

CUUPS CORNER QUARTERLY NEWSLETTER

In
this



The sun has traveled to its next cycle as we now here go to the spring time, yet in Florida we are in the time of fire. There is a change and the clouds start to change and the humidity gets higher, We anticipate the rains because our dry season has shown us little rain. We are in the time of equinox which arrives March 21, this is balance before we move forward to the abundance of new beginnings, flowers, bird migration and a general looking forward of things to come in April.

April showers bring May flowers so the saying goes, Spring moves forward with sun and blessings of rain. Those things planted as goals, dreams, aspirations are now being visualized and tended. There are various celebrations, Easter is in this time as is the celebration of Ostara at the equinox. We see migrations of birds, bunnies, spring flowers and changes in the night sky and clouds by day.

Dates for April

April 12th, coffee service starting at 11:30AM. Setup at 9:30, theme is spring time.

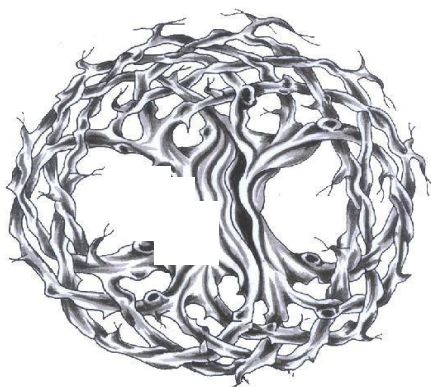
April 5th is Easter– something to honor on your own as you see fit to do. To be in accord with the cycle you could color eggs, make a special bread, many activities as you feel them but most of all send Love and Peace.

April 18, Bloom Women's Health-1:00-5:00, Hobart Hall

This is an interactive, hands on experience into women's health thru herbs, An holistic health gathering for women, for info

contact; [Beatrice Muhlenbruch-www.cronehouse.com](http://www.cronehouse.com)

April 25th, 1:00pm meeting in the hall. Finalize Beltane ritual and craft for the occasion.



Beltane May 1st

Beltane is joyous, lusty and carefree. Our ancestors took time away from tending fields to rejoice. We celebrate rebirth, blessing of fields, homes and lives, it is time for feasting, rejoicing, frivolity and commemoration. Grand occasion to look outward and forward, a yearly reenactment of primal joy.

Beltane is opposite Samhain. One descends into quiet times at Samhain to emerge for growth at Beltane. The cycle turns and mirrors itself in balance and harmony. Dance with Mummings, bells on your ankles around a brightly colored May Pole. The Green Man of woods comes to visit Maid of May, blessing one another as they bless fertility of fields for harvest. May Poles denote masculine energy at its fullest. Ribbons twirl around May Poles weaving towards earth as dancers entwine in and out, life's essence feels radiant, an airy touch of sweetness with a bit of fire to encourage things. Bale-fires rest on hill tops blazing, encouraging light.

Beltane celebrations are erotic in nature, symbolizing union of equal forces, Female and Male in all glory bringing abundance of harvest. Brief is summer, its energies grow as those few months move ever onward, we do what is needed to ensure survival. We bless our fields. Dance, sing and go Maying for first flowers to adorn Beltane tables. Hawthorn, Broom, Cockles, Primrose and more herald Faery in the merry days of May. Maying is time old, Guinevere was said to have gone with royal court to fields, picking flowers of May. Songs were sung of blessings for the fields. This is a time to see Faery rings, tiny lights in evening skies and Faery at play as humans dance.

Final planting concerns were for coming crops and livestock, important factors for survival. In past days, your wealth was counted in fields, livestock and family, communities depended on good harvest. On personal levels, our concerns turn to what in life do we plant seeds for? What do we work on in light half of cycle? We look to balance our lives by working on our projects, dreams and hopes. This moment in time brings in what we wish to be. Fires of Beltane burn away old, bringing in new. Foods available for celebration ought to be milk, cheeses made from birthing livestock, honey from bees and fresh green leafy salads, like Ostara but a bit more plentiful. Serve grains that nourish body and soul after times of quiet. Oats are mainstay, profusions from a good harvest plus fertility. Fresh fish also feel the urgency of warmer weather. Candied flowers, sweets with lively beverages all go hand to hand with bawdy ballads and Beltane festivities. Meade is always served for celebration. Let us herald in a beautiful month of May with our festival succession of Beltane!

May Dates

May 2nd. Beltane Frivolity; setup 3pm, hall, lanai and grounds. Ritual at 5 pm with a feast after. Bring a chair, food to share and whatever music makers you feel. This is a time of fun, feast and merry making. Wear your garb!

May 10th, Coffee service, 9:30 setup, 11:30 service. Theme merry month of May

May 23rd, meeting at 1pm in the hall. Solstice planning, summer craft TBD

May 23-24th, Roots of Herbalism, Florida school of Herbalism, this is a hands on look at working with herbs.

Contact; Beatrice-thirteenhouse@gmail.com



June 21st, Summer Solstice, Litha, Alban Heflin

Oh, glorious bountiful time of summer, everything is bearing fruit or vegetable. Weather is warm and carefree, bounty ever flowing, sunlight at its height above. We are at balance point for summer opposite to Winter Solstice being longest day with shortest night, our wheel turns once again to another season. Oak and Holly cycle each other, at highest point, descent comes to quiet times. Opposite to Yule on our Wheel of the year, we see active times of summer to quiet times of winter. They balance each other, masculine ever revolving around feminine. His radiance of abundant shining to her round of chaotic manifestation. Summertime brings gladness to heart. Gardens and fields mature quietly under rays of sunshine. It is warm, summer daze entwines us with butterfly wings and cricket calls.

Many kinds of fruit are available, especially berries. Vegetables, greens of cooler climates give way to sun loving ones, squash, zucchini and tomatoes become abundant. Anyone who has had a garden knows all the prolific qualities of these vegetables. Grains grow tall, corn begins to ripen, life is easy. Sometimes the weather gets too hot, we find ourselves gravitating to lakes, streams and oceans, calling us to fish at favorite watering holes. Now comes pursuit for that elusive big fish. Outside activities, grilling, camping, watching sunsets, playing in green grass, swinging in a shaded hammock, these are times of summer. Time for enjoying one's flower garden. Herbs grow plentiful, use them in wreaths and garlands encircling your table, it is celebration of earth's bounty. Flowers, berries, vegetables, mammals and insects join in chorus, singing melodies of summer. Fireflies' in some areas light night skies, heralding fairy dances, sunsets reflect colors, truly a cacophony of color, taste, sound and sights. In tropical areas we now come into rainy times and the big winds.

It is also time to bring things to fulfillment. Ideas bearing fruit in summer days remind us how a balance between activity and quiet hours come. We cannot predict our rush-end results, it takes patience, each thing will come to fruition in its own time. Balance teaches us how to use power wisely for the benefit of all people, flora and fauna on Mother Earth. She has the power to nurture and sustain, along with Lord of the Dance they create harmony. Fiery, lusty, carefree, we feel warmth, bask in light, enjoy untroubled moments, we do what we must to move through times of summer.

Time to build fires, burn away outgrown ways to be whole and new again. Let us dance and play near Solstice fires for this is blessings of bounty. We fill the cornucopia, celebrate Solstice! Basking in rays of sunlight for now days get shorter there is a hint of closing, a nuance of days done.

June Dates

June 14th, Coffee service 9:30 setup. 11:30 service. Theme Summer

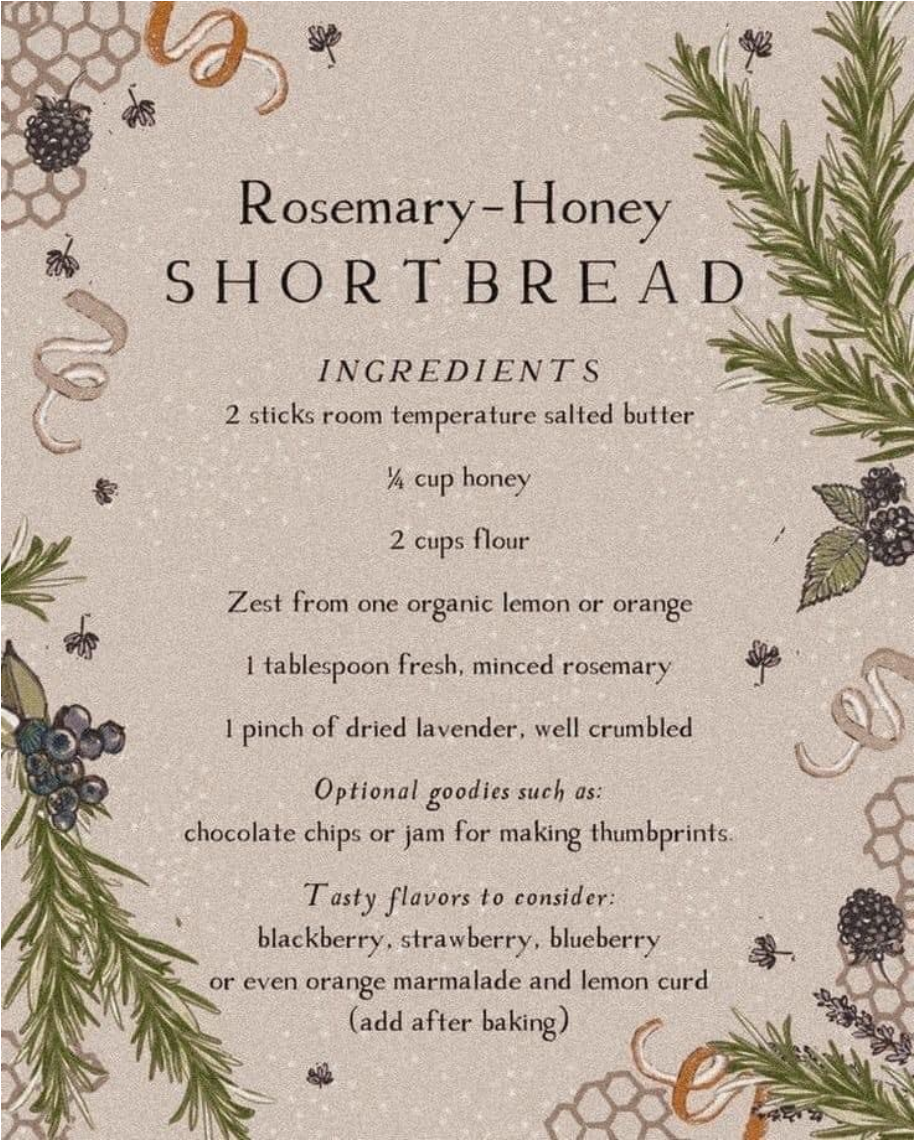
June 20th, Solstice ritual. TBD on where and time due to weather conditions. We will notify all as to the plans.

June 27th, meeting at 1pm in the hall. Fun gathering, food sharing, crafting generally enjoying just being.



Vision and purpose— we are pagans of the Earth and Stars-We plant ourselves within the land, water our neighbors with support, grow our roots in the community, and reap our joys in each other; we wish upon the future, hope upon each other and live within the source.

Mission Statement— To grow our individual practice and mentorship of others through sharing and group work as a bigger whole; To have Shared experiences with Sabbats, Esbats of Celebrations of differing traditions.



Rosemary-Honey SHORTBREAD

INGREDIENTS

2 sticks room temperature salted butter

¼ cup honey

2 cups flour

Zest from one organic lemon or orange

1 tablespoon fresh, minced rosemary

1 pinch of dried lavender, well crumbled

Optional goodies such as:
chocolate chips or jam for making thumbprints.

Tasty flavors to consider:
blackberry, strawberry, blueberry
or even orange marmalade and lemon curd
(add after baking)

1. preheat oven to 325 degrees.
2. Whisk flour, rosemary and lavender together
3. Add butter and mix till coarse crumbles
4. Add zest from lemon or orange
5. Add honey and create a soft dough . (dough will not be smooth) If is very dry add a little juice from lemon or orange but not to much.
6. Press into an ungreased 8 or 9 inch square pan. Prick with a fork all over.
7. Bake until golden brown 35-40 min for 9" pan and 45-50 min for and 8" pan

Transfer to a wire rack to cool. Cut into squares, bars or wedges while still warm. Serve with tasty jams as suggested – this is optional.

Happy Summer Tidings