



**SPECIAL
POINTS OF
INTEREST:**

- **Mabon—Autumn Equinox**
- **Fall Poetry**
- **Mabon Ritual**
- **Mabon Recipes**

M A B O N 2 0 0 8

Mabon - Autumn Equinox

*"Hoof and horn, hoof and horn. All that dies shall be reborn.
Corn and grain, Corn and grain. All that falls shall rise again."*

Even though Mabon is ruled by the young Holly King, the Oak King is still holding His Earthly Crown. There is a fusion of counter masculine energies and the nature of the Twins and their Oneness is prevalent at this Sabbat. There is a switch in the paradigm though, and that can be sensed as the Oak King makes way on His journey towards the Underworld through the Sacred Womb.

We honour the dark as being another part of the light and light as being part of darkness. The two halves of one whole, neither being, in actual fact, good nor bad but a necessity of and for life.

Today, all things are in balance, but after tonight darkness will once again overcome the light as the nights become longer and the days shorter.

At this time, the dying God of the Sun is preparing for Winter by readying Himself for His last breaths, and His passage into the Underworld at Samhain. This is a time to reflect on those who have passed over and events that have been and will be.

The Goddess laments Her dying God. Her own youth is fading and She is now maturing into Her Wise Crone aspect. But She holds great joy, for deep within Her Maiden aspect She carries the impregnated seed of Her consort, who will be reborn at Yule. She also knows that She herself will once again be young Maiden as the Wheel of the Year turns further on.

The full moon closest to this festival is called the Harvest Moon; and a time for gathering inspiration from past experiences and past lives. A time to try to understand one's self and to grow spiritually. A time to be oriented in the present, to remember the past, to live for today and to believe in the future.

Mabon is a time of reflection, a time of gathering, a time of balances and the struggle to remain in balance. As Autumn moves into Winter the Goddess slowly leaves the land to rest in the Underworld, awaiting the birth of Her child at Yule, and as She goes, the land echoes Her departure, evident in the changes of nature around us.

At this Sabbat, take a moment to reflect upon your life; this past year, your joys, your sorrows, your disappointments, your triumphs. Look back upon the year just passed, and when looking at the full Harvest Moon, realise in Her reflection is the sum of all of our experiences of the previous months.

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The Tale of Mabon ap Modron

The Welsh God, Mabon (the "great son of the great mother"), also known as the Son of Light, the Young Son, or Divine Youth, is celebrated. His mother is Modron, known as the Guardian of the Otherworld, the Healer, the Protector, the Earth.

Mabon was taken after he was a mere three nights old (some variations of the legend say he is taken after three years). Through the wisdom of the living animals, the Stag, Blackbird, Owl, Eagle and Salmon, Mabon is freed from his mysterious captivity. All the while Mabon had rested within his mother's womb; a place of nurturing and challenge. With strength and lessons gained within the magickal Otherworld (Modron's womb), Mabon is soon reborn as his mother's Champion, the Son of Light, wielding the strength and wisdom acquired during his captivity.

Also, (from a variation in legend) the Equinox is the day of the year when the God of Light, Lugh, is defeated by the god of darkness, that being Lugh's twin and alter-ego; Tanist. The night conquers day. The tales state that the Equinox is the only day which Lugh is vulnerable and the possibility of his defeat exists. Lugh stands on the balance (Autumn Equinox-Libra) with one foot on the goat (Winter Solstice-Capricorn) and the other on the cauldron (Summer Solstice-Cancer). He is betrayed by Blodeuwedd, the Virgin (Virgo) and transformed into an Eagle (Scorpio).

Two events occur rapidly with Lugh's defeat. Tanist, having beaten Lugh, now takes over Lugh's place both as King of our world and lover to the Goddess Tailtiu. Although Tanist now sits on Lugh's throne, his official induction does not take place for another six weeks at Samhain, the beginning of Winter, when he becomes the Dark King, the Winter Lord, the Lord of Misrule. He mates with Tailtiu, who conceives, and will give birth nine months later (at the Summer Solstice) to her son, another incarnation of Tanist himself, the Dark Child.

Lugh's sacrifice represents not only the sun's dying power, but also the cycle of rebirth, his energy remaining within the corn we have since harvested. A incarnate (of Lugh) corn spirit was thought to specifically reside within the last stalk (or stock), which was traditionally dressed in fine clothes and decorations, or woven into a wicker man-shaped form. This symbolic decoration was then harvested and carried from the field to be burned with rejoicing for the spirits release and Lugh's upcoming rebirth.

Mabon Traditions

The Wicker man

There was a Celtic ritual of dressing the last sheaf of corn to be harvested in fine clothes, or weaving it into a wicker-like man or woman. It was believed the sun or the corn spirit was trapped in the corn and needed to be set free. This effigy was usually burned in celebration of the harvest and the ashes would be spread on the fields. This annual sacrifice of a large wicker man (representing the corn spirit) is thought by many to have been the origin of the misconception that Druids made human sacrifices.

*'The reaping is over and the harvest is in,
Summer is finished, another cycle begins'*

In some areas of the country the last sheaf was kept inside until the following spring, when it would be ploughed back into the land. In Scotland, the last sheaf of harvest is called 'the Maiden', and must be cut by the youngest female in attendance.

Mabon is a time to reflect, as we reap the harvest of experience from the past year - the completion of another turn of the Great Wheel.

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Corn Dollies

Corn dollies were also made from the last sheaf and kept in the house to protect the inhabitants from bad spirits during the long winter.

Apples

To honour the dead, it was also traditional at Mabon to place apples on burial cairns, as symbolism of re-birth and thanks. This also symbolizes the wish for the living to one day be reunited with their loved ones.

Mabon is also known as the Feast of Avalon, deriving from the meaning of Avalon being, 'the land of the apples'.



To Autumn

O Autumn, laden with fruit, and stained
 With the blood of the grape, pass not,
 but sit
 Beneath my shady roof, there thou may'st rest,
 And tune thy jolly voice to my fresh pipe;
 And all the daughters of the year shall dance,
 Sing now the lusty song of fruits and flowers.

William Blake



"The breezes taste
 Of apple peel.
 The air is full
 Of smells to feel-
 Ripe fruit, old footballs,
 Burning brush,
 New books, erasers,
 Chalk, and such.
 The bee, his hive,
 Well-honeyed hum,
 And Mother cuts
 Chrysanthemums.
 Like plates washed clean
 With suds, the days
 Are polished with
 A morning haze."

John Updike, *September*

"I have come to a still, but not a deep center,
 A point outside the glittering current;
 My eyes stare at the bottom of a river,
 At the irregular stones, iridescent sandgrains,
 My mind moves in more than one place,
 In a country half-land, half-water.
 I am renewed by death, thought of my death,
 The dry scent of a dying garden in September,
 The wind fanning the ash of a low fire.
 What I love is near at hand,
 Always, in earth and air."
 - Theodore Roethke, *The Far Field*

Mabon Recipes

Gazpacho

Put ½ cucumber and/or zucchini, ¼ bell pepper, ½ onion, ½ large tomato, 3 garlic cloves, 3 sprigs parsley and ¼ lemon with peel through food processor. Add ½ tsp celery seed and mix well. Pour 2 quarts vegetable or tomato juice over mixture and blend well. Chill at least one hour.

Pork Pot Roast with Cider and Mustard

Brown a three-pound boneless pork loin on all sides in 1 Tbs olive oil in Dutch oven. Remove from pot. Cook 1 medium chopped onion and 4 cloves minced garlic until onion is glossy. Blend together 1 cup cider, 2 Tbs honey, 1 tsp crumbled dried sage, 2 Tbs Dijon mustard, 1 tsp lemon juice and 1Tbs Worcestershire sauce. Pour over onions and garlic. Return pork to pot and spoon liquid over it. Bring to boil. Simmer over low heat for about two hours or until meat is done.

Braised carrots

Shred six medium carrots. Add 1 – 2 Tbs chopped parsley and toss well. Braise in 2 Tbs melted margarine in covered pan until carrots are done to taste.

Rice/Pasta Pilaf

Melt 4 Tbs margarine in large pan. Add 1 ½ c long grain rice, 1 c spaghetti broken into ¼ inch pieces, three sprigs chopped parsley and 1 small diced onion. Cook over medium high heat until pasta is golden. Pour in 5 cups hot chicken broth or 5 c hot water and 5 bouillon cubes. The mixture will sizzle when the liquid is added. Boil. Cover and simmer about 20 minutes or un-

til rice is fluffy and liquid is absorbed. Check rice from time to time and add water as needed. Stir pilaf. Let stand for about 10 minutes before serving.

Corn Bread with Marigold

Follow directions on one package corn muffin mix. Stir into batter 2 tsp chopped marigold petals and bake as directed.

Apple Peach Pomegranate Compote

Mix one 1 lb, 6 oz can of apple pie filling, 1 16-oz can sliced peaches, ¼ cup blanched almonds or walnuts, seeds from two small pomegranates and 1 tsp lemon extract together in sauce pan. Boil. Simmer for 7 minutes. Serve warm or cold.



Mabon Ritual

from The Lotus Pond

Items Needed:

acorns and oak leaves
fall flowers (mums, etc.)
gourds and miniature pumpkins
apples and knife
paper or Book of Shadows
list of "I believe" from Spring Equinox
pen

Decorate your altar with the acorns, oak leaves, fall flowers, gourds, etc. If the leaves in your area have already begun to turn, include a basket of them as well. Arrange several apples on an attractive plate and place that on your altar as well. Keep your pen and paper (or Book of Shadows) nearby, along with your list of beliefs created during the Spring Equinox.

Begin your ritual with your usual Circle casting. Be sure to state why you are performing the Circle—for example "Today is the day I celebrate the Autumn Equinox I have cast my Circle so that I might celebrate with the Lord and Lady."

Settle yourself before your altar in whatever manner is most comfortable. Recite the following, or something similar, while reflecting on the meaning of the season:

The leaves are falling and the days grow colder. The Lord has sailed to the West, taking the warmth of the Sun with Him. The Lady remained behind, preparing for His rebirth and watching over us, Her children.

Blessings on the Lord in His Western Land, who's death has provided us with an ample harvest.

Blessings on the Lady in Her lonely home, for Her love will sustain us through the coming cold.

Take up one of the apples from you altar and hold it in both hands. Meditate on the personal meaning of this Sabbat, filling the apple with positive energy and the love you feel for the Lord and Lady. When ready, eat the apple. Set aside the seeds, if you wish, to be used during your next Spring Equinox ritual.

Next, take your pen and piece of paper and write our a list of all the things you believe. For example, "I believe that fairies exist." You may also want to include a list of goals that you would like to accomplish before the Spring Equinox.

When you are done, bring out the list you wrote during the Spring Equinox ritual and compare it to what you have just written. If you don't have a list, put away the list you have just created until the next Spring Equinox.

Close the ritual when you are ready, using your regular closing. Follow up with a meal of seasonal produce and a dessert made with the apples that we sitting on your altar.

To recognize that the mirror of harvesting is planting, consider saving the seeds from your meal for planting in the spring.

Mabon images and pictures



What books have you read, that you would suggest for the rest of us to read?

Autumn Equinox: The Enchantment of Mabon by Ellen Dugan

Mabon: Pagan Thanksgiving by Kristin Madden

Mabon and the Guardians of Celtic Britain: Hero Myths in the Mabinogion by Caitlín Matthews

Pagan Chants

Selection from <http://www.seeliecourt.net/panpipe/oldchan.html>

Mabon Chant

"Day and night are equal,
The circle turns again.
Summer time is far behind
but the spirit will grow strong"

Autumn Time

Autumn Time, red leaves fall
The weeping sky looks over all
Demeter sadly walks the land
The dying grasses in her hand

Newsletter Submission Due Dates

Imbolc Issue—January 2nd
Ostara Issue—February 22nd
Beltane Issue—April 2nd
Midsummer Issue—May 20th
Lammas Issue—July 2nd
Mabon Issue—August 21st
Samhain Issue—October 2nd
Yule Issue—November 21st

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