



PANEGYRIA

Connecting the Pagan communities through news, voice, and fellowship!

JULY 2026



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Seashell of the month is the Conch shell.

In sea witchcraft and ocean-centered spiritual practices, the Conch is often associated with communication, leadership, announcements, and calling in allies. *Page 11*



Dying to Know.

Under no circumstance can someone tell you how to feel while you are grieving. The only "correct" way to grieve is what feels right to you. You are the one feeling the emotions that you are feeling, not them, and you have every right to experience the grieving process as it naturally comes to you. *Page 17*



The Beauty of Proper Technique

One of the things I love most about home canning is opening the pantry and seeing rows of beautiful jars lined up on the shelf. Those jars represent more than preserved food. They represent preparation, knowledge, and attention to detail.

Every chip you avoided. Every air bubble you removed. Every jar you packed carefully. Every minute you processed correctly. Those small decisions add up to reliable results and confidence in your canning skills. *Page 20*

From the TAB

with Cassandee

Garden Update: A Few Good Days in the Garden

There's something special about a garden after a few solid days of care. It just glows with the love! Between June 6 and June 8, volunteers rolled up their sleeves and gave Demeter's Save the Seeds garden a real boost, tending the beds, planting seeds and fresh starts, and making plans for what comes next. By the end of the work, the space looked tidier, healthier, and more full of promise than it has so far this year.

A big part of the effort went into good old-fashioned garden upkeep. Volunteers tackled weeding, mowing, and edging throughout the site, clearing away a heavy round of weeds and leaving behind a cleaner, more cared-for look. What's left now is mostly small regrowth, the kind that can be handled with regular maintenance instead of a major cleanup day. Flowers got some attention too, with spent blooms removed from lupine and calendula to help keep those plants healthy and blooming strong.

The planting list was a lively one. We added large-leaf basil and basil seed, eggplant starts, beet seeds, and tomato plants to one bed. Another freshly built bed welcomed three kinds of zucchini, two types of pea seeds, butternut squash seeds, and Egyptian beet seeds. A cheerful patch of sunflower seeds was planted in the center of the garden, and cilantro went in around the tomato bed planted the month before as a companion crop. Our potato bins, Skerrit seeds, a dill start, and a cluster of green onions also found their places in the garden, adding even more variety to the season's growing plants.



**Foxglove view
of the garden!**



We also could not help but notice how well the earlier tomato transplants were doing compared with six newer seedlings added during this period. The plants that had been in the ground about a month longer were noticeably bigger, greener and stronger than the younger ones that had stayed in the nursery greenhouse. It was a clear reminder that rich soil, early planting, and steady care can make all the difference. Take notice that this is true of people too! Looking ahead, plans are also moving forward for a grape arbor. The design has been chosen, and once lumber and other materials are in hand, work can begin on a structure that could help support a future grape harvest. Step by step, the garden keeps growing into something both productive and welcoming.

We would love to continue to grow our garden with your help! We have a link for you to help us if you feel inclined. Please consider supporting this very important ministry. Food freedom is real freedom. Help keep the knowledge of the family garden alive at the Mother Coven. Help keep the seeds and the harvest strong and productive.

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



July Festivals

SPIRITFIRE FESTIVAL – New Lebanon, New York, July 8-12, 2026

MYSTIC SOUTH – Atlanta, Georgia, July 17-19, 2026

STARWOOD FESTIVAL – Pomeroy, Ohio, July 14-20, 2026

SANKOFA FESTIVAL – Sherman, New York, July 17-19, 2026

SIRIUS RISING – Sherman, New York, July 20-26, 2026

DRAGONFEST – Bailey, Colorado, July 29-Aug 2, 2026

GODCON – Everett, Washington, August 1st, 2026



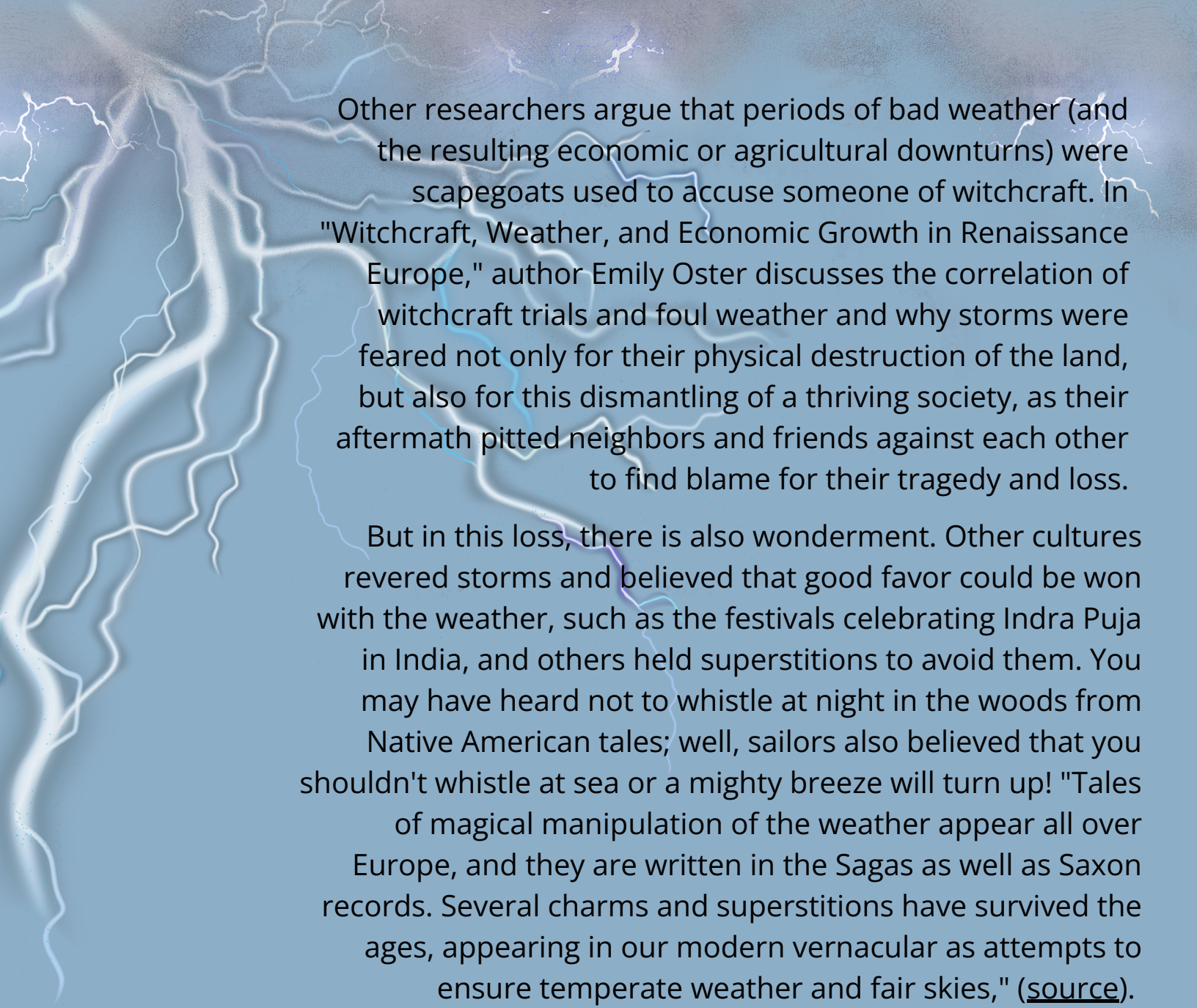
Season of Storms and Magic

by Ava Althea

Although July has no mythological correlation to Zeus or Jupiter, these two gods do relate to the storms that this month brings to most of the world. This time of the year, the Northern Hemisphere is reaching its hottest peak, which brings hurricanes, typhoons, and other conglomeration of water, pressure, and heat. From the Philippines and Taiwan to the coasts of Florida and Africa, any of these locals will tell you to do all your errands in the morning and hunker down for the afternoons, as the sky will darken and the roads will flood from the deluge that's probably been gathering in the clouds since the day before.

So what do storms and weather have to do with gods and witchcraft? Well, would you believe me if I told you there are records detailing the use of magic to control weather from over 4,000 years ago? The Enuma Anu Elil (EAE) is a massive 70-tablet record that historians believe reveals the knowledge (and superstitions) Mesopotamian people had of astronomy, weather events, and more. You can read more about this topic in a [research volume](#) published by the University of Chicago, Oriental Institute.

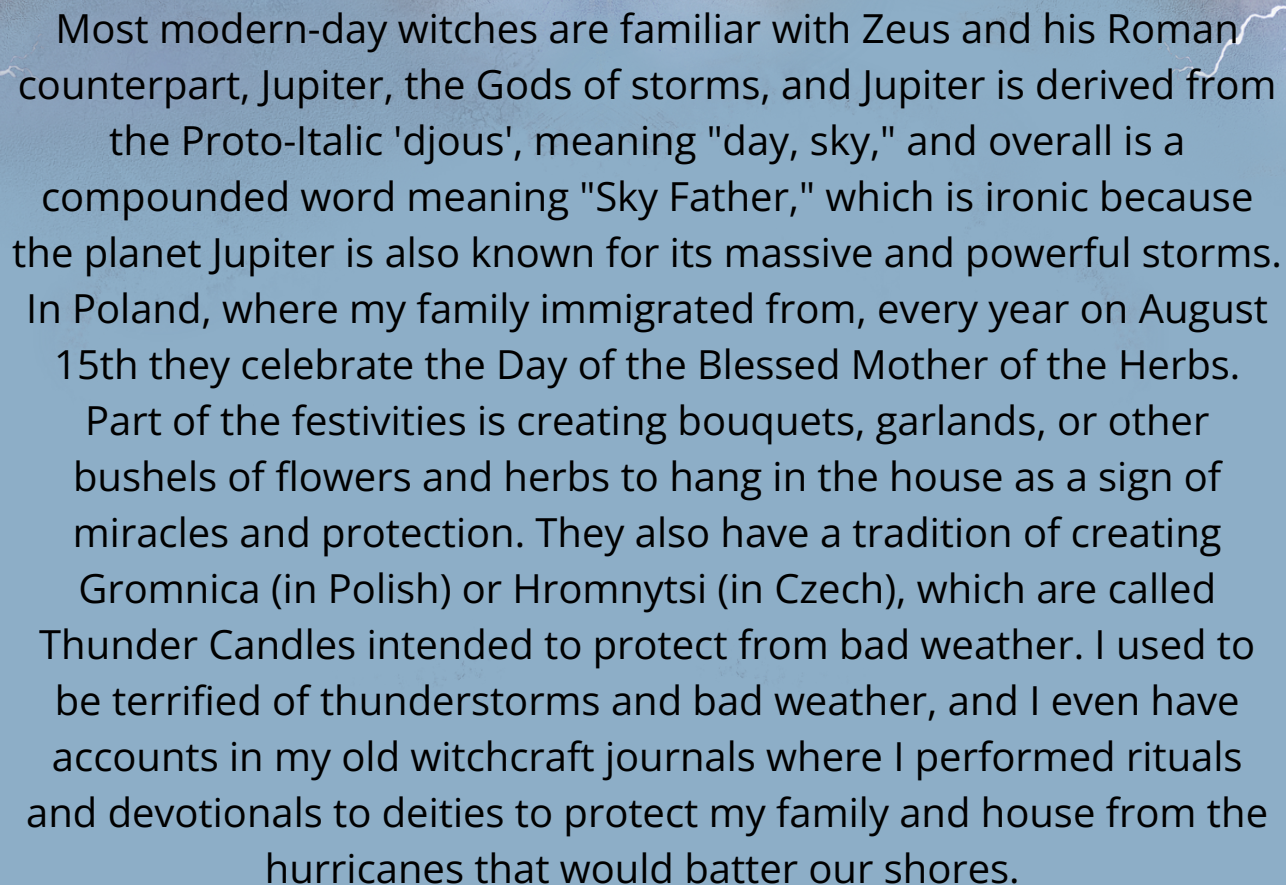




Other researchers argue that periods of bad weather (and the resulting economic or agricultural downturns) were scapegoats used to accuse someone of witchcraft. In "Witchcraft, Weather, and Economic Growth in Renaissance Europe," author Emily Oster discusses the correlation of witchcraft trials and foul weather and why storms were feared not only for their physical destruction of the land, but also for this dismantling of a thriving society, as their aftermath pitted neighbors and friends against each other to find blame for their tragedy and loss.

But in this loss, there is also wonderment. Other cultures revered storms and believed that good favor could be won with the weather, such as the festivals celebrating Indra Puja in India, and others held superstitions to avoid them. You may have heard not to whistle at night in the woods from Native American tales; well, sailors also believed that you shouldn't whistle at sea or a mighty breeze will turn up! "Tales of magical manipulation of the weather appear all over Europe, and they are written in the Sagas as well as Saxon records. Several charms and superstitions have survived the ages, appearing in our modern vernacular as attempts to ensure temperate weather and fair skies," ([source](#)).





Most modern-day witches are familiar with Zeus and his Roman counterpart, Jupiter, the Gods of storms, and Jupiter is derived from the Proto-Italic 'djous', meaning "day, sky," and overall is a compounded word meaning "Sky Father," which is ironic because the planet Jupiter is also known for its massive and powerful storms. In Poland, where my family immigrated from, every year on August 15th they celebrate the Day of the Blessed Mother of the Herbs. Part of the festivities is creating bouquets, garlands, or other bushels of flowers and herbs to hang in the house as a sign of miracles and protection. They also have a tradition of creating Gromnica (in Polish) or Hromnytsi (in Czech), which are called Thunder Candles intended to protect from bad weather. I used to be terrified of thunderstorms and bad weather, and I even have accounts in my old witchcraft journals where I performed rituals and devotionals to deities to protect my family and house from the hurricanes that would batter our shores.

In all, weather magic was born from superstitions and reverence for a power that is beyond human control and still remains relevant to this day. And isn't that how sometimes magic comes to fruition? A little bit of fear mixed with curiosity and an intention for a good outcome.



Ava Althea

July Days

July 1st- the beginning of the climbing Mt. Fuji season in Japan. Fun Fact: Fuji was seen as a fire goddess in Japanese mythology.

July 7-14th- Festivities of the Running Bulls in Spain

July 10th- Day of Holde, also known as the Day of Hel, to Asatru practitioners. Learn more [here](#).

July 17th- August 24th - the Perseid Meteor Shower is visible in the Northern Hemisphere

July 18th- Believed to be the birthday of Nephtys in Egyptian Mythology

July 23rd- Leo Season begins!

July 31st- Fête de la Madeleine, or La Fête de la Magdalen, also known as the Magdalene Festival, that honors Mary Magdalene.

AND

Lughnasadh Eve!



Magickal Ethics

by Cheryl Costa

Definition of Ethics

1: ethics plural in form but singular or plural in construction: the discipline dealing with what is good and bad and with moral duty and obligation

2: a set of moral principles: a theory or system of moral values

Here's where I'm coming from: my moral compass. I am a Priestess of the Goddess Isis; I believe in Service, Sacrifice, Compassion and, Love unto all things. My Wiccan brethren hold the following Rede as a guide: "Do as you will, harm none!" Over the years, I've heard many other magickal practitioners announce that they are NOT Wiccan, that they do as they please regarding magick.



When I published a small book of rules for magickal students, I received a volume of emails that stated, "...we don't need no stinking rules..." A few years ago, I got a discussion going in a social media group about the Ethics of Magick. The tone of the discussion ranged from:

"We magickal adepts should live by a higher standard, but sometimes you have to break the rules!"

"I use my own best judgement," or "I'll do as I please," and of course, the ever-popular "...we don't need no stinking rules..."

**Eight words the Wiccan Rede fulfill,
An ye harm none, do what you will**



But as a Magickal Adept I've always lived by the moral philosophy imparted to me as a child...and no, it didn't come from my Catholic school teachings. It came from Marvel Comics and the wisdom of the late Stan Lee. "With great power comes great responsibility"

For magickal adepts, this phrase has a simple meaning. If you have the ability to do something, make sure that you do it for the good of others. I'll say this once: there is magickal blow back and there most certainly is a karmic impact for everything you do magically. My advice: BE KIND with your magick, BE GENTLE with your magick, BE generous with your magick.

SPREAD
kindness

Magick should be used for the benefit of your family, your neighbors, your community and the human family on this world. Notice I didn't say you. Magick works best when it is not self-serving.

Over the years I've had more than a dozen students who came to magick thinking that the magickal arts was a "big vending machine" where you could wish for anything you wanted and get it.

About the author: Cheryl Costa has been a Witch for forty-nine years. She spent seven years in contemplative Buddhist monastic life. She has been an ordained Tibetan Yogini for the past twenty-nine years. She considers herself a simple contemplative sorceress.



Wavebound Whispers

with Silas The Sea Witch

The Great Ocean Mother leaves us this message this month:

Beloved child of the tides,
The sun stands high above the waters now, casting its golden path
across my surface. The days are long, the air is warm, and life moves
with vibrant energy. Yet I know that not all hearts feel as bright as
the season around them.

Some of you carry burdens unseen by others. Some are navigating
uncertainty, loss, change, or simply the weariness that comes from
living in a world that asks so much of you.

Come closer.

Sit beside my waters and rest.

You do not have to be strong every moment of every day.

Even the ocean has moments of calm between storms. Even the
waves retreat after reaching the shore. Rest is not weakness—it is
part of the sacred rhythm of life.

This month, I invite you to release the pressure to have everything
figured out.

You are allowed to be in the middle of the journey.

You are allowed to grow slowly.

You are allowed to trust that what is meant for you is already finding
its way to your shore.

Many of you have been looking toward the horizon, wondering what
comes next. You search for certainty, for signs, for assurance that
your efforts matter.

Hear me now:

Nothing done with love is ever wasted.

Every act of kindness.

Every prayer whispered into the night.

Every moment you choose compassion over bitterness.

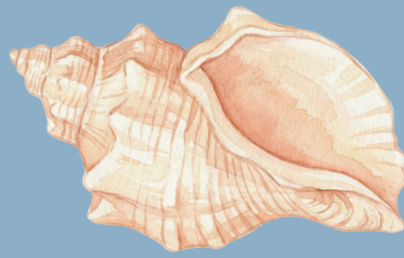
Every step you take toward healing.

These are the currents that shape your world far more than you
realize.

The tides do not rush to reach their destination. They arrive
precisely when they are meant to. So too will the blessings that are
seeking you.

Be patient with yourself.





The world may seem loud and divided at times. Fear may call for your attention. Anger may seek to pull you into its current. Yet beneath the surface noise, a deeper truth remains: Human hearts are still capable of great love. Communities are still being built. Healing is still taking place. Hope is still alive. You are witnessing only one wave of a much larger ocean. This month, become a keeper of peace wherever you can. Offer kindness freely. Extend understanding when possible. Protect your energy when necessary. Remember that compassion includes compassion for yourself. Drink deeply from sources that nourish your spirit. Walk near water if you can. Watch the clouds drift. Listen to the wind. Laugh often. Create something beautiful. These simple acts are not distractions from your spiritual path—they are part of it. As July unfolds, know that I surround you with my endless embrace. When you feel uncertain, I will steady you. When you feel lonely, I will sit beside you. When you feel weary, I will carry you until you find your strength again. You are loved beyond measure. You are worthy exactly as you are. And no matter how rough the seas may seem, you are never facing them alone. I am the Great Ocean Mother. My tides flow within you. And I will always welcome you home.



Seashell of the Month: The Conch Shell

The Conch Shell is one of the most recognizable gifts of the sea. Its powerful spiral and resonant voice have captivated coastal peoples for centuries. Across cultures, conch shells have been used as sacred instruments, ceremonial trumpets, and symbols of divine communication. When the conch sounds, it calls attention—not with force, but with an unmistakable presence.

As the Shell of the Month for July, the Conch invites us to embrace our own voice and to speak with clarity, confidence, and purpose. During the height of summer, when the sun shines brightly and life seems to surge with energy, the Conch reminds us that our words have power. Like waves rolling steadily toward shore, our voices can carry healing, inspiration, truth, and transformation.

The spiral of the Conch Shell reflects the sacred journey inward and outward. Each turn of the spiral represents growth, experience, and wisdom gathered over time. The shell teaches that finding our authentic voice begins within. Before we can share our truth with the world, we must first listen to the currents moving through our own hearts.

In sea witchcraft and ocean-centered spiritual practices, the Conch is often associated with communication, leadership, announcements, and calling in allies. It serves as a magical tool for strengthening confidence, public speaking, teaching, and sharing spiritual messages. Its energy encourages us to step into visibility without fear and to honor the gifts we have been called to share.

July's tides are vibrant and active, making this an ideal time to release self-doubt and answer the call of your deepest purpose. Whether you are teaching, creating, writing, offering readings, or simply expressing your authentic self, the Conch Shell reminds you that your voice carries its own unique magic.

Place a Conch Shell on your altar this month as a symbol of courage and self-expression. Before important conversations, hold it in your hands and visualize your words flowing as smoothly and powerfully as the ocean itself.



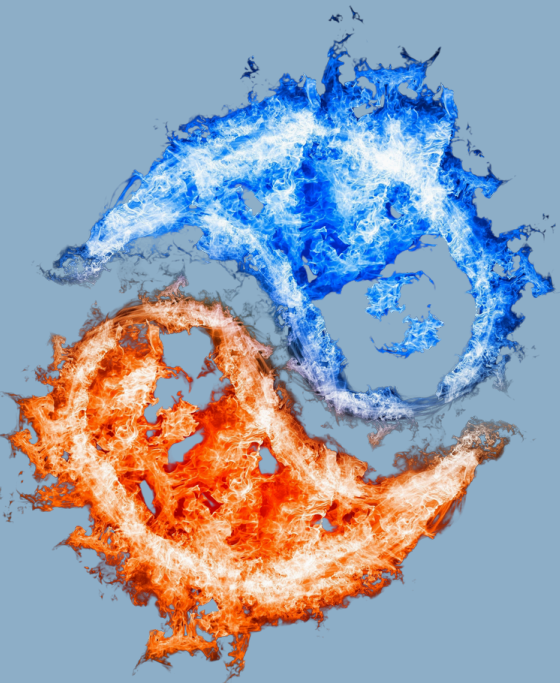
July Tide Blessing

May your voice rise like the call of the conch across the sea.
May your words carry truth, wisdom, and compassion.
May you be heard by those who need your gifts.
And may the tides guide you toward the courage to speak your authentic truth.



Magical Correspondences

- Keywords: Voice, courage, leadership, divine calling, communication, visibility, truth
- Magical Uses:
 - Strengthening confidence and self-expression
 - Public speaking, teaching, and presentations
 - Calling in spiritual allies and guides
 - Announcing new beginnings or ventures
 - Amplifying intentions and prayers
 - Protection through the power of one's voice
- Colors: Coral, ocean blue, gold, white, sunlit peach
- Herbs & Plants: Bay leaf, rosemary, eucalyptus, peppermint, sunflower
- Crystals: Aquamarine, blue kyanite, lapis lazuli, citrine, sunstone
- Ocean Allies: Humpback whale, dolphin, pelican, flying fish
- Best Spellwork: Confidence spells, success magic, communication rituals, business launches, visibility and reputation work



Elemental Associations

- Primary Element: Water
- Secondary Element: Fire

The Conch Shell combines Water's intuition and emotional wisdom with Fire's courage, passion, and outward expression. Together they create the energy of inspired action guided by the heart.

Tide & Moon Connections

Best Tide:

Incoming High Tide

The rising tide mirrors the Conch's ability to draw opportunities, allies, confidence, and recognition toward you. It is especially powerful for spells involving growth, promotion, teaching, or launching new projects.

Moon Phases:

- Waxing Moon: Building confidence and personal power
- Full Moon: Sharing your gifts publicly and amplifying intentions
- First Quarter Moon: Taking bold action despite uncertainty



Lunar Energy:

The Conch resonates strongly with summer Full Moons, when personal energy is heightened, and the desire to be seen and heard is strongest. It supports stepping into leadership while remaining connected to intuition.

Journal Prompts

1. Where am I being called to speak up more fully?
2. What truth have I been hesitant to share?
3. How do I define authentic self-expression?
4. What gifts or wisdom am I ready to share with others?
5. Where does fear of judgment limit my voice?
6. If I trusted myself completely, what would I say or create?
7. How can I use my voice to inspire healing, connection, or change?



Tarot Pairing for the Conch Shell

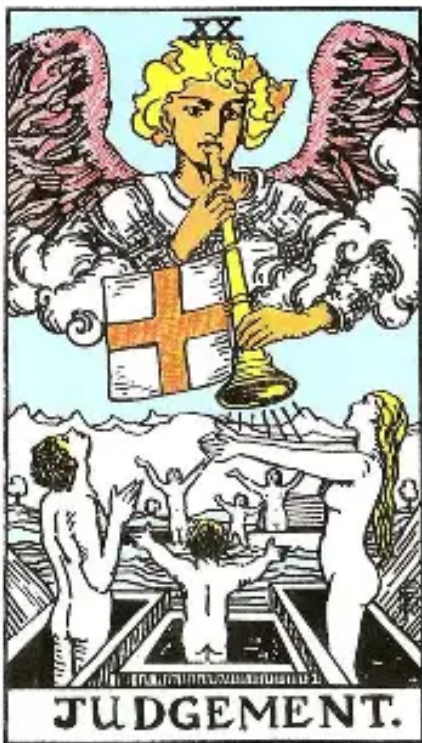
Judgement

The Conch Shell aligns beautifully with Judgement, a card of awakening, answering a higher calling, and stepping into one's purpose. In many traditional tarot decks, a trumpet sounds from the heavens, calling souls to rise and respond. The symbolism mirrors the Conch's sacred role as a shell that announces, summons, and awakens.

Together, the Conch Shell and Judgement teach:
Your voice is not an accident.

It is part of your calling.

When you answer that call, the tides themselves begin to move in your favor.



Bendiciones/Blessings,

Silas Mimir

*Tu poder está en tus viajes en el mar, dentro de ti.
Your power is in your travels at sea, inside of you.*

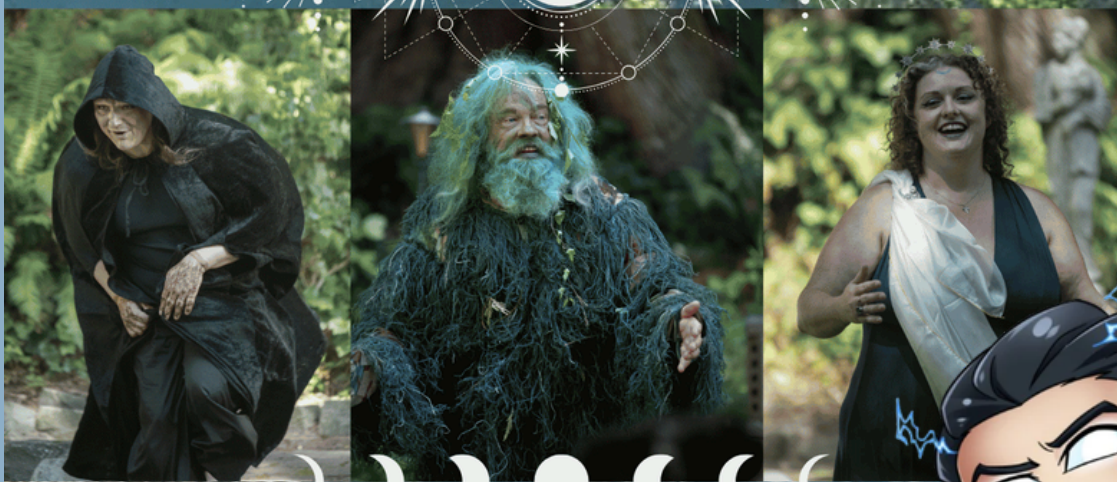


GOD CON

You're invited!



GodCon 2026



August 1st

atcwicca.org/godcon



Dying to Know

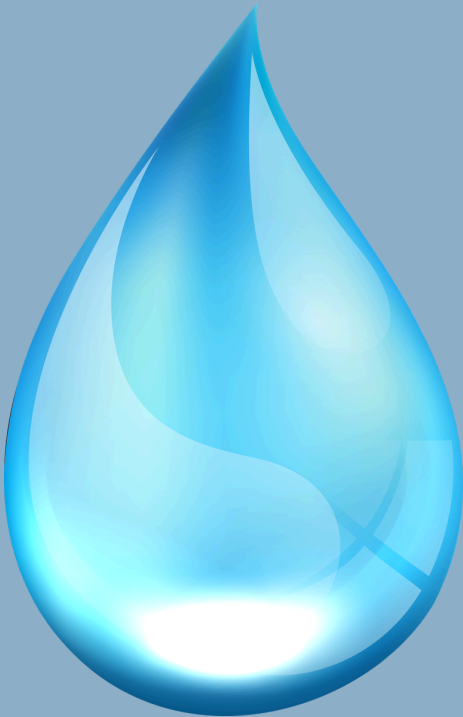
with Diana Rowan

Hello!

It feels like it's been a long time since I wrote to you all, even though it's only been a month! I want to thank you, dear readers, for your patience with me as I dealt with the removal of some outside bones, aka wisdom teeth. Honestly, I can really say that I am wiser for it. So is my partner. She received an unexpected drowsy history lesson about the Irish Potato Famine on the way home from the oral surgeon.

The removal of my wisdom teeth did unblock some trauma that I had been holding back, and I really started to feel emotions that I had not dealt with in literal years. Luckily, I'm putting my therapist's kids through college, so I am good on that front.

That leads me to the actual topic of this month's column as we delve deep into the elemental season of Water.



The W.I.S.E. Tradition puts Water in the West with the Lords of Death and Initiation. It really is the purest element of death, in my opinion. I would assume most people would put Earth there, and I can see the physical part fitting in there very nicely. The *spiritual and emotional* parts belong in Water.

I want to focus on only the emotional part of water this month and save the spiritual for later. It's quite a deep topic, and this is just a shallow column.

Before I get too far, I do want to remind my readers that while I am trained in spiritual counseling through W.S.T.S., a death doula, and have completed some trauma-informed mental health ally training, I am not a trained psychologist, and if you need further grief support, I will happily refer you to a licensed professional.

I got to thinking and wondered if people knew that they are allowed to experience the whole spectrum of emotions during the grieving process. I wondered if they knew that it is perfectly fine not to mourn someone who died, especially if the deceased caused the person a great deal of pain while they were alive.

Under no circumstance can someone tell you how to feel while you are grieving. The only “correct” way to grieve is what feels right to you. You are the one feeling the emotions that you are feeling, not them, and you have every right to experience the grieving process as it naturally comes to you. Your feelings are valid and they matter.

You can feel happy that they are no longer in pain.

You can grieve that fact that you were estranged before they died, even if the estrangement was your decision and the right one for your wellbeing.

You should also know that there is support out there for you. I have already mentioned licensed professionals, but do not forget your friends and trusted family. It can be hard to see support when you're wading through the depths of your emotions, but there is always someone out there willing to listen.



Your partner in death,

Diana Rowan

(P.S. I was able to keep one of my wisdom teeth; it is currently on display on my bookshelf. Huzzah!)

Woolston-Steen Theological Seminary

Presents:

WSTS Lammas Monologues: Voices of the First Harvest



Ritual, workshops, and more!

July 25th - 26th

Free and open to the public!

WiccanSeminary.EDU

WSTS Lammas Monologues: Voices of the First Harvest

Join us July 25–26th for our annual Lammas Monologues event — free and open to all! This immersive weekend features sacred monologues performed by WSTS students, hands-on workshops, a live Q&A about life at the seminary, a community fellowship hour, and a Lammas Sabbat ritual led by our seniors.

Whether you're celebrating the first harvest, curious about WSTS, or looking to connect with the community, we'd love to have you join us.

🔗 Full schedule & event links: wiccanseminary.edu/monologues

Waterbath Canning

with Teresa Jacobs

The Jars: The Foundation of Beautiful Home-Canned Food

Welcome back to our Water Bath Canning series!

So far, we've covered the basics of Water Bath Canning, explored my PACKS Method, discussed the differences between raw packing and hot packing, and learned how to safely prepare fruits, jams, and vegetables for canning.

Now it's time to focus on something every canner handles, but many don't fully understand: The jars.

A jar may seem like a simple piece of glass, but it is one of the most important components of successful home canning. The best recipe in the world won't matter if the jar is damaged, improperly prepared, poorly packed, or incorrectly processed.

Today we're diving into the "C", "K" and "S" portions of my PACKS Method—"C" Clean & Fill Jars: Sterilize, Fill, Correct Headspace, and "K" Know Canning Times: Altitude, Time, Temps, Cooling, and "S" Shelf Stable & Store: Check Seal, Wash Jar, Label, and Store. These steps will help you create reliable, beautiful jars that you'll be proud to display in your pantry.

Why the Jar Matters

A canning jar does more than hold food.

It must withstand repeated heating and cooling cycles, create a vacuum seal, protect food from contamination, and maintain that seal throughout storage.

When we select quality jars and prepare them properly, we dramatically increase our chances of success.

Let's start by choosing the right jars.



Choosing the Best Jars

Whenever possible, purchase jars specifically manufactured for home canning.

Brands such as Ball, Kerr, and Golden Harvest are designed to withstand the rigors of repeated canning use and have standardized sealing surfaces.

New Jars vs. Used Jars

One of the most common questions I receive is: "Should I buy new jars or used jars?"

My answer is simple:

New jars are usually the best investment.

New jars provide:

- Consistent quality
- Undamaged sealing surfaces
- No hidden cracks
- Known history
- Maximum lifespan

Used jars can certainly be used safely, but they require a more careful inspection.

If purchasing used jars, pay attention to:

- Chips around the rim
- Hairline cracks
- Deep scratches
- Cloudy or heavily etched glass
- Excessive wear from years of use

A bargain is only a bargain if the jar is still safe for canning.



Inspecting Jars for Faults

Before every canning session, inspect every jar. I know it sounds tedious, but this simple habit prevents many seal failures.

Look for Rim Damage

The sealing surface is the most critical part of the jar. Run your fingertip around the rim. Discard jars from canning use if you find:

- Chips
- Nicks
- Rough spots
- Uneven surfaces

Even a tiny chip can prevent a proper seal.

Check for Cracks

Hold the jar under bright light.

Look for:

- Hairline fractures
- Stress cracks
- Small vertical cracks

Any crack can worsen during processing and potentially cause the jar to break.

Examine the Entire Jar

Check for:

- Deep scratches
- Excessive scuffing
- Glass defects
- Severe discoloration

If a jar makes you question its safety, retire it from canning use and use it for dry storage instead.





Cleaning and Sterilizing Jars

Now that we've selected quality jars, it's time to prepare them.

Step 1: Wash Thoroughly

Wash jars in hot, soapy water.

Rinse well.

Many canners use their dishwasher, which works perfectly fine.

Step 2: Determine if Sterilization is Necessary

This surprises many beginners.

Not every jar must be sterilized before canning.

For Water Bath Canning:

If the processing time is less than 10 minutes, jars must be sterilized before filling.

To sterilize:

1. Place clean jars in boiling water.
2. Cover completely with water.
3. Boil for 10 minutes.
4. Keep hot until ready to fill.

If the processing time is 10 minutes or longer, sterilization is not required because the processing time itself sterilizes the jars.

Regardless of sterilization requirements, always keep jars hot until filling.

Hot food belongs in hot jars.

Packing Jars Correctly

This is where many beginning canners unknowingly create problems.

Proper packing affects:

- Food quality
- Seal success
- Appearance
- Storage life



Leave Proper Headspace

Headspace is the space between the food and the top rim of the jar.

Too little headspace may cause:

- Food to siphon out
- Seal failures
- Product trapped beneath the lid

Too much headspace may cause:

- Weak seals
- Discoloration
- Excess air remaining inside the jar

Always follow the headspace listed in your tested recipe.

Keep Food Evenly Distributed

One of the secrets to attractive jars is consistent distribution.

Rather than dumping food into jars, take a moment to arrange it.

For fruits:

- Distribute larger pieces evenly
- Avoid large empty spaces

For vegetables:

- Pack uniformly
- Keep pieces similar in size

For jams and preserves:

- Fill smoothly and consistently

Beautiful jars begin with intentional packing.

Removing Trapped Air

Trapped air is one of the most overlooked aspects of home canning.

Air pockets can:

- Affect headspace
- Cause food discoloration
- Lead to floating food
- Create inconsistent appearance

How to Remove Air Bubbles

After filling:

1. Insert a bubble remover or non-metallic utensil.
2. Slide it gently along the inside wall of the jar.
3. Move around the jar several times.
4. Allow trapped air to rise.

Once bubbles are removed:

- Recheck headspace.
- Add additional liquid if necessary.

This small step makes a huge difference in the finished product.

One of the things I love most about home canning is opening the pantry and seeing rows of beautiful jars lined up on the shelf.

Those jars represent more than preserved food. They represent preparation, knowledge, and attention to detail.





Wipe the Rim

Before applying the lid: Use a clean damp cloth to wipe the sealing surface.

Remove:

- Food particles
- Syrup residue
- Juice
- Pectin
- Vegetable debris

A clean rim helps create a reliable vacuum seal.

Applying Lids and Bands

Place the lid on the jar. Apply the band. Tighten until fingertip tight. This allows air to escape during processing while still holding the lid in place. Over-tightening can contribute to sealing problems and buckled lids.

Processing Your Jars

Now we arrive at the final step. Processing is what transforms prepared food into shelf-stable food.

Water Bath Processing Basics

1. Place filled jars on a rack inside the canner.
 2. Ensure jars are covered by at least 1–2 inches of water.
 3. Bring water to a rolling boil.
 4. Begin timing only after a full boil is reached.
 5. Process for the time specified in the tested recipe.
 6. Adjust for altitude when necessary.
- *Never shorten processing times.*
 - *Never guess.*
 - *Always follow tested recipes.*

After Processing

When processing is complete:

1. Turn off the heat.
2. Remove the canner lid.
3. Allow jars to rest briefly if recommended by your recipe source.
4. Remove jars carefully.
5. Place on a towel-covered surface.
6. Allow jars to cool undisturbed for 12–24 hours.
7. Avoid tightening bands or checking seals during this period.
8. Patience pays off.



Bonus Recipe: Classic Water Bath Canned Peach Halves

This recipe is perfect for practicing proper jar selection, headspace, bubble removal, and food distribution.

Ingredients:

8–10 pounds fresh peaches, skinned and pitted

Bottled lemon juice for optional color retention

Light syrup, medium syrup, juice, or water:

Light syrup: 1 cup sugar to 3 cups water

Medium: 1 cup sugar to 2 cups water

Heavy: 1 cup sugar to 1 cup water

Instructions

1. Wash and peel peaches, or you can dip them in boiling water for just a minute. Then ice bath to cool. Cut in half and remove pits.
2. Prepare hot syrup if desired.
3. Pack peach halves cut-side down into hot jars.
4. Make Syrup; boil on stove, cover with hot syrup, leaving ½-inch headspace.
5. Remove air bubbles with a debubbler or chopstick.
6. Adjust headspace if needed.
7. Wipe rims with paper towel dipped in water.
8. Apply lids and bands fingertip tight.
9. Process hot jars, hot peaches, hot water in canner. Water Bath for 20 min. For pints, 25 min.; for quarts plus altitude. Cover canner with lid; start Canning Time when you have a gentle rolling boil; turn down to maintain a boil. When time is up, let jars sit in canner for 5 to 10 min. to help with siphoning. Remove to a towel-covered counter. Check seals when cool; take off rings after 24 hours if sealed; if not, place in fridge to consume within 5 days.

The result is a beautiful jar that showcases everything you've learned in today's lesson.

Enjoy, My Friends! 😘

As we look ahead to next month, the topic will be: "The Seal-What We Truly Desire"

Until then, Happy Canning, Friends!



Teresa Jacobs



July Symbolism

BIRTHSTONE:

Ruby



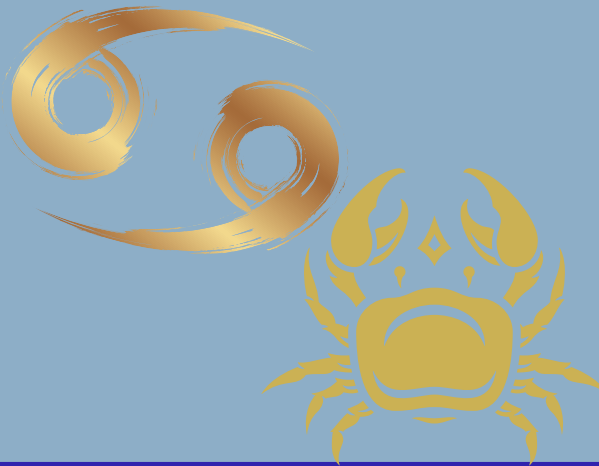
Ancient Hindus regarded as the “king of gems.” Today, the deep red color of the ruby signifies love and passion.

**Flower:
Gladiolus
&
Poppy**



Gladiolus is a symbol of strength and love. While the poppy has long been associated with those lost during times of war.

Cancer
June 21 thru
July 22



Symbol:
The Crab

Leo
July 23 thru
August 22



Symbol:
The Lion

The Element of Water

with Rev. Castle Silverstar

The element of water shows up in the west in our circle. This is where we hold death and initiation. Water is also the home of our emotions. Each of these aspects is important to the magic that we work with daily. Our emotions can show up as tears of joy or sorrow. Tears help make our soul release the things that are no longer serving us as individuals. The tears of sorrow happen when we lose a loved one who crosses the veil, moving to the summer lands. These tears help our soul grieve the loss of a loved one. Releasing this helps us comprehend the changes in our lives.

Death is something that most do not like to deal with; the reason for this is because most people are afraid of death. We can assume that most people are afraid of this because of the finality of what death is. As witches and ones that walk the path, we find that this is just a transition as we change from this side of the veil to the other side. On the other side of the coin of death is initiation, where we have changed, by gaining knowledge that helps us gain a new perspective. Each of these is important in this element because it shows us that things are never final.

Water is also all around us in the state of Michigan; we have 4 great lakes that touch our state, and we see how important this is to the ecosystem. They affect the weather systems in all four seasons in the state, from the summer thunderstorms to the lake effect snowstorms in the winter. These large bodies of water also work well to help ground out feelings as well. Taking the time to drive to one and just put your feet in the water and let the waves lap up against your legs is such a great feeling. Standing there for a few minutes helps you feel connected back to yourself and to the goddess. Sitting next to a flowing stream or river is another great way to let go of stress. Also to get rid of things that no longer serve us in this lifetime.

Water can be the simple equalizer, reminding us that something so simple can change the landscape around us.



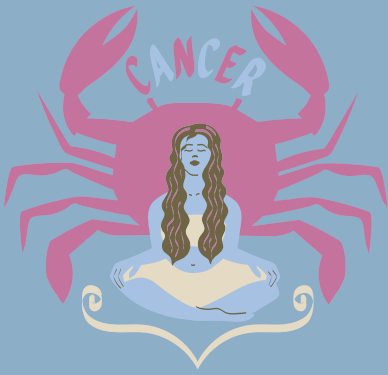
Rev. Castle Silverstar

The Element of Water: Soul and Emotion with Rev. Lilliana Blackstar

In Tropical Astrology, the signs are divided into four groups based on the elements: Earth, Air, Water, and Fire. These groups are also known as Triplicities because there are three Signs in each Elemental Group.

The Triplicities

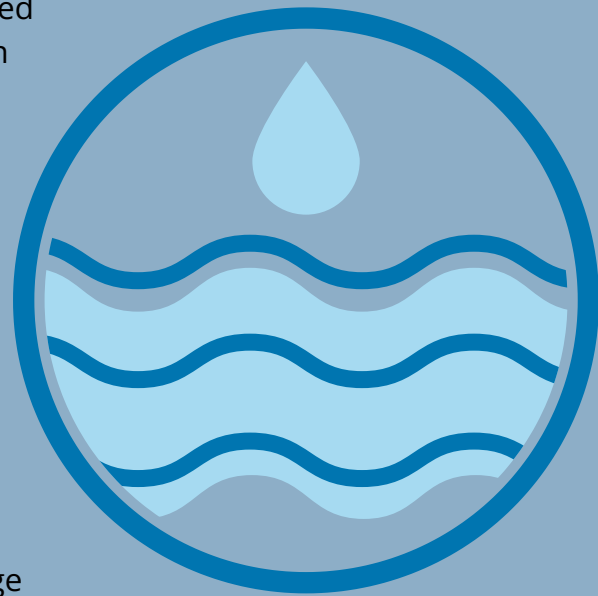
- Earth Signs: Capricorn, Taurus, Virgo
- Air Signs: Libra, Aquarius, Gemini
- Water Signs: Cancer, Scorpio, Pisces
- Fire Signs: Aries, Leo, Sagittarius



This month we will explore the nature of the element of Water as it is understood in Astrology.

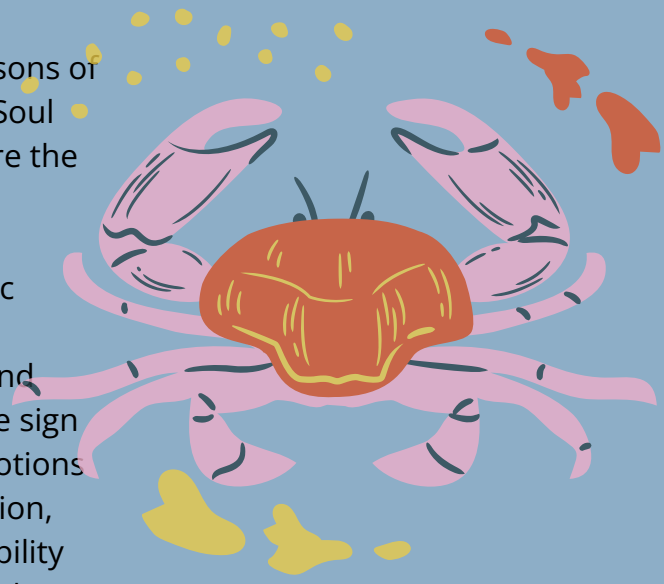
Water is the element of Soul and Emotion - it relates to the very nature of all life on Earth, which requires water as a foundational part of life itself. Water is absorbed into our very blood streams to lubricate and hydrate all of our cells. Water will dissolve and break down most substances on Earth, and this nature of dissolving and absorbing can tell us a lot about our own human nature, as we are made up of mostly water ourselves. Water flows, and changes shape to fit whatever container it is in, and water changes and adapts with temperature - from boiling to steam or vapor, and back to liquid form - and to solid frozen mass and back to liquid form again. The way that water changes itself, and changes all that it touches in some way, is reflected in the way we understand Water on a spiritual level. The three Water Signs of Astrology represent the flow and change we feel in our emotional states, and the change in form we experience through birth, aging, and death. We see in Water a familiar nature to something in ourselves that we might call "Soul" - it is hard to define because it can take so many forms and it shifts and changes with us through our lives. Soul, like Water, is a part of our human lives that we could not exist without, even while we struggle to agree on what soul really is.

The element of Water is most commonly that which is attributed to our emotions; the feelings that ebb and flow and change based on the circumstances of our life. Just as water changes based on its environment, so do our emotions. The element of Water relates to compassion and empathy; our abilities to adapt and change based on the feelings and needs of other beings. Additionally, Water corresponds to our intuition, our psychic abilities, as well as our imaginations. Within the realm of imagination, we can dream of the best or worst potentials, and we can either reject our dreams to focus only on the state of matter as it is, or we can embrace our dreams to pursue the change that can bring transformation to our lives. Of course, there is danger here - this watery nature needs boundaries, or our fantasy can become delusion and our emotion can become hysteria. It is perhaps our greatest and most important challenge in life to learn how to manage the flow of our emotions and develop strong boundaries for our imagination.

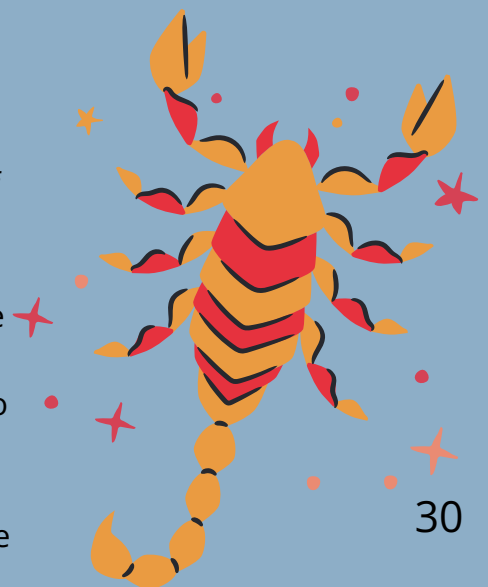


All three of the Water Signs in Astrology carry energetic lessons of both experiencing and containing the depth and power of Soul and Emotion. Through the element of Water, we can explore the depths of our own abilities to feel, transform, and imagine.

Cancer, the Cardinal Water sign, teaches us about our basic needs for nurturing, shelter, and safety. Cancer provides a foundational lens for us to experience our own emotions and understand the needs that each emotion generates. Yet the sign of Cancer also initiates us into an understanding of the emotions and feelings of others; here we develop empathy, compassion, and a desire to share our soul with others through vulnerability and connection. Cancer has a lot to teach us about trust and nurturing - both how we nurture others and how we receive nurturing ourselves.

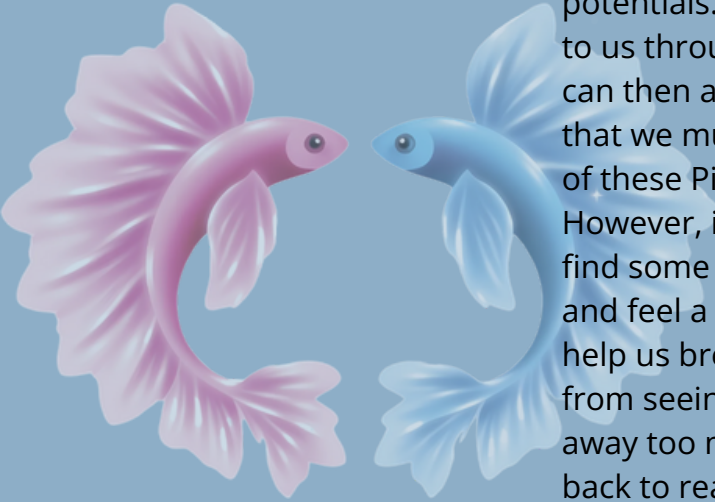


Scorpio, the Fixed Water sign, takes us deeper into the depths of our psyche, showing us the shadows and fears that drive our instincts. Once we face the fears that reside here, we can find that our instincts are driven not just by fear, but through intuitive knowing. Water's transformative power lies here in the depths of Scorpio: we can boil hot, we can freeze solid, we can evaporate to mist, and we can return to neutral. Eventually even our bodies will expire, and we will take the final transformation of this life and join the ancestors in the next realm. Through Scorpio, we see why the element of Water is connected both to Life and Death.



Pisces, the Mutable Water sign, moves us through the realm of imagination and spirituality. Within the watery depths of Pisces, we can dream and imagine both the brightest and the darkest potentials. The nature of water to dissolve and absorb is shown to us through Pisces; it can dissolve away all boundaries, and it can then absorb and become one with all of nature. We learn that we must stay grounded and focused, or the emotional tides of these Piscean imaginings could pull us into a state of delusion. However, it is within these altered states of mind that we might find some deep spiritual truths - we see a glimmer of the Divine and feel a connection with all life. We need the imagination to help us break apart and dissolve the boundaries that keep us from seeing the spiritual realms, but we do not want to dissolve away too much of our sensibilities, or we might not find our way back to reality.

Regardless of whether you have your Sun, Moon, or Rising sign in any of these Water signs, we all have the energy of Water and the Water Triplicity within us. The planets teach us lessons related to the manifestation of the Soul and the purpose of emotion when they transit through the Water signs, and we all can learn about ourselves and human nature from the element of Water.



Rev. Lilliana Blackstar is a 2nd Degree Priestx of the WISE Tradition, the Maiden of The Ever Green Hearth in Centralia, WA. A professional Astrologer and Tarot reader, with a book coming out soon! You can learn more about Lilliana at their website, www.hestiasmuse.net

THANK YOU!

Cassandee for: From the TAB!

Cheryl Costa for: Magickal Ethics!

Silas The Sea Witch for: Wavebound Whispers!

Diana Rowan for: Dying to Know!

Teresa Jacobs for: WaterBath Canning!

Rev. Lilliana Blackstar for: The Element of Water: Soul and Emotion!

Rev. Castle Silverstar for: The Element of Water!

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~Delphi Koch, Editor~

To All of You Who Subscribe!