ren | Leia Organa |
| Lightsaber | Naboo | First Order | Obi Wan | Padme Amidala |
| Rebels | Resistance | Rey | Senate | Sepertists |
| Sith | Skywalker | starfighter | Stormtroopers | TIE Fighter |
| Xwing | Yoda | | | |