

NEWS LETTER

£1 – to cover printing costs and small donation to temple



Upcoming Events

Autumn Equinox Celebration

Saturday 29th September – Ritual at 12 noon, followed by afternoon workshop. Please call Airy Fairy to book a place (and pre-book lunch if required) 0114 249 2090.

The workshop and talk will be provided by John Wadsworth who recently released the book *Your Zodiac Soul*. Learn about the tapestry of astrology, myth, history, poetry and literature and how you can journey through the zodiac signs to clear energy blocks, and keep your wheel turning in harmony with the seasons and your body's natural rhythms.

Samhain Celebration

Saturday 27th October - Ritual at 12 noon.

Regular Groups

Journey to the Goddess

Every Thursday, 4 Oct – 20 Dec, 2pm, £2

The next semester of the Thursday Afternoon Sheffield Goddess Temple School of Magic starts on 4th October. Old and new friends will be made very welcome on a journey looking deeply at what Goddess means to us.

Magic, Witchcraft, Chaos and Beyond – Part 3

11th November 1-6 pm, £23. Runes – learn the history, development, meanings. Then make your own set, and get started on learning how to read them.

Spiritual Crisis Network – 20th Oct. 1:30-3:30 pm

Pagan Pathways – Talks, Discussion, Tues. 8pm

- 9th October: *The Nature of Sacrifice* – Tim Hill

- 23rd October: *Why Music Is Magical* – Silverspear

To book events please ring *Airy Fairy* on **0114 2492090**



Rhibelisama

Wise and Shining One



River Ribble at Settle, Yorkshire (image: TripAdvisor.co.uk)

Our Brigantian, regional river Goddess for the Autumn equinox is Rhibelisama. Once again, the name of the river Ribble is an ancient, archaeologically 'eternal' name and she holds the sacred Goddess memories of the Cumbric, Brythonic speaking ancestors of Britain who occupied the lands prior to (and after) the Roman invasion. This language has survived and evolved to become modern Welsh. There are at least two River Ribbles, a great powerful queen flowing through Yorkshire and Lancashire and emptying into the Irish Sea, and a small one near Holmfirth. A recent historical research project has also revealed that our local Rivelin river, was in parts of her course, named Ribble as late as the 18th century.

The prefix 'Rhi' (as in Rhiannon, Mor-ri-gan, Ard-Ri etc.) means royal and 'beli' refers to the sun or to brightness. Andrew Breeze suggests that 'Ribble' may derive from the Welsh 'rhybwyll', which combined with the prefix ri could mean very great wisdom (source Lorna Smither's article referenced in the link below). Rhibelisama is therefore the wise, Shining Queen and legend has it that if one were to stand at the source of the Ribble, on a clear day she can be viewed shining all the way to the western sea.

[article continues overleaf]

Rhibelisama [cont. from front page]

Prior to canal and other drainage uses, the Ribble was a mighty and a powerful river. She rises in North Yorkshire close to the Three Peaks, at the confluence of the Gayle Beck and Cam Beck (near the Ribble viaduct), she ultimately flows West through Lancashire into the Irish sea. The estuary is a site of special protection for wildlife, supporting thousands of birds. She also has a tidal bore, which means that at high tide the stretch of the Ribble close to the sea spectacularly appears to flow backwards.

In Celtic mythology, West is the direction of the Autumn Equinox and Tir Na Nog (pronounced roughly 'cheer – nan – og), the mystical Land of Youth or the Blessed Isles. This sacred other world, beyond where the sun sets into the sea, is the wonderful place where deceased souls rest, feast, love and party whilst they await rebirth. The Celtic ancestors firmly believed in reincarnation and that after residing in the joyous land of youth, they would return to live once again amongst their tribal loved ones in a circle of eternal but changing life. There are even mythological references to paying back borrowed goods in the next life.

Until the end of the 18th century, the Ribble (like many other rivers including the Don), was a great salmon river. The salmon run is one of the most remarkable spectacles in nature and Autumn is the best time to see the leaping fish returning to their natal spawning grounds after up to four years at sea. In Celtic lore, Salmon are traditionally associated with longevity and the mystical gifts of wisdom. The salmon of wisdom is said to have eaten the hazelnuts of wisdom at a sacred spring and the hazel is one of the most important trees in the Ogham divinatory system. Water diviners often use hazel rods to find hidden sources of water. You might like to look up the myth of Finn McCool and the Salmon of Wisdom.

The Ribble has a long distance footpath and is very beautiful in stretches with many stunning waterfalls in her upper tributaries. There is currently a campaign to protect Rhibelisama and her wildlife from development and fracking. Do visit if you can and enjoy one of our Northern Wheel, sacred Goddess rivers.

Please take a look at this excellent web page by Lorna Smithers for more information.

<https://www.blogpreston.co.uk/2012/11/belisama-goddess-of-the-river-ribble-by-lorna-smithers/>

Blessed Be,
Lynne Harling



Image: <http://www.bowlandflyfishing.co.uk/river-ribble.html>

Adam, Apples, and Autumn

*“ Within each fallen Autumn apple,
Lies a Pentacle of magical being,
Bearing new Life, for the coming Spring. ”*

The above excerpt from a typical Wiccan celebration of the Autumn Equinox refers to the fact that if you cut an apple in half (horizontally, not vertically), the seed pods bearing the pips often form the shape of a five-pointed star, or pentagram. With the circle of the half-apple around the pentagram, the complete form of a pentacle is revealed.

The apple's association with fertility notoriously goes all the way back to the Garden of Eden, when Adam's supposed 'original' sin of being tempted by Eve with an apple from the tree of knowledge resulted in their expulsion from paradise by an angry, punishing God.

Down the ages however there have been women and men willing to take a more positive view of Eve's gift. One example from the early 15th century is the Middle English song *Adam Lay Ybounden*. The lyrics present Adam's 'sin' of accepting the apple from Eve as something not to be condemned, but instead to be joyously celebrated.

In *Adam Lay Ybounden*, for four thousand years Adam has suffered the pain of exile (from the goddess as "Heaven's Queen"?). But now his 'sin' of accepting Eve's gift of the apple has allowed "Our Lady" to return to her role as "Heaven's Queen". For Adam, his four thousand year exile suddenly no longer seems too long a wait – strongly reminiscent of the story of the four thousand year old Sumerian goddess Inanna, and her eventual return from her exile in the Underworld, something indeed well worth celebrating.

*“ Adam lay ybounden,
Bounden in a bond;
Four thousand winter,
Thought he not too long.*

*And all was for an apple,
An apple that he tok,
As clerkes finden
Wreten in here book.*

*Nor had the apple taken,
The apple taken ben,
Ne hadde never Our Lady,
A ben Hevene Quen.*

*Blessed be the time
The apple taken was. ”*



Celebrating the Autumn Equinox and the Hazel Tree

by Glennie Kindred

Autumn Equinox, on the 23rd of September, is the harvest celebration of the year, and here we pause for a moment to appreciate all the abundance that the Earth has provided. It is also an opportunity to give thanks for your own harvest too and to look for the seeds within them. Day and night are equal in length, and at this point of balance, look for what might have become out of balance in your life and what you could do to help restore it?

- * Plan a harvest party, asking everyone to bring seasonal home-cooked food and drinks to share, and something to add to a central shrine that will reflect harvest in all its many different ways.
- * Ask everyone to bring things for a 'Basket of Abundance' - things they no longer want or need, or an abundance of produce. This may be an ongoing flow of putting in and taking out, or it might be part of a harvest ceremony, where each in turn lights a night-light with thanks for their harvest, as each puts something in, and takes something out.
- * Ask everyone to bring beads, seeds, shells, sticks, feathers, grasses, dried seed heads, flowers, ribbons, threads, large-eyed-needles, scissors etc. Make a place for everyone to sit together to weave, thread, bind and create something that reflects the abundance of your harvest moment. It may be a necklace to wear, a head-dress, a posy to hang up, a special harvest wand or totem. As you make it, think positively about the things you are harvesting right now and count your blessings!
- * Using your creation as an anchor, take it in turns to share with each other both your harvest and the seeds hidden within your harvest, and how you might take these gifts forwards for your greater good and the greater good of the Earth.



- * Take the children into the woods to gather nuts and fruit. (Always remember to leave plenty for the birds and forest creatures whose lives will depend on them, and only gather from where there is a great abundance.) Plant native tree seeds such as acorns, hazelnuts, rowan berries, alder cones, haws from the Hawthorn. It is a good idea to tie some netting over the pot to stop mice from digging them up. Label the pots and leave them outside. Some will germinate in the spring, when they can be potted up into a larger pot. Eventually they will need permanent homes. Plant them in the ground when the leaves have fallen and root energy begins.

HAZEL - *Corylus Avellana*

Hazel is a very useful tree to have in the garden. The many straight stems or 'rods' growing from its base can be cut and used to make dens, archways, bowers, screens and other creative structures. The more you cut them, the more will

grow. (Only cut the straight rods as the other more twisty ones are nut bearing.) Forked Hazel divining sticks have long been used to find hidden underground water. If you want to have a go, cut a fresh forked Hazel twig, and state your intention to use it to find water. Holding the two arms, pull them slightly apart to create tension and walk slowly. The tip of the twig will 'twitch', as it responds to water below the ground.

Hazel nuts or 'cobs' are a rich source of protein. Roast them in a heavy pan with a little olive oil, adding a little salt at the end. Alternatively grind them up, adding extra oil and cocoa for your very own chocolate hazelnut spread ✨

Article first published in **Green Parent** magazine.

See: www.glenniekindred.co.uk

Sheffield Goddess Temple

Autumn Equinox Recipe

Harvest Ratatouille

Source: www.ravenandcrone.com

Ingredients

- 8 - 10 tablespoons olive oil
- 2 yellow onions, chopped
- 3 large or 4 small courgettes, sliced into 1/4-inch thick slices
- 1 large aubergine, sliced into chunks the same size as the courgette slices
- 5 large tomatoes, chopped
- 1 green pepper, seeded and coarsely chopped
- 1 red pepper, seeded and coarsely chopped
- 2 garlic cloves, chopped and ground
- Salt and freshly-ground black pepper, to taste
- Tomato paste, to taste (optional)



Method

1. Heat 5 or 6 tablespoons of the olive oil in a large heavy-bottomed skillet over medium heat, add the onions, and sauté about 1 minute, until fragrant and softened. Add courgettes and aubergine and sauté about 2 minutes, until lightly browned. Add more olive oil as needed if the pan looks dry. Add tomatoes, peppers, and garlic, stirring to combine. Cover, reduce heat to low, and simmer about 20 minutes, until cooked through.
2. Take off the lid, add other add-ins (if you like), increase heat to high, and cook for 2 or 3 minutes to evaporate excess liquid, stirring constantly. Season to taste with salt and pepper, add a little tomato paste if using, and stir well.
3. Serve hot, or allow to cool, and add a little olive oil before serving. Serves 6.



Autumn Equinox 2018



Join our Sheffield Goddess Temple Melissas between 12:30 and 1:30 pm, Monday to Saturday, to experience these seasonal energies in quiet contemplation.

Temple Melissas are the people who hold space in the Temple between 12.30 and 1.30 pm every day, Monday to Saturday. It is a delightful job to do. If you would like to be part of the Melissa team please leave a message at Airy Fairy for Ann Staniland or Brian Harrison.

The Temple on Facebook



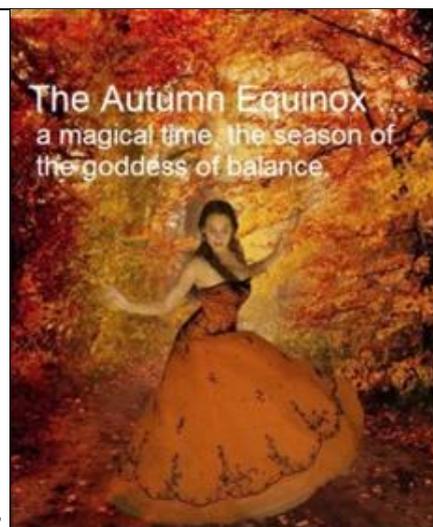
For all the most up to date information on what is going on at the temple, don't forget to check out our Facebook page which has all the latest news of events, and photos of recent happenings.

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

Contact Sheffield Goddess Temple Newsletter

To submit articles, news of relevant upcoming events, or to make suggestions, please email us at:

temple@lovecat.com



Happy Autumn Equinox