

NOVEMBER 2025



PANEGYRIA

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

Gratitude is Magic

INSIDE THIS ISSUE

- Menhir News with Dusty Dionne
- Upcoming Festivals
- Panegyria Submission Information
- Moonstone's Gifts for all your Craft needs
- Random Acts of Gratitude
- Physical Health Benefits of Gratitude
- November Symbolism Days of Observation



Is your Magical Group Seeking Legal status as a Church?

Affiliates stand out as respected icons within the sea of local groups that you might find in any given city. We have the legal infrastructure that provides a safe haven for all of paganism to flourish, even if those pagans never interact with or know about an ATC church. *Page 10*



Gratitude: The Incense of the Soul

We invite you to journey with Naji Tawk as he reflects on the Divine Way of Gratitude with a forest of trees and the Gods of many pantheons. *Page 3*



SAPRA and ATC Africa Achieve Historic Recognition

PRETORIA, South Africa — Sept. 6, 2025

South Africa's Pagan and Wiccan communities are celebrating two historic milestones this year as the South African Pagan Rights Alliance (SAPRA) and The Aquarian Tabernacle Church of Wicca Africa (ATC-Africa) received formal recognition, strengthening their role in advancing religious freedom and cultural legitimacy.

Page 9

Menhir News

Gratitude and Pagan values are deeply intertwined, forming the foundation for powerful manifestation in a practitioner's life.

The reasons for the season is Gratitude. Many of our customs and celebrations around this time of year revolve around gratitude. Take a jump with me, and trust me that I will bring things together by the end of the paragraph. Manifestation. Within Pagan traditions, manifestation is not merely about wishing for a better reality; it is an intentional, co-creative process with the universe. By recognizing the world as alive and interconnected, we understand that their thoughts, words, and actions shape the fabric of their experiences. Gratitude, in this context, becomes more than a fleeting feeling—it is an energetic offering that aligns the practitioner with the abundant flow of the universe.

Central to Pagan values is understanding that life and the cycles of nature mirror one another. By celebrating the turning of the Wheel of the Year and honoring both the joys and challenges encountered, Pagans develop an appreciation for the interconnectedness of all things. This perspective grounds intentions in reciprocity and respect, ensuring that manifestation is rooted in harmony with the world rather than trying to beat out an existence against all odds.

Community and personal responsibility also play vital roles in the Pagan approach to manifestation. Gratitude strengthens bonds within the community, encouraging generosity, mutual support, and the sharing of abundance. When practitioners express thanks for their community and take ownership of their actions, both good as well as ill, they create a fertile environment for collective and individual growth.

This sense of responsibility ensures that the reality manifested is not only beneficial to oneself but also to the wider community at home and abroad. Ultimately, weaving gratitude into daily practice transforms manifestation from a solitary wish into a sacred act of co-creation. Living in gratitude, guided by Pagan values, shifts the focus from scarcity to abundance and from competition to stewardship. In doing so, practitioners become active participants in shaping a reality rooted in respect, balance, and communal wellbeing. A vision that offers hope and healing in a world currently in need of both.



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Gratitude: The Incense of the Soul

By Naji Tawk



As we pass into the darkness of winter, like a seed sown in Earth's womb, Mother Nature invites us to look inward, to introvert our consciousness, even as she hibernates. Yule draws near: we are soon to enter the longest night, in which darkness dwells the secrets of Gnosis, and out of which light grows more brightly every day. Even as Isis, Inanna, and Persephone descended into the Underworld, passing the Styx River, in quest of wisdom and attainment, we all have our inner Underworld or Duat, accessed through meditation. Hecate's keys are our power of Samadhi, divine absorption, forged by daily Sadhana (spiritual practice).

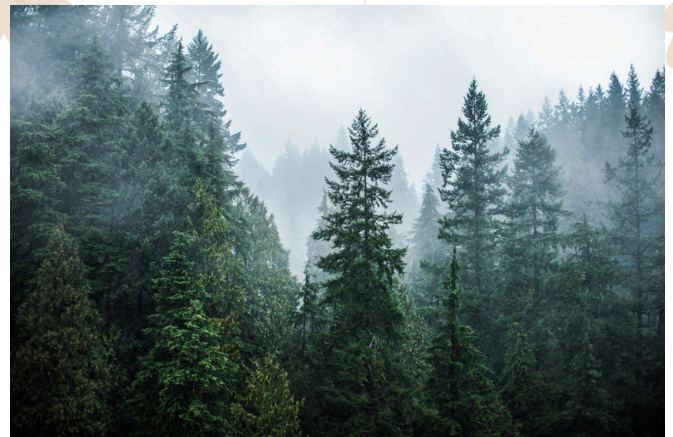
Little acts of gratitude are like food for the soul, or tiny flowers that make a redolent nosegay: think of a gentle Surya Namaskara (Sun Salutation) in the morning to salute and give thanks to the Life-bestowing Sun; a heartfelt prayer to the Deities who are always with us; humble acts of kindness to the people around us; or revering the God-self within, as Ma'at teaches us to do, which may be the highest gratitude we can offer to the Eternal.

In a world steeped in injustice, where every imaginable blasphemy is thrown upon our splendid Gods and Goddesses, and where the smoke of war and pollution looms overhead, gratitude is a radical act of resistance. By remembering to hallow our internal Divinity, by appreciating the World Soul immanent in the Universe, by building an authentic relationship with our Gods—like Gurus and disciples, who are the Path to Ascension, we become healers, warriors, and teachers instead of victims or evildoers; we become Torchbearers, like Hecate Phosphorus, Bringer of Light. We become Aquarian Soldiers, Heralds of a Golden Age.

With the crisp sound of crunching leaves beneath my feet, and a warm sweater to keep me warm as I walked into the red and orange fields, I gave thanks to the Gods and Goddesses in whose light I walk and whose love and wisdom have been the greatest blessing to my life. I admired the fiery beauty of autumn, the blazing red leaves, the orange and white pumpkins, the fertility of nature, the serenity of the woods, and the scuttling squirrels climbing the pine trees. Divinity is immanent in every manifestation of Mother Earth, visible in the wonderful Animal Kingdom, the splendid trees, and the very air we breathe.

There was a scarf of mist as I arrived at the Cedars Forest, beginning to cloak those enormous Green Temples. The gigantic Cedar trees stood as immemorial sentinels, witnessing the ancient chronicle of Earth and the rise and fall of human civilizations. This is the olden forest, the abode of the Canaanite Gods, where the Divine Spirits of Baal and El resided, where the Phoenician Ancestors had long ago walked and glorified Anat and Astarte in prayer and song. I invoked a moment of stillness to commemorate the Canaanites whose memory and old religion, like that 1 of the Pagan world, have been tarnished with calumnies as powers and politics had shifted and given rise to dogmatic creeds.

It is magical how often a reflective walk can feel like a transformative pilgrimage. Departing from the Cedars Forest, I felt different. I carried with me a deeper understanding, a powerful calm, and a



sense of the mystique, like the journey back from Eleusis. Every pilgrimage to ancient Mother Nature, where the defamed Ancients had built their now destroyed shrines, temples, and monuments, is an initiation into forgotten rites and mysteries, a silent initiation where silence is the mystagogue and the Universal Soul is the High Priestess, speaking only to those who understand the mystical language of silence, of Anima Mundi.

Looking back at my past, I am thankful for every Dark Night of the Soul, the darkness from which I emerged stronger, wiser, and purer. Often, when we think that we are thrown into the cold night, we are rather welcomed into the dark Womb of Rebirth, so that we may be reborn into Light. This Iron Age, with all its tragedies and cruelty, the Kali Yuga, the Age of Gloom, is a fertile ground for breeding ingratitude and all types of vices. Yet, even as we celebrate Samhain when the Veil is thin, knowing that it is part of the Seasonal Wheel, the current Dark Age, from which we are emerging into a New Dawn of Truth, is also part of the Seasonal Wheel of the Great Year (Maha Yuga), a cosmic Dark Night of the Soul, like the waning fortnight of a universal lunar month. It is death that is vital for rebirth and continuity.

The end of autumn approaches, witchy and reflective; new beginnings unfold on a white page like snow-clad nature. I contemplate all the good things and the bad things, which are often blessings in disguise, that happened to me this year. A play of destiny and free will unfurls before me. It takes far-sighted wisdom to give thanks to Darkness, without which there can be no Light. I reminisce about the first time I shuffled my Tarot cards, relishing their smell, the sound of crisp paper, and the colorful and deeply symbolic imagery. Destiny unveiled its secrets to my inner eye. I felt a deep abiding peace; I found a lantern that helped me navigate the darkness with a clearer vision: to that I am still grateful. Gratitude is when I sit in meditation, like a flight to a higher world beyond the plane of manifestations, above time and space, and abide in Infinity and Eternity, in the Source of All: Para Brahman. In that Immovable Mover, I always feel thankful and full of devotional love.

Remembering all the lessons that I learned through the Gods' Grace, and all the progress I made through their sacred wisdom, how can I not, kneeling before their lotus feet, offer my cordial thanks to the Creators of Mankind, Kings of Asgard and Hyperboria? Thank you, O Gods of Ancient Earth; I exalt your Names in prayer and praise. O Father of gods and men—who in Babylon were hailed as Ea and Enki, Ptah in Egypt, El in Phoenicia, Odin and Wotan in the Norse, Dagda the All-Father in the Celtic world, Neptune in Rome, Poseidon in Greece—may my heart be a well of thankfulness and love to you, for your Love for the humans, your children, is paramount; indeed you are the Father of Humanity.



Supreme Zeus who resided in Mount Olympus, in Canaan you were known as Bael and El Elyon (God Highest), in Sumeria you were hailed as Enlil, Jupiter and Jove in Rome, in Egypt, Amun: your Shaktipata (Grace) has been a waterfall of pure "Agape" (1) and elevating consciousness to me every water drop of it; without your divine guidance, I would not have climbed so far. Blessed be all of your Names, for the Earth yearns for the resplendent light of your Indomitable Soul even as we yearn for your forthcoming return.

Helios Apollo, O Shining One, Sun God of Music, Harmony, Justice, and Love, who was syncretized with Azazel in Phoenicia, Protector and Enlightener, thank you for always holding my hand as I cross the perilous roads of life; your presence has been a meadow of roses that has made my life beautiful and sweet-smelling. You have taught me to live in the here and now, unfettered by the past and



future, while preparing for what tomorrow brings; thanks to you, I have learned to appreciate the beauty of life (though I still have much to learn), to celebrate my successes, to forgive and be compassionate. As God of Justice, you have instilled in me a war-like chivalry in fighting the forces of decay and chaos, like Arjuna on the battlefield, to uphold justice and restore Truth and Balance to Midgard. Fierce and compassionate you are, O Prince and Redeemer!

Astarte, Isis, Inanna, Artemis, Holy Mother, Queen of Heaven and Earth, Lover of Osiris-Adonis, Mother of Horus, Graceful and Exquisite Lady, I call upon your Virginal Beauty so that it may, like a rainfall in an arid desert, purify our world, which longs for the sound of your voice and the prophesied return of your song.



Naji Tawk is a devotional polytheist with a deep reverence for the Canaanite Pantheon, Sanatana Dharma (Hinduism), and witchcraft. His writing explores the crossroads of the Golden Age, Pagan Renaissance, and dystopia, borrowing from Phoenician, Mesopotamian, Celtic, Nordic, Hindu, and Hellenic traditions. With a background in teaching yoga and meditation, he intends to bridge scholarly insight with self-gnosis, crafting writings that excavate the buried and forgotten past and, like Prometheus' Flame, guide spiritual seekers into Knowledge and Truth. You can reach Naji at: naji_yogi@proton.me

O Nordic Gods, blessing you is a joy that never loses its power; bring back glory and cosmic balance to our Earth. Through your help, may the human race climb into Satya Yuga, the Age of Truth —knowledgeable, wise, and luminous. Guide our world back to the Golden Age of Harmony and Justice. In defiance of the collapse of divine values, we abide by Ma'at, uphold your "demonized" Light, and wield your "forbidden" Knowledge, knowing, with burning faith, that this darkness is a passing thing, and when it passes, we shall rise, next to you, as your children and warriors.

Without losing sight of a bright future, a Golden Rebirth like a reassuring daybreak, let us light a candle in the dark, a candle of gratitude to the cyclical nature of the Cosmos, and let our gratitude be, like Polaris, a guiding star in the gloom.

1 **Agape** (*ah-GAH-pay*): From the Greek ἀγάπη — the highest form of love, representing divine, self-giving love that seeks the good of the other without condition.



Freshman Supplies



Freshman Supply Kit

This contains all you need for your
Freshman Year at Wiccan Seminary.

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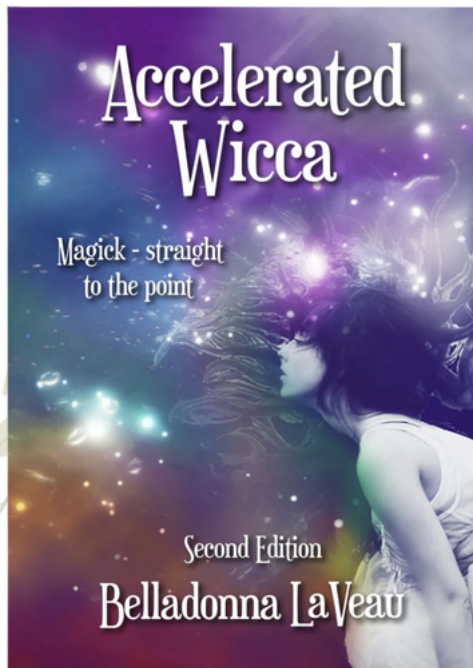


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Junior Supplies

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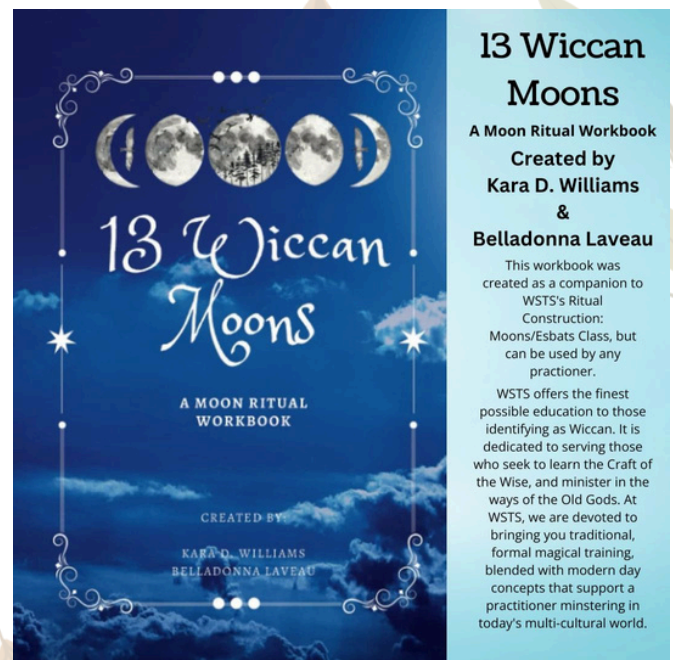


This book opens the gate to new ways of processing information and offers you tools to help you change your thinking patterns. Find ways to awaken your perspective on the world and your ability to magically interact with it. The impact you have to create change will grow radically in the short time it takes you to read this book and apply the knowledge within. Spiral deeper into understanding, interpreting, and recognizing the spiritual activity that manifests in your reality. Hone your intuition, interact with your spirit guides, and connect with divinity. Master your power!

13 Wiccan Moons

Created by Kara D. Williams and Belladonna LaVeau

This workbook will help you to focus your Moon rituals and explore topics and concepts each month. The workbook is organized by the zodiac sign, but includes correspondences for each type of moon.



13 Wiccan Moons

A Moon Ritual Workbook

Created by

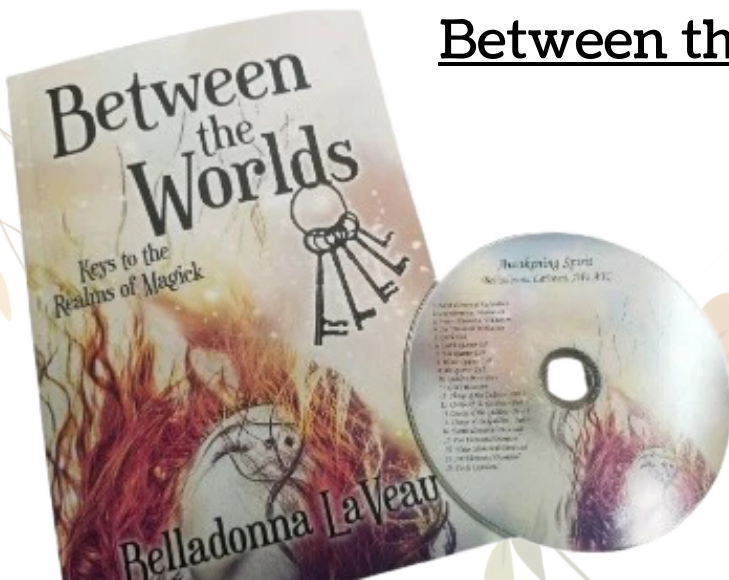
Kara D. Williams
&

Belladonna Laveau

This workbook was created as a companion to WSTS's Ritual Construction: Moons/Esbats Class, but can be used by any practitioner.

WSTS offers the finest possible education to those identifying as Wiccan. It is dedicated to serving those who seek to learn the Craft of the Wise, and minister in the ways of the Old Gods. At WSTS, we are devoted to bringing you traditional, formal magical training, blended with modern day concepts that support a practitioner ministering in today's multi-cultural world.

Between the Worlds Book & CD Set



This book will teach you how to cast and banish a circle, invoke deities, evoke and connect with elementals, and find and consecrate magical tools, as well as a few starter-level spells. Material previously published in "Awakening Spirit" by Belladonna LaVeau has been revised and expanded into the new ABC's of Witchcraft series. Continue learning and growing with "Accelerated Wicca" and "Channeling Divinity."

Formal Winter Ritual Robes

Feel confident, proud, and professional in this impressive and beautiful black robe for winter.

High- Quality, luxurious, lined, and breathable fabric that feels great on the skin.

This is an Official Pagan Liturgical Robe;
Ready for consecration and wear.

Get yours for \$150.00 USD



Feel confident, proud, and professional in this impressive and beautiful black robe for winter. High-quality, luxurious, lined, breathable fabric that feels great on the skin. This is an Official Pagan Liturgical Robe, ready for wear and consecration.

2 pockets on either side of the skirt that are 12" deep to hold wands, athames, potions, whatever, and a hidden pocket on the inside left sleeve for wands, kerchiefs, money, anything you want to pull out of your sleeve.

This beautiful dress is a staple for the Priestess.

The perfect sacred dress. Beautiful on all Goddesses.

Comes in three colors: Black, White, and Red

Black Goddess Dress

This beautiful dress is a true Priestess staple for the dark half of the year.

Flowing with divine elegance, it embraces the essence of every Goddess.

A timeless garment for ritual, ceremony, or simply embodying your sacred self.

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Building Pagan Futures

SAPRA and ATC Africa Achieve Historic Recognition

PRETORIA, South Africa — Sept. 6, 2025

South Africa's Pagan and Wiccan communities are celebrating two historic milestones this year as the **South African Pagan Rights Alliance (SAPRA)** and **The Aquarian Tabernacle Church of Wicca Africa (ATC-Africa)** received formal recognition, strengthening their role in advancing religious freedom and cultural legitimacy.

SAPRA Gains Tax-Exempt Status

In March, SAPRA was officially designated a Public Benefit Organization (PBO) by the South African Revenue Service. This makes SAPRA a tax-exempt body and allows it to issue Section 18A receipts, enabling donors to claim income tax deductions.

"This recognition not only affirms the value of our work but ensures that donors may support our mission with confidence," said Chris Waugh, SAPRA's financial director. Founded in 2004 by Damon Leff, SAPRA advocates for religious rights and provides free assistance through trained paralegals, helping citizens navigate employment disputes, welfare issues, and constitutional protections. It also campaigns for religious equality, trains marriage officers, and participates in international human rights networks.



ATC Africa Recognized as a Church

In August, the **Aquarian Tabernacle Church** announced that **ATC-Africa** has secured official registration both as a Non-Profit Organization and a Non-Profit Company, making it a legally recognized church under South African law.

The Aquarian Tabernacle Church is one of the oldest and largest legally recognized Wiccan churches worldwide, founded in the United States in 1979. Its mission centers on spiritual growth, education, and service through sacred rituals, pastoral training, and community outreach.

"We are immensely proud of ATC Africa, whose perseverance has led to this remarkable achievement," said Belladonna Laveau, Matriarch of **The ATC International**. "This milestone is not just about legal status," said Lady Venette Kruger, Arch-Priestess and Chairperson of **ATC Africa**. "It is about affirming Wicca's rightful place among the recognized faiths of South Africa, giving our community a voice, a sanctuary, and a foundation for generations to come."

As the African affiliate of **ATC International**, **ATC-Africa** provides spiritual education, pastoral training, and community service, while emphasizing ecological responsibility and charitable outreach, such as its Cauldron Closet initiative.

Together, these recognitions strengthen Pagan visibility in South Africa. SAPRA's new tax-exempt status ensures sustainability for its advocacy and legal aid, while ATC-Africa's recognition as a church secures Wicca's place in the interfaith landscape.

International leaders hailed the developments as a turning point for nature-based religions in Africa — a future where Pagan voices are visible, legitimate, and here to stay.

Your Group Can Become an Affiliate!

Is your Magical Group Seeking Legal status as a Church?

If you are a spiritual leader with an active group, and you want to be a part of a legal, long-standing, unified, magical organization that serves the Lord and Lady together to make the world a better place for everyone, then you've found the right place. ATC Affiliates stand out as respected icons within the sea of local groups that you might find in any given city. We have the legal infrastructure that provides a safe haven for all of paganism to flourish, even if those pagans never interact with or know about an ATC church.

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Organize

We are an organizing body that will help you get organized within the Wiccan infrastructure. We facilitate acquiring:

- Articles of Incorporation
- Charter Agreement, and
- Tax number

We do not dictate how you run your group.



Grow

We provide the experience and resources of a large church organization, necessary for you to succeed and for your church to grow and flourish. You will have help at your fingertips. Our job is to mentor your leadership skills, to be your “coach” and help from the sidelines.

Expertise

ATC has many resources to help you and your church, from legal, accounting, and management resources and tools to counseling, spiritual, and liturgical support. Our 35-year history as a successful church has taught us many lessons. We are here to advise you of your options, so you can make a wise, informed decision. When there's difficulty, it feels better to have a worldwide connection of witches on your side.

Worship

The Patron Goddess of the ATC is Hecate. The Patron God is Pan. But, we find that each coven or church has its own pantheon and flavor of magic that weaves a strong web.

We do offer the ATC Redbook of Wiccan Liturgy, which is standard British Traditional Wicca. But we fully expect you to heed the call of the Goddess and bring your own mysteries.



Joining the ATC is a magical and legal process. We help you with the necessary paperwork to become a legally protected church. Churches receive more benefits and have more responsibilities than a regular non-profit organization. There is much paperwork, and waiting is part of the government game. The ATC does this work for you, but also represents you to the government. We will need to know who you are, what you do, and if your goals are in harmony with ours. If you come recommended by one of our affiliate leaders, you could become an affiliate in as little as six months. If we have to get to know you, then let's get to know you, plan to come visit, and possibly have the Archpriesthood come and visit you. It's not required. Be patient and let us know if there is a reason for urgency.

If you are new to the family, please help us by providing references of people that we might know, who can vouch for your work within the community. Without a proper vouch and vetting process, it can take longer to get through the affiliation process. It's all about getting to know you and seeing if we are aligned in our energies.



At the ATC, we know there are many different types of magical families, and it is our goal to empower those who are doing the work of the Gods to be more effective in their ministry. We do everything we can to ensure that the leaders we empower through affiliation are doing their best to make the world a better place and growing a great crop of students to keep that work going in future generations. So mote it be!

We also offer training

Hosting 8 Sabbats and 13 moons is a big workload for anyone. Having time to adequately train students at different levels of study is a full-time job.

Woolston-Steen Theological Seminary offers state-certified degrees in Wiccan Ministry from Associates to PhD. By focusing on academics to work in concert with coven training, we aim to allow you and your students to not only network with future leaders of Wicca and learn to be professional clergy, but also gain the requirements needed to compete for professional Pastoral and Chaplaincy positions within the modern workplace.



More Information

Affiliate Application



Associates & Bachelors of Ministry at WSTS

WWW.WICCANSEMINARY.EDU

Associates of Ministry



Master the Foundations of Ministry

This degree is perfect for students ready to:

- Build strong magical and spiritual fundamentals
- Explore Wiccan theology, ritual, and history
- Strengthen personal practice through study & devotion
- Connect with the divine through nature-based magic
- Step into your power and explore the depths of your Craft.



Fully Online | Legal Degree | Community-Focused

WICCA 101, 102, 103 - ACCELERATED WICCA

"It was incredibly enlightening. I thought I knew a lot about so many topics. There was so much strong, foundational information that was easy to retain. I had several moments of "Woah, I've been doing that my entire life!"

WOOLSTON-STEEN THEOLOGICAL SEMINARY
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MYTH 170 - ORISHAS FOR WICCANS

"The sheer amount of accessible information, care, and content put into this course made it very practical and achievable. I learned so much from this course."

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Bachelors of Ministry



Master the Foundations of Ministry

This degree is perfect for students ready to:

- Dive into advanced Wiccan theology and magical studies
- Develop leadership skills in spiritual and community settings
- Learn how to serve others through ministerial practice
- Make a real impact through service, scholarship, and spirit
- Grow through sacred learning and community

Fully Online | Legal Degree | Community Outreach



Random Acts of Gratitude

One of the most powerful ways to nurture gratitude is through simple acts of kindness. Every time you brighten someone else's day, you're not just giving—you're opening your heart to receive even more in return from others and deity.

A good place to start is asking yourself, "What does being thankful or grateful mean to me?"

An online dictionary has this to say:

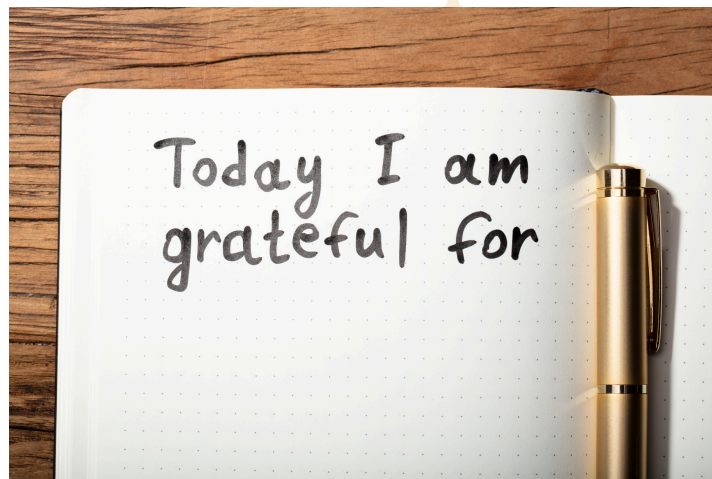
The terms "**thankful**" and "**grateful**" both express appreciation, but they have subtle differences in connotation:

- **Thankful:** Generally refers to being pleased or relieved about something. It is often used in a more casual context, such as being thankful for a gift or a favor.
- **Grateful:** Carries a deeper emotional weight, often implying a recognition of a significant impact or kindness received. It is used in contexts where one feels a profound sense of appreciation, such as being grateful for support during difficult times.

In summary, while both words convey appreciation, "thankful" is more about feeling pleased, whereas "grateful" reflects a deeper acknowledgment of kindness or support

Here are a few ideas to get you started:

- Tell someone how much they mean to you. Tell them in person or call them. No text or email!
- Do something unexpected for someone. Send them a note card or letter telling them one thing about them you are grateful for. Mail it or drop it on their desk or work station. No text or email.
- Don't complain to others. Negativity breeds negativity. Remember, words are magic!
- Give thanks for the lessons in your life. They are there for you to learn and grow.
- Truly listen! Listen to deity, spirits, guides, and people. Focus on what you hear, not your response.



- Add 3 things you are grateful for to your morning and bedtime routines. In the AM, write them down. In the evening, once you are in bed, close your eyes and recognize 3 things from your day you are grateful for.
- Say thank you for every act of kindness or good manners shown to you throughout your day.
- When someone says thank you to you, look them in the eye and say, "You are Welcome". This acknowledges their act of gratitude.



Upcoming Festivals



November

SAMHAIN SPELLBOUND MASQUERADE – Courtenay Bay, Canada
<https://www.atccanada.org/samhain-spellbound-masquerade-ritual-and-dance> Nov 1

HEKATE'S SICKLE – Seattle, Washington
<https://www.sickle.atcwicca.org> Nov 7 – 9, 2025

December

YULEFEST – Tampa Bay, Florida <http://allworldacres.org/yulefest>
December 11-14



Panegyria Submissions



submit your items here :

<https://www.panegyria.com/submissions>

**Connect with
the Pagan
Community by
sharing your
Voice!
We are looking
forward to
seeing your
personal magic
come to life in
one of our next
editions!**

**Panegyria
publishes
submissions of
all types of
Pagan practices
in today's world.
This includes:
Articles,
Meditations,
Rituals, Recipes,
Art, Poems, and
essays.**

PANEGYRIA Submission Deadlines			
ISSUE	DEADLINE	TOPIC	PUBLISH DATE
January	Dec. 15	All things Imbolc	Jan. 1st
February	Jan. 15th	All things Earth	Feb. 1st
March	Feb. 15th	All things Ostara	March 1st
April	March 15th	All Things Beltane	April 1st
May	April 15th	All things Fire	May 1st
June	May 15th	All things Litha	June 1st
July	June 15th	All things Water	July 1st
August	July 15th	All things Lammas	Aug. 1st
September	Aug. 15th	All things Mabon	Sept. 1st
October	Sept. 15th	All Things Samhain	Oct. 1st
November	Oct. 15th	All Things Air	Nov. 1st
December	Nov. 15th	All things Yule	Dec. 1st

<https://www.panegyria.com/submissions>

The Physical Health Benefits of Gratitude

The Physical Health Benefits of Gratitude

Gratitude isn't just good for the soul — it supports your body, too. Research shows that regularly practicing thankfulness can nurture your health in powerful ways:

Lowers Blood Pressure & Supports Heart Health

People who express appreciation tend to have lower blood pressure and a reduced risk of heart disease. Gratitude can help steady your heart rate and invite a sense of calm.

Strengthens the Immune System

Positive emotions, including gratitude, enhance immunity by reducing inflammation and boosting protective antibodies, helping you ward off colds and infections.

Improves Sleep Quality

Reflecting on what you're thankful for before bed can quiet rumination and anxiety, helping you fall asleep faster and enjoy deeper, more restorative rest.

Reduces Stress & Inflammation

Gratitude helps regulate your body's stress response, lowering cortisol levels and easing inflammation that contributes to conditions like diabetes, autoimmune disorders, and heart disease.

Enhances Pain Tolerance & Recovery

A grateful outlook can reduce the perception of pain and support resilience during recovery from illness or injury, shifting focus from discomfort to overall well-being.

Encourages Healthy Lifestyle Choices

People who regularly practice gratitude are more likely to exercise, eat nourishing foods, and avoid harmful habits — proof that a thankful heart often inspires better self-care.

**Gratitude
Will Change
Your Brain**



Play

23 Minutes



Play

10 Minutes

**Gratitude
rewires
your brain**

Spring Mysteries XL

SPRING MYSTERIES FESTIVAL



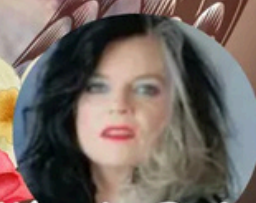
Selena Fox



Amber K



David Samas



Wendy Rule

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XL



THE PAGAN RENAISSANCE
Seattle, WA - April 2nd - 5th, 2026
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November Symbolism

BIRTHSTONE:

Topaz



Symbolizes Love and Affection, Strength, and Intellect. Wear when you need help with spirituality or mental clarity..

Flower:
Chrysanthemum



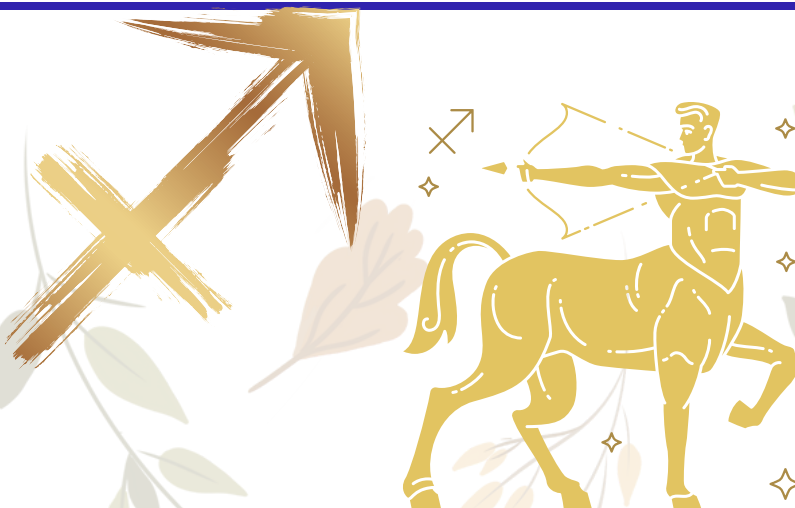
The Greek prefix chryos, means GOLD.

Scorpio
October 23
thru
November 21



Symbol:
Scorpion

Sagittarius
November 22
thru
December 21



Symbol:
The Archer

Observation Days For November

NOV. 1: Cailleach's Reign/Day of the Banshees; honoring the Riders of the Wild Hunt. Reign of Celtic Cailleach, Crone Goddess.

NOV. 2: White Tara Day for meditation on the Tantric Bodhisattva Goddess, White Tara.
– Egyptian Festival of Hathor: Mother of the Gods.

NOV. 7 – 9: Feast of Divine Justice honoring Goddess-God as Maat-Thoth (Egyptian); Goddess as Themis (Greek), Justice (Christian), and God as Forseti (Norse).

NOV. 11: Feast of Dionysus – Celtic Lunatishees—Day of the Fairy Sidhe; honoring the Other People in whom is held the immortal life force.

NOV. 13: Festival of Jupiter– Roman Fontinalia – Feast of Fons, God of Springs.

NOV. 14: Feast of Musicians and Bards – Druid celebration of Celtic music.

NOV. 16: Thracian Night of Hecate.

NOV. 22: NIGHT OF SHIVA family feast day honoring Shiva as the Pillar of Light. Roman Festival of Diana: Goddess of the Moon, Hunt, Wilderness, Birth.

NOV. 27: Uma/Parvati Day honoring the Goddess as Queen and Mother of the Universe.

NOV. 29: Egyptian Feast of Hathor—honoring the Goddess as Horned Mother, and also as Sekhmet, the Lion Goddess of the Sun, and as Bastet, the Cat Goddess of Fertility and Life, Triple Goddess Bast-Hathor-Sekhmet.

*Gratitude
changes
every
thing*

*Nothing
but
Gratitude!*

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Our Deepest Gratitude To:

Kurii LaVeau for Proofreading!

Moonstone's Gifts for Shopping!

Dusty Dionne for Menhir News!

Naji Tawk for Gratitude: the Incense of the Soul!

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All of You Who Subscribe!