



*May 12 2008*

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## Veterinary Notes W is for Weight

There have been a number of reports in the press in recent months concerning the problems of obesity in dogs and cats. As in humans, obese animals are more prone to diabetes and joint problems.

So what is the ideal weight? For pure breed dogs, the breed standard suggests the expected weight range but this can be misleading for those dogs that are smaller or larger than the ideal. Most veterinary surgeries have facilities for weighing your dog and they will give advice on feeding. However, it is simple to assess your dog's weight at home without a set of scales.

With a few breed differences, in general you should be able to **feel** the spine easily when you run your fingers down the dog's back, but it should not be prominent. If you can **see** the ridges of the spine, the animal is likely to be underweight. Your dog should have a neat waistline and not be a barrel shape. Measuring the waistline at intervals is a useful way of assessing weight loss or gain.

Puppies and young dogs have a high energy requirement and need to eat a relatively large amount of food. However, when they reach adulthood, which can be anywhere between 1 and 3 years, the energy requirement falls abruptly. This is the danger time because the owner unknowingly continues to feed the same quantity of food. By keeping a watch on the waistline, any problems of rising weight can be quickly averted. Remember that prevention is always easier than cure.

Most dogs appear to be permanently hungry and are experts at begging for morsels, and so any attempt to get them to diet is fraught with difficulties. The simplest approach is to firstly feed your dog at least twice daily (split the daily ration between the two meals) so that they have a shorter period between meals, and to use either one of the low calorie dog foods on the market, or just feed a smaller amount. Remember that the quantities of food suggested on most packs of dog food tend to be rather generous. I usually recommend using cooked or raw carrots or other similar vegetables (not potato) and mixing these with each meal as they help to fill up the dog and keep it satisfied. These vegetables may also be used instead of treats and biscuits. Keeping your dog active with walks and games is essential for good health.

Obesity in cats is a tricky problem for any attempt to reduce their weight by reducing their food intake often results in serious liver problems and so must be avoided. Cats are best fed ad lib, leaving food permanently available. This ensures that they only eat what they need (cats are very good at regulating their own weight) rather than feeling compelled to clear the dish before it disappears. In changing to an ad lib system, you may find that your cat gorges at first, but it will soon learn that the food will not vanish and will settle down to a healthy pattern of eating within a couple of weeks at most. I personally prefer cats to be towards the upper end of a normal weight because this gives them extra resources to cope with illness. If your cat is very overweight the best approach is to use one of the low calorie foods that are available, and feed this on the ad lib system. This will usually result in a very slow but steady weight loss that will not upset the metabolism.



### **Merry Meet fellow Wiccans to my Wiccan World.**

My weekend has been a good one. I have been out in the sun, and actually got myself a slight sun-tan. I have been doing some outside work, as to pick dandelions to make wine from. It's my friend who shall make herself some wine from those flowers. I haven't taste any such thing before, so I really look forward to when it's ready. She tells me that, it will be a very special taste. It's tasteful, but has a special taste.

We have had summer-warmth in Sweden this week. It's so nice, but I am slightly worried about what summer will give. If it's this warm now, it will be as the African heat during the normal summer for me. I do love heat and such, it's not that. Just, that we in Scandinavia aren't use to extreme warm weather, with our fair skin-tone. There are many that will burn themselves, and in the long-run get skin-cancer. It's a good thing to be aware, and use sun protection lotion to avoid any such thing.

I started my way home, today Sunday. I was again, having about 7 hours travelling on the bus. When I traveled down here, we had clouds and not as warm weather as we have had today. So I wasn't looking forward to travel home in this heat, at all. Fortunately, I can't choose which weather I shall have, when I'm out and travel. If it was possible, then I guess we would have clouds and rainy days, everyday. As every day is a day for someone, to be out and travel.

It's nice to be at home again. As everyone says: "There's no place like home". I do feel myself as I was at home, when I stay over at my friend's house. Even so, I feel like, I have the best time when I'm at home. I was greeted with much love, and the dogs almost run me over when I stepped into our home.

Next week, I heard on the news, is the weather going to cool of. It will be a nice week, as it has been nearly too hot during last week. I will just relax and be with my family now! I have missed them dearly, but I do miss my friends when I'm at home, too.

Take care until next time. Blessed be all of you.

Love and Light  
Hugz and Blessings

WolfCiara

**Enquire Within for Everything.(well almost!)**

**Rev. Moonleaf.**

**Herbs in Use.**

When I came to write this series of articles for the Herald, I dragged out all of my, not inconsiderable collection of books on all kinds of subjects.

Bad idea, here was I all fired up, with a bookshelf full of advice and knowledge, and a blank slate.. where to begin??

First we'll have a cuppa and think about it. A good brain starter seemed to be the way to go.

After a quick trip into the garden, into the infuser pot I hastily drop a large pinch or two of Rosemary leaves , some torn Lemon Balm leaves and a nice pinch of fresh Basil ( I do prefer the Greek Basil with the woody stem) but Sweet Basil is ok too. The grated rind of a small lemon culled from the neighbours tree and a smattering of Lime/Linden Flowers for the heck of it.

MMMMMMMMMM!! Smells divine already.

Pour boiling water over the herbs and let sit (appreciating the aroma as we wait) for 3/5 mins

Aaah! The cup and saucer in my hand I review the situation.

Today we will talk about herbs... OK that's got us some focus.

Now what will we say about herbs?

To start at the beginning is a daunting task and is the subject of many courses of instruction, much too involved for a mere article, I think I will leave most of that to the experts.

But to say that Herbs have been around, recognized and used for Healing, Culinary and Magical purposes for thousands of years is not an exaggeration.

The discovery in 1991 of the "Iceman" on an Italian Glacier provided proof that herbs were in use when he lived, 5,300 years ago. He carried a fungi, carefully wrapped up and protected, (Piptoporus fungus), in his leather pouch. This fungi is known to be an anti-parasitic. When an autopsy was finally able to be done, three years after, he was found to be suffering from an infestation of parasites in the digestive tract. The eggs of the parasite Trichuris trichuria were found in large numbers.

So at the very least, Homo-sapiens was conversant with malady diagnosis and treatment at around 3,300BCE.

The "Iceman" not only knew what his condition was but he also knew what to do (take) to treat that condition.

Today the Herbalist is again becoming important in the treatment of daily ills and in the prevention of a breakdown of body systems and in the maintenance of those systems.

## So What is a Herb?

According to the Emperor Charlemagne, “A herb is the Friend of the Physician and the Praise of Cooks”. Theophrastus (Greek scholar and Botanist), wrote in 300BCE that “A herb is a thing which comes up from the root with its leaves and has no main stem, and the seed is borne on the stem”, for instance: Corn and Pot-herbs”

Dictionaries are liable to state that, “A herb is a plant whose stem is soft and which dies down to the ground after flowering each year”.

Hm! Which one do you choose to follow? For me it is all and none.

In the 1930's The Herb Society of America defined Herbs as “Any plant that may be used for Pleasure, Fragrance or Physic”. This is much more like it.

The word “Herb” is derived from the Latin “herba” meaning grass or herbage, this was applied to all crop plants. The word “Wort” was in common use long before “herb” became popular and was used when describing useful plants, this word came to be applied to plants known for their medicinal properties. You may recognize some of them, “St John's Wort”, Pennywort” etc.

## What do we use Herbs for?

There are many uses for herbs and as practitioners we would all use them in more than one way.

We use herbs in Food to enhance flavour (in the days before fridges they were also used to disguise the fact that food was perhaps “on the turn”, not quite as fresh as it could have been. \*Spices also come from herbs in the majority\*. Dried foods taste better with a small dash of herbs and spices added as they cook. Some herbs are foods, i.e. Corn.

We use herbs to heal. You will find there **is** a herb, that is an efficient healer, for most minor complaints and conditions. We make teas and medicines from them as well as ointments and salves. We enjoy them in liquers and medicated wines. We use them to create essential oils for treating conditions, for massage and for aroma-therapy.

We also use herbs to create beauty products such as face creams, hand creams, face masques, perfumes etc.

We use herbs for magical purposes too. The powers of herbs are such that they lend powers and focus to our magical workings.

We use them to make incense, as essential oils to anoint our bodies and candles, to make reiving mixes to clean our homes and ritual spaces.

So we use these useful and powerful plants in many various ways. In these articles I am not going to enter into the history of herbs or the chemical makeup of them, these topics are better covered in a full course of study than in a short weekly article.

In these articles I will offer some recipes for the practical uses of herbs: **Culinary**, **Medicinal** and **Magical** uses that we can all use and enjoy.

I hope you enjoy them, use them and comment on them, constructive feedback is always welcome.

To start the ball rolling we will provide a recipe from each of the different categories listed above,

### **We begin with Food**

#### **Pasta herb Sauce, (Pesto)**

This recipe uses the herbs, Sweet Basil, Garlic, Cayenne Pepper, Lemons, Pine nuts and Olive oil.

#### **Ingredients**

2 large bunches of fresh Sweet Basil leaves  
1 cup Pine nuts  
½ cup Parmesan cheese freshly grated  
3 cloves of Garlic chopped  
½ cup cold pressed Olive Oil  
½ cup Lemon Juice  
3 teaspoons of Cayenne Pepper

#### **Method**

**Blend** all ingredients in a food processor or blender until well blended

**Serve** over hot freshly made Pasta or steamed vegetables or as a dip.

\*note: You may substitute White Walnuts for the Pine nuts if preferred.

### **Medicinal**

Lavender. – *Lavandula officinalis* and *Lavandula angustifolia*.

A Perennial shrub which grows to 3ft high, it has spikes of violet blue flowers which are borne on stalks above the foliage.

Lavender's key actions are as a carminative, relieves muscle spasms, antidepressant and is an antiseptic & antibacterial. It can be used to stimulate blood flow and as an anti-oxidant.

Used in a Massage oil it can be used to ease Headaches.

\*20 drops of the essential oil in a carrier oil applied to the temples and massaged in.

Lavender makes a lovely tea on its own or added to other nightcup teas for a good nights sleep.

1tspn of Lavender Flowers added to the pot, covered in boiling water and left to steep for 3/5 mins. ...enjoy. Honey may be added for sweetness if required.

**\*\*Queen Elizabeth 1** of England was known to imbibe some 6 to 8 cups of Lavender tea a day. This could have been responsible for the ill-temper the good lady was renowned for, as **Too Much** Lavender Tea can irritate the Liver.

1 or 2 cups in a day is quite sufficient.

## Magical

**An Esbat Incense.** \*Borrowed from the Inimitable Kate West.

An incense to burn at Full moon Rituals. Be sure it is alight before the Sacred Space is created.

Ingredients:

2parts Frankincense

2 parts Sandalwood

1 part rose Petals

A few drops of musk oil.

Method:

blend all dry ingredients together in a Mortar and Pestle til it is of a medium fine texture

add the oil to bind lightly

Burn on a charcoal block.

\*\* When burning incense in this manner make sure the charcoal is on an inflammable surface...I have a brass urn with about an inch of sand in the bottom, or you could stand your holder in a dish of water.\*\*

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Andrew Chevallier

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New York

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## A–Z of Religions – Dao Cao Dai

Dao Cao Dai (Caodaism in English) is the third largest religion in Viet Nam (after Buddhism and Roman Catholicism). "Cao" means "high"; "Dai" means "palace". Caodai refers to the supreme palace where God reigns. The word is also used as God's symbolic name.

Caodaism is a syncretistic religion which combines elements from many of the world's main religions, including Buddhism, Confucianism, Christianity, Hinduism, Islam, Judaism, Taoism, as well as Geniism, an indigenous religion of Viet Nam.

Their main religious center is in Tay Ninh, about 60 miles (100 km) North West of Saigon. They currently have 7 to 8 million followers in Viet Nam and about 30,000 members elsewhere, primarily in Asia, Australia, Canada, Europe and the United States.

### History:

They regard the history of religion as being divided into three periods of revelation. The first was circa 2500 BCE, when God inspired selected religious leaders to found Judaism in the Middle East, Hinduism in India and Yi king (philosophy of transformation) in China. A few thousand years later, God led the Buddha to found Buddhism, Lao Tse to create Taoism, Confucius to start Confucianism, and Jesus Christ to found Christianity.

They believe that, due to the frailty of those religious leaders, the truth became distorted. A number of religions were formed, but most flourished only in or near their countries of origin. Religions became adapted to the needs of individual cultures. Limitations in communication and transportation prevented the formation of a single, true universal religion which all of humanity could embrace. Followers of Caodaism believe that God was concerned that the multiplicity of religions prevented people from living together in harmony. God decided to initiate a third revelation, in which he communicated Caodaism by spiritist means.

Ngo Van Chieu, a civil servant of the Cochinchina government began to receive messages from a spirit called Duc Cao Dai (pronounced: Duk Kow Dye), whom he believed to be God. After three years of studying and worshipping God, he shared his spiritual discoveries with others in Saigon. At the end of the year At Suu (1926 CE), Cao Dai instructed a small group of mediums to found a new religion. One of the mediums, Le Van Trung was named by God to be acting Giao Tong (Pope). Caodaism was formally founded on 1926-SEP-26 by a group of 247 disciples.

Spiritism (called Spiritualism in England) is the method that God chose to transmit this new religion to humanity. Simple mechanical devices were used as a means of communication between spirit beings and humans. e.g.:

- a small movable platform on a Ouija board which is lightly touched by two or more mediums. During a séance, the platform is seen to move around the board and point to various letters, numbers and words.
- a small table which the mediums touch lightly. During a séance, the table is observed to tip and tap on the floor. The number of taps would indicate a specific letter
- a Ngoc co (basket with a beak), which consists of a wicker basket with a radiating stick about 26 inches long; a pen is attached near the end of the stick. In use, two mediums hold the basket; the apparatus moves and its pen writes out messages which are interpreted by a third person and written down by a secretary. This is a very efficient method of communication, because words are directly written. It is the preferred method used in Caodaism.

<http://www.religioustolerance.org/>

## **This day in history – 12<sup>th</sup> May**

### **Births**

1924

British comedian Tony Hancock born in Birmingham.

1820

English nurse Florence Nightingale born in Florence, Italy. She famously tends British troops injured in the Crimea War and later establishes a nursing school in London.. In 1907 she becomes the first woman to be awarded the British Order of Merit. Credited as being the founder of the modern nursing profession.

1812

Edward Lear - English nonsense poet and landscape painter born in London. Author of 'The Book of Nonsense'.

1804

Canadian statesman Robert Baldwin. Along with Louis Lafontaine he is joint leader of the first and second Liberal administrations in Canada.

### **Deaths**

1994

British Labour Party leader John Smith, aged 55.

1967

British poet John Masefield. Also wrote plays, novels, literary studies and adventure stories. Poet Laureate from 1930 until his death.

1957

'Silent Screen' director Erich Von Stroheim. His films included 'Greed'; 'The Merry Widow' and 'The Wedding March'.

1902

French aviator Auguste Severo dies when his airship explodes over Paris.

1884

Czech composer Bedrich Smetana. Operas included 'The Bartered Bride' and 'The Brandenburgers in Bohemia'.

1871

French opera composer Daniel-Francois-Esprit Auber. Best known for developing a style of opera containing spoken as well as sung passages.

### **Events**

1971

British pop star Mick Jagger marries Bianca Oerez Morena de Macias.

1969

Minimum voting age in Britain is lowered from 21 to 18.

1967

Pop Classic release: 'Whiter Shade of Pale' by British group Procul Harem.

1961

Founding of the United States of Congo with Leopoldville its federal capital.

1949

Ending of the Russian blockade of Berlin after 11 months. The Berlin Airlift by the Allies, including Britain & United States, had cost £200m.

1943

World War II: the German commander in North Africa, General von Arnim, surrenders to the Allies.

1937

Coronation of King George VI of England at Westminster Abbey in London.

1935

A self-help group, Alcoholics Anonymous, is launched in Ohio, USA by its founder William Wilson.

1932

The body of Charles A. Lindbergh's kidnapped baby boy is found by a truck driver in a wood just five miles from his home. The 20 month old boy had been missing for 73 days.

1926

TUC call off the General Strike in Britain.

1926

Norwegian explorer Roald Amundson is among a group of three to cross the North Pole in an airship. His companions are Italian Umberto Nobile and American Lincoln Ellsworth.

1926

Josef Pilsudski leads a successful military coup against the government in Poland.

1925

In Berlin, Paul von Hindenburg is sworn in as President.

1917

First performance of Bela Bartok's ballet 'The Wooden Prince' in Budapest.

1915

USA President Wilson demands compensation for Germany sinking the liner the Lusitania - sunk by torpedo off the Irish Coast killing at least 1200 people including women and children..

1914

Reports from Balkans of Serbian atrocities to Albanian Moslems.

1911

King and Queen of Britain open the Festival of Empire at the Crystal Palace in South London.

1910

Halley's Comet causes widespread concern that it is responsible for bad weather.

1906

The pro-British magazine John Bull is published by MP Horatio Bottomley.

1809

British commander Sir Arthur Wellesley, later the Duke of Wellington, defeats the French at Oporto - forcing Napoleon to retreat from Portugal.

1780

During the American War of Independence, the British occupy Charles Town (later named Charleston) in South Carolina after a two-month siege.

1588

Spanish Armada sets sail from Lisbon (by order of Philip II of Spain) to invade England. It consists of approx 130 ships and 30,000 men. Less than half the ships finally return to Spain after being defeated at sea.

1536

In England, Sir Francis Weston, Mark Smeaton and several other alleged lovers of Anne Boleyn, wife of King Henry VIII, are tried for treason. All are executed on May 12th

# **THE ORDER OF WORLD WALKERS**

This Correllian order is headed by the Rev. Krystal High Correll and she is offering training for those who wish to join the order. The training consists of twelve lessons, one a month, for a year, offered through e-mail.

The purpose of this order is to fulfill the deeper purposes of the Correllian Tradition-- advanced psychic and spiritual work, primarily conducted on multi-dimensional levels. This work includes:

Learning to connect and work with your spirit guides. Conscious dying and conscious incarnation. Advanced dream work. Exploring the known boundaries of the multi-dimensional universe, then conducting independent work to go beyond those boundaries. The study of time and advanced work within it. Soul rescue (helping those who are not aware they have died, or are not willing to cross over). Mediumship (being a voice for the so-called dead, visiting the land of the dead and communicating with them, and building a pathway between the living and the dead). Healing, both personal and of our Earth.

These purposes are divided among five houses that consist of the members who are dedicated to the work of the House.

The Order of World Walkers is a working order. The training is only the beginning. Each of the houses offer work that can be done for the rest of your life, if you choose to do it.

I believe that everyone who chooses to become a member of the order chose this before coming into this life time to continue work begun in other lives.

For more in-depth information, including the cost of the lessons, contact me at [krystelneuman@yahoo.com](mailto:krystelneuman@yahoo.com)

May You Blessed Be

Krystal

## **Rites of Passage Course**

Course fee £7.50

Length of Course 7 weeks: one hour a week.

On completion of the course you will have the opportunity to purchase the 'Rites of Passage' booklet written by Rev. Don Lewis.

Next session will be starting in June. If you would like to join for the Rites of Passage next session or for more information, please email Sedna Temple: [sednatemple@btinternet.com](mailto:sednatemple@btinternet.com)

## **New Announcements**

### **New Correllian Egroup**

**CorrellianHouseofWisdom\_Elder\_Sage\_Crone**

**[http://groups.yahoo.com/group/Correllian\\_HouseofWisdom\\_Elder\\_Sage\\_Crone/](http://groups.yahoo.com/group/Correllian_HouseofWisdom_Elder_Sage_Crone/)**

**This is a closed group for Correllian Members.**

This group is for Elders, Sages and Crones. A place to share knowledge and wisdom from years of experience. Whether it be the different spiritual paths one takes, old spell recipes, people met on spiritual journeys, how one found the path to the Correllian Tradition. Good experiences and not so good experiences as each magickal path led you to where you are today.

If you are an Elder, Sage or Crone and over the age of 40 and feel you have wisdom to share please contact: Lady Windy WINDY0716@aol.com or Lady Anna annahps@inbox.com

# Flash Fiction Challenge

Greetings Dearest Readers!

Have you ever dreamed of being a writer? The Correllian Times wants to help make that dream come true with our flash fiction contest!

The flash fiction story must contain exactly 250 words, excluding the title. Not 249 - not 251. 250 words. There should be a beginning, middle, and an end. It should not just be 250 words of whatever comes to your mind. The goal here is to have some kind of twist at the end.

## **Our challenge to you is this:**

Write your own flash fiction before January 01, 2009. The prize for the top Flash Fiction submission will be a free subscription to the Correllian Times for one year. **Please, only 1 entry per person.**

Contest begins March 1, 2008 and ends January 01, 2009. Entries become the property of The Correllian Times. We assume no responsibility for illegible, lost, late, misdirected, incomplete, or stolen entries.

**ENTRY:** Submit an original, flash fiction story of exactly 250 words. Include your name and e-mail address and send to either: Jessamina at Jessamina@OurLadyRhiannon.com or Azriel at azrielmoon@hotmail.com. Please include the words "FLASH FICTION CHALLENGE" in the subject detail. Entries must be original, unpublished and may not have won any prize or award.

**LIMIT:** Only one entry from an individual will be accepted - no group entries.

**ELIGIBILITY:** Everyone is eligible to enter!

## **Voting on flash fiction:**

If you appreciate the storytelling in a flash fiction piece, please grant the writer the honor of your vote.

The great part for voters is that each entry shouldn't take much more than a minute. You can read dozens of them in a short period of time. Please support the writers in this challenge by reading as many as you can!

Now... get flashing!

## Hand Made Wands

Do you need a lovingly handcrafted wooden wand, personally dedicated to you and your spellcraft?  
Then take yourself to:

**Natures' Wands**

<http://natureswands.tripod.com/>



**Natures' Wands is a small business run by an exceptionally gifted craftswoman our very own Silverfern based in the USA who designs, engraves, and sculpts each wand personally.**

**Silverfern is dedicated to producing Heirloom Quality Wands. Hand carved to your specifications and dedicated to whatever purpose you desire.**

**Contact Silverfern at [natureswands@lycos.com](mailto:natureswands@lycos.com) or check out the web page <http://natureswands.tripod.com/> for more information**

# Announcements

## Temple, Shrine & Order Events

### Ongoing Events

#### Temples Taking Clergy Applications and Outer Court Applications

##### **Mother Temple**

Please apply here: <http://www.correllian.com/application/main.asp> Or contact Lady Virginia at [virginia@witchschool.com](mailto:virginia@witchschool.com)

##### **Selu Temple**

Please apply to Lady Virginia [virginia@witchschool.com](mailto:virginia@witchschool.com) For outer court for Selu please contact Lady Windy [WINDY0716@aol.com](mailto:WINDY0716@aol.com)

##### **Sedna Temple**

Please apply here: <http://sednatemple.co.uk/> Or contact Lady Anna at [Lady-Anna@sednatemple.co.uk](mailto:Lady-Anna@sednatemple.co.uk)

##### **Clan of Kheper Temple**

Please apply here: <http://www.clanofkheper temple.co.za/clergyapplications.php> Or contact Lady Raene at [applications@clanofkheper temple.co.za](mailto:applications@clanofkheper temple.co.za)

### The Order of Web Weavers Crystal Web Mapping Project

The Order of the Web Weavers has been working diligently on mapping the Crystal Web. If any of you have a crystal that you have added or removed from the Crystal Web contact us to ensure our records are up to date and accurate.

The information we need in order to best catalogue your crystal/s is the following. Your Craft Name and E-mail Address along with your City, State, Country, Latitude, and Longitude. Sent to the following e-mail address: [wwcw@correllianorders.info](mailto:wwcw@correllianorders.info)

Please include the above information, if you have removed your crystal from the Crystal Web along with 'Remove' in the subject line. If you have added several crystals then we would need a separate entry for each crystal, unless they are located together. If they are located together then please include how many crystals are at that location.

We are excited about this project and hope that you will be too. Once the crystals have been properly catalogued we can then begin placing them on the map program. This will give us a good visualization on the Crystal Web. Thank you in advance for your participation in this wonderful project.

Bright Blessings,  
The Order of Web Weavers

# Temple, Shrine, Order and Study Group Services

## Online Rituals

### Shrine of Serenity

<http://www.shrineofserenity.bravehost.com/index.html> U

Healing Rituals Date: last Thursday of the month Time: 9pmK (BST) Place:

<http://www.shrineofserenity.bravehost.com/chat.html>

Full Moon Rituals on the Date, Time: 7PM GMT

Place: <http://www.shrineofserenity.bravehost.com/chat.html>

For more information please contact the Shrine: [shrineofserenity@hotmail.co.uk](mailto:shrineofserenity@hotmail.co.uk)

For inclusion in the Healing Rituals please contact Rev. Silver- Moonblossom:

[rev.silvermoonblossom@hotmail.com](mailto:rev.silvermoonblossom@hotmail.com)

### Animal Shrine of Sothistar Animal Healing Rituals

Rituals are held on the first quarter of the moon, at 9pm UK time. Requests for animal healing and/or to join the Shrine and group may be sent to me at [coatimundi@btinternet.com](mailto:coatimundi@btinternet.com)

For more information about the Shrine of Sothistar and online rituals please contact

Rev. Mehitabel [coatimundi@btinternet.com](mailto:coatimundi@btinternet.com)

### Sedna Temple Online Rituals

For all information on all of Sedna's online rituals please contact Lady Anna

[information@sednatemple.co.uk](mailto:information@sednatemple.co.uk)

### Sedna Healing Shrine Healing Rituals

Date: Every Friday except the last Friday in the month which are memorial rituals: Times: 9pm UK & 9pm EST. Australian East Coast 7pm. Place: <http://klik.to/healingshrine>

Request a healing: <http://healingrequests.bravehost.com>

Request a healing candle: <http://healingcandles.bravehost.com/>

Request a healing for Gaia: <http://gaiahealingrequests.bravehost.com>

### Living Stones Memorial Shrine

<http://klik.to/memorial>

Memorial Rituals. Sunday in the last moon quarter; Times: 9pm UK & 9pm EST

**To request a memorial ritual contact the Shrine:**

[memorial-request@living-stones-memorial.co.uk](mailto:memorial-request@living-stones-memorial.co.uk)

### Shrine of the Moon

Moon Rituals (Full & New) Date: On the actual date (will be announced) Times: 9pm UK & 9pm EST

Place: <http://formalmoonshrine.bravehost.com/>

[information@sednatemple.co.uk](mailto:information@sednatemple.co.uk)

### 8 Festival Shrine

Sabbat online rituals dates are announced online

Healing Gaia Shrine Healing Gaia Rituals, monthly online rituals

Online Initiation Rituals also provided by Sedna Temple on request. Contact Sedna Temple for more details: [information@sednatemple.co.uk](mailto:information@sednatemple.co.uk)

- **Isis Witan Shrine**

<http://isistemple.co.uk>

Monthly rituals dedicated to Isis. For more information please email: [information@isistemple.co.uk](mailto:information@isistemple.co.uk)

## Other Services Provided by Temples, Shrines & Orders

### Temple Services

**Our Lady of the Sylvan Wood Temple** <http://olswtemple.bravehost.com/>

Now accepting new memberships for both Local Membership, if you live any where within 150 miles of New Boston, Texas - including Northeastern Texas, Southwestern Arkansas, Northwestern Louisiana, and Southeastern Oklahoma, and to Distance Membership, defined as residing any where on planet Earth...

Our Lady of the Sylvan Wood Temple, will begin to offer **Clergy Initiations and Ordinations within the Correllian Nativist Tradition** beginning in mid-2008 after the needed state and federal paperwork is completed.

**Clan of Kheper Temple** (Platteklouf Glen, Cape Town - South Africa)  
[www.clanofkheper temple.co.za](http://www.clanofkheper temple.co.za)

Temple membership open to all. **On-going Correspondence and Bi-monthly one-on-one Correllian Degree classes.** Available privately for Handfastings, Wiccanings, Initiations and Dedication Rituals. Contact: [rev\\_raene@clanofkheper temple.co.za](mailto:rev_raene@clanofkheper temple.co.za)

CoKT Forum: [www.clanofkheper temple.co.za/forum/](http://www.clanofkheper temple.co.za/forum/) - come along and join in our discussions - great bunch of ppl.

CoKT chat: [http://www.clanofkheper temple.co.za/chat/FlashChat\\_v4712/chat/flashchat.php](http://www.clanofkheper temple.co.za/chat/FlashChat_v4712/chat/flashchat.php) - pop by for a chit chat.

**Temple of Our Lady of the Sacred Earth** [www.sacredearth temple.com](http://www.sacredearth temple.com)

P.O. Box 13033, Olympia, WA 98502

360-339-5235 (Leave a message) **Classes, Rituals, Socials, Rites of Passage**

For more details and information contact Rev. Isarma lady@[sacredearth temple.com](mailto:sacredearth temple.com)

**Temple of Sedna** [www.sedna temple.co.uk](http://www.sedna temple.co.uk)

Suffolk UK

Rites of Passage online course Cost: £7.50

Ongoing sessions please contact Sedna Temple for more information

The Temple of Sedna provides a variety of **online rituals**. These are listed under 'online rituals'. Also provided are a number of online classes including: **runes, automatic writing, past life exploration, Celtic & Egyptian divination, tarot and astrology** as well as the **three Degrees of Correllian Wicca and associated courses**.

Sedna Temple also provides the following groups: **psychic support, empathy support and disability and illness support. Eating disorders support.** For more information please go to

[www.sedna temple.co.uk](http://www.sedna temple.co.uk)

Or email: [information@sedna temple.co.uk](mailto:information@sedna temple.co.uk)

Request a healing candle: <http://healingcandles.bravehost.com/>

## Shrine Services

### **Hall of the Ancestors Witan Shrine**

#### Class Offerings

Correllian Nativist Tradition **1st Degree** Take this course to learn about the Correllian Nativist Tradition and earn the ability to apply for Correllian 1st Degree Clergy status.

Meditation Made Simple. Learn easy methods to attaining clarity of mind. There is a weekly assignment given to work at your own pace.

#### **Usui Reiki**

Learn how to administer treatments to yourself and others utilizing universal energy. In this class setting, you can earn certification up to Master/Teacher level. There will be required reading, hands on training, and assignments to be eligible to earn your Degrees.

Please email Rev. Lee for more information on all of the Hall of Ancestors courses:  
hoancestors@hotmail.com

**Join the Yahoo group:** <http://groups.yahoo.com/group/hoancestors/>

### **Isis Witan Shrine**

<http://isistemple.co.uk/>

Isis Witan Shrine provides the following:

#### **Monthly online Egyptian rituals**

Support group for the online Witchschool course 'The Goddess Isis'.

**For membership email:** [memberships@isistemple.co.uk](mailto:memberships@isistemple.co.uk)

**Sedna Moon Shrine:** <http://formalmoonshrine.bravehost.com/>

GMT/BST & EST times

#### **New Moon and Full Moon online rituals**

Please see the Correllian Calendar for dates

Forum: <http://uk.groups.yahoo.com/group/Moon-Shrine/>

UK rituals start at 9pm GMT Second US rituals: 9pm EST Contact: [information@sednatemple.co.uk](mailto:information@sednatemple.co.uk)

**Sedna Festival Shrine:** <http://klik.to/festivals>

#### **Sabbat Online rituals**

Please see the Correllian Calendar for dates. GMT/BST & EST times or look for the announcements

Forum: <http://uk.groups.yahoo.com/group/festivalshrine>

UK rituals start at 9pm Second US rituals: 9:pm EST

Contact: [information@sednatemple.co.uk](mailto:information@sednatemple.co.uk)

**Living Stones Memorial:** <http://klik.to/memorial>

Monthly Online memorial rituals at 9pm UK

**To request a memorial ritual contact the Shrine:**

[memorial-request@living-stones-memorial.co.uk](mailto:memorial-request@living-stones-memorial.co.uk)

Place: Living Stones Memorial Shrine. Ritual Room: <http://klik.to/memorial>

Forum: <http://uk.groups.yahoo.com/group/LSMemorial/>

## Order Services

### **The World Wide Crystal Web Monthly Ritual**

The World Wide Crystal Web Club monthly ritual on the 11th of each month (Time you do the Ritual is up to you as long as it is done on the 11th.) The Ritual is for Hope, Peace, Love and Prosperity. The energy sent out through the Web is for anyone to use through out the world if they so desire. Ritual and instructions are in the file section of each group

### **Order of Self Empowerment:** <http://groups.yahoo.com/group/OrderOfSelfEmpowerment>

This Order is for all members of the Correllian Tradition who have or are suffering domestic abuse. We are open to both male and female members. A place for moral support, information on where to find help and a place to discuss your predicament with those who have suffered the same. Please contact either Lady Karla [karlahps@gmail.com](mailto:karlahps@gmail.com) or Lady Anna [annahps@inbox.com](mailto:annahps@inbox.com)

### **The Order of Reiki**

<http://klik.to/reikiorder>

The Order of Reiki takes healing requests. Please go to the Order web site and fill in the healing request form. The Order of Reiki also teaches many disciplines of Reiki. If you are a Reiki Master/Teacher and would like to teach your discipline through the Order for the Tradition please contact Lady Anna: [annahp@btinternet.com](mailto:annahp@btinternet.com)

### **Order of Spiritual Advisors**

<http://spiritualadvisors.bravehost.com>

Closed Order membership by invitation only.

If you need spiritual advice please go to the web site and submit a request for help form.

### **Order of Correllian Helping Hands**

If you or a loved one are a victim of a disaster, please contact Rev. Jacqueline at [degraafs@embarqmail.com](mailto:degraafs@embarqmail.com) , so we can help you to find some assistance with your loss.

### **ORDER\_HOUSE OF SURVIVORS**

This is a closed Order members must belong to the Correllian Tradition either Inner or Outer Court. This group is for women 18 and over who have been victims of domestic or sexual abuse or both. A place to talk to others who have gone through this kind of assault.

If you have questions please contact Windy at [windy0716@aol.com](mailto:windy0716@aol.com)

### **Order of Recovering Correllians**

This is a closed Order members must belong to the Correllian Tradition either Inner or Outer Court. Actively working towards recovery from addiction to alcohol and/or drugs. There is no minimum time in recovery to be a member of this order; only an honest desire to become 'clean and sober'. You can contact Windy at [windy0716@aol.com](mailto:windy0716@aol.com)

### **I KNEW YOU WHEN**

This is a closed group, members must belong to the Correllian Tradition either Inner or Outer Court. This group is for friends, families, partners of love ones who are addicted to either alcohol or drug abuse or both, or who have been addicted who are in recovery or thinking about going into recovery. You can contact Windy at [windy0716@aol.com](mailto:windy0716@aol.com)

## Faces of Correllianism

<http://www.correllian.com/faces.htm>

**“Faces of Correllianism” is a place where Correllians can send photos of themselves, their altars, their pets, as well as artwork, autobiographies, descriptions of events and projects, essays and poetry to share with all Correllians.**

Through “Faces of Correllianism” we hope to show what a strong, diverse, and positive community we are.

If you would like to have your photo, writing, or artwork included, please email it to me at DonLewisHP@aol.com together with your authorization to use it at www.correllian.com You will of course retain any copyright. Please do not send us anything that is copyrighted to anyone other than yourself, unless you include their permission.

## Correllian Calendar

<http://www.correllian.com/calendar.htm>

**All tradition events can be found in the Correllian Calendar**

## Adventures

<http://www.correllian.com/adventures.htm>

**Check out the adventures page on Correllian.com and find out what other Correllians have been doing**

## Symbols & Robes

<http://www.correllian.com/symbolsandrobes.htm>

**Explanations of some of the symbols and robes used by the Correllian Tradition**

## Correllian Orders

Order of World Walkers Order Head Rev. Krystal High-Correll, HP  
Order of Translators Joint Heads of Order Rev. Yoko and Rev. Mishka  
Order of Deemsters Order Head Rev. Don Lewis, HP  
Order of Heralds Order Head Rev. Don Lewis, HP  
Order of Artificers Order Head Rev. Don Lewis, HP  
Order of Web Weavers Order Head Rev. Windy LaJoie, HP  
Order of Herbal Studies Order Head - Rev. Jackie Coyle  
Order of the Muses Order Head Rev. Don Lewis, HP  
Order of Reiki Order Head Rev. Anna Rowe HP  
Order of Ares Order Head Christopher Stoeckel  
Order of Wiccan Educators Order Head Rev. Boudicca  
Order of Thanatos Order Head Rev. Isarma Crain  
Morning Glory Order, Order Head Rev. Don Lewis  
Order of Recovering Correllians Order Heads: Rev. Windy Lajoie, HPs  
Order of Defenders Order Head: Rev. Lee Fluhr  
Order of Cerrunos Joint Order Heads: Rev. Obsidian Butterfly and Silent Dragon  
Order of Bast Order Head Rev. Anna Rowe HPs  
Order of Sirius Order Head Rev. Anna Rowe HPs  
Order of Hesychia Contemplative Order. Order Head Rev. Debbe Tomkins HPs  
Order of the Eagle. Order Head Rev. Stephanie Neal HPs  
Order of Spiritual Advisors Head Rev. Anna Rowe HPs  
Order of Correllian Helping Hands. Order Head Rev. Jacqueline DeGraff  
ORDER\_HOUSE OF SURVIVORS. Order Head Rev. Windy Lajoie, HPs

**Orders which are awarded only rarely and in recognition of extreme accomplishment**

**The Order of Orpheus: The Order of Orpheus is awarded to people in recognition of outstanding services to the Correllian Tradition.**

**The Order of the Round Table: The Order of the Round Table is awarded to people in recognition of outstanding services to the Pagan community.**

**The Order of Tsalv: The Order of Tsalv (Selu) is awarded to people in recognition of outstanding services the cause of peace in the world.**

In addition to the above Orders which are awarded only rarely and in recognition of extreme accomplishments, we have also Meritorious Orders awarded twice yearly at the Lustrations, to recognize the work and achievements which keep our Tradition running on a daily basis.

**The Order of the Copper Athame. The Order of the Copper Athame is awarded for outstanding service in the field of the occult or mundane Sciences.**

**The Order of the Golden Wand. The Order of the Golden Wand is awarded for outstanding service in the field of Service to Others.**

**The Order of the Silver Chalice. The Order of the Silver Chalice is awarded for outstanding service in the field of the Arts.**

**The Order of the Iron Pentacle. The Order of the Iron Pentacle is awarded for outstanding service in the field of teaching.**

**The Order of the Thurible. The Order of the Thurible is awarded for outstanding service in the field of Spirituality.**

**For more information on all Correllian Orders please go to:  
<http://www.correllian.com/Orders.htm>**

# Correllian E-groups

## Clergy & Mentors

Correllian Outer Court: <http://groups.yahoo.com/group/CNT-outercourt/>  
Correllian Clergy: <http://groups.yahoo.com/group/CorrellianClergy/>  
Correllian Clergy Mentors: <http://groups.yahoo.com/group/CorrellianClergyMentors/>

## Countries & Languages

Correllian Brazil: <http://groups.yahoo.com/group/CW-Brazil/>  
Correllian UK: [http://groups.yahoo.com/group/correllian\\_wicca\\_uk/](http://groups.yahoo.com/group/correllian_wicca_uk/)  
Correllian Wicca EU: <http://uk.groups.yahoo.com/group/CW-EU/>  
Correllian World: <http://groups.yahoo.com/group/correllianworld/>  
Correllian Portuguese Language: <http://groups.yahoo.com/group/CW-Potuguese/>  
Correllian Spanish Language: <http://groups.yahoo.com/group/CW-Espanol/>  
Correllian India: <http://groups.yahoo.com/group/CW-India/>

## Subjects

Astrology: <http://groups.yahoo.com/group/SednaAstrology/>  
Automatic Writing: <http://uk.groups.yahoo.com/group/Automatic-Writing/>  
Celtic & Egyptian Divination: <http://groups.yahoo.com/group/CelticEgyptianDivination/>  
Deities & Celebrations: <http://groups.yahoo.com/group/DeitiesCelebrations/>  
Geomancy: <http://uk.groups.yahoo.com/group/Sedna-Geomancy/>  
Past Life Exploration: <http://uk.groups.yahoo.com/group/PastLifeExploration/>  
Poetry: [http://groups.yahoo.com/group/Isis\\_Wiccan\\_PoetryGroup/](http://groups.yahoo.com/group/Isis_Wiccan_PoetryGroup/)  
Ritual Writing: <http://uk.groups.yahoo.com/group/RitualWriting/>  
Runes: <http://uk.groups.yahoo.com/group/SednaRunes/>  
Tarot: [http://groups.yahoo.com/group/SednaTarot\\_DandD/](http://groups.yahoo.com/group/SednaTarot_DandD/)  
Politics: <http://groups.yahoo.com/group/DailyPolitics/>

## Support & Healing Groups

Disability & Illness Support: <http://uk.groups.yahoo.com/group/Correllian-Support/>  
Empath Support: <http://uk.groups.yahoo.com/group/EmpathSupport>  
Eating Disorders Support: [http://uk.groups.yahoo.com/group/EatingDisorders\\_Support/](http://uk.groups.yahoo.com/group/EatingDisorders_Support/)  
Past Life Exploration: <http://uk.groups.yahoo.com/group/PastLifeExploration/>  
Sexually Abused Male Support: <http://groups.yahoo.com/group/fraternityofhorus/>  
Healing Shrine: <http://groups.yahoo.com/group/SednaHealingShrine/>  
Gaia Healing: <http://uk.groups.yahoo.com/group/gaiahealing/>

## **Temples/Shrines/Orders/Study Groups**

Witan Council: <http://groups.yahoo.com/group/WitanCouncil/>  
Witan Heralds Court: <http://groups.yahoo.com/group/WitanHeraldsCourt/>  
Correllian Temple Heads: <http://groups.yahoo.com/group/CorrellianTemple/>  
Correllian Order Heads: <http://groups.yahoo.com/group/CorrellianOrders/>  
Correllian Formal Shrine: <http://groups.yahoo.com/group/FormalShrineHeads/>  
Correllian Personal Shrines: <http://groups.yahoo.com/group/shrines/>  
Correllian Study Group Keepers: [http://uk.groups.yahoo.com/group/ws\\_eu\\_students/](http://uk.groups.yahoo.com/group/ws_eu_students/)  
Correllian Social Club: <http://groups.yahoo.com/group/CorrellianSocialClub/>  
Order of Bast: <http://uk.groups.yahoo.com/group/Order-of-Bast>  
Order of Herbal Healers: <http://groups.yahoo.com/group/CTHO>  
Order of Reiki: <http://health.groups.yahoo.com/group/Order-of-Reiki/>  
Order of Sirius: <http://uk.groups.yahoo.com/group/OrderOfSirius/>  
Order of The Eagle: <http://groups.yahoo.com/group/Order-of-the-Eagle/messages/1>  
Order of The Muses: <http://groups.yahoo.com/group/OrderOfTheMuses>  
Order of Web Weavers: [TheOrderofWebWeavers@yahoo.com](mailto:TheOrderofWebWeavers@yahoo.com)  
Order of Krystal Guardians: [http://groups.yahoo.com/group/Order\\_of\\_Krystal\\_Guardians/](http://groups.yahoo.com/group/Order_of_Krystal_Guardians/)  
Order of Self Empowerment: <http://groups.yahoo.com/group/OrderOfSelfEmpowerment>

## **Other Groups**

CorrellianHouseofWisdom\_Elder\_Sage\_Crone:  
[http://groups.yahoo.com/group/Correllian\\_HouseofWisdom\\_Elder\\_Sage\\_Crone/](http://groups.yahoo.com/group/Correllian_HouseofWisdom_Elder_Sage_Crone/)

*If you have a group you would like to add to the list please contact the editor*

## **Other Correllian Publications**

### **The Correllian Times**

The magazine for the Correllian people!

**Subscribe to the Correllian Times.**

**A special E-list has been established for the Correllian Times.**

**[http://groups.yahoo.com/group/the\\_Correllian\\_Times\\_magazine](http://groups.yahoo.com/group/the_Correllian_Times_magazine)**

The Correllian Times magazine is now available by subscription. Excerpts from the magazine are available free of charge in the above e-list. Featuring articles, reports on events, photos, artwork, poetry, and more!

*For subscriptions and submission for the Correllian Times please contact*

*Lady Windy windy0716@aol.com*

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*Rev. Wolfciara*

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**If you have a Temple, Shrine or Order event you wish to advertise.**

**Please send details to:** [correllianheraldeditor@gmail.com](mailto:correllianheraldeditor@gmail.com)

**Please ensure you include dates time places and contact details for all your Announcements and events.**

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