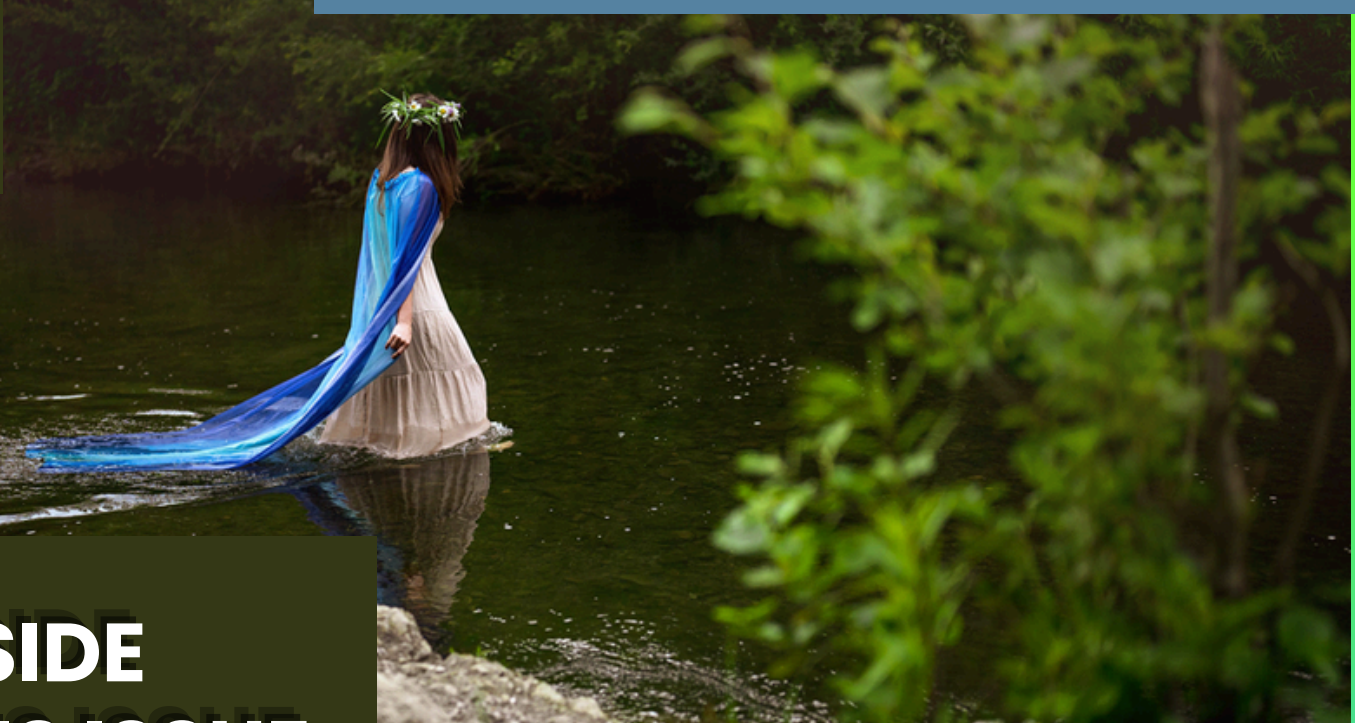




PANEGYRIA

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

JUNE 2026



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Mattilee Silverstar shares with us LITHA with Weavers of the Web

At Weavers, we celebrate LITHA in a few ways. First, we release and burn the masks that we hide behind, so that our true, authentic selves can shine through. Page 17



Cassandee shares photos from the TAB!

There is so much more to the TAB! Bee hives, flower gardens and vegetables. Along with many places for quiet contemplation and meditation. Page 21

Sacred Tattoos!

With the summer season approaching in the Northern Hemisphere, the days are getting longer and hotter, and with that, people are shedding their winter coats for tank tops and shorts. This also means more tattoos will be exposed (make sure to put sunscreen on them!!). So with that in mind, I'm here to write about the history of sacred tattoos and share some examples from the modern day, with permission from people who submitted! Page 25



Menhir News!

with Rev. Dusty Dionne

Litha arrives like a promise kept. The sharp edge of winter is fully gone, the early spring rush has softened, and the world settles into a steady, generous rhythm. Light lingers longer in the evening, not as a spectacle, but as a quiet invitation to stay outside just a little more, to breathe deeper, to notice what is blooming without asking it to hurry.

There is a particular kind of brightness at this time of year. It is warm without being heavy, clear without being harsh, mornings carry a cool sweetness, and afternoons glow with sun that feels alive. The air smells like green things waking up, like damp earth, like petals, like the first real stretch of summer waiting just beyond the horizon; where the days are long, the nights are gentle, and the weather stops arguing with itself.

It becomes loud in the best way loud in the best ways. Birds are everywhere, calling, nesting, arguing, celebrating. Bees move with purpose, and the air hums with work that feels like joy.

The beauty of late spring is not only in what is blooming, but it is also in the way it makes us feel. More patient. More hopeful. More willing to believe in continuity. It is the season that stands between becoming and being, between the first brave bud and the full, sunlit leaf.

Litha reminds us that beauty does not always arrive with drama. Sometimes it arrives with consistency, with warmth, with the steady return of color, and the soft assurance that life is still unfolding, right on time. And that is a lesson that all of us need dearly right now.

So leave out your cream and cookies for the fae, sit late into the evening enjoying friends, family, and the familiarity of a time of year that brings us back to those childhood summers without a care in the world.

Happy Litha!

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June Festivals



UNTAMED – Bailey, Colorado June 4–7, 2026

ST. LOUIS PAGAN PICKNIC – St. Louis, Missouri June 6–7, 2026

**BABALON RISING PAN-THELEMIC FESTIVAL – Springville, Illinois
June 10–14, 2026**

SUMMER MAGICK FESTIVAL – Orlando, Florida June 11–14, 2026

SUNFEST – Portland, Oregon June 12–14, 2026

**PAGAN SPIRIT GATHERING (PSG) – Waynesville, Missouri
June 14–21, 2026**

PAGAN UNITY FESTIVAL (PUF) – Toone, Tennessee June 18–21, 2026

**WISTERIA APPALACHIAN SUMMER SOLSTICE GATHERING – Athens,
Ohio June 18–21, 2026**

**CALIFORNIA WITCHCAMP – Northern California Forest June 28–
July 5, 2026**



Waterbath Canning

with Teresa Jacobs

Preparing Vegetables for the Packs Method of Water Bath Canning

Hello, My Canning Friends! 🌻

In the last post, we talked about preparing fruit for the Water Bath Canning.

Proper preparation helps ensure that your jars are evenly packed and processed safely.

Today, we're going to look at Vegetable Preparation.

Because most vegetables are low in acid, they are typically preserved using pickling or added acids when processed in a Water Bath Canner. That means preparation plays an even bigger role in achieving both safety and flavor.

Start With Fresh Vegetables

As with fruit, the quality of your vegetables will affect the quality of your finished jars.

Choose vegetables that are:

Freshly harvested when possible, firm and crisp, free from bruising or decay, and uniform in size. Vegetables that are too large, overly mature, or soft may not hold their texture during processing and may be tough and stringy.

Washing and Cleaning

Before preparing vegetables for canning, always rinse thoroughly under cool running water, remove any dirt or debris, trim and remove stems and ends.

Root vegetables such as carrots may require gentle scrubbing to remove dirt or peeling to remove skin.





Cutting for Even Packing

When filling your jars with vegetables, make sure your food levels are consistent in each jar. Cutting uniform pieces will help reduce trapped air pockets, and it allows the brine to circulate evenly. Uniformity of the jars on your shelf will make it "Picture Perfect." Here are some ways to cut your food to make it go **"WOW!!!"**

Cucumbers

Whole for small pickles
Spears or slices for larger cucumbers

Carrots

Sticks, slices, or coins

Green Beans

Trim ends and leave whole or cut into pieces
Keeping the pieces similar in size makes it look crisp and precise. It's attention to detail that gives it the **WOW** factor.
Preparing Pickling Brine
Most vegetables processed in a Water Bath Canner are preserved using a vinegar-based brine.

A basic pickling brine often includes a ratio of 1:1. Meaning 1 Quart of Vinegar to 1 Quart of Water. Or 1 cup of Vinegar to 1 cup of Water. They must be the same amounts to make the Brine shelf-stable for your Pickling Brine. It can also include salt, sugar, which can be optional sugar, herbs, and spices.

Common flavor additions include garlic, Dill, Mustard Seed, peppercorns, red pepper flakes, jalapeño, or chili if you like it Hot and Spicy.
Make sure you start boiling the Brine prior to filling the jars, as it will need to be hot.
The balance between vegetables and brine is important for both safety and flavor.



Packing Vegetables and Filling Jars

Arrange vegetables so they fit snugly but are not crushed. ALWAYS leave the recommended headspace, pour hot brine over the vegetables, check determined headspace, debubble jars as it will remove trapped air bubbles, wipe jar rims with water, place lids and bands on, tighten fingertip tight.

Consistent packing helps ensure that the jars process evenly in the Water Bath Canner.

Headspace and Jar Filling

Most pickled vegetable recipes require ½ inch headspace. Maintaining proper headspace allows the brine to expand during processing and helps the jars seal properly once they cool. Taking a moment to check the headspace before placing the lid on the jar can prevent many common canning problems. Incorrect headspace is the #1 reason why a jar's seal fails. Always check this.



Looking Ahead

Now that we've covered both fruit and vegetable preparation, you're ready for one of the most important parts of Water Bath Canning. ***The Jars!***

In the next post, we'll walk through how to look for the Best Jars and their Faults, Sterilizing Jars, Pack Jars Correctly, including techniques for reducing Trapped Air and keeping Food Evenly Distributed Inside Each Jar, and finally...Processing Your Jars. These details are what help Produce Reliable, Beautiful Jars of *YOUR* Home-canned Food.





Basic Spicy Pickled Veggies

Perfect for cucumbers, carrots, cauliflower, onions, green beans, jalapeños, radishes, or mixed vegetables

Ingredients:

You will need about 2–3 pounds of mixed vegetables total for this Recipe.

Vegetables: cucumbers, carrots, cauliflower, onions, green beans, jalapeños, radishes.

Brine-1:1 2 cups white vinegar, 2 cups water, 2 Tbsp pickling salt, 1 Tbsp sugar for a slightly balanced flavor, but optional.

Per Quart Jar, add 2–3 garlic cloves, 1–2 sprigs fresh dill OR 1 tsp dill seed, 1 tsp mustard seed, 1 tsp whole peppercorns, ¼–½ tsp red pepper flakes, 1 sliced jalapeño or chili pepper, optional, and you can adjust heat however you like.

Instructions: Wash and cut vegetables. Pack jars tightly with vegetables. Add seasonings to each jar. Heat the brine until the salt dissolves. Pour hot brine over vegetables, leaving ½ inch headspace. Remove air bubbles and wipe rims. You can either place them in your refrigerator after the Brine cools or Water Bath Can to have shelf-stable pickled vegetables in your pantry.

Refrigerator Pickles

When cool, place jars in the refrigerator. They will be ready in about 24 to 48 hours, but the very best flavor will be after 3 to 5 days, and may strengthen flavor longer than that. This recipe keeps very well for several weeks while remaining refrigerated.

To Water Bath Can—

Process: Pint jars: 10 minutes, and Quart jars: 15 minutes, Plus Altitude based on where you live.

It is very important to USE ONLY 5% Acidity Vinegar made for Canning Jars, Lids, and Bands for this Process.



Here are some Very Easy Flavor Variations that you may like too. These are based on 1-quart jar increments.

Extra Garlic-Double the garlic cloves.

Sweet Heat-Add extra sugar and sliced sweet peppers.

Cajun Style-Add: 1 bay leaf, 1 tsp celery seed, 1/4 tsp extra chili flakes.

Bread-and-Butter Style-Add more sugar, extra sliced onions, 1 tsp Mustard Seed, 1 tsp of Turmeric.

These are very forgiving and easy to customize, just add what your heart desires, but give the brine a quick taste first. Have Fun with the different Combinations that you may like.

Happy Canning, My Friends!!

NOTE: Do not breathe in the boiling vinegar or brine; it will burn your nose and take your breath away.

Turmeric will stain a bright yellow, beautiful color, but it just might not match your counter.



Teresa Jacobs has been gardening since she was eight and canning since she was ten, learning the timeless skills that have been passed down through generations in her family. Over the years, she has transformed her passion into a mission: helping others gain confidence and joy in home canning through clear, practical guidance and her friendly, encouraging style.

The Wonderful World of Water Bath Canning

Teresa Jacobs Canning



June Days



June/Juno is dedicated to Roman Goddess Juno, partner of Jove (God of Happiness), protector of marriage and family.

June 2

- Juno Regina's Day (Roman)
- Sin's Day (Norse)
- Shapatu of Ishtar (Babylonian)

JUN. 5

- Earth Mother Day—honoring Gaia/Tailtiu/Mother Earth. Calling forth good harvests.

JUN. 11

- Feast of Matuta (Roman)
- Matralia (Roman)
- Fortuna's Day (Roman)

JUN. 13

- Feast of Epona: Honoring the Celtic Goddess of the Horse [Otherworld Guide].
- Athena's Day (Greek)
- Minerva's Day (Roman)

JUN. 14

- Vidar's Day (Norse)
- Birthday of the Muses (Greek)

JUN. 16

- Night of the Teardrop (Egyptian)

JUN. 18

- Goddess Danu to the Celts

JUN. 20

- Iron Skegge's Day (Norse)
- Festival of Edfu (Egyptian)

JUN. 21:

- Summer Solstice/Litha (Wiccan)
- Day of Cerridwen and Her Cauldron (English/Welsh)
- Day of the Green Man (Northern Europe)
- Alban Hefin (Druidic)
- Waa-Laa Ends (Native American)
- All Hera's Day (Roman)
- Ishtar's Day (Babylonian)
- Astarte's Day (Canaanite)
- Aphrodite's Day (Greek)



Wavebound Whispers

with Silas the Sea Witch

This month we dive right into our message from the Great Ocean Mother:

The tides welcome you, beloved.

Come closer. Rest your weary spirit beside my waters and listen—not with fear, not with urgency, but with the quiet knowing that lives beneath your thoughts.

You have carried so much lately.

The world around you moves quickly, pulling at your heart with noise, uncertainty, and endless demands. Many of you feel as though you are drifting without direction, searching for solid ground in changing times. But I tell you now: you were never abandoned to the storm.

I have been with you since your first breath.

I am the Great Ocean Mother—the keeper of rhythms, the cradle of renewal, the voice within the waves that reminds you to continue. I see your exhaustion. I see the tenderness you hide from others. I see how deeply you care, even when caring feels heavy.

And still, I ask you to remain open.

Do not let the hardness of the world harden you.

There is great strength in gentleness. The waves shape stone not through violence, but through devotion. Again and again, they return. So too may you return to yourself, no matter how far you feel you have wandered.

This month, release the belief that you must carry everything alone.

You are allowed to rest.

You are allowed to grieve.

You are allowed to begin again.

The tides do not apologize for retreating before they rise once more.

Trust the pauses in your life. Trust the quiet moments where nothing seems to happen. Beneath still waters, transformation is already unfolding.

And hear this clearly, beloved heart:

You are not failing because the path feels difficult.

You are growing.

Some changes arrive like gentle rain. Others arrive like storms that reshape the shoreline entirely. Yet every tide leaves behind treasures for those willing to look closely enough.

So breathe deeply this month.





Step outside when you can. Let the wind touch your skin. Place your hands in water—whether ocean, river, rain, or bath—and remember your connection to something ancient and enduring.

You do not need to know every answer right now.

You only need to keep moving with the tide instead of against it.

Love still exists here.

Hope still exists here.

And you, precious soul, still belong here.

Whenever the world feels too loud, return to me in your heart. I will meet you in the stillness between the waves.

You are loved more deeply than you know.

The Great Ocean Mother has spoken. Do you hear her? How else can you hear her? You already know that when you hold a shell up to your ear, you can hear the ocean. Well, if you focus, then you can hear a message from the Ocean Mother. What type of shell isn't important. Let's start looking at a different shell each month.

Sea Shell of the Month: The Olive Shell



There is a quiet kind of magic carried by the **Olive Shell**. Unlike the dramatic spirals of the conch or the radiant shimmer of abalone, the Olive Shell speaks softly. Its medicine is calm waters after emotional storms, steady breath beneath moonlit tides, and the peace that comes when we finally stop fighting the current.

Named for its smooth, elongated shape and polished appearance, the **Olive Shell** has long been associated with tranquility, graceful movement, and emotional harmony. It is a shell of gentle communication and inner stillness—a reminder that not every wave must be met with resistance. Some are meant to carry us somewhere new.

June arrives at the threshold between growth and reflection. The waters grow warmer, the days longer, and emotions often rise to the surface alongside the shifting tides. The **Olive Shell** teaches us to move through these feelings with softness rather than force. It encourages compassionate speech, peaceful boundaries, and listening deeply to both the ocean and ourselves.

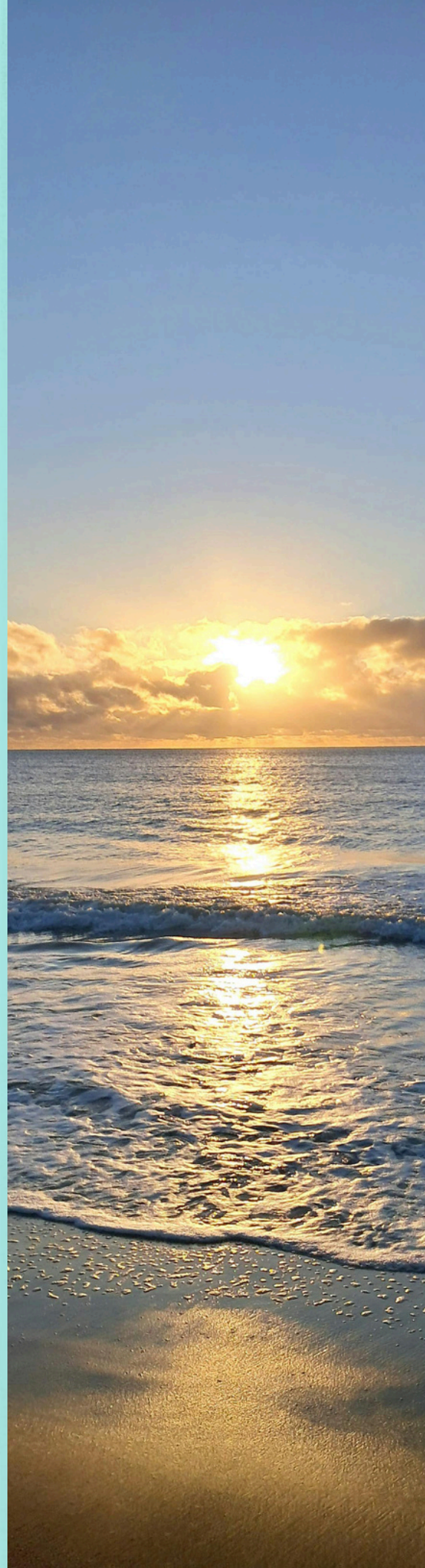
Spiritually, the **Olive Shell** aligns beautifully with healing work centered around the throat and heart. It supports honest expression without cruelty, emotional balance without suppression, and intuition without fear. When held during meditation, it can serve as a talisman for calming anxiety and reconnecting with the steady rhythm beneath emotional turbulence.

This month, consider placing an **Olive Shell** near your altar, bedside, or sacred water vessel. Whisper worries into it before sleep and imagine the tides carrying them gently away. You may also wish to work with sea salt, blue candles, or moon water to amplify its soothing energy.

Life is
better
at the
beach

June Tide Blessing

May the tides within you soften.
May your voice carry truth with kindness.
May calm waters find you even in
uncertain seas.
And may the Ocean Mother remind you
that peace is also power.





Olive Shell Correspondences

Magical Correspondences

- Keywords: Peace, emotional healing, calm communication, inner balance, soothing energy, reconciliation
- Magical Uses:
 - Calming emotional storms
 - Healing arguments or misunderstandings
 - Enhancing intuition through quiet reflection
 - Sleep and dreamwork
 - Gentle protection during emotional vulnerability
- Colors: Seafoam green, pearl white, soft blue, silver
- Herbs & Plants: Lavender, chamomile, mugwort, sea oats, lemon balm
- Crystals: Aquamarine, moonstone, blue lace agate, selenite
- Ocean Allies: Dolphins, manatees, moon jellyfish, sea grasses
- Best Spellwork: Healing rituals, peace workings, emotional release, moon water blessings, self-love baths

Elemental Associations

- Primary Element: Water
- Secondary Element: Air

The **Olive Shell** carries Water's emotional depth and healing currents while blending with Air's connection to communication, breath, and clarity of thought. Together, these energies create peaceful expression and emotional understanding.

Tide & Moon Connections

- Best Tide: Gentle incoming tide
 - Ideal for drawing peace, healing, and emotional renewal into your life.
- Moon Phases:
 - Waxing Crescent: Setting intentions for emotional healing
 - Full Moon: Releasing tension and restoring inner balance
 - Waning Moon: Quiet reflection and forgiveness work
- Lunar Energy:
- The **Olive Shell** resonates strongly with soft lunar tides, especially moons connected to emotional processing, dreams, and spiritual cleansing.





Journal Prompts

1. What emotional waves have I been resisting lately?
2. Where in my life do I need more softness instead of control?
3. What truths need to be spoken gently but honestly?
4. How can I create peace without abandoning my boundaries?
5. What does emotional calm feel like in my body and spirit?
6. What am I ready to release into the tides this month?

Tarot Pairing for the Olive Shell: Temperance

The **Olive Shell** aligns beautifully with Temperance—the card of balance, harmony, healing, and flowing between extremes. Like the shell itself, Temperance teaches patience, emotional equilibrium, and trusting the natural rhythm of life. Together, the **Olive Shell** and Temperance remind us:

Peace is not passive.

It is a sacred balance carried through changing tides.

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.



June Symbolism



BIRTHSTONE:

Pearl



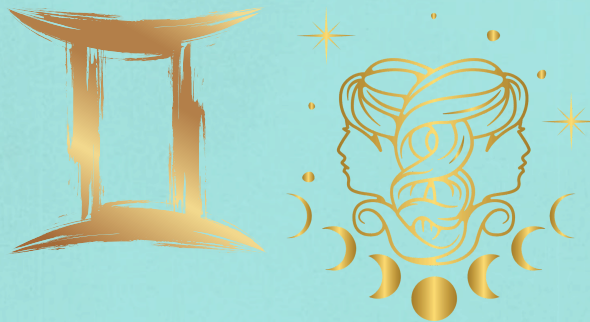
The ancient Greeks believed that pearls were the hardened tears of joy from Aphrodite.

Flower:
Rose
&
Honeysuckle



Roses have long been the symbol of LOVE in its many forms. While Honeysuckle is happiness and positive energy.

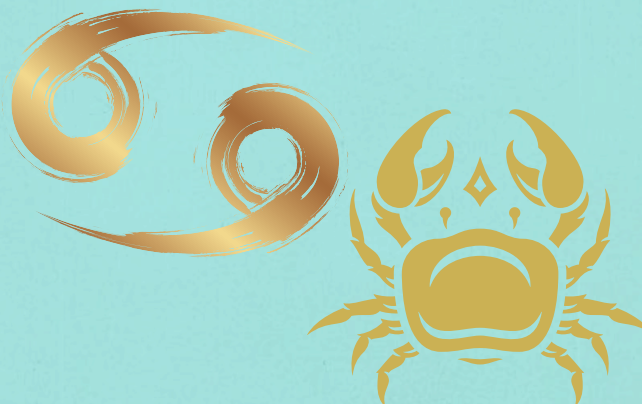
Gemini
May 20 thru
June 20



Symbol:
The Twins

Motto:
"I think."

Cancer
June 21 thru
July 22



Symbol:
The Crab

Motto:
"I Feel!"

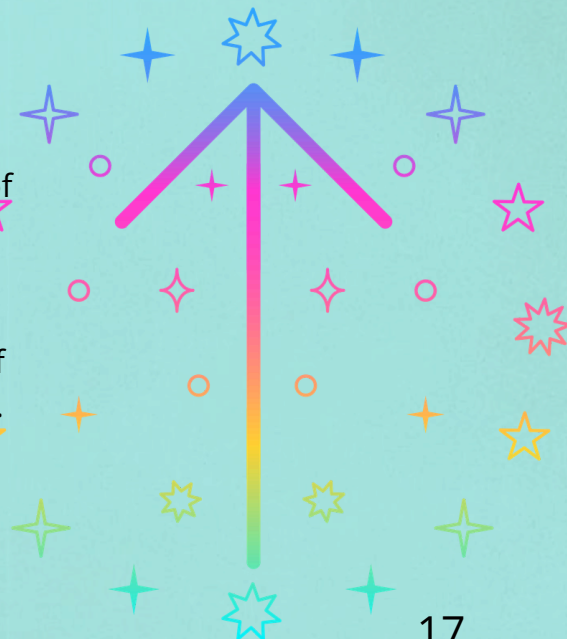
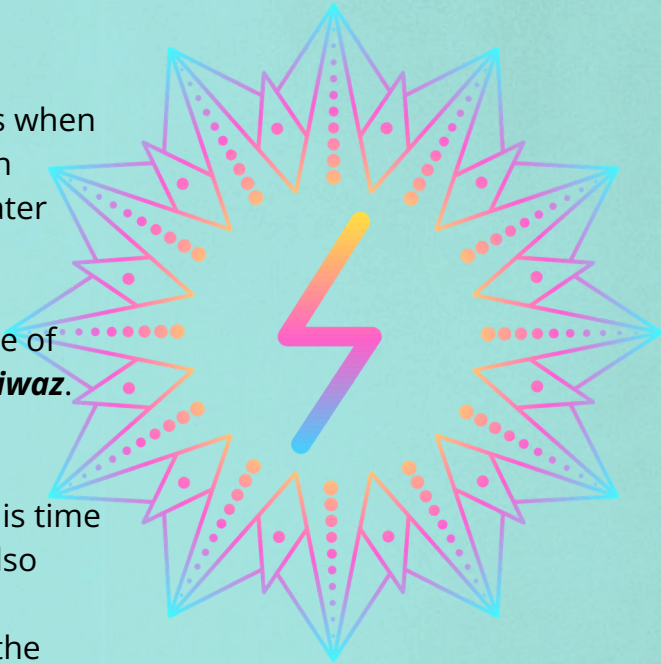
Weavers of the Web

with *Mattielee Silverstar*

Litha – Light at its height! At Weavers of the Web, Litha is when we are starting to feel the power of summer; the hot Sun warming the air around us. It is a time when we keep water nearby to help cool us during our fun activities.

Let's look at some of the energies that surround this time of the year. Litha is represented by the runes **Sowilo** and **Tiwaz**. Sowilo is the Sun, the light of the world. The energy that destroys the ice of stagnation and feeds the growth we planted, both physically and in our goals for the year. This time of the year is not just about playing in the sun! Litha is also about the responsibility of continuing the work, the complexities of duty. This is part of the lesson of Tiwaz, the rune of the God Tyr. Tyr sacrificed his hand to bind Fenrir, the giant wolf child of Loki. He approached this task with bravery and confidence, a warrior who does not allow any obstacle to prevent him from reaching his goal.

Litha is when we demonstrate our readiness to take up the challenge of responsibility. We see this in the transformation of Dionysus, from his carefree partying ways into his mature, responsible form. We move from carefree adults, focused on our own needs, to parents, sacrificing for the growth and success of the community. We are transitioning from a state of growth to a state of taking on the responsibility of that growth. It is the magick of Rites of Passages, the transformation of our New Year into a maturing year, seeing our lessons unfold in front of us. Our year is taking shape and defining what 2026 means for each of us!





Litha is associated with the Will chakra, our powerhouse of manifestation. We cannot enforce our Will until we know our own personal moral code and values in life. This also shows up in the Tarot Lovers card. We must find the balance within us, between work and play, as well as self and community. The Chariot card also drives Litha. This is about overcoming obstacles with hard work and focus. It is our willpower, including our self-discipline and ability to control what we can control.

Litha begins as the Sun enters Cancer, the zodiac crab. A crab continues to grow despite the space it has around itself. Eventually, the pressure of its growth is beyond the confines of its home. It is during this time that it must break free and grow a new protective shell. This is what occurs during Litha. We outgrow our ego that limits our spiritual growth. As we break free, we are vulnerable for a time, just like the soft crab as it grows a new outer shell. Yes, we are faced with the challenges that hurt, but through this, we grow stronger and wiser.



At Weavers, we celebrate Litha in a few ways. First, we release and burn the masks that we hide behind, so that our true, authentic selves can shine through. We also share in a psychodrama demonstrating how the Giantess/Goddess Skadi becomes an Aesir, her own Rite of Passage. You may even see some of our community undertake their own Rite of Passage to join our community under the watch of the Gods.

Litha is a time to start to harvest the fruits of your labors. In Michigan, where Weavers of the Web is located, asparagus is starting to be harvested at this time of the year. Did you know that asparagus thrives in soil that is too salty for most weeds to grow? It takes the salty challenge and finds a way to specialize. Now is the time to recognize how your goals are manifesting and adjust your labor as you see fit. Bless the harvest you have created thus far, as all flows from the Great Mother. May you have a blessed Litha!



Weavers of the Web, ATC
Lansing's Pagan Home since 2018

GodCon 2026

You're Invited



GodCon 2026



August 1st

atcwicca.org/godcon

From the TAB with Cassandee

Hello Everyone!

I was up at the tab this weekend, and I took some pictures you might like to show off the current garden status. The plants are still so small its hard to get good pictures, but they will get better as the season progresses!





Cassan Dionne, also known as Cassandee, is a First Degree Priestess in the Wise tradition of Wicca, studying under Belladonna Laveau and Dusty Dionne. As a botanist and long-time gardener, she serves as a Visory of the Temple of Demeter and Head Gardener at the ATC Mother Church in Save the Seeds Foundation's gardens of Demeter. Demeter's garden is dedicated to growing Heirloom Organic produce and is home to her beehives. Our mission is to be stewards of a human/nature relationship that involves collecting and saving the seeds and gardening wisdom for future generations. Cassan enjoys nothing more than immersing her senses in the garden, guiding new plant life, and listening to the wise voices of nature there. She is happy to bring other volunteers with her and to share her love of gardening with them. She invites local folks to make arrangements to come and garden with her sometime!



Magickal Head Shopping with Cheryl Costa

I'm frequently asked how often I practice magick. The simple answer is: "daily!" The snarky answer: "Is every damn day!" Does this mean I get all dressed up in my high robes, light lots of candles, and burn lots of incense? Absolutely not! I teach my students two rules regarding a magickal practice mindset.

- 1: Less form and more magick!
- 2: Adaptive mindfulness!

In this lifetime, I lived seven years in Buddhist monastic life. The most pertinent philosophy I can share with you that has a strong bearing on magickal practice is simply: Mindfulness. So, in that context, people frequently ask me, "Do you sit in a lotus position and chant all day?"

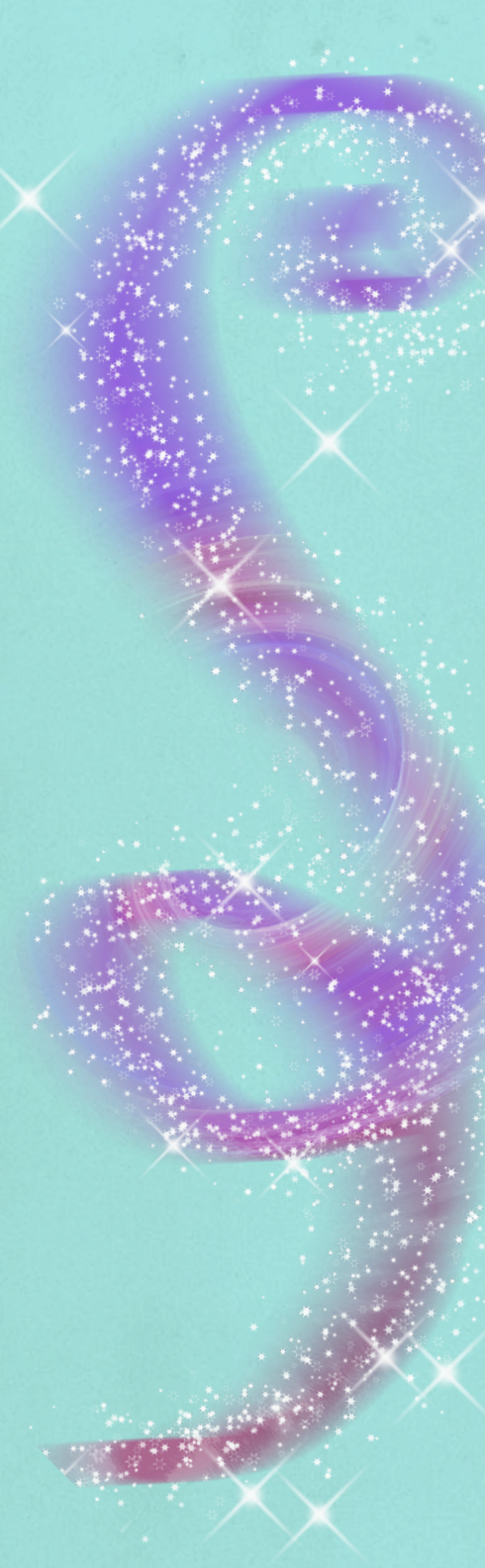
My answer is "No." I practice the Buddhist philosophy of "Chop Wood, Carry Water." I use my kitchen chores as my daily practice of mindfulness. In our household, I own the kitchen; my dear wife is the better cook of the two of us, and she cooks in my kitchen. So, my daily practice is mindfully cleaning the kitchen three or more times per day. My style of hand-washing dishes, pots, and pans, or loading a dishwasher. But my style in these tasks has form but not rigid form.

The same applies to my magickal style as well. A general form with the flexibility to improvise upon an inspired whim! But improvising doesn't mean getting sloppy!

Let's take a moment and discuss ourselves as the meat sock being, the proverbial TALKING SELF. Just as I was coming out of monastic life in late 2004, I wrote the following prose-poem below. It embodies the realization of seven years of deep contemplation. I shared it with my mystical teacher, and he smiled and remarked. "You get it!"

We come from the great empty potential, plain and simple. The force of our essence, a simple spirit instance of the divine, a pool of over souls, a simple individual soul, a soul body, yet with each layer of our spirit, we are simply a chip of the great empty potential.





It's only when we inhabit flesh that we must take up the mechanics of the biology of that habitat realm. Only then are we loosely bound to the function of biology; only then are we loosely bound by culture, tradition, and the laws of man; only then must we be subject to sex and gender, and the tyranny of its control. I've taken the challenge to question the nature of my flesh; I have taken the challenge to express who and what I am; I am a sexual fugitive and a gender outlaw! I am not my flesh; I am not my biology; I am not a human having a spiritual experience; I am simply a spirit having a human experience. Know that I am simply an approximation of all that I am. For I am the shining light from within.

Please look past my flesh and see my true being. Look past the biology. For while I seem to be two spirits, know that I am much, much more. Know that I live between the genders, know that I live between the worlds, know that I live between the moments. I am a Between Beast, hear me roar! Please hear my soft, gentle words, "This is simply my form, please love me as I am!"

(From a prose poem originally written by Cheryl Costa–August 2004)

Analysis of the Poem

The body we inhabit, regardless of sex or gender or race, is simply a costume we inhabit and wear, so that we can play in the game of physical reality. The long and short of the poem is simply that, in the final analysis, we are eternal beings, connected to everything, everywhere, and everywhen.

Since we are part of everyone, and everyone is part of us. The notion of being kind to one another is more than a mere courtesy. If we do hostile magic, we are simply hurting an aspect of ourselves. If we do benevolent magick, we are simply being good to an aspect of ourselves. It's as simple as that. In this context, our overarching magickal philosophy should be: Be kind, Be gentle, and Be generous with your Magick. CC

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.



Sacred Tattoos

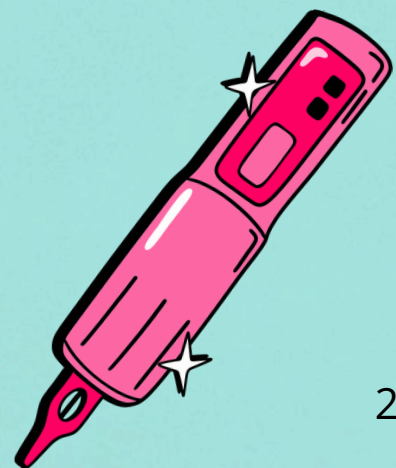
with Ava Althea

With the summer season approaching in the Northern Hemisphere, the days are getting longer and hotter, and with that, people are shedding their winter coats for tank tops and shorts. This also means more tattoos will be exposed (make sure to put sunscreen on them!!). So with that in mind, I'm here to write about the history of sacred tattoos and share some examples from the modern day, with permission from people who submitted!



Tattoos and sacred markings have even been found on mummies, specifically one that is believed to be a prominent religious figure, according to [Gemma Angel](#), a researcher at University College London, who said, “discovered in [Deir el-Bahari](#) by French Egyptologist Eugène Grébaut in 1891. Dating from Dynasty XI (c.2134-1991 BC), a female mummy identified as Amunet, a Priestess of the goddess [Hathor](#) at Thebes, was found to have a number of tattooed markings on her body.”

According to EtymologyOnline, the English word “tattoo” comes from a Polynesian noun, “tatu”, meaning to, “to mark, or to puncture.” And we see some of the oldest tradition of tattoo originating from this region with the record of Maori women wearing what is called a “moko kauae” or just “moko”, which you see as dark flowing patterns and shapes on their chins. The Polynesian people also have their own myths on how tattooing started. If you want to read more, check out tattoo anthropologist Lars Kurtak and his [blog](#).



The tradition of tattooing has evolved over thousands of years to where now you can get almost anything inked on you for any reason at all. There doesn't have to be a spiritual meaning behind it. However, in pagan and witchcraft traditions, including Wicca, there are many symbols, words, and correspondences (such as the pentacle or a pointy hat) that practitioners feel especially connected to and may choose to get tattooed on their bodies to perhaps serve as a reminder, or an offering, or to celebrate a milestone. Below you will see some people's chosen sacred tattoos that they wanted to share:

*"I consider this my contract with nature and rabbits, it's Peace spelled out with rabbits. It reminds me to embrace calm. It reminds me to regard nature."
~ Khodi~*



*It was Friday the 13th, and a coven sister and I lined up at a pagan owned tattoo shop for ink. I chose the triple goddess symbol, specifically for the left wrist, as that is the side where her candle rests on the altar. It is a reminder that Goddess is always with me.
~ Anonymous ~*

*"After being initiated into the Lesser and Greater Mysteries of Spring Mysteries festival, I had a dream about this tattoo design and felt called to get it."
~ Anonymous ~*



*Thank
You!*

Dusty Dionne for Menhir News!

Teresa Jacobs for Water Bath Canning!

Silas The Sea Witch for Wavebound Whispers!

Cheryl Costa for Magickal Head Shaping!

Mattielee Silverstar for Litha at Weavers of the Web!

Cassandee Meter for Photos from the TAB!

Ava Althea and Khodi for Sacred Tattoos!

& All of you who Subscribe!