



**Louisville Pagan Pride Day**



# Pagan Pride Newsletter

## *Introducing the New Pagan Pride Newsletter*

**SPECIAL  
POINTS OF  
INTEREST:**

- Newsletter Introduction.
- What is Louisville Pagan Pride Day?
- Litha/Midsummer recipe
- Kids Craft Corner
- Adult Gardening Craft
- Poetry and Quotes

**INSIDE THIS  
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We welcome you to the new Pagan Pride Newsletter Sponsored by Pagan Pride Day Organization!

This newsletter will be printed for each Sabbat, eight times a year. A new issue will come out about a week after the previous Sabbat. For example, the Lughnasadh/Lammas issue will be out about a week or so after Litha/Midsummer. You will be able to find it with the Pagan Pride Day flyers at your local shop.

Inside the pages you will find articles, recipes, crafts, and a

calendar of local events. Future issues may include advertisements for local stores, Book reviews, poetry, Question and Answer series, letters to the community, interviews with local pagan leaders and spotlights on different paths within the pagan community. If you wish to make a submission in any of these categories or suggest a new category, please to [rblunk@insightbb.com](mailto:rblunk@insightbb.com) and make sure to put "Pagan Pride Newsletter Submission" in the subject.

Right now the newsletter will

remain free. If there is high demand for the newsletter or it becomes too big, the Louisville Pagan Pride Day group may decide to charge for each newsletter to cover costs, unless advertising can cover them. If this happens, it will be a nominal amount for each newsletter.

*Blessed Be!*

*Pagan Pride Day*

*Coordinators and Staff*

## *About Louisville Pagan Pride Day*

*"To be silent can easily become to be silenced"* -

*Mike Avery, LPPD Founder and Coordinator*

The Louisville Pagan Pride Day project is a non-profit organization dedicated to the elimination of religious prejudice and discrimination while fostering pride in Pagan identi-

ty. We operate in sympathy with the mission statement of the Pagan Pride Project, Inc. This statement reads as follows:

EDUCATION- We're never going to be able to practice our spiritual paths openly if we don't give the public accurate information about what we do and do not do.

ACTIVISM- People aren't necessarily going to go out of their way to find out what Pagans

really do. We have to have the courage to act on our convictions and do what we need to do.

CHARITY- We know that what we do returns to us. We need to demonstrate this by offering compassion to our communities where it is needed. When we share our own abundance, we show that we trust the gods to share abundance with us in return.

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## Louisville Pagan Pride Day (Continued from Page 1)

COMMUNITY- We're never going to be able to practice openly if we don't know anyone else in our local Pagan communities. We need to weave networking webs in our cities, in our towns, in our rural areas. We need these webs to support one another. That support will also show those who would restrict our practice that we are not just a few isolated wackos, but are a growing congregation of

people who adhere to a faith that, while different, is as valid as their own.

Annual Pagan Pride celebrations are held during the months of August, September and October. Over one hundred and twelve cities participated in 2005, and in 2006 there were 128 scheduled events in the United States, Canada, and abroad.

The next Louisville Pagan

Pride Day will be held Saturday, October 1st at Waterfront Park, Brown-Forman Amphitheater (near Tumbleweed). Time to be determined.

As always, there will be music, shopping, workshops, story telling and crafts for the kids. This year we will also be adding open forums for open discussions. Entry is always free with a can good donation.



Pagan Pride Day entry booth, 2009 LPPD



### About:

Midsummer is the longest day of the year here in the Northern Hemisphere. After June 21st the days will start to shorten again. This year Litha is on the 21st, but can be anywhere from the 20th to the 23rd depending on the rotation of the Earth around the Sun.

Midsummer celebrates the abundance, fertility and riches of the earth. The Goddess is heavy with child and the God is celebrated as the Sun is at it's peak. This is also the time where the Holly King kills the Oak King and becomes the Goddess' consort, or in other traditions the Holly King is born (and will come to power on Mabon).

## Wheel Of The Year

### What is Litha / Midsummer?

The Romans celebrated this time as sacred to Juno, Jupiter's wife, the goddess of women and childbirth, patroness of marriage. June was named for her and was the time for weddings to happen. Traditionally, it was also thought that it was unlucky to wed in May when the union of the Gods and Goddesses happened and was put off until June.

This is a time of powerful magick and it is traditional to harvest your magickal and medicinal herbs at this time. This is also a time to harvest honey, and because of this mead is the traditional drink of the sabbat.

According to faery lore this is also a night for fae. They are abundant this night and if you wish to communicate with

them or any nature spirit, this would be the time to do it.

### Symbols:

Summer Herbs, fresh greenery and flowers, the sun, sun flowers, lilies, red/yellow/gold flowers, fire, circles of stones, summer fruits and vegetables and bonfires

### Deities:

Goddess—Gaia, Isis, Brigid, Epona, Juno, Freya and Hestia

God—Mercury, Thor, Ra, Zeus, Apollo and Greenman

### Colors:

Blue, green, gold, yellow, white and red

### Herbs and Plants:

Lavender, Chamomile, Roses, Daisy, Lily, Sage, Thyme, Mug-



wort, Mint, Yarrow, Oak, Elder, Heather and St John's Wort

### Incense:

Frankincense, myrrh, rose, pine, vanilla and lemon

### Gemstones:

Green gemstones, especially Emeralds, Lapis Lazuli

### Traditional Foods and Drinks:

Seasonal fruits and vegetables, corn cakes, honey cakes, honey and mead

## Recipe Corner



### Midsummer Strawberry Cake

1. Bake two 9-inch rounds from a Betty Crocker white cake mix. When cool, carefully slice them in half to make four rounds.
2. Just before serving, whip 1 pint of heavy whipping cream until firm

(Metal bowl works best). Add 1/2 teaspoon of vanilla extract and 3 tablespoons of sugar. Mix to combine.

Place the bottom slice of a cake round on a serving plate, spread with some of the whipped cream and scatter sliced strawberries. Repeat with remaining layers. Cover top slice of cake with cream, and decorate with big strawberry halves, stems intact.

## Kid's Corner

### Stained Glass Sun Catchers

Litha Craft for Witchlings by WindSeeker; Cauldrons and Broomsticks

Materials:

Wax paper

Crayon shavings

Colored string

Yarn or thread

Lace

Leaves

Flower petals

To begin, have the child empty crayon shavings from their sharpener, or (adults only!) use a paring knife to create shavings. A cheese grater works

well for large crayons. Arrange shavings, and any of the accessory items the child chooses and sandwich between two sheets of wax paper. Iron (adults, of course) the whole package on low setting, just until the shavings melt. Cut the "stained glass" into shapes and hang them with string, in a sunny window.

Color correspondences :

(remember, these are SOMEONE'S correspondences – yours may be very different – and that is perfectly acceptable!

Red - energy, strength, passion

Blue - wisdom, protection, creativity, communication, water, healing

Purple - spiritual power, psychic ability and energy, hidden knowledge

Silver - dreams, the goddess, intuition, telepathy, feminine power

Pink - love, peace, romantic, emotions,

Gold - wealth, god, happiness

Black - binding, protection, banishing negativity

Copper - money, growth

Yellow - sun, intelligence, memory



Green - fertility, money, tree magick, growth,  
Brown - friendships, favors  
White - the goddess, purity, spiritualism, peace

- witchswonderfulworld.blogspot.com

## Witch's Corner



### The Elemental Garden

If you're a Pagan who's into gardening, you might want to consider planting an elemental

garden. [Litha](#) is a great time to work on your garden, so if you haven't gotten out there digging in the dirt yet, now's your chance!

#### Determine Your Space

First, figure out where you want the center of your circle to be. Mark the center by driving a temporary stake into the ground. Using a piece of string

tied to the top of the stake, walk around in a circle to mark how big you want your circle to be with birdseed, a handful of dirt, or anything else you like. Once you've marked your circle, till up the soil.

#### Mark Your Quarters

Figure out which way is north. You can do this easily with a compass. After that each direc-

tion has one quarter of the circle. Mark your spaces with stones. You can either use small ones, (don't just throw away the ones you dig up!), or you can use large pavers.

#### Select Your Plants

North is connected to earth, east to air, south to fire and west to water. To plant your  
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## *The Elemental Garden* (continued from page 3)

elemental garden, figure out which plants are connected with those particular elements and their properties. Bryony, cinquefoil, honey suckle, and pennyroyal\* are all related to earth. For the east section of your garden, Sage, marjoram, mugwort and members of the mint family are perfect. In the south select plants such as basil, betony, rosemary and rue. Finally, the west quadrant is where your water-related plants should go – hysop, yarrow, chamomile and ivy will do well in this section. Remember, be cautious when selecting plants for your garden, and be sure to do your research. Some forms of pennyroyal are toxic and can cause miscarriage in pregnant women, and can be potentially fatal if ingested by small children.

### **Offer a Blessing**

As you dig a hole for each plant, you may wish to add a blessing. Get your hands in the dirt, dig in, and feel the soil. Thank the earth for the gift it's going to give you. As you place the plant or seeds in the hole, you might

want to offer something like:  
May the gods smile upon this plant, bringing it strength and long life.  
Or, you may prefer to offer a specific blessing for each quadrant - for the southern section, offer a blessing of fire, for the west, a blessing of water, and so on. In some traditions, it's popular to smudge the garden or perform some other purification rite after planting - after all, a garden is a sacred space.

### **Add Spiritual Accessories**

If you're going to spend any time in your elemental garden -- and you'll need to, if you don't want your plants to die -- it's not a bad idea to add accessories that make you feel at home. It doesn't have to be fancy, but you might want to consider some of the following:

Statues of the gods of your tradition  
A gazing ball  
A fountain or other water feature  
A fire bowl  
A small altar  
A bench or chair for meditation

Wind chimes or bells  
A prayer pole or decorative flag  
To tie in the accessories to the elemental theme, consider a water feature in the south corner, a small brazier to the west, a pile of stones in the north, or a decorative flag on the eastern portion. Any of these will be perfect for bringing you closer to the elements in your garden. Make your garden a place where you can sit and reflect, and it will indeed be a spiritual and magical place!

### **Small Space?**

Do you live in an apartment or dorm room, or some other location with limited space? Don't worry - you can still grow things! Container gardening makes it a breeze. Use flower pots, hanging baskets, or other items arranged in a group of four to create your elemental garden. You can even paint them with colors or symbols associated with the four cardinal directions. If you're really strapped for space, use one container with four plants in it.

## *Poems and Quotes for Midsummer*

"In winter I get up at night  
And dress by yellow candle-light.  
In summer quite the other way,  
I have to go to bed by day.  
I have to go to bed and see  
The birds still hopping on the tree,  
Or hear the grown-up people's feet  
Still going past me in the street.  
And does it not seem hard to you,  
When all the sky is clear and blue,  
And I should like so much to play,  
To have to go to bed by day?"  
- **Robert Louis Stevenson, Bed in Summer**

"A something in a summer's Day  
As slow her flambeaux burn away  
Which solemnizes me.  
A something in a summer's noon --  
A depth -- an Azure -- a perfume --

Transcending ecstasy.  
And still within a summer's night  
A something so transporting bright  
I clap my hands to see --  
Then veil my too inspecting face  
Lets such a subtle -- shimmering grace  
Flutter too far for me --  
The wizard fingers never rest --  
The purple brook within the breast  
Still chafes it narrow bed --  
Still rears the East her amber Flag --  
Guides still the sun along the Crag  
His Caravan of Red --  
So looking on -- the night -- the morn  
Conclude the wonder gay --  
And I meet, coming thro' the dews  
Another summer's Day!"  
- **Emily Dickinson, A Something in a Summer's Day**

"In these divine pleasures permitted to me of walks in the June night under moon and stars, I can put my life as a fact before me and stand aloof from its honor and shame."

- **Ralph Waldo Emerson, Journals**

"Ah, summer, what power you have to make us suffer and like it."

- **Russel Baker**

"Summer is a promissory note signed in June, its long days spent and gone before you know it, and due to be repaid next January."

- **Hal Borland**

"Summer set lip to earth's bosom bare,  
And left the flushed print in a poppy there."

- **Francis Thompson, 1859-1907**

## ***LOUISVILLE METRO METAPHYSICAL COMMUNITY PROFILES***

### **MATRIX- A Place of Change-** 1050 Bardstown Rd, Louisville, KY (502) 589-8300

Tues/ Wed/ Thurs/ Sat 10:00AM to 6:00PM Friday 10:00AM to 8:00PM

[www.myspace.com/matrixandchange](http://www.myspace.com/matrixandchange) [www.matrixaplaceofchange.com](http://www.matrixaplaceofchange.com)

Matrix-A Place of Change is committed to providing wellness and empowerment to enhance physical, mental and spiritual health. We honor all spiritual paths and the shop offers a full range of metaphysical items, gifts, books, gemstones, candles, athames, incense and over 100 herbs, resins and powders. We provide therapeutic modalities to change behaviors such as smoking, over-eating, anxiety, stress, memory problems, minor phobias, pain and other behavioral areas of concern. To approach change we offer Hypnotherapy; Energy healing (different forms of Reiki); Spiritual counseling; Meditation circles; or further forms of spiritual healing related to the spiritual and/or religious paths of our clients. We teach Psychic Development classes and Wicca Classes. We hold open eclectic community circles on all esbats and sabbats. We also hold monthly Pagan Fellowship Services. If you want something that we do not have available Lady G will special order any item.

### **Moon Struck -** 2425B Bardstown Rd, Louisville, KY (502) 456-5007

Tues/Wed 12:00-4:00PM Thu/Fri 12:00-6:00PM Saturday 12:00-7:00PM

[www.moonstruckky.com](http://www.moonstruckky.com)

Moonstruck, the Witches' Shoppe with everything a Witch might need, from wands and chalices to athames and cauldrons. Moonstruck, located on the famous Bardstown Road next door to the Great Escape, is one of the region's premier occult goods and religious supplies dealers. From the basics such as candles, incense, statuary, jewelry, books, ritual clothing, and drinking horns to specialties such as clocks, mirrors, tee shirts, staves, besoms and broomsticks, tarot cards, pendulums, and even a fine selection of stones. We carry a selection of herbs, oils, and bath soaps. And if you're in need of a card reading or a special potion, one of our experienced staff can always accommodate you. Be sure to check out our fine array of ritual knives, swords, and other traditional weapons. We also offer monthly drumming circles and Full Moon Rituals which are open to the public, and are a part of our ongoing effort to both help fill the spiritual needs of the community and educate the general population regarding the Old Ways and the sacred traditions of our Ancestors.

### **Weeds of Eden -** 7505 New Lagrange Rd, Louisville, KY (502) 456-9453

Monday thru Friday 12:00PM to 6:00PM

[www.weedsofeden.com](http://www.weedsofeden.com)

Holistic and Integrative Medical Services. Myron Hardesty- Medical Herbalist, PA-C Graduate of the SouthWest School of Botanical Medicine (1994). AAPA certified (graduate University of Kentucky) and Licensed Physician Assistant

### **CUUPS -** 809 S 4th St, Louisville, KY (502) 585-5110

Local chapter of CUUPS within the First Unitarian Church of Louisville

[www.firstulou.org/groups/cuups](http://www.firstulou.org/groups/cuups) [www.cuups.org](http://www.cuups.org)

The Covenant of Unitarian Universalist Pagans, a chapter of CUUPS Continental. We are a free and open community of people who practice Earth-based spiritualities. In addition to community and fellowship, we offer classes, teaching circles, and public rituals on the major holidays. All on a positive path are welcome, from beginners to experts. CUUPS continues our classes as a regular contribution to the church's Chalice Night programming on Wednesday nights.

### **LOCAL MEETUP GROUPS, ONLINE STORES AND DISCUSSION FORUMS**

Kentuckiana Pagan Community Fellowship [www.kpcf.info](http://www.kpcf.info) meets 4th Monday of the month

Louisville Witches Meetup [www.witches.meetup.com/258](http://www.witches.meetup.com/258) meets 4th Tuesday of the month

Pagan Alliance of Kentuckiana [meetup.com/paganallianceofkentuckiana](http://meetup.com/paganallianceofkentuckiana) meets 2nd Tuesday of the month

Mystic Life Sanctuary [www.mysticlifesanctuary.org](http://www.mysticlifesanctuary.org) open circle/sabbats/moons

Pagan Community Ministries [www.pagancm.org](http://www.pagancm.org) community outreach services

Kentucky Witches [Kentucky-Witches@Yahoogroups.com](mailto:Kentucky-Witches@Yahoogroups.com) local online discussion group

Kentucky Pagan Forum [Kypaganforum@Yahoogroups.com](mailto:Kypaganforum@Yahoogroups.com) local online discussion group

Earth Circle Creations [www.earthcirclecreations.com](http://www.earthcirclecreations.com) Louisville, KY online store

Akasha's Way [www.akashasway.net](http://www.akashasway.net) Vine Grove, KY online store

Louisville Druidry [yahoo.com/group/louisvilledruidry](http://yahoo.com/group/louisvilledruidry) local online discussion group

Louisville Pagan Pride coordinators group [paganpridelouky@yahoogroups.com](mailto:paganpridelouky@yahoogroups.com) meets 2nd Monday of the month

## 2011 KENTUCKIANA PAGAN FESTIVALS & (\*\*)*Large National*

*For next Four Months*

DATE	EVENT	VENUE/SPONSOR	WEBSITE <a href="http://www.">http://www.</a>	LOCATION
6/5-	LPPD Pagan Picnic	Hogan's Fountain, Cherokee Park	<a href="http://louisvillepaganpride.org">louisvillepaganpride.org</a>	Louisville, KY
6/9-6/12	Babalon Rising	Our Haven Nature Sanctuary	<a href="http://babalonrising.org">babalonrising.org</a>	French Lick, IN
6/14-6/19	Free Spirit Gathering**	Ramblewood Retreat Center	<a href="http://freespiritgathering.org">freespiritgathering.org</a>	Darlington, MD
6/18-6/19	Solstice Reunion	Lothlorien Nature Sanctuary	<a href="http://elflore.org">elflore.org</a>	Needmore, IN
6/19-6/26	Pagan Spirit Gathering**	Stonehouse Park	<a href="http://circlesanctuary.org">circlesanctuary.org</a>	Earlville, IL
6/24-6/26	Horn and Honey	Our Haven Nature Sanctuary	<a href="http://ourhaven.info">ourhaven.info</a>	French Lick, IN
7/5-7/11	Starwood Festival**	Wisteria - ACE	<a href="http://rosencomet.com/starwood/">rosencomet.com/starwood/</a>	Pomeroy, OH
7/13-7/17	Chrysalis Moon Festival	Tippicanoe River State Park	<a href="http://chrysalismoon.com">chrysalismoon.com</a>	Knox, IN
7/30-8/1	Circle Quest 2011	Jefferson Memorial Forest	<a href="http://mysticlifesanctuary.org">mysticlifesanctuary.org</a>	Louisville, KY
8/3-8/7	35th Pan Pagan Festival	Midwest Pagan Council	<a href="http://midwestpagancouncil.org">midwestpagancouncil.org</a>	Knox, IN
8/5-8/7	Herb Conference	Our Haven Nature Sanctuary	<a href="http://ourhaven.info">ourhaven.info</a>	French Lick, IN
8/28-	Pagan Pride Day	Goebel Park	<a href="http://covingtonppd.110mb.com">covingtonppd.110mb.com</a>	Covington, KY
8/29-9/5	Burning Man**	Black Rock Arts Foundation	<a href="http://burningman.com">burningman.com</a>	Gerlach, NV
9/2-9/5	Stones Rising**	Four Quarters Sanctuary	<a href="http://4qf.org">4qf.org</a>	Barnes Gap, PA
9/2-9/5	Jeweled Lotus Retreat	Our Haven Nature Sanctuary	<a href="http://ourhaven.info">ourhaven.info</a>	French Lick, IN
9/9-9/11	Women's Goddess Retreat	Our Haven Nature Sanctuary	<a href="http://ourhaven.info">ourhaven.info</a>	French Lick, IN
9/15-9/18	Wild Magick	Lothlorien Nature Sanctuary	<a href="http://elflore.org">elflore.org</a>	Needmore, IN
9/17-	Pagan Pride Day	Unitarian Universalist Church	<a href="http://lexpaganpride.org">lexpaganpride.org</a>	Lexington, KY
9/24-	Pagan Pride Day	Broadripple Park	<a href="http://indypaganpride.org">indypaganpride.org</a>	Indianapolis, IN
10/1-	Pagan Pride Day	Brown-Forman Amphitheater	<a href="http://louisvillepaganpride.org">louisvillepaganpride.org</a>	Louisville, KY
10/7-10/9	Autumn Harvest	Our Haven Nature Sanctuary	<a href="http://ourhaven.info">ourhaven.info</a>	French Lick, IN

### *Open Circles, Fellowships and Groups*

Covenant of Unitarian Universalist Pagans (CUUPs)- 1st Unitarian Church	<a href="http://firstulou.org/groups/cuups">firstulou.org/groups/cuups</a>	open circle
Pagan Community Ministries community outreach program	<a href="http://pagancm.org">pagancm.org</a>	outreach services
Pagan Alliance of Kentuckiana meets 2nd Tue of month	<a href="http://meetup.com/paganallianceofkentuckiana">meetup.com/paganallianceofkentuckiana</a>	
Moon Struck- Store/ sabbats/ rituals/ readings/ events	<a href="http://moonstruckky.com">moonstruckky.com</a>	open circle
Mystic Life Sanctuary sabbats/ esbats/ special events	<a href="http://mysticlifesanctuary.org">mysticlifesanctuary.org</a>	open circle
Kentuckiana Pagan Community Fellowship- meets 4th Fri of month	<a href="http://kpcf.info">kpcf.info</a>	meetup group
Louisville Witches Meetup- meets 4th Tue of month	<a href="http://witches.meetup.com/258/">witches.meetup.com/258/</a>	meetup group
Kentucky-Witches@Yahoogroups.com local online discussion	online	
Kypaganforum@Yahoogroups.com local online discussion	online	
Earth Circle Creations Louisville, KY online store	<a href="http://earthcirclecreations.com">earthcirclecreations.com</a>	online store
Akasha's Way Vine Grove, KY online store	<a href="http://akashasway.net">akashasway.net</a>	online store
Paganpridelouky@Yahoogroups.com coordinators online discussion	online	

This data is compiled courtesy of the Louisville Pagan Pride coordinators group, go to our website for even more event listings.

*Put me on your fridge!*