



**Photo Art "Red"**

by Sherry Lore

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Sherry Lore - Editor

## "Red"

- Imbolc 2005-

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## ...from the Collective

*Belated Happy Imbolc Everyone!*

*I apologize for not having this issue finished and to everyone by the holiday, but sometimes the wheel turns even when we don't want it to. Whether it's the minutes we feel are lost when we don't have enough time to do our work or spend with our families; or whether it's the years that are lost when we've lost someone we feel touched us in a way no other can. The wheel of life can give even the most carefree person a head, heart, or soul ache. But I think the most difficult turning of the wheel is when someone loses the wheel itself.*

*Alzheimer's disease is one of the most excruciating diseases out there affecting over four million Americans, today. Those afflicted not only lose their memory and sense of time, they also lose their dignity, sense of identity and the ability to care for themselves and live within the world. For them the wheel isn't turning, it's broken. They live within a world of*

*scattered and skewed memories of the past from various times and places, or within the world of the now with confusion, frustration, anger and fear. The most heart wrenching to witness is those moments of now, when they see what is happening and know what they are losing and realize they're losing it again. It's a never ending cycle of loss, a wheel of pain, not time. To learn more about this disease or to find out how you can help, please go to the Alzheimer's Association website at <http://www.alz.org>.*

*My grandmother was an incredible woman, with the a well of wisdom and love so deep it seemed never ending. But now the well is dry with the wheel having turned for her one last time... Luckily she was a woman who shared so easily with those around her that I will have enough memories, wisdom and love to sustain me and those who come after for a few lifetimes over. This season: remember the wheel and light a candle to call for the light; tell the stories and wisdoms of the past so that they will continue into the future; remember who you are and where your going so that you don't get lost along the way; and share with your loved ones the most precious gift of all: time.*



*Blessings for tomorrows to come,  
~ Sherry Lore*

## Colors of the Rainbow

### Red: Correspondences and Inspirations

*Tuesday, Base Chakra, Passionate love, creativity, enthusiasm, energy, sex appeal, courage, strength, health, element of fire, career, goals, fast action, lust, vibrancy, driving force, survival, the god, vigor, danger, will power, fertility, increases magnetism in rituals, draws Aries and Scorpio energy*

# IPAN Meeting Notes

## January 2005

### Officer Reports

**Publications:** Last issue went out. Red is the next issue theme. So think red, luscious, rich, vibrant, fiery red.. Next issue is orange, juicy, sticky, sweet orange.

**Finances:** Bank thinks we have more money than we have.: \$800 bank thinks, \$450 we think.

**Correspondence:** We got mail! Some submissions, some catalogs, some announcements.

**Web:** No calendar yet. We believe a cat is the culprit to the calendar problems. We have areas set up for Symposium registration . Send Ari the deadlines for upcoming issues.

### Agenda Items

#### **Symposium:**

**Registration** - Registration is up online. Need to send out an info email. to let people know .

**Workshops** - Ari needs the info on workshops, please let us know if you would like to present a workshop or discussion. Send info to ipan@ipan.org

**Raffle** - Please donate to the raffle.

**Vendors** - Will send out info to vendors. Please let us know if you or your business would be interested in vending. Vending fee is a raffle donation of \$10 or more. and in exchange you will get your ad in Weavings.

**Food** - Will try to get coffee donated, easy breakfast items. Still debating on specifics for lunch and dinner. Looking for donations of bars, cookies, muffins.

**Jobs so far:** Greeter - Kate, MC - Trish, Icebreaker - Ari, Wrangler - Tony, Ritual - Sherry, Raffle - Marsha, Food - Robin & Dawn, Registration/Workshops - Ari, Vendors - Kate

**Theme** - Celebrating the Journey...

### Upcoming IPAN Events

**Jan 9** — Craft Circle 3 PM; Paper Lanterns; Location Sherry's, contact us at ipan@ipan.org for location and details.

**Jan 13** — IPAN Collective Meeting: 6:30 PM Social Time, 7:00 PM Meeting; Terrapin Coffee Co IN CORALVILLE, IA

#### **Feb 2 – Imbolc: Brigit**

**Feb 10** — IPAN Collective Meeting: 6:30 PM Social Time, 7:00 PM Meeting; Terrapin Coffee Co IN CORALVILLE, IA

**Feb 13** — Craft Circle 3 PM; Gourd Shaker; Location Trish's, contact us at ipan@ipan.org for location and details.

**Feb 18** – Oestara Weavings Deadline; Theme: “Colors of the Rainbow: Orange.” Email submissions to submissions@ipan.org

#### **Mar 1 - Weaving Community Symposium Early Registration Deadline**

**Mar 10** — IPAN Collective Meeting: 6:30 PM Social Time, 7:00 PM Meeting; Terrapin Coffee Co IN CORALVILLE, IA

**Mar 13** — Craft Circle 3 PM; Gourd Shaker; Location Trish's, contact us at ipan@ipan.org for location and details.

#### **Mar 21 - Oestara**

#### **Mar 26 - Weaving Community Symposium Registration Deadline**

**Apr 2 - Weaving Community Symposium; People's Unitarian Universalist Church in Cedar Rapids, IA.**

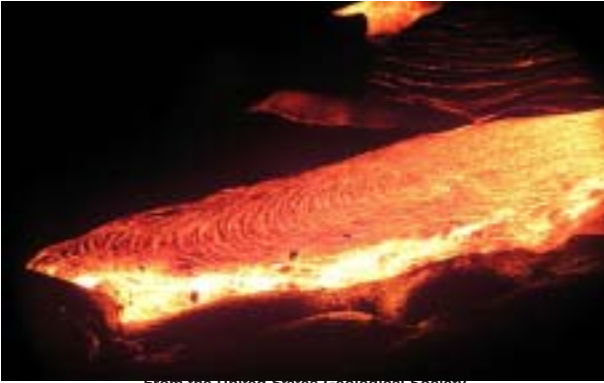


*Through red the human spirit finds release for its more impassioned emotions.*

*- Faber Birren*

## A Red Goddess: Pele

By Trish



From the United States Geological Society  
<http://www.usgs.gov>

Pele is the Hawaiian fire and volcano goddess. Her full name is Pelehonuamea and she is known as "She-Who-Shapes-The-Sacred-Land".

Pele's mother is Hina, or Haumea. Pele originally lived in Polynesia, but after a falling out with her sister Namakaokaha'i, goddess of the sea, Pele sailed

to the islands of Hawaii. She came first to the Hawaiian island of Kauai. Looking for a home, She used her digging stick to form several caves along Kauai's northern shore. But Namaka arrived and again drove Pele away.

Pele eventually settled on the big island of Hawaii on Mauna Loa, which was too high for Namaka to reach with her water. Pele makes her home there to this day. The flowing lava from the volcano is frequently depicted as Pele's flowing hair.

Stories of Pele always seem to involve fiery tantrums, lust and jealousy, but maybe this is to be expected of a volcano goddess. Pele also has the ability to be repentant and loving. Her power formed and shaped the land of Hawaii and continues to work on the islands and their people.

Pele embodies the twin nature of destruction and creation. Call on her when you need to make a change in your life, or whenever you're lucky enough to visit the islands of Hawaii.

### *Pele's Invocation*

*by Sherry Lore*

*You of earth and fire, darkness and light.  
Let your hair wash upon me, burning away the past.  
May the tidal waters that mix with you cleanse and cool my spirit.  
May your black sands cover the ways of the old  
so that I may build again with the richness of your creation.*



## Garnet

By Trish

Garnet is a stone associated with the base chakra. Other base chakra stones are bloodstone, hematite, and tiger's eye.

Garnets occur in all colors except for blue/purple. Large examples may be multicolored. In common usage, garnets are most generally thought of as a deep red, transparent stone. Garnets as a group are one of the most common minerals, which has given them a reputation as a lesser gemstone. However, some specific varieties are quite rare, and may be in high demand.

Beyond the obvious use as a gemstone, garnets have other practical applications. Garnets form under high temperatures and pressures, resulting in a relatively hard crystal. The harder forms of garnet are used as an abrasive, including Garnet paper, a popular sandpaper. Garnet crystals are also popular among mineral collectors.

The Egyptians believed garnets would cast light for passage to the afterlife and garnet has been found in jewelry from Egypt dating back to 3100 B.C. Garnet's name comes from the Greek word for pomegranate. Because of this, this stone is associated with the myth of Persephone, Demeter and Hades. In this myth, Persephone eats the seeds of the pomegranate while in the underworld, which commits her to spending time in the underworld each year.

Historically, garnet was believed to fend off evil spirits. The Crusaders wore garnets to protect them in battle and return them safely to their loved ones. Garnet was also believed to protect the wearer from poison. In India, tribal soldiers fired at the British army with garnet bullets. Garnet was believed to be more fatal to the enemy than more conventional bullets.

Garnet is considered a projective stone and has the primary attributes of strength, protection, and fidelity. Garnet is associated with the element of fire and the planet Mars. Garnet is the January birthstone and the zodiacal stone for Capricorn.

Wear or carry garnet to enhance bodily strength, endurance and vigor. Garnets may be used for strenu-

ous magickal workings or to tap extra energy. Regular use of garnets on your altar may improve your endurance and concentration.

Long ago, garnet was thought to chase away demons and night phantoms. Today it may be used to strengthen the aura and to help create a shield to repel negativity. Specifically, garnet may be worn or carried to protect the wearer from poison and keep away bad dreams.

Because of its association with strength and protection, as well as the blood, garnet combined with hematite (strongly associated with blood and stability) may be worn for strength after chemotherapy.

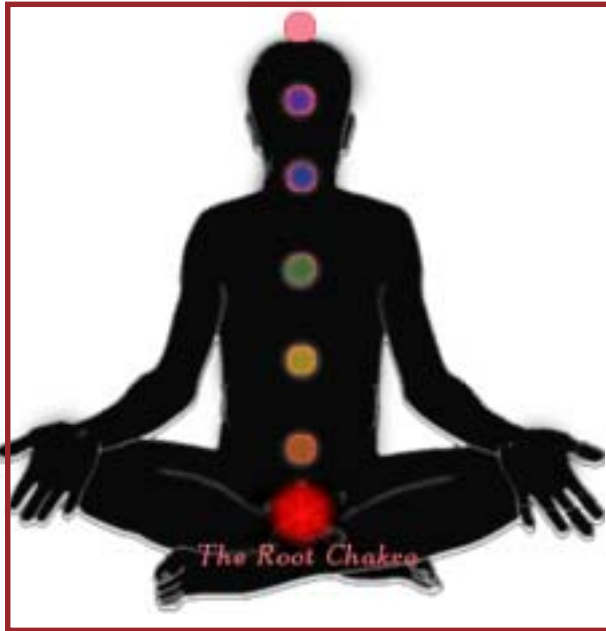
Garnet is associated with both constancy and fidelity. Given as a gift garnet symbolizes true and never-ending love and devotion. Friends may exchange garnets before parting to symbolize affection and to magically ensure that they meet again.

Garnets are thought to bring good luck and fortune. Garnets have been thought to enhance self-esteem and may be used specifically for health of the skin, blood and heart. Garnets encourage success in business, especially while traveling. Garnets invoke and release an individual's creative ability and inner fire. It is said that the "wearer of garnet will get anything he desires."



## The Root Chakra

by Marsha



The root chakra is located at the base of the spine, pointing downward, and is associated with the element earth and the color red. It is represented by the four-petaled lotus. The root chakra is traditionally said to govern the entire lower body, but more than that, the components of structural support for the body – including blood and bones. It also reigns over the immune system.

When your root chakra is open and energy flows through it freely, you feel well grounded, at harmony with nature and her cycles. You feel safe in the knowledge the Earth is your safe-place, providing all you need not only to survive, but to live a satisfying and prosperous life.

When your root chakra is out of balance, you become obsessed with the physical – possessions, sensual experiences, and satisfying your own personal needs at the expense of the needs of others. To you the Earth is a place to be dominated and ex-

ploited in order to secure survival – for yourself and all of humanity.

When the root chakra is blocked or closed, your immune system weakens, as does your physical and mental stamina. You feel disconnected from the world, as if you don't belong. Your enjoyment of sensual pleasures is diminished or extinguished. You are more susceptible to illness, especially immune discords. Some mental disorders, especially those that include delusions, are associated with a blocked root chakra.

Energetically, the root chakra is our connection to Tribal power. Our first tribe is our blood tribe – the family we are born into. But as we expand the definition of "tribe", we find it includes all of the groups to which we belong, from the local pagan group to the more nebulous "culture" with which we identify ourselves. It can even include groups to which we don't consciously acknowledge membership.

Tribal membership gives us a sense of belonging, and the strength and prestige associated with belonging to those groups. It also makes us susceptible to the belief patterns and superstitions shared by the members of those groups. Family traditions are an example of tribal beliefs. Similarly, the belief that the number 13 is unlucky is an example of an American tribal superstition – evidence of which requires only an elevator ride in a high rise building. Prejudice is another tribal thought pattern - when you hear someone say, "This isn't what I think, but it's how I was raised", you are hearing them speak with their tribal voice.

Shared beliefs are very powerful, as they have the collective unconsciousness of the entire membership fueling them. When your personal beliefs are at odds with those of the tribe, you find yourself in a very uncomfortable position. Loyalty to the tribe is deeply engrained, expected. Leaving a tribe is a very difficult choice, and one we often aren't willing to make. But remaining a member of a tribe with beliefs that oppose your own may be impossible, and may carry the price of a compromised immune system or di-

minished ability to feel joy and satisfaction in your life.

Tribal lessons include those of loyalty, honor, and justice. These are all good qualities to possess, but when taken to the extreme or when violated, each can cause energetic wounds that “bleed” energy from our root chakra. The loyalty we feel for and from our tribes give us a sense of belonging and security. But remaining in an unhealthy situation out of a misplaced sense of loyalty serves no one well. Honor speaks to our personal code of ethics, our personal integrity. But an over-developed sense of honor leads to rigidity and intolerance. Justice is invaluable to preserving order in society – be it the “an eye for an eye” justice of the Old Testament, the concept of karma, or the three-fold law. But clinging to a tribal sense of justice can lead us to demand a humanly reasonable explanation where none exists, costing years of spiritual growth. Violation of any of these lessons can have energetic consequences (“leaks”) as well as ostracization by the tribe.

What tribes do you belong to? What beliefs come with membership package for each? Are any of these tribes no longer serving your personal or spiritual growth? Why do you remain a part of them? Have you defined your own personal code of honor? Do you ever violate it? When? Why? What tribal lessons do/will you teach your children? Let these questions guide your examination of how your tribal affiliations influence your life and the functioning of your root chakra.

*-Marsha, Certified Reiki Master  
(Deeply influenced by “The Chakra Handbook” by Shalila Sharamon and Bodo J. Baginski and “Anatomy of the Spirit” by Carolyn Myss – both of which I’ve read so many times that I cannot separate my knowledge from their pages.)*

## Root Chakra Incense Recipes



### BASE CHAKRA

#### *Stimulating Blend*

10g myrrh resin  
5 drops cedar oil  
3 drops patchouli oil  
3 drops vetiver oil

#### *Antidoting Blend*

5g benzoin resin  
5g rosemary herb  
3 drops eucalyptus oil  
3 drops tea tree oil

Use these recipes after going through a full seven (or more if that is your practice) chakra meditation.

After sensing all of your chakras, focus on opening or cleansing your base chakra, found at the base of your spine. Imagine it opening like the petals on a flower and glowing a beautiful red light. As you breath in the incense, imagine the red light swirling round like a pinwheel.



## *Red Fruit*

From my glass cage, I look out upon the world  
A woman's mystery sealed inside a little girl  
I bit the bitter apple, swallowing knowledge whole  
Following the white rabbit, I left behind my soul  
Down through the darkness, I fell to the other side  
Deep inside the mother, I was born again and died  
The beast came upon me, offering comfort for my pain  
The pomegranate eaten, only his stories remain  
Despair grew inside me, a sad child to bear  
With myths all around us, the truth I did share  
A child born of red fruit, I hid you from the beast  
Born of the mysteries, I spared you from the feast  
From my swollen belly, a snake writhed to life  
The snake charmed me upward, back into the night  
And to the farthest reaches, she led me to the sea  
With mother's womb before me, I planted seeds of thee  
Diving deep within her, fruit's flesh fell away  
With fins and tales to sing of, the waters moved in sway  
Howling a war of hate and fear, the beast sought me out  
Searching for my hidden smile, he burned the snake in doubt  
And with his fires raging, he boiled through her sea  
Searching for new salvation, he found only me  
Truth's voice stolen from me, he took me to his lair  
And in his hidden heart's chambers, he entombed me with great care  
He put me high upon his shelf to make the world forget  
Encased in this glass cage of myths, tortured to regret  
But my smile remains hidden, as your seed at last takes root  
I know the truth of myth and lie, for I have tasted your red fruit

~ Sherry Lore

## Flickering In Time

by Merlin

Candles. They're all around us every day. They come in every scent and shape known to man. We use them to decorate, freshen, relax, and illuminate our lives. They have been a part of everyday life in cultures around the world for centuries. Even so, when we picture a Witch in our minds, we always seem to think of candles being nearby. Books and movies always associate candles with witchcraft and magick of all types.

There's a good reason for this, of course. We Witches are usually avid users (and collectors) of candles. We keep them stocked in every shape, color, and scent we can find and use them in just about every aspect of our Craft. But why is it that we've become so attached to these simple tools in our magickal workings?

Perhaps it is because they represent a step away from the technology that is so prevalent in our society. Perhaps it stems from the way the shadows dance about in the light of a flickering candle, leaving us with a sense that reality is far more fluid than we like

to believe. I like to think that, elemental connections and color associations aside, we love our candles because they take us back in time. They help us, more than any other tools we use, to forge a connection with our predecessors. Working by candlelight we step back into their world and leave our own behind, opening ourselves to all of the energies raised by every Witch who ever lit a candle.

Every time we light a candle, we repeat a gesture used by millions of Witches over the centuries — a gesture that logs us on to the ethereal internet of collective consciousness and focuses all of time into that one moment. From that moment we are free to flicker back and forth in time to gather the energies we need for our task, a tiny dancing flame our ISP.

When you light your candles this Imbolc, take a moment to reflect on that connection to Witches past, present, and future. Tell them thank you, and maybe give them a little wink through your "flame—cam".

Bright Blessings,  
—Merlin



### The Unicorn

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A network of individuals and groups, both public and private, who work within our local communities to create a healthier society and more religious freedom for all. To learn how you may help, please send us a SASE today.

## Sonnet to the Moon XXII

Arianrhod! Send forth thy Silver Wheel  
Dancing 'midst yon sable skies,  
Bringing joy, our hearts to heal,  
As we shout up our joyful cries  
Unto thy crystal castle high above  
'Round which dance the shining stars  
That move our souls to peace and love.  
Would that moonbeams could be caught in jars  
And kept on altars by the days,  
That we might share thy gleaming light  
With those that cross our sunlit ways  
And show them all the joy of night.  
But spin still above thy Silver Wheel  
That we, at least, by night might heal.

~ Merlin

## standing on the bus stop on a very snowy day

Sparkling snow  
swirls sideways  
sifting silently  
southward.

~ Jean Kirley



## Lady Liberty League - ACTION ALERT

### Support Wiccan Priestess Cyndi Simpson in Pagan Civil Rights Case in Federal Court at Imbolc time

Please send blessings of strength, protection, and well-being to Wiccan priestess Cyndi Simpson and her legal team for the next phase of her Pagan religious freedom battle. On Thursday, February 3, 2005, her case goes back to federal court — this time to the federal court of appeals.

#### **Cyndi writes:**

*“On the morning of Thursday, February 3, 2005, oral arguments will be heard by the U.S. Fourth District Circuit Court of Appeals in Richmond, Virginia, in my case against Chesterfield County, Virginia.*

*The hearing will be at the University of Richmond Law School, not the Federal courthouse, for the edification of the law students.*

*I filed suit against Chesterfield County in December, 2002 for denying me the opportunity to give an invocation before a Board of Supervisors’ meeting, because their refusal was based solely on the specific content of my religious beliefs. To them, Witchcraft and other types of modern Paganism — indeed anything other than the Jewish or Christian faiths — are not true religions at all.*

*I won the initial court battle in the U.S. Court for the District of Eastern Virginia in November, 2003.*

*However, the County then appealed to a three-judge panel of the Fourth Circuit. They have said they will appeal all the way to the Supreme Court, if necessary.*

*What is at stake here, of course, is not only the legitimacy of Witchcraft, Wicca, Paganism, and other minority religions, but whether or not we as a nation really hold religious freedom as a value for everyone — religion in all its diversity.*

*I ask the grace of all energy and support that people can send — energy for the greatest clarity and truth and for the highest justice in all the proceedings.*

*I ask for energetic support for my legal team from*

*the ACLU (American Civil Liberty Union) and Americans United for Separation of Church and State — may they be eloquent!*

*Thank you all for what you may offer.*

*The blessings of Imbolc and Bright Brigit to all of you!”*  
Cyndi Simpson

#### **HOW TO HELP**

(1) Please remember Cyndi in your personal and group rituals, meditations, and gatherings at this Imbolc time.

A photograph of Cyndi to use in your workings, plus more details about her victory at the first level of US federal court, are published in the Winter 2003 Lady Liberty League Report:

Wiccan Priestess Wins Federal Court Case <http://www.circlesanctuary.org/liberty/report/winter2003.htm>

Other background (Fall 2003 Lady Liberty League Report): <http://www.circlesanctuary.org/liberty/report/fall2003.htm>

(2) Send Cyndi emails of support: [cyndisimpson@hotmail.com](mailto:cyndisimpson@hotmail.com) with a carbon copy (cc): [liberty@circlesanctuary.org](mailto:liberty@circlesanctuary.org), with “**Support for Cyndi**” in the subject line.

Cyndi thanks everyone in advance for your blessings and emails of support.

(3) Please spread the word to others you know who may be able to join this outpouring of support for Cyndi. Forward this email or its URL, post on discussion lists, post on websites, announce at gatherings, tell others. This LLL Action Alert is on-line: <http://www.circlesanctuary.org/liberty/report/cyndi.htm>

Thank you.

## Sites

### Anglo-Saxon Heathenism

<http://www.englishheathenism.homestead.com/>

An interesting site with the history, culture and symbolism of the Pre-Christian English religious traditions. Included are the traditions, rituals, Gods & Goddesses worshipped, historical texts, a list of reading resources and more. This is a good site for those interested in ancient English heathenism or those just interested in history and tradition.

### Healing Metaphors

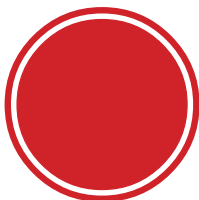
<http://www.jelder.com/metaphors/index.html>

The page's motto: "Magic is the art and science of changing consciousness at will." This is just one portion of a site by anger management facilitator/trainer, John Elder. Although technically these pages are for those either receiving/giving therapy or interested in hypnosis, they are still full of wonderful ideas for meditation and magical workings. They also list ways of coping with various anxiety problems in very creative (sometimes "magical") ways.

### The Redspot

<http://onewoman.com/redspot/>

In the spirit of this issue's theme, "The Redspot" is a great resource for menstrual women everywhere. From information, myths, stories, histories and empowering words and art, this site is can be a great tool for women (and men) of all ages. Don't forget to read some of the beliefs and cultural attitudes on the bleeding time from around the world. Interesting, scary, and very powerful.



### Moondance:

#### Celebrating Creative Women

<http://www.moondance.org/>

Incredible stories, ideas, and inspirations fill these pages! An online publication and creative well is just the beginning of what can be found there. This is an incredible site for women and men who love them!

### Astronomy Picture of the Day

<http://antwrp.gsfc.nasa.gov/apod/astropix.html>

Take a walk through the universe through the pictures captured by NASA and others. Each day, this site has a new picture of the incredible universe that surrounds us as well as an explanation of the photo shown. From the rings of Jupiter to the craters of the Moon, peruse the archives to see the previous pictures or get a better idea of how the cosmos works and moves!

### The Mystica

<http://www.themystica.org>

"An online encyclopedia of occult, mysticism, magic, the paranormal and more..." A no-nonsense site with decently referenced information about a variety of topics that are wide and far-ranging. Everything that is mystical, new age, magical, and pagan can be found referenced in this site. If your looking for an aesthetically pleasing, easy to find exactly what your looking for within a couple of clicks site, this isn't the one. But the site is very good at telling you a little about a lot. Also, check out her sister site, Mythical-Folk that covers a wide range of mythologies from all over the world.

*If you would like to submit a site review or a site to be reviewed, please email us at: [submissions@ipan.org](mailto:submissions@ipan.org)*

## Musing on Rootedness

by Trish

Friday my husband and I met with a mortgage “originator”. He asked, “Are you planning to still be living in this house in five years? In ten?”

I don’t know.

My mother’s father lives on the farm that has been in our family for almost two hundred years now. I will never live there, nor will my siblings or parents.

My father’s father settled late in life. His mother died when he was young, and he spent his childhood being passed from aunt to aunt. When he grew up, he was a preacher, and the conference moved him from town to town as he was needed. They bought their first house when he retired.

I grew up three hours from where I live now. My

sister still lives in the town we grew up in. My parents still live in the house they bought when I was five.

Iowa calls to me in a voice that sometimes only I seem to hear. As we travel, I hear her sweet song when we approach the border. Always, always grateful to be home, but feeling also that home is grateful to have me back.

My teacher learned to ground in California using the tree of life meditation. Naturally she used the redwoods. Then she moved here, to the prairie. No redwoods here. Not even close. She had to start over.

What do I gain by being connected to this place? To these people? To these things? What do I give up?



## IPAN is Celebrating **10 Years** of building pagan community

*Weaving Community Symposium 2005*  
*Saturday, April 2, 8:00 am ~ 9:00 pm*  
*PCMU, Cedar Rapids, IA*

Join us as we look to the past and follow our future as we gather together for a day filled with workshops, discussions, ritual, crafts, vendors, raffle, food, and friends. Registration is \$30 with meals provided as a part of your registration; this Scholarships are available! No one will be turned away for lack of funds. Children are also welcome!

Workshops so far are: “The Archetype Workshop”; “Finding Your Inner Bitch”; “Soul Cards”; “A Drumming Workshop”; “Chant Workshop”; “April Fools Ritual”; and “The Esoteric Swapmeet”. We are still looking for additional workshop and discussion leaders and vendors, if you are interested, please contact us at [ipan@ipan.org](mailto:ipan@ipan.org). Vending costs are only one donated item to our annual IPAN Raffle to be held at the event. All proceeds go to educational outreach..

For more information, please contact us at [ipan@ipan.org](mailto:ipan@ipan.org) or go to our website at [www.ipan.org/symposium2005](http://www.ipan.org/symposium2005)

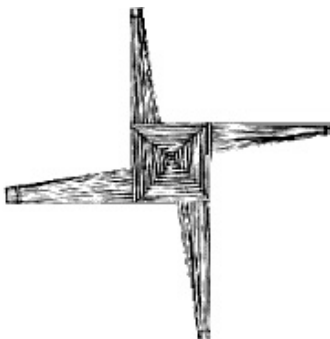
## Brigid's Cross

### Items Needed:

9 or more Wheat stalks, thick long grasses, rushes about 8-12 inches long  
water  
floral wire or ribbon

1. Soak the stalks or grasses in water to make them softer to use and more easy to bend.
2. While holding one stalk vertically, fold another stalk in half over the middle with the ends facing to the right.
3. Holding the center tightly, rotate it to the left and wrap the third stalk around the second with the third's ends facing right.
4. Rotate the center again and wrap the fourth stalk tightly over both the third and first stalks.
5. Continue holding the center tightly while turning to the left, adding more stalks with each turn.
6. Once you have used all of your stalks or have "woven" the center to a decent size, use floral wire, string or ribbon to secure the ends tightly.
7. Add decorations such as herbs or flowers as you like and hang with a piece of ribbon.

A variation of this idea for children is to use pipe cleaners in place of stalks or grass. The cleaners, found in most craft or discount stores, are easier for smaller hands to manipulate and stay in place more easily. Use a portion of a cleaner to tie off the end and decorate.



## Winter Warmth

A wonderful winter alternative to cocoa or coffee for an chilly evening, try a honeyed milk steamer.

- 2 cups milk
- 3 Tbs honey
- 1 cinnamon sticks
- 3 whole cloves
- 2 pieces of crystalized ginger ( or a piece of ginger root)

- Heat up the milk in a medium sauce pan over medium heat.
- Add in honey, cinnamon stick, cloves and ginger.
- Turn off heat as it is ready to boil, removing the cloves and ginger.
- Using a whisk or immersion blender, blend the milk till it forms a froth (you can also use a steamer if you have a cappuccino machine or steamer machine). Then pour and serve.

Another addition could be chai tea and cardamon pods to the mix for a lovely homemade chai.

Be Creative!

Write for IPAN Today

The Oestara "Weavings"

Deadline is:

February 18th

Imbolc Issue Theme:

"Colors of the Rainbow: Orange"

Send your submissions to

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Coloring Page  
Color Brigid's Flame



# Submissions and Calendar

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