

W I N T E R   S O L S T I C E   2 0 1 2

Three Cranes Grove

# Crane Chatter

A collection of works put together by the members of Three Cranes Grove, ADF.

## From the Editor

Warm Winter Greetings, Crane-kin!

I hope everyone is settled in for the winter and has some fun activities planned to help mitigate the long winter nights.

Traditionally, this time of year was spent with family, and is a time when many stories were told, songs were sung, and fellowship was had. People were stuck indoors for the most part, and so, to combat cabin fever, participation in the bardic arts soared.

Our members have come together again this issue to share with you their own contributions to help stave off the winter boredom. This issue we have a wonderful collection of recipes, a few articles to get you thinking, and opportunities for honoring the Kindreds. Everything from simple daily devotionals, to our Yule-Along schedule (this year with specifications for both Norse and Greek, each adaptable to other hearth cultures).

Happy Reading!

Jan "Skylark" Avende



## Special Holiday Recipe Edition!

Three Cranes Grove prides itself on having a number of very talented and innovative cooks as members and friends of our grove. Gathered together in this additional is one of the largest collections of recipes we've received for a single issue. So, as the days grow shorter, and the weather grows drearier and colder, take some time to spend that time indoors, with family and friends, and try out some of these splendid treats!

### Save the Date!

#### Imbolc

February 3, 2013

Blacklick Woods  
Metro Park at the  
Beech Maple Lodge.  
Time TBD

#### Pagan Fire Seminars

March 2, 2013

Battelle-Darby Metro Park at Cedar  
Ridge Lodge from 9am to 6pm.  
There will be morning and afternoon  
sessions. Detailed schedule TBA.

## Imbolc – February 3, 2012

Join us to honor Brigando, and the warmth she brings to us at our hearth as the depths of winter are ending and spring is finally just around the corner.

## Upcoming Crane Events

**Three Cranes Grove puts on a multitude of events throughout the year. Here's a sampling of some of our upcoming ones.**

### Study Meeting – February 24, 2012

Anyone studying in an ADF program is encouraged to take advantage of this opportunity to study with others working through a program. Mentors from various programs attend these meetings as their schedules allow.



## PAGAN FIRE SEMINARS

BUILDING MAGICAL PRACTICE  
MARCH 2ND 2013

### Brighten the Flame of Magic Within You!

A spark of magic burns within each of us. As we deepen our work, the embers catch and begin to glow more brightly, drawing the light into the world. The flame of our work warms tempers our lives, forging us into new paths and new outlooks on life.

This seminar is designed to help you fan those flames through an understanding of the magic available to you.

Three Cranes Grove, ADF, is proud to present our second seminar: an all-day set of workshops, discussions, and exercises open to the entire Pagan community! The theme of this seminar is "Building Magical Practice," focusing on skills more advanced than your basic "Pagan 101" book.

The seminar is presented by Three Cranes, but the content is not only applicable to Druidry: indeed, anyone who does magic, whether public or private, will benefit from this event! We will discuss methods of making your personal work more effective, provide instruction for beginners and old hands alike, and talk about ways to deepen your magical work.

There will be both morning and afternoon sessions presented by Rev. Ian Corrigan, as well members of Three Cranes. There will also be a Magical Working that all may participate in for practical experience.

For more information, please visit:

<http://threecranes.org/pagan-fire/>



## 911 Cares: Hurricane Sandy – A Message from the Senior Druid

Hello everyone.

With Hurricane Sandy and other events like that, my thoughts always turn toward emergency services personnel, and especially my colleagues in the radio rooms at the time. After going through the *derecho* this July, I can start to imagine, but still, only imagine, how hard Sandy or any other similar disaster might be and continues to be.

Twenty dispatchers, quite possibly while they were at work staffing the lines and trying to get help to people, lost everything. There's an organization called 911 Cares that aims to help dispatchers (who are often forgotten in all this), and they are asking for stuff.

This is a cause near and dear to my heart and soul, so if any of you want to donate any of the

below, please bring them to the rite on December 16<sup>th</sup>, so I can get them to our contact person. I know this is a time of year where EVERYONE is asking EVERYONE to donate EVERYTHING, so if you cannot, that is okay. Every donation anywhere helps the whole human race. But if you do want to, the list is below.

(If you want to donate \$\$ for the gift cards instead, or missed the Yule Rite deadline, go to [threecranes.org](http://threecranes.org), and the bottom right hand corner click on our PayPal logo. In the comments put that it is for 911 Cares: Hurricane Sandy, and which store you would like the cards to come from.)

Thanks!

Tanrinia

Send the following: **\*\*ALL ITEMS MUST BE NEW OR GENTLY USED AND MUST BE CLEAN\*\*** (due to power and water issues, they have no laundry ability)

- Adult jeans, sweats, t-shirts and polos of any size.
- Blankets, bedding, towels of any type
- Toiletries, soap, hand sanitizer, lotions.
- Sealed and new snacks, coffee, etc.
- Baby formula, toys, games
- Right now due to lack of power, do not send cooking, kitchen or items that need electricity.
- They are also requesting Target and Walgreens gift cards
- Since it is getting cold now, I would probably include warmer type clothing and coats also.
- Any cards of support from children or adults



## "Skadi of the Snow and Wolves"

~ by Jan "Skylark" Avende

Skadi fair with raven hair  
Come back to your mountain home.  
Icy blue eyes and frosted skin.  
Let the chilling winter winds blow.

Snowshoe goddess, passes open before you.  
Bow in hand, go into the howling  
of wind and wolves,  
Seeking vengeance in swirling flakes.

Snow come, snow fall.  
Isa, cover the ground;  
Beautiful blanket, slick and treacherous,  
Patience, come falling down.

Screeching gulls and pounding waves  
Torment your fierce and free world.  
Baying wolves close in with you  
to bury your prey in an avalanche's snapping maw.

When that maker of mischief  
was bound in icy entrails,  
venom you poured, dripping down,  
frostily biting into the wolf-father's jaws.

Snow come, snow fall.  
Isa, cover the ground;  
Beautiful blanket, slick and treacherous,  
Patience, come falling down.



Nine nights you were forced to the sea  
All for that giving god's gorgeous feet.  
But you could not love the Van  
Despite his fathering fertility.

So go back to your thunder home  
Where sparkling ice covers the bones of the sea.  
Your father's eyes shine down on you  
Fair and free jotun maid.

So, snow come, snow fall.  
Isa, cover the ground;  
Beautiful blanket, slick and treacherous,  
Patience, come falling down.



# Norse Yule Along Schedule: The Twelve Days of Yule

~by Tanninia



IT'S ALMOST HERE!

Time for the Three Cranes Grove 2nd Annual "Yule Along." This is a schedule for home hearth devotional practice based on the idea of "Twelve Days of Yule." This version is based on that which is presented in John Matthews "The Winter Solstice." Any questions, just ask. This should be easily adaptable to other hearth cultures, too, not just Norse.

The Schedule varies from year to year since the actual date of the solstice also varies. Each day we'll post what kinds of things to do. Of course at it's most basic, you can just light a candle and think on the themes. Or you can get more elaborate and have twelve candles, one for each night, place something on the altar that represents that day's theme to you, make offerings, or whatever feels right. Just know that there are folks all over participating with you.

- 12/19 Odin as winter wonderer
- 12/20 Mother's night/disir/Solstice vigil (to be posted that day)
- 12/21 Solstice Day
- 12/22 Nature Spirits
- 12/23 Feast of Fools
- 12/24 Alfar and housewights
- 12/25 Spirit of hospitality and gifting
- 12/26 Celebrations of winter/snow
- 12/27 Celebration of the evergreen
- 12/28 God/desses of the household (Frigga)
- 12/29 Shining ones
- 12/30 Bringing in the boar (Frey/Freyr, deities/spirits concerning oaths)
- 12/31 Twelfth Night -- Resolutions, divination, remembrances, gratitudes
- 1/1 New Year's Day -- Returning the home to regular time.

# Hellenic Yule Along Schedule: Heliogenna

## ~by Jan "Skylark" Avende

Heliogenna is a Hellenic Neopagan celebration of the Winter Solstice. Heliogenna is a time of rebirth and renewal, honoring Helios, God of the Sun. It is a time for the folk to reflect back on what they did the past year and to wipe their slate clean of that which they don't want to take into the coming year, similar both to Thanksgiving and New Year's resolutions.

Heliogenna is divided into three sections, and can be celebrated either in one, three, or a full nine days. The three sections are Sunset, Night, and Sunrise, and if one were to celebrate the festival in one day, this would line up to allow for an all-night vigil to watch the rebirth of the Sun happen on the solstice. For the purposes of the Yule Along, and to help with better understanding, I'll be going through the full nine day celebration. More information and ideas for prayers, poems, and offerings can be found on the Hellenion Temenos website:

<https://sites.google.com/site/hellenionstemenos/Home/festivals/heliogenna-festival>

### Sunset

Sunset is spent honoring the Celestial Gods who watch over us, the Earthly Gods who provide for us, and our Ancestors who have taught us much. It is a time of thanks and remembrance.

#### *Day 1: The Olympians and the Ancestors*

The Olympian Gods, as well as any other Deities of the Household, are honored during this time. It is a time to give thanks for their blessings and aid throughout the year. Burnt offerings are especially appropriate for this festival, since it is their celestial aspects that are being honored. The Ancestors are also remembered and honored during this time with stories and offerings of praise for the knowledge and gifts they gave us.

#### *Day 2: The Celestial Family (Helios, Selene, and Eos specifically)*

The Gods and Goddess who watch over us from their celestial homes and light are way are honored during this day. Helios, as the God of the Sun is honored; Selene, as the one who brings light into the darkness is honored; and Eos, as the one who opens the gates of darkness so the sun can rise again is honored. This is also a time to honor the celestial aspects that any patron deities of the household might have. Thank those who watch over us.

#### *Day 3: The Chthonic and Earthly Gods (Gaea, Demeter, Hekate)*

The Gods and Goddesses who dwell in the middle or lower realm are honored during this time as the bountiful givers of life and abundance. They lay the foundation for all other life to exist. Gaea for her role as Earth Mother; Demeter for her role as grain-giver; Dionysos for his role in giving the fruits of the vine; and Rhea as the mother of the Gods. Offerings today are mostly libations, traditionally oil, water, or wine.





### Night

Night is the somber part of the festival, where the darker aspects of the Gods are honored. It is a time for reflection and truth, often spent in meditation. The depth of Night is a time set aside for silence to remember those who have passed, and to reflect on the aspects of Helios as a dying god.

*Day 4: The Protogonoi - The First Ones (Gaea, Nyx, Ouranos, and Eros specifically) and the Heroes*

The first day of night is when the focus begins to shift from thanks for the abundance we've been given, to the never ending cycle of life and death. Helios is sinking into the earth, on his way towards rebirth. Today, the Protogonoi, or the First Ones are honored for their role in setting our world into motion. The Heroes, both mythological and current cultural, are also honored for how they have helped to change the world.

Appropriate activities today are prayers and poems celebrating death, and the sadness that surrounds it, as well as meditations and reflections not he cycle of life and death.

*Day 5: The Day of Silence*

Today symbolizes the dead of night. It is the Winter Solstice, the shortest day of the year. Hades and Persephone are honored today for their dominion over the Underworld. The day should be spent as a fasting day, with simple food and water, and in quiet reflection and meditation. Remember those who have passed and the joy they brought us, and honor Hades and Persephone for their role in welcoming those who have passed.

*Day 6: The Mothers: Gaea and Demeter*

This is a day of hope. The darkness is lightening and the mother goddess are honored as they prepare to bring new life into the world. Gaea is honored and asked for her continued protection through the winter. Demeter is honored and asked to provide for your family through the cold, barren months ahead. Spend your day basking in the power of the mothers and preparing for the coming day when the sun will rise.

### Sunrise

Sunrise is a time for great celebration as the world reawakens and hope is restored. It is much like a New Year's celebration, and spent in fellowship with friends and family. It is a time when troubles of the past are forgotten, new oaths are made, and hope is kindled for the future.

*Day 7: The Reborn Gods (Helios and Dionysos) and Eos*

The first day of sunrise is a time of hope and celebration. Eos is honored for her role in opening the way for new life to spring forth. Helios and Dionysos are honored as the Reborn Gods. Helios has arisen once again to watch over the earth. Celebrate with dancing, fireworks or sparklers, laughter, and fellowship.

*Day 8: Dionysos and Apollo*

During the Lesser Dionysia, which falls during this time of year, Apollo leaves his temple in Delphi for three months, leaving it in the care of Dionysos. Celebrate with song and dance, feasting and drinking. Dionysos gives the gift of pure, unadulterated inspiration. With this changing of the guard at Delphi, think on how your new year can be infused with your own passions.

*Day 9: Helios the Sun*

On the final day of Heliogenna, Helios is once again in the sky serving as the Bringer of Light and Watcher of Earth. Spend the day in fellowship with those you care for, and make amends and grant forgiveness to those who have wronged you in the past year. In addition to making offerings of incense and other bright things, and libations of sweet drinks, take some time to write on pieces of paper those things that you wish to burn away and leave behind so you can have a clean slate for the coming year. Alternatively, or in addition, you could write your hope and wishes for the future and send them as smoke up to the gods. Burn these papers in the fire. Celebrate the glory of the sun and all the new opportunities that await you.

# How the Invisible Druid Eats

~by Joe Auerbach

I've been putting off an article about eating to honor the Kindreds for a long time now, mostly because anytime you even look sideways at people's food there is a giant outcry from all sides. Everyone thinks they know how people should eat for optimum health, environmental consciousness, happiness, etc. And as soon as you suggest a flaw in their logic they turn into rabid fanatics. Heck, sometimes it's not even about good things. Some people will angrily tell you that they live on Twinkies and diet coke and they feel great. Maybe they even do. So before I begin, I'm going to tell you what this article is and is not, and then I'm going to lay out a few disclaimers about myself.

This is not about how to eat for the best health ever. That topic is too complex for this nor does it matter right now. This article will also not make suggestions that are 100% easy. You want easy? Keep doing what you're doing. Nothing could be easier. It's not about whether you should or should not eat meat or grains or soy or sugar.

It IS about the impact of those things and the way those choices affect you, the planet, your community, and the Kindreds (if at all).

Disclaimer: I'm a druid and a polytheist. I eat a paleo diet and I prefer local foods. I also have a powerful ice cream addiction that I'm working on and I exercise a lot. Note my bias and carry on.

I'm going to cover a few things out the gate. "Meat is murder". Sure it is. More to the point, it's killing since murder only applies to your own species, but let's not argue semantics. Meat is killing, of course. But let's acknowledge that so are grains and many vegetables and most of the rest of our lives. If you plant a field of wheat or potatoes or corn you dig up (and kill) hundreds of small animals from mice to rabbits to birds to reptiles to worms to insects .... tons of deaths comes from that one act. I am not laying a judgment on that, but we need to address right out the gate that you should not assume that you are not causing animal death just because you're not eating meat. So if your goal is to cause as little death as possible, just saying "don't eat meat" is not an acceptable answer. You're just passing the buck onto farmers. Let's be honest with ourselves.

And I think it's safe to sway that our ancestors have no problem with any particular foods. For some of us they may have had specific religious or cultural diets (kosher, halal, ethnic foods, etc) but I think it's a stretch to assume that they would look down upon us for not eating that way (however, a decision to honor their memory by eating in that way may be a very legitimate choice). Clearly the shining ones ate however they pleased for the most part in the tales told of them (they seemed to feast all the time in most cultures) and in most cases when eating was a problem for them it was about food



scarcity or about eating at a time and/or place when they should not (see: Persephone). Taking that into account, the big concern here are nature spirits and the earth Mother (or whatever spirits of nature you venerate).

To begin with, nature spirits are likely not opposed to killing. Wolves and bears are predators. Boars are omnivores and eat as many insects and small animals as they can get their snouts on. Even hens and other birds eat insects. And those animals that are not predators on some level are often prey. A prey animal might prefer to live, but the spirit of a prey animal likely understands the cycle pretty well. In many cases, then, we should accept that the aversion we might feel to the idea of killing to eat is not part of spirituality or nature, but a symptom of how far removed from nature we really are.

That said, I think it is very safe to say that no animal spirit - predator or prey - is interested in waste. Kill to eat, yes, but kill as little as you can. That is, I think, the ticket to handling the moral issues associated with death for survival.

**Meat:** Your best bet here is to eat meat that was hunted, wild caught, or raised in as natural a way as possible (for cows this means that they were grass fed. For pork it means they were pastured, etc). Why? The simple reason is that the less grains and additives in your animals diet, the less other creatures died to make it. Also, there is less wasted water, fuel, power, etc. It's a cleaner system, ideally. And, of course, YMMV depending on where you are, so get to know local producers and ask them questions. If you can't find or afford these things, then simply buy the

things you can afford and make sure to remember to be grateful not just for the cow or pig that lost it's life for yours, but also for the unseen animals that went into the production. Also, note that animals raised in this way produce healthier meat! It's not as crazy coincidence! It turns out that nature knows how to make this stuff! Also don't forget that meat is a lot more calorically dense than anything else you can eat. You need less of it than you do of a huge salad.

**Meat part 2:** While we're at it: eat as much of that animal as you can. I know you only like chicken wings drums and want to eat them for breakfast, lunch, and dinner .... but a chicken only has 2 of those tiny things. If that's all you eat, you're talking about many chickens per day. Will someone else eat the rest of that chicken? Probably, but let's do the chicken a favor and honor the rest of it. And seriously, look at the rest of that thing. Sure, beef filet is delicious, but there's a lot of cow left. Fat for cooking, livers and kidneys for eating .... if you expand your horizons a bit less of that animal goes to waste. And those things are really packed with nutrients, too!

**Eggs:** Not much to say here since eggs are not really chickens, but things that could have become chickens under other circumstances, but personally, I try to find a local source of eggs so that I know the chickens were pastured and left to roam in happy conditions. I like eggs, but I don't want miserable chickens on the other end (plus the natural eggs are higher in omega 3's and other nutrients like selenium that you just can't get in standard eggs).

**Vegetables:** The holy grail of vegetable finds are local farmers who grow things naturally with minimal chemical additives and use natural practices like crop rotation and co-planting to keep pests away, and who use natural seeds that they have grown themselves. They may as well also fart rainbows, though, because they are few and far between. If you find one, keep them, but odds are that the best you'll do is just finding local farmers who grow as naturally as they can manage and still get by. Hold onto these people and buy their vegetables. Try to avoid monocrop farmers. A farmer that rotates their cows and chickens into fields before planting knows their stuff for sure. Why? Glad you asked.

**Aside: Monocrops:** Sometimes farming is just about making good soil. In nature plants grow and then animals come along and eat them. They also kick up the ground and crap all over the place. Insects grow and live in this crap and then birds come by and claw at it, eating the insects while spreading the crap around with their feet to fertilize the soil so that when the vegetation grows back it's even stronger and healthier. (If you just said eww .... you have clearly never looked into the ingredients in industrial fertilizer. Go do that. I'll wait.) (Back? Yeah, I know. You're welcome.) That is how nature built the system and it's how the great plains became so lush.

Now the great plains are largely dry. Know why? Because there's no more animals there eating the plants because we killed all the buffalo. So the plants grow and take all the phosphorus and carbon out of the ground, but

very little gets put back in. Just like we eat animals they, in turn, eat us (in the form of waste and ultimately bones). We now add chemicals to the soil to prop that system up when all we really need to add is ruminants. So try to find a farmer doing this and not using more and more chemicals every year.

**Grains:** Yes, those are monocrops. No, there is no reason to eat them and I do not. Whether you do is up to you and it's none of my business, but bear in mind that they are a monocrop by nature and that there's really no good way to find ethically raised grains. Organic is the best you can do. Good luck there.

**Fruits and other plants:** By and large fruits and other plants are pretty inoffensive insofar as how they are grown. They don't take up a ton of room and I don't give eating them a second thought. Try to get them locally ... mostly because they will taste better and be fresher. Apples right off the tree are all their own kind of magic.

**Other Spiritual Concerns:** Anything that lived dies so that you can eat it from plants to pigs. As pagans sometimes it is enough that we show respect and thanks for that fact. If we were to take it one step further, we might want to know that that life was taken with reverence and kindness. Is there any way to know for sure?

Well, there is no alliance of pagan butchers, but fortunately for us there are other options. Kosher meats, for example, have to be butchered according to *shechita*, which is basically a Hebrew term for killing with respect and compassion. Sounds good, right? Well, the idea is great, but

the truth is that most modern slaughter methods are just as kind if not more so and far faster. Most animals today are stunned or rendered unconscious before being bled out. This isn't because the beef industry is compassionate, it's just because it's faster and easier. Cows are big and nobody wants to fight one. No, this doesn't work 100% of the time, but it works the vast majority of the time. Halal slaughter is not a lot different than kosher slaughter, but it is worth noting that the spinal column is left intact, which allows the animal to experience its death more completely. Depending on your outlook, this may be good or bad. I can see arguments either way.

Ultimately I'm more interested in making sure that animals are treated right while they live rather than for the few minutes they die, which are going to be unpleasant regardless. A pack of wolves do not knock a deer out before they bring it down, they just do and then they eat knowing that the deer put up a good fight. If hunting helps you feel more connected to this ideal, then I'm all for it. It is certainly a practice that was honored by our pagan ancestors and there are plenty of gods of the hunt to venerate while you're at it. I know very little about hunting, but what I do know is that if you're going to do it: practice. A clean shot is better than a bad shot every time.

**As for the rest:** There's a lot more you can do with food to get yourself in tune with nature and honoring it. Having your own garden is high on the list. Nothing will get you in touch with your agrarian precursors than tilling the soil like they

did .... even if the patch you till is very small. In fact, the difficulty you experience tending a 10x10 garden will help you revere them even more. It's a wonder we survived at all! And bear in mind that most pagans say that we honor the Earth Mother best when we tread lightly. That applies to food, too. Local foods grown in a natural way will always be the lightest way to eat. And not to take too big a page out of the book of our Christian fellows, but a prayer said before meals will never go awry. Here's one I like:

**As we begin our meal we take time to show our thanks for the creatures of nature that died that we may live, to the ancestors who showed us how to cook and eat, and to the shining ones who directed the growth of the meal before us.**

My (very Baptist) Father in law always adds, "Bless this food. Bless the maker and the giver. May we have the vitamins and nutrients from it as you would want us to have for our bodies." I have always thought it was particularly sweet. It's a good reminder that meal time is about eating, but also about nourishing and about being thankful for everyone that made it possible. If you come at it from that attitude, then maybe the rest of the details are just that.



# Crane Holiday Recipe Collection

## Wassail - Skarlett

1 gallon Apple Cider  
 1 bottle Schlafly Christmas Ale or other holiday spiced ale  
 1 ½ cups Tawny Port  
 ½ cup brandy  
 ½ cup maple syrup  
 2 shots of Irish Whiskey  
 1 tablespoon of mulling spices  
 1 large apple cored and sliced into rounds.

Combine all the ingredients in a large crock pot, place the mulling spices in a tea ball or a muslin bag and float the bag and apple rings on top. Heat on low for 4-5 hours and when Wassail is steaming, it is ready to be served.



## Glazed Meatballs - Skarlett

½ cup finely chopped apricots  
 2 teaspoons minced garlic  
 1 ½ pounds ground lamb  
 1 ½ teaspoons pumpkin pie spice  
 2 tablespoons canola oil  
 1 tablespoon honey  
 1 tablespoon apple cider vinegar  
 2 tablespoons pureed tomatoes  
 sea salt  
 pepper

Mix the meat, fruit, garlic, spices and seasonings together and then form meat mixture into small balls. Heat the oil in a large frying pan and then fry up the meatballs till browned on all sides. Remove meat balls from the pan and let drain on paper towels. Skim the fat from the pan, reserving the pan juices. Then add honey, vinegar and tomato puree along with a ¼ cup of water. Cook gently till a thick, glossy glaze forms. Place meatballs in a bowl and spoon sauce over meatballs and toss gently. Serve hot.

## Honey Lavender Ice Cream - Daniel R Davis

*Active time:* 20 min

*Start to finish:* 8 hr (includes steeping, chilling, and freezing)

### *Ingredients*

2 cups heavy cream  
1 cup half-and-half  
2/3 cup mild honey  
2 tablespoons dried edible lavender flowers\*  
2 large eggs  
1/8 teaspoon salt

*Special equipment:* a candy or instant-read thermometer; an ice cream maker

### *Preparation*

Bring cream, half-and-half, honey, and lavender just to a boil in a 2-quart heavy saucepan over moderate heat, stirring occasionally, then remove pan from heat. Let steep, covered, 30 minutes.

Pour cream mixture through a fine-mesh sieve into a bowl and discard lavender. Return mixture to cleaned saucepan and heat over moderate heat until hot.

Whisk together eggs and salt in a large bowl, then add 1 cup hot cream mixture in a slow stream, whisking. Pour into remaining hot cream mixture in saucepan and cook over moderately low heat, stirring constantly with a wooden spoon, until thick enough to coat back of spoon and registers 170 to 175°F on thermometer, about 5 minutes (do not let boil).

Pour custard through sieve into cleaned bowl and cool completely, stirring occasionally. Chill, covered, until cold, at least 3 hours.

Freeze custard in ice cream maker. Transfer ice cream to an airtight container and put in freezer to harden.

*Cooks' notes:* • To cool custard quickly after straining, set bowl in a larger bowl of ice and cold water and stir until chilled. • Custard can chill up to 1 day before freezing. • Ice cream keeps 1 week.

## Peppermint Pinwheels – Jan “Skylark” Avende

1 cup soft shortening (half butter)  
1 cup sifted confectioners' sugar  
1 egg  
1 ½ tsp almond flavoring  
1 tsp vanilla  
2 ½ cup sifted flour  
1 tsp salt  
½ tsp red food coloring  
1 egg white and 2 T water (for glaze)  
¼ cup finely crushed peppermint candy and ¼ cup sugar mixed

Mix shortening, sugar, egg & flavoring. Then mix flour & salt and blend thoroughly with previous mix. Add red coloring to half the dough and mix well. Chill the dough until firm.

On lightly floured cloth roll light dough in 12" square. Roll red dough to same size and place on top of light dough. Roll double layer gently flat until 3/16" thick. Roll tightly as for jelly roll. Chill 1 hr.

Preheat oven to 375°F. And slice roll to 1/8" thick. Bake on ungreased baking sheet for 9 min (lightly browned). While still warm brush with egg white glaze and sprinkle with peppermint mixture



## Holiday Marble Bark – Jan “Skylark” Avende

6 squares semi-sweet (or bittersweet) baking chocolate  
 6 squares white baking chocolate  
 1 cup crushed peppermint candies (approx. 50 peppermint starlight candies)

MICROWAVE semi-sweet and white chocolates in separate medium microwavable bowls on HIGH 2 minutes or until almost melted, stirring halfway through heating time. Stir until completely melted.

STIR 1/2 cup of the peppermint into each bowl. Alternately spoon melted chocolates onto wax paper-lined cookie sheet. Swirl chocolates together with knife to marbleize.

REFRIGERATE 1 hr. or until firm. Break into pieces. Makes about 1 pound.



## Blueberry French Toast Bake – Skarlett

12 slices of stale thick cut Italian bread cubed  
 2 Cups milk  
 2 8oz packages of cubed cream cheese  
 1/3 cup maple syrup  
 1 1/2 cups fresh or frozen blueberries  
 1 dozen beaten eggs  
 3/4 teaspoon apple pie spice  
 1 teaspoon vanilla extract  
 2 teaspoons butter

Divide the cubed bread, blueberries and cream cheese between two lightly greased loaf pans. In a medium sized bowl stir the milk, beaten eggs, maple syrup, vanilla extract and spice together. Split the egg mixture between the two loaf pans and then cover the loaf pans with foil. Refrigerate the two loaf pans overnight and in the morning heat the oven to 350 degrees F. Leave pans covered and bake for half an hour. Uncover loaf pans and bake a half an hour more. Serve hot with warmed blueberry syrup drizzled over each portion.

## Mint Chocolate Cookies - Jan “Skylark” Avende

3/4 cup margarine  
 1 1/2 cup brown sugar  
 12 oz. semi-sweet chocolate chips  
 2 eggs  
 2 1/2 cups flour  
 1/2 tsp salt  
 1 1/4 tsp baking soda  
 Andes mints

Melt margarine and brown sugar with 2 tablespoons water over medium-low heat. Add chocolate chips and stir until melted.



Remove from heat and let sit for 10 min. Beat in eggs, one at a time.

In a large bowl, combine flour, salt, and baking soda. Add to chocolate mixture in 1" balls. Place balls about 2" apart on foiled cookie sheet. Bake at 350°F 12-13 min. Remove cookies from oven and place 1 Andes mint on top of each cookie while still hot. When mint melts spread over top with knife.



# Simple Meditations

~by James "Seamus" Dillard

It has been said that meditation is an effective way of reducing stress and helping teach you to relax both mind and body. Meditation is an exercise that can also help build self-esteem and self-discipline, but like all exercises you must work at it to get better. There are many different types of meditation exercises you can do, here are two examples.

First is a simple meditation that I picked up while working on my ADF Dedicant Program. I'm not sure where I adapted it from but it was probably Ian Corrigan, so I credit him if not for the meditation itself then as the inspiration for it.

Find somewhere to sit down that is comfortable and quite. Sit down and relax. If it helps stretch before you begin. If you do yoga then that would be great. Once When you are ready sit and breathe...

Listen to your breathing, quiet your mind, think of your thoughts as background noise on a radio and turn them down. Listen to your body, feel your body.

Take inventory of yourself, relaxing, breathing deep, in...out...in...out. Feel the weight of your arms as they sit folded in your lap or hanging by your sides...

Breathe in deeply and hold it for a second; then slowly exhale...slowly and completely. Breathe in and out, feel your legs and feet and wiggle your toes...

Take another deep breath, and hold it before slowly releasing it...ahhhhhh.

Feel your heartbeat, listen to the soft beating that courses the blood through your body...

Relax and feel that rhythm. Roll your neck and relax, allow your body to go deeper...relaxing and listening to your own breathing...again take a deep breath...hold it...and slowly release, it pushing at the end until all the breath is out...

Now in your minds-eye, imagine a seaside...paint a picture in your mind of waves as they gently flow onto the beach and then just as easily recede back out...

Hear that sound of the surf...that gentle whooshing sound of the waves as they meet the sand...

Hear the sound of birds and smell the salt in the air...continue to breathe deep...in and out...

Feel the wind and sun on your face...allow yourself to enjoy the moment...feel the warmth of the sun, relax and just breathe...

Allow your cares to flow away on the waves...in and out like your breathing...as the waves take your troubles and concerns, feel the wind blow away doubt and negativity. Breathe deep and relax, be at ease with yourself...

The sunlight that warms your face penetrates you and energizes you. Warms you to the core...let that warmth wash over you...now just be...sitting there, relaxed, energized...

When you are ready, once again breathe deep and release it slowly...feel yourself coming back into your body...into the here and now, once again feel the weight of your legs...your arms...open your eyes and feel how relaxed and at peace you are.

Try this meditation exercise or write one of your own. You could use a setting of the forest, a meadow, a winter afternoon, a fall day, whatever helps you.

I know that some people cannot sit still but find they can get into a meditative state while jogging, others love to put headphones on and listen to drum or trance-type music. You need to

find what works for you, but there is a magic in learning to be still. There are other meditations in the book so if this one did not speak to you and you can't seem to write one yourself try one of the other ones. Don't give up! Focusing yourself is hard, more for some than others, but keep trying and you will be surprised at how much easier it gets the more often you do it.

The above text is an excerpt of the newly published book *Modern Day Warrior*, by James "Seamus" Dillard.

Follow on the path of the Modern Day Warrior!

Being a warrior is not about the military, but we do need to learn from our history books. It is not about security, but we should be ready and know how to protect. It is not about being an Eagle Scout, but we should be able to camp and know our way around in our environment.

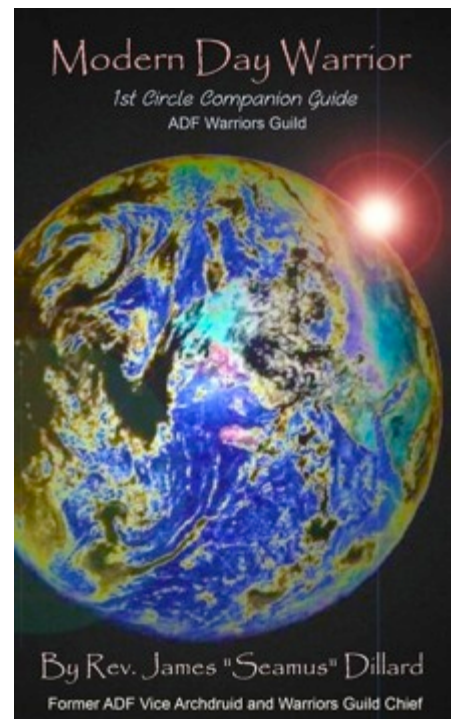
Being a warrior is about you being the best you. It is about never settling but always striving to improve yourself, mind, body and spirit.

Change yourself and you change the world.

The warrior spirit or energy is available to everyone, young or old, male or female, disabled...it doesn't matter. Tap into that energy of change and improvement. Throughout this book I would like to share with you just a few of the lessons that I learned, and I think you might find them useful whether you consider yourself a warrior or not...

For More information, including ordering information, please see:

<http://magicaldruid.com>



# Virtue: Vision

~by Tiogar (aka Lisa Lea)

**Vision** – The derivative of basking in the reflections of the mirror of the mind. “*Vision: To see within, or without.*”

HarvesterOfSorrow. “vision.” 26 Feb. 2006. *Urban Dictionary* online. 24 Mar. 2010.  
<UrbanDictionary.com  
<http://www.urbandictionary.com/define.php?term=vision>>.

**vi·sion** (vīzh'ən) n.

1. a. The faculty of sight; eyesight: *poor vision*.  
b. Something that is or has been seen.
2. Unusual competence in discernment or perception; intelligent foresight: *a leader of vision*.
3. The manner in which one sees or conceives of something.
4. A mental image produced by the imagination.
5. The mystical experience of seeing as if with the eyes the supernatural or a supernatural being.
6. A person or thing of extraordinary beauty.

tr.v. **vi·sioned**, **vi·sion·ing**, **vi·sions**

To see in or as if in a vision; envision.

[Middle English, from Old French, from Latin *vīsiō*, *vīsiōn-*, from *vīsus*, past participle of *vidēre*, *to see*; see *weid-* in Indo-European roots.]

**vi'sion·al** *adj.*, **vi'sion·al·ly** *adv.*

"vision." *The American Heritage® Dictionary of the English Language, Fourth Edition*. Houghton Mifflin Company, 2009. 24 Mar. 2010.  
<Dictionary.com  
<http://dictionary.reference.com/browse/vision>>.

**Vision:** the ability to broaden one's perspective to have a greater understanding of our place/role in the cosmos, relating to the past, present and future

Ár nDraíocht Féin. “vision.” *Our Own Druidry: an introduction to Ár nDraíocht Féin and the Druid Path*. Tucson: ADF Press, 2009. 15. Print.

Sometimes vision is about what is right in front of us; sometimes it is so much more. Vision is a both/and characteristic – thinking and perceiving of the world within and without, and trying to reconcile what may be diametrically opposed views. It can be about thinking outside the box, and seeing things in a new light. Perhaps it is not asking why, but rather why not?

Vision is not necessarily about reality, though it may come into a consensual agreement with reality. On the face of it, the night sky is a mass of stars and the incredible vastness of the spaces between – vision can be learning to discern the patterns of our reality, the constellations of events and situations that let us see a new orientation for our path. Vision helps us determine a North Star, a point of reference, so we have a way to navigate our lives. The brain is a pattern seeking device – vision is the brain process by which we perceive/conceive of our universe, how we make sense of it all.

“Speeding through the universe; thinking is the best way to travel.” ~ The Moody Blues, *In Search of the Lost Chord*, *The Best Way to Travel* ~ Vision is what we can see with our eyes, but it is also our conception of what can be. Gene Rodenberry's *Star Trek Universe* was predicated on the notion that we can effect change in our universe – he and the visionary writers that followed him have quite thoroughly fleshed out many stellar possibilities of what we could make of our universe if we share our visions with one another. Author Phillip K. Dick says, “Science Fiction is differentiated from Fantasy in that Sci-Fi elements are believable, that it is possible for these things to exist or happen.” Vision lets us reinvent our universe by “seeing” what we want it to look like and the ways to make that happen.



# Daily Devotional

~by James "Seamus" Dillard

I do this in the morning, so I don't do a full grounding and centering, but a simple focusing where I raise my hands palm up to around my chin as I inhale and then push my hands back down, palms down as I exhale nine times. This is known as the Nine breaths. I never do Outdwellers at home due to both respect for my Housewights and the warders of our house, Thor and Brigit. I call to Garanus (Crane) as my gatekeeper and animal ally, but you can call any gatekeeper you wish. I also don't do the ADF full order of ritual for my daily devotionals.

I call out to Garanus, Mighty Crane

Walker between the worlds,

beholden to none

Totem guild, grove mate

One foot on land, one in the water,

with your head raised to the sky

Join your magic with mine,

ward and aid me as I walk through this day.

(Offering made)

First, I thank the Mother Earth

All that I am and all that I have

Is because of her

She cradles me in her bosom

She clothes me,

feeds me and keeps me

May I walk softly

and leave light foot prints

(Offering made)

Ancestors, walk with me today

and always,

Thank you for your lessons

and sacrifices.

To the well, I give offerings

and ask my ancestors

Those of blood and bone,

those of spirit and faith,

Those who have blazed the trails before me

so that I may walk easier,

I praise and thank you.

Hail the Ancestors.

(Offering made)

Nature Spirits, walk with me today and always,

Thank you for your lessons and sacrifices.

To the tree, I give offerings

and ask my Nature Spirits

Those of stone and soil,

tree and leaf, blood and bone,  
 Those who dance the spiral dance with me  
 so that I may walk in balance,  
 I praise and thank you.  
 Hail the Nature Spirits  
 (Offering made)

Shining Ones, walk with me today and always,  
 Thank you for your wisdom and blessings.  
 To the fire, I give offerings  
 and ask my Shining Ones  
 Those of my grove, those of my hearth,  
 and those of my heart.  
 You who light the way with your brilliance,  
 may I walk my virtues.  
 I praise and thank you.  
 Hail the Shining Ones  
 (Offering made)

To the Kindred three,  
 For all the blessings I thank thee  
 May my voice resound in the well.  
 May my voice echo  
 through the trees.  
 May my voice carry on the fire.  
 I stand before you Mighty, Noble, Ancient Ones,

Not broken or on bent knee  
 But standing tall and free.  
 Thankful for the blessings  
 you have given me.  
 May I walk in honor, balance,  
 and service  
 May my actions be just,  
 My thoughts, pure.  
 Hail and glory to the Kindred

A gift for a gift, I have offered you praise and  
 offerings. Now I ask of you, Mighty, Noble  
 Ones  
 What lessons do you have for me?  
 (pull omen, see next chapter)

I thank the Kindreds for their blessings and  
 wisdom. May I walk in Honor, Balance and  
 Service, so be it.

(This text is an excerpt from the newly  
 published book *Modern Day Warrior*. For more  
 information, including ordering information,  
 please see:



# Virtue: Piety

~by Tiogar (aka Lisa Lea)

**Piety** – Noun form of pious, or devout (reverence in God). Associated with monks. "*Player hater, where's da piety?*"

Eclairsyum. "piety." 9 Mar. 2004. *Urban Dictionary* online. 24 Mar. 2010.  
<UrbanDictionary.com  
<http://www.urbandictionary.com/define.php?term=piety>>.

**pi·e·ty** (pī-tē) n. *pl.* **pi·e·ties**

1. The state or quality of being pious, especially:
  - a. Religious devotion and reverence to God.
  - b. Devotion and reverence to parents and family: *filial piety*.
  - c. A position held conventionally or hypocritically.
  - d. A statement of such a position: "*the liberated pieties of people who believe that social attitudes have kept pace with women's aspirations*" (Erica Abeel).
2. A devout act, thought, or statement.
3.
  - a. A position held conventionally or hypocritically.
  - b. A statement of such a position: "*the liberated pieties of people who believe that social attitudes have kept pace with women's aspirations*" (Erica Abeel).

[Middle English *piete*, *mercy*, *pity*, from Old French, from Latin *pietās*, *dutiful conduct*, from *pius*, *dutiful*.]

"piety." *The American Heritage® Dictionary of the English Language, Fourth Edition*. Houghton Mifflin Company, 2009. 24 Mar. 2010.  
<Dictionary.com <http://dictionary.reference.com/browse/piety>>.

**Piety:** correct observance of ritual and social traditions; the maintenance of the agreements, both personal and societal, that we humans have with the Gods and Spirits. Keeping the Old Ways, through ceremony and duty



Ár nDraíocht Féin. "piety." *Our Own Druidry: an introduction to Ár nDraíocht Féin and the Druid Path*. Tucson: ADF Press, 2009. 15. Print.

Some might think, as a noun, piety is something you have; however, it is much more about the things you do to achieve a state of piety. It is not just exhibiting devotion for those worshiped, but an integral part of the praxis of an integrated, holistic life. Piety is the practice of right action that informs wisdom, that makes the ongoing process of attaining wisdom meaningful. There is fulfillment through praxis – it is a process, not a destination.

Living piety is not just giving lip service to the feelings; it is living your devotion, even when you do not feel like it. A virtuous, ethical life is not about just going through the motions; it is about being of good service – right actions of devotion and obligation to yourself, to others, and to the Gods.

The way one keeps or practices piety is between the Kindreds and the worshipper. Repetition of devotional acts creates a foundation for one's faith, one's path, and one's life. Pious action reignites the fire within, and leads to belief and faith and knowledge – this is the core of spirituality, this is the heart of devotion, this is what one does to live a virtuous life.

# Brightest Blessings!

Crane kith and kin: I hoped you've enjoyed reading and tasting the variety of works within this latest edition of Crane Chatter. If you'd like to be included in the next edition, the deadline is March 10<sup>th</sup>, 2013. Please send me an email at [skylark913@gmail.com](mailto:skylark913@gmail.com).

Let the warmth of your kith and kin bring you joy as the sun returns to the earth.

*Three Cranes Grove, ADF*, is a fully chartered Grove of ADF. We are polytheistic, hold public rituals, and seek to better our world and ourselves.

Three Cranes Grove has been celebrating and serving the Gods and the community in central Ohio since 2002. Ten years of laughter, workshops, public rituals, and community service and involvement have helped us build and maintain some amazing relationships! They can only grow stronger!



For more information please visit:

[threecranes.org](http://threecranes.org)

<http://www.facebook.com/threecranes>

[adf.org](http://adf.org)