

Correllian Herald

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August 1

Blessings of Lughnasadh to our Northern Hemisphere readers

Blessings of Imbolc to our Southern Hemisphere readers

Recipe for the Northern Hemisphere Lughnasadh

By Rev. Bella

Lemon Poppy Seed Pancakes

by Renee on <https://awesomeon20.com>

INGREDIENTS

- 1 tablespoon sugar
- 1 tablespoon grated lemon zest
- 125 grams all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 237 ml buttermilk
- 1 egg
- 1 teaspoon vanilla extract
- Juice of 1/2 lemon
- 2 tablespoon butter, melted
- 1 tablespoon poppy seeds
- A drizzle of oil for frying
- Butter and maple syrup, to serve



INSTRUCTIONS

1. In a small bowl, add the sugar and grate the lemon zest on top of it. Use your fingers to rub the lemon zest and sugar together.
2. In a large bowl, gently whisk together the flour, baking powder, baking soda, and salt. Stir in the lemon sugar.
3. In a separate container, whisk together buttermilk, egg, vanilla, lemon juice, and melted butter.
4. Pour the wet ingredients into the dry ingredients and fold quickly but gently to combine. Fold in the poppy seeds. Allow your batter to rest for 10 minutes.
5. Heat a skillet or griddle to medium heat and drizzle in a bit of oil. Use a paper towel to wipe the oil around the pan so the whole thing is covered with a thin film. Scoop in about a third of a cup of batter at a time to make your pancakes. Cook about two to three minutes per side.
6. Stack your pancakes on a plate and cover them with a clean dish towel while you cook off all your pancakes.
7. Serve warm with butter and syrup.

Recipe for the Southern Hemisphere Imbolc

By Rev. Bella

Honey Whole Wheat Pancakes

by Renee on <https://awesomeon20.com>

INGREDIENTS

- 1 cup whole wheat flour (plain or pastry flour, not bread flour)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- ¾ cup milk
- ½ cup Greek yogurt
- 1 egg, lightly beaten
- 3 tablespoons honey
- 2 teaspoons vanilla extract



INSTRUCTIONS

- In a large mixing bowl, add whole wheat flour, baking powder, baking soda, cinnamon, and salt. Whisk gently to combine all the ingredients.
- In another bowl or measuring jug, add the milk, yogurt, egg, honey, and vanilla. Whisk until fully combined.
- Add your wet ingredients to your dry ingredients and use a rubber spatula or wooden spoon to quickly, but gently fold them together. You want everything to be mixed well, but it doesn't need to be totally smooth. Don't overwork your batter or you'll get tough pancakes.
- Allow your butter to rest for a few minutes while you preheat your skillet or griddle to a medium high heat. Add a drizzle of a neutral oil and use a paper towel to spread it around the pan in a thin layer.
- Cook your pancakes in the usual way. Scoop about ⅓ cup of batter into your hot skillet, leaving plenty of space for each one to spread out. Cook for two to three minutes on the first side until they're just barely set around the edges and bubbles start to form. Flip your pancakes and cook for another two minutes on the other side.
- Stack your pancakes on a parchment or foil lined cookie sheet in a warm oven until you've finished the whole batch. Serve hot with your favorite toppings.

Reflections by Humberto Trevellin

In the stillness of my reflections, I dive into the profound journey of solitude. Amidst the turmoil of the world, I find serenity within myself. It is in moments of solitude that my soul soars, connecting with something greater, transcending the limits of body and mind.

It is an encounter with the spirituality that I find in the depths of my own essence. External voices disappear and I make room for inner dialogue, where I discover answers and find peace.

It is not loneliness in its negative form, but a sacred haven where the surface layers melt away, revealing the core of my being. It is an invitation to an inner journey, where silence is the path and introspection is the compass.

In those moments, I let go of distractions and embrace authenticity. I find myself in the midst of nature, witnessing the majesty of the universe and feeling an integral part of it. Loneliness and spirituality go together, nurturing my connection with the divine.

It is in this sacred encounter with myself that I discover the power of my own existence. Solitude is not empty, but a fertile space for personal growth and spiritual flourishing.

Therefore, I celebrate my solitude and my spirituality, finding myself in the vastness of the universe within. May this connection strengthen my journey and inspire others to explore the richness of their own solitude and spirituality.

Gratitude for being, simply being, just being...

Humberto Trevellin

REFLEXÕES por Humberto Trevellin

Na quietude das minhas reflexões, mergulho na profunda jornada da solitude. Entre o tumulto do mundo, encontro a serenidade dentro de mim mesmo. É nos momentos de solidão que minha alma se eleva, conectando-se com algo maior, transcendendo os limites do corpo e da mente.

É um encontro com a espiritualidade que encontro nas profundezas da minha própria essência. As vozes externas desaparecem e dou espaço para o diálogo interior, onde descubro respostas e encontro paz.

Não é solidão em sua forma negativa, mas sim um refúgio sagrado, onde as camadas superficiais se dissipam, revelando o âmago do meu ser. É um convite para uma jornada interna, onde o silêncio é a trilha e a introspecção é a bússola.

Nesses momentos, desapego-me das distrações e abraço a autenticidade. Encontro-me em meio à natureza, testemunhando a majestade do universo e sentindo-me parte integrante dele. A solidão e a espiritualidade caminham juntas, alimentando minha conexão com o divino.

É nesse encontro sagrado comigo mesmo que descubro o poder de minha própria existência. A solidão não é vazia, mas sim um espaço fértil para o crescimento pessoal e o florescer espiritual.

Portanto, celebro a minha solitude e a minha espiritualidade, encontrando-me em meio à vastidão do universo interior. Que essa conexão fortaleça minha jornada e inspire outros a explorarem a riqueza de sua própria solitude e espiritualidade.

Gratidão em ser, simplesmente ser, só ser...

Humberto Trevellin

The Festival of Lughnasadh

The Festivals of Lughnasadh honour Lugh and his Foster mother Tailtiu, God Tailtiu, God and Goddess of Lughnasadh. Lughnasadh festival is said to have been begun by the god Lugh as a funeral feast and sporting competition in commemoration of his foster-mother, Tailtiu,

Lugh/Lugh Lamhfada [(of the Long Arm)Llew/Llaw Gyffes[bright one of the skilful hand]Ireland and Wales. His feast is Lughnasadh, a harvest festival. He is associated with ravens. His symbol was a white stag in Wales. Lugh had a magic spear and rod sling. He was a many talented being who was a skilled carpenter, mason, smith, harper, poet, physician, and goldsmith. He is the God of Sorcery, Poetry, History, Carpenters, he is associated with war, magic, commerce, reincarnation, arts and crafts, manual arts, blacksmiths, poets, harpers, musicians, historians, healing and revenge.

Lugh's father is Cian of the Tuatha Dé Danann, and his mother is Ethniu, daughter of Balor, of the Fomorians. In Cath Maige Tuired their union is a dynastic marriage following an alliance between the Tuatha Dé and the Fomorians In the Lebor Gabála Érenn Cian gives the boy to Tailtiu, queen of the Fir Bolg, in fosterage.

As a young man Lugh travels to Tara to join the court of king Nuada of the Tuatha Dé Danann. The doorkeeper will not let him in unless he has a skill with which to serve the king. He offers his services as a wright, a smith, a champion, a swordsman, a harpist, a hero, a poet and historian, a sorcerer, and a craftsman, but each time is rejected as the Tuatha Dé Danann already have someone with that skill. But when Lugh asks if they have anyone with all those skills simultaneously, the doorkeeper has to admit defeat, and Lugh joins the court and is appointed Chief Ollam of Ireland. He wins a flagstone-throwing contest against Ogma, the champion, and entertains the court with his harp. The Tuatha Dé Danann are at that time oppressed by the Fomorians, and Lugh is amazed how meekly they accept this. Nuada wonders if this young man could lead them to freedom. Lugh is given command over the Tuatha Dé Danann, and he begins making preparations for war, A war in which Lugh kills his grandfather Balor.

Tailtiu or Tailtiu and earth goddess was the wife of Eochaid mac Eirc, last Fir Bolg High King of Ireland, who named his capital after her (Telltown, also known as Tailtén between Navan and Kells). She survived the invasion of the Tuatha Dé Danann and became the foster mother of Lugh.

Tailtiu is said to have died of exhaustion after clearing the plains of Ireland for agriculture. Lugh established a harvest festival and funeral games, Áenach Tailteann, in her honour, which continued to be celebrated as late as the 18th century.

The first Áenach Tailteann, later the Tailtén Fair, was held at Telltown. Historically, the Áenach Tailteann was a time for contests of strength and skill, and a favoured time for contracting marriages and winter lodgings. A peace was declared at the festival, and religious celebrations were also held. Aspects of the festival survive in the celebrations of Lughnasadh and were revived as the Telltown Games for a period in the twentieth century.

Source: <https://ravenhawksmagazine.net/>

Lammas Altar Decorations

DECORATIONS TO HONOR LUGHNASSADH



Grains



Crystals



Food & drinks



Candles



Corn dollies



Herbs

July project

Crafting with Bella

One of my first diy projects was to decorate a broom. And because I always make more than 1 of everything, I had to make one for my mom as well.

I bought the finished brooms on the internet and I only used ribbons and plastic flowers to decorate and glued on them. It was very easy to make.



BROOMS
presented by
WWW.INKEDGODDESSCREATIONS.COM

Few household tools have as much magickal lore and mysticism attached to them as the broom. They spiritually cleanse the home and cast out negative energies as they sweep away dust.


Those wishing to be married should jump over a broom nine times to be wed within a year.

Crossed brooms hung on or near a door protect the home from ill will and hexes.

Stepping over a broom will stop any harassment by an unfriendly spirit.

Make a wish before picking up a broom that has fallen from your hands and before using a new broom.

Practical Magic with the Witch's Broom

MAGICALRECIPESONLINE 

1. CLEANSING:

used to consecrate your magical space before casting a circle or even during doing magic.

then grab a handful of salt, throw it on the ground and start brushing with your magic broom.

2. PROTECTION:

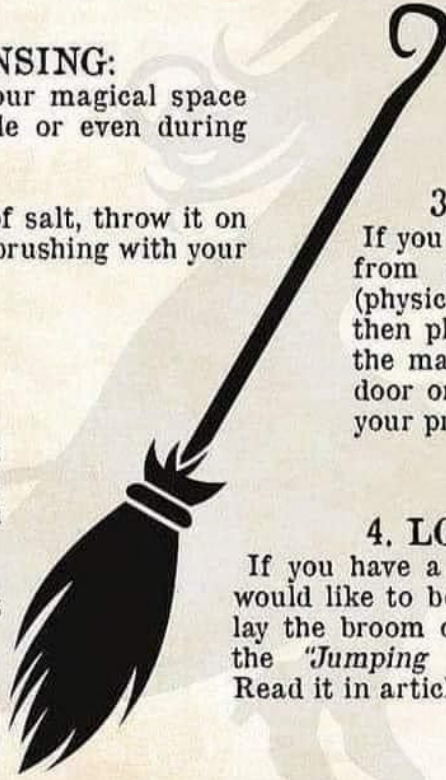
In addition, if you feel that you are a target of demonic or psychic attacks when you sleep, then place it under your bed as it will create a magical barrier and protect you effectively from these attacks.

3. STOP GOSSIP:

If you wish to protect your house from unwanted magic, guests (physical or spiritual) or gossip then place the broomstick across the main windowsill or the front door or across the boundaries of your property.

4. LOVE MAGIC:

If you have a special partner and you would like to be bonded even more then lay the broom on the floor and perform the "*Jumping the broomstick*" ritual. Read it in article



This year I am holding a little gathering to celebrate Lughnasadh. I will prepare for us to make a new broom like in this picture below. I hope the weather will stay nice as we are going to be outside. It will be wonderful.

I will find:

- Charms
- Ribbons
- Flowers (real and plastic)
- Wheat stalks
- Witch hazel

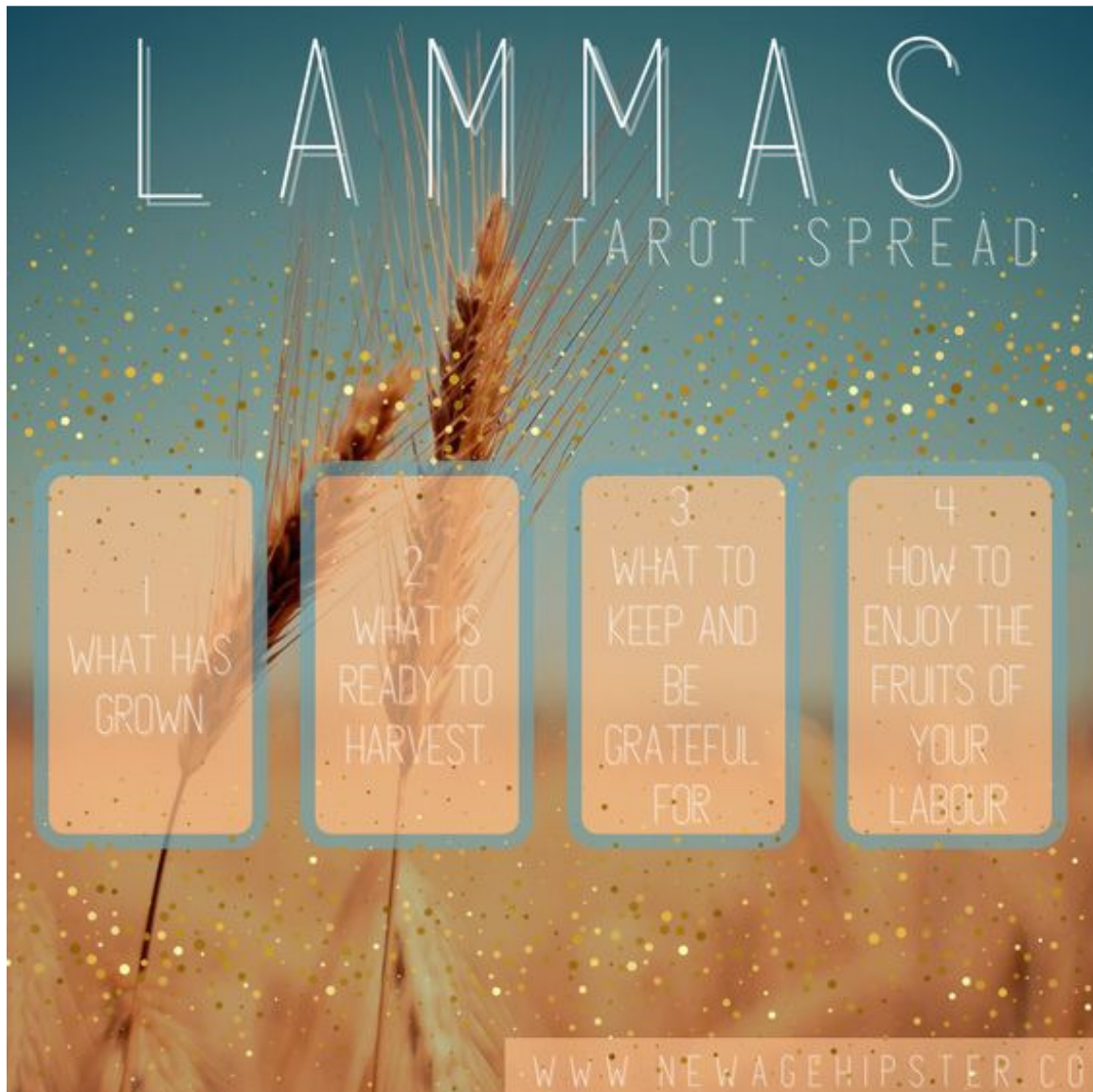


HOW TO CELEBRATE IMBOLC



@VITALITYRETREAT

Tarot Spread



Lammas

The Festival of Light and First Harvest

The Celtic holiday of Lammas falls on August 1st and signals the coming of autumn. We celebrate by baking bread and creating with our hands to give thanks to Gaia for her bounty.

Lammas is a holiday of remembrance and releasing. We reflect on what has grown and what remains to be gathered later in the fall.

SageGoddess.com

Lughnasadh is a festival that honours the beginning of the harvest season

The goddesses associated with Lughnasadh include:

The Mother

Dana (Lugh's wife and queen)

Tailltiu (Welsh-Scottish)

Demeter (Greek)

Ceres (Roman grain goddess)

Tailltiu or Tailte is an earth goddess who was the wife of Eochaid mac Eirc, last Fir Bolg High King of Ireland, who named his capital after her (Telltown, also known as Tailten between Navan and Kells). She survived the invasion of the Tuatha Dé Danann and became the foster mother of Lugh.

Lughnasadh

– The Harvest Festival

Crystals

Sun type crystals.

Think yellows, oranges,
reds.

- Citrine
- Jasper
- Tiger's Eye



EarthandWater.co

Aspects

Just go outside and see what you see, feel, notice and you decide what aspects you would like to assign to Lughnasadh for your own personal pleasure.



Chartered Bodies of the Correllian Tradition

Witan Shrines are the first level of the Temple-Making Process. Witan Shrines are created by Charter of the Tradition and may progress to Full Temple status over the course of several years or remain at Witan Shrine status indefinitely.

A list of current Witan Shrines may be found HERE: <http://correllian.weebly.com/witan-shrines.html>

Proto-Temples are groups which have progressed beyond the status of Shrines and are on their way to becoming Full Temples but have not yet achieved that status.

A list of current Proto-Temples may be found HERE: <http://correllian.weebly.com/proto-temple.html>

Full Temples of the Correllian Tradition have completed the Temple-Making Process and, if headed by a Third Degree, have representation on the Witan Council. A Full Temple can perform all of the functions of a Temple and may in some cases have multiple branches.

A list of current Temples may be found HERE: <http://correllian.weebly.com/temple.html>

Formal Shrines are Shrines that are dedicated to specific activities of a limited nature. Formal Shrines may exist as an aspect of a larger group or may stand alone in their own right.

A list of current Formal Shrines may be found HERE: <http://correllian.weebly.com/formal-shrines.html>

Personal Shrines are an aspect of an individual Correllian member's personal piety and are not bodies of the Tradition as such. Personal Shrines exist wholly at the discretion of the member, however the Tradition does acknowledge them upon request.

A list of current Personal Shrines may be found HERE: <http://correllian.weebly.com/personal-shrines.html>

Orders are associations within the Tradition dedicated to specific skills, tasks, or interests. This sort of Order is not to be confused with the Meritorious Orders which are awarded in recognition of service.

A list of current Orders may be found HERE: <http://correllian.weebly.com/orders.html>

Houses of Contemplation are established to facilitate the temporary or permanent practice of the contemplative religious life. Depending upon the rules of the specific House of Contemplation guests may come for spiritual retreats of designated length, or to pursue a life of permanent contemplation in the manner of a Monastery.

A list of current Houses of Contemplation may be found HERE: <http://correllian.weebly.com/houses-of-contemplation.html>

For information on how to start a Shrine, Order or Correllian Study Group or for an application form contact the Witan Herald: witanherald@gmail.com

Membership Groups

Outer Court Department

<https://www.facebook.com/groups/265398186909862>

This is a social group for all the members of the Outer Court of the Correllian Tradition. Feel free to share, discuss, and enjoy with all our wonderful Correllian family around the Globe!

Correllian Membership Hub

<https://www.facebook.com/groups/CorrellianMembershipGroups>

Correllian membership group for all Correllian members

Correllian Clergy

<https://www.facebook.com/groups/CorrellianClergy>

Group for all members of Correllian Clergy

Witan Herald's Office

<https://www.facebook.com/groups/WitanHeraldOffice>

This is where general membership and clergy may directly contact the Witan Herald

Correllian Herald - Newsletter

www.facebook.com/groups/correllianherald/

Correllian Herald Publication Group. This group is for the distribution of the Correllian Herald Newsletter.

Correllian Prayers

<https://www.facebook.com/groups/2112247592362824>

To provide a supportive venue where all Correllians, friends and family may post prayer requests.

Correllian Elder's Office

<https://www.facebook.com/groups/133563646851853>

This Facebook group is for ALL TRADITION members to enter and submit a comment.

The Correllian Temples, Shines, Groups and Project Keepers

<https://www.facebook.com/groups/1508370089410767>

The Correllian Temples, Shines, Groups and Project Keepers is a place for all Third Degrees, Second Degrees, First Degrees, Temple Heads, Shrine Heads, Group Heads, and Project Keepers. Purpose: is so that all groups can share open communication with each other. Giving each other support and encouragement. As well as hopefully, work on collective projects from time to time.



The Temple of Contemplation Formal Shrine

The Temple of Contemplation is now offering a monthly “contemplation” for anyone and everyone who wishes to partake. At this time of the year, we tend to be thinking about the up and coming as well as long anticipated Summer months, but it is easy to forget that not everyone is celebrating Beltane. We at the Temple of Contemplation have been thinking about what people in both hemispheres will be thinking about at this time of the year. From the excitement of summer plans to looking back over the passing of the current wheel of the year are we all either looking forwards or looking back? As continuing year carries on for some of us and the new wheel beginning again for others, what is it that we are asking of ourselves? Or are we asking them of others? Are there other issues or topics that you personally think about or resolve at this changing time of the year?

If you wish to share your thoughts and contemplations with us and have them published in the next edition of the Correllian Herald, then please feel free to email them to – heraldeditor@gmail.com - we would love to hear from you!

This might be the time of the calendrical new year that you are looking for something new or different to discover so why not become an official member of the Temple of Contemplation? To find out more information or to request to join the Temple of Contemplation please email admin@correlliantradition.co.uk

Also, the Temple of Contemplation holds a monthly online Peace Ritual, as part of the Correllian Global Rolling Peace Prayer, on the second Wednesday of every month. All are welcome to attend to help us send out peace across the globe. The importance of our peace prayer has grown of late, and we continue to send out peace through the Correllian Global Rolling Peace Prayer as well as our monthly online Peace Prayer Ritual. All are welcome to attend and join in our quest for Peace. For more information please go here - [Peace Page \(correlliantradition.co.uk\)](#)

For more information about online rituals go to - [Temples Ritual \(correlliantradition.co.uk\)](#)

New Year blessings to you all and happy contemplating!



School of Reiki

The School of Reiki now has available places for new students to train in the art of Reiki **FREE OF CHARGE** at the online School - [School of Reiki Class Site](#) – you can sign up and start your training today and become a reiki Master! For more information visit the school website - [School of Reiki](#) – or email admin@schoolofreiki.org

Once again, we give a huge welcome to all of our numerous new students from all of us at the School of Reiki. We hope you are settling in well and enjoying your studies and the new journey you are undertaking. Many of our completed students are now taking advantage of the amazing benefits of registering with the IPHM! We are an IPHM registered trainer and therefore our Students gain certain benefits from being able to register with them once they have completed their studies. To find out more please do contact us.

It has been a busy time for the School of Reiki as we now have more students than ever before! But there is plenty of room for more budding reiki practitioners to join us – registration is FREE and open to all.

We now also have more students registered with the IPHM than ever before and therefore more approved therapists and practitioners helping and supporting the Order of Reiki and the Distance Healing Network. So is now the right time for you to embark on a reiki journey and start training with the School of Reiki? Or maybe you wish to return to your reiki studies and go on to join the Order of Reiki. Or even become an approved therapist with the IPHM!

Blessings

The School of Reiki

Also just a quick reminder that the Order of Reiki holds an online Reiki Healing Session on the third Wednesday of every month [Reiki Rituals \(orderofreiki.org\)](#) and that all students (and our Reiki Teachers!) of the School of Reiki are welcome to attend, as well as members and non-members of the Correllian Order of Reiki. You do not need to be Reiki trained in order to participate. Feel free to come along and pop in and watch.

The School of Reiki is registered as an IPHM Approved Training Provider



INTERNATIONAL
PRACTITIONERS OF
HOLISTIC MEDICINE

**Accredited Training
Provider**



The Healing Temple Distance Healing Network

Due to the demise and closure of the beloved Yahoo Groups, The Healing Temple Distance Healing Network is now having to start again from scratch. We have a brand new shiny io Group and we are currently seeking old members as well as new and additional healers to either join, or re-join, the Distance Healing Network to send out greatly required healing to those out there so desperately in need of healing energies.

You are more than welcome to participate in the weekly rituals if you so wish to. We receive many requests for healing on a weekly basis and would love more participation in sending that much needed healing out; even if it is just by joining our Distance Healing Network and sending out healing when you can. We hold a weekly online Healing Ritual EVERY Friday in the Temples Ritual Room - <http://www.chatzy.com/Temples-Ritual-Room> at 9pm GMT/BST UK Time - all are welcome to attend.

We are also continuing to dedicate our Healing Ritual to Lord Don as well as those who continue to suffer with covid-19 and other lasting affects from the pandemic. Please do come along and help all those in need.

The Healing Temple is currently looking for even more members, healers, distance healers or anyone who would like to help with our weekly healing rituals or our distance healing network – please do contact us if you are interested in participating or helping out. There continues to be a lot of people out there who need as much healing as possible and demand continues to be higher than ever before so please do join the Distance Healing Network or the Healing Temple and come along to the Healing Rituals and help us provide much needed healing.

To join our Distance Healing Network please go to - distancehealingnetwork@groups.io | Home – and request to join or email Lady Anna: anna@thehealingtemple.org

To make requests for healing please go to - [Healing Request Form \(thehealingtemple.org\)](http://thehealingtemple.org)

To join and become a full member of the Healing Temple please go here - [Temple Membership \(thehealingtemple.org\)](http://thehealingtemple.org)

Order of Bards

CALLING ALL BARDS!

The Order of Bards is looking for writers to feature their works in future editions of the Correllian Herald. So, if any members of the Order of Bards, or any budding writers in general would like to have their work, short stories, poems etc featured then please send your writings to – bards@correlliantradition.co.uk

PLEASE NOTE: All writings MUST be original, and you MUST be the author of any works submitted. We cannot publish any plagiarised or copyrighted works.

We have had a few people ask about book reviews and we hear at the Order of Bards think that is a great idea! So if anyone would like to submit a book review then please feel free to email in. And anyone who would like their own works published here then please do let us know.

Keep on writing and sending your written works in to bards@correlliantradition.co.uk

Herald Adverts & Articles

Disclaimer: Any views expressed within any articles in this publication are not necessarily the views of the Correllian Tradition the Correllian Herald Publication or the Correllian Herald Editor and staff. Any groups advertised within the Herald, which are not part of or affiliated to the Tradition, are not endorsed by the Tradition.

Herald Writers for June:

Rev. Firefay - France
Rev. Bella – Denmark
Editor Lady Anna – UK

Next edition: **Monday 7 August 2023**

Send your adverts, articles and inclusions to: heraldeditor@gmail.com

If you would like to write articles or be an online reporter for the Herald, please contact the Herald editor:
heraldeditor@gmail.com

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