



## BAY AREA PAGAN ACTIVITIES AND NEWS

# BAPAN

BAPA's Mission is to serve the Pagan community as an information resource and to facilitate the practice of Pagan Spirituality.

Samhain 2003

### BAPA NEWS

#### *BAPA ON THE AIR*

We are currently planning another BAPA volunteer night at the upcoming KTEH pledge drive during the first week of December. If you are interested in participating, please contact Gary Mattingly at: [gsmattingly@yahoo.com](mailto:gsmattingly@yahoo.com).

#### *NEXT GAIA'S GATEWAY*

##### **Non-Wiccan Traditional Witchcraft with Tempest**

**Sunday, November 30, 6:00 - 9:00 PM**

Wicca and Witchcraft are two religions that are earth-based and nature centered belief systems but are otherwise quite different. Tempest will review their differing histories, terms, definitions and beliefs and lead us in a Modern Traditional Witchcraft ritual.

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### SAMHAIN EVENTS

- Saturday, November 1, 6:30 PM  
*NROOGD Samhain Ritual - Berkeley*  
Information: 707-644-8674 or [delphina@pacbell.net](mailto:delphina@pacbell.net).
- Saturday, November 1, 7 PM  
*Samhain Ritual - Sebastopol*  
Information: 707-433-3133, [pegasus@saber.net](mailto:pegasus@saber.net) or visit <http://www.reclaiming.org/rituals/sonoma.html>.
- Saturday, November 1, 7 PM  
*Bal des Vampires - Pleasanton*  
Information: 510-522-1731, [peers@peers.org](mailto:peers@peers.org) or visit <http://www.peers.org/index.html>.
- Sunday, November 9, 2-4:30 PM  
*Open Circle - Santa Cruz*  
A participatory event open to all.  
Information: 831-469-0336, [community\\_seed@mindspring.com](mailto:community_seed@mindspring.com) or visit <http://www.communityseed.org>.

Published by:

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## GAIA'S GATEWAY

Gaia's Gateway is a monthly open ritual featuring a different Pagan tradition each month. Each Gateway begins with an informative talk, and both the talk and the ritual are led by practitioners of the religion presented. We request a \$5.00 donation from non-members. Gateways are held on the last Sunday of the month from 6pm-9pm in the Fireside Room at the Palo Alto Unitarian Universalist Church (PAUUC, 505 East Charleston Road).

Directions: from Hwy 101, take the San Antonio Road exit West. Turn right on East Charleston. The building is about a mile down on the right-hand side of the road. As soon as you cross Middlefield Road, start looking for the church entrance on your right.

### Upcoming Gateways

- Sunday, November 30; 6:00 - 9:00 PM  
*Traditional Non-Wiccan Witchcraft*  
with Tempest
- *No Gateway will be held in December.*

### BAPA Library

The BAPA library, affectionately known as Athena's Archives, is a lending and exchange library which includes books, videos, cassettes, and tarot decks. Items may be checked out or donated at the monthly Gateway meetings.

## STANDING STONES

Bedrock groups of Bay Area Paganism which offer public rituals, networking opportunities, and/or classes.

### Organizations:

- Bay Area Pagan Assemblies, Palo Alto, 408-559-4242, //www.bapa.net
- Circle of Heart's Delight, a chapter of CUUPS, 408-292-3858
- Community Seed, Santa Cruz, 831-469-0336, //www.communityseed.org
- Covenant of the Goddess, Bay Area, 415-820-1500
- Full Circle Events, Santa Clara, 408-224-4625, //www.fullciclevents.org
- Lilith Institute, 650-345-5449, //www.lilithinstitute.com
- New Reformed Order of the Golden Dawn, Berkeley, 520-521-1040, //www.nroogd.org
- Pagan Interest Circle, San Francisco, a chapter of CUUPS, 415-476-5117 (Carlowe), 415-242-1608 (Nancy), //cuups.org/
- Phases, San Francisco, 415-468-5466, //www.phases.org
- Reclaiming, San Francisco, 415-256-1766, //reclaiming.org
- South Bay Circles, Palo Alto, 408-265-5180 (Bianca), 408-730-9622 (Bill), //members.aol.com/wabaldwin/sbc

## SAMHAIN ACTIVITIES

*On this night it is a Pagan tradition to offer cakes for the dead to keep them from causing mischief and to show respect and affection for them.*

### Samhain Tricky Treats

*What you need:*

1/2 Cup Vegetable Oil  
4 Ounces Unsweetened Baking Chocolate,  
Melted  
2 Cups Granulated Sugar  
4 Large Eggs  
2 Teaspoons Vanilla Extract  
2 Cups Sifted Cake Flour  
2 Teaspoons Baking Powder  
1/2 Teaspoon Salt  
1 Cup Confectioner's Sugar

*Directions:*

Mix oil, chocolate, sugar in a large bowl. Blend in eggs, one at a time. Mix in vanilla. In a small bowl, mix flour, baking powder, salt. Stir dry mixture into wet mixture. Chill 4 hours.

Preheat oven to 350 degrees F. Spoon 1 tablespoon of dough into a ball and coat with confectioner's sugar. Place on greased baking sheet, 2 inches apart. Bake 10 to 12 minutes until soft in middle but firm on edges. DO NOT OVER BAKE!

[From Jamie Woods & Tara Seefeldt *Wicca Cookbook*]

### Samhain Witches' Brew

*What you need:*

4 Cups Berry Juice (for Garnish)  
4 Cups Freshly Squeezed Orange Juice  
1/4 Cup Freshly Squeezed Lemon Juice  
8 Cups Apple Cider  
1 Cup Water  
1 Cup White Grape Juice  
1 1/2 Teaspoons Ground Cinnamon

*Directions:*

Use berry juice to make ice cubes. In a large Punch Bowl mix orange juice, lemon juice, apple cider, water, grape juice and cinnamon until blended. Chill for 1 hour. Add ice cubes for a gory garnish.

[From Jamie Woods & Tara Seefeldt *Wicca Cookbook*]

### Samhain Incense

*What you need:*

1 Part Allspice  
1 Part Sage  
1 Part Frankincense  
1 Part Gum Arabic

*Directions:*

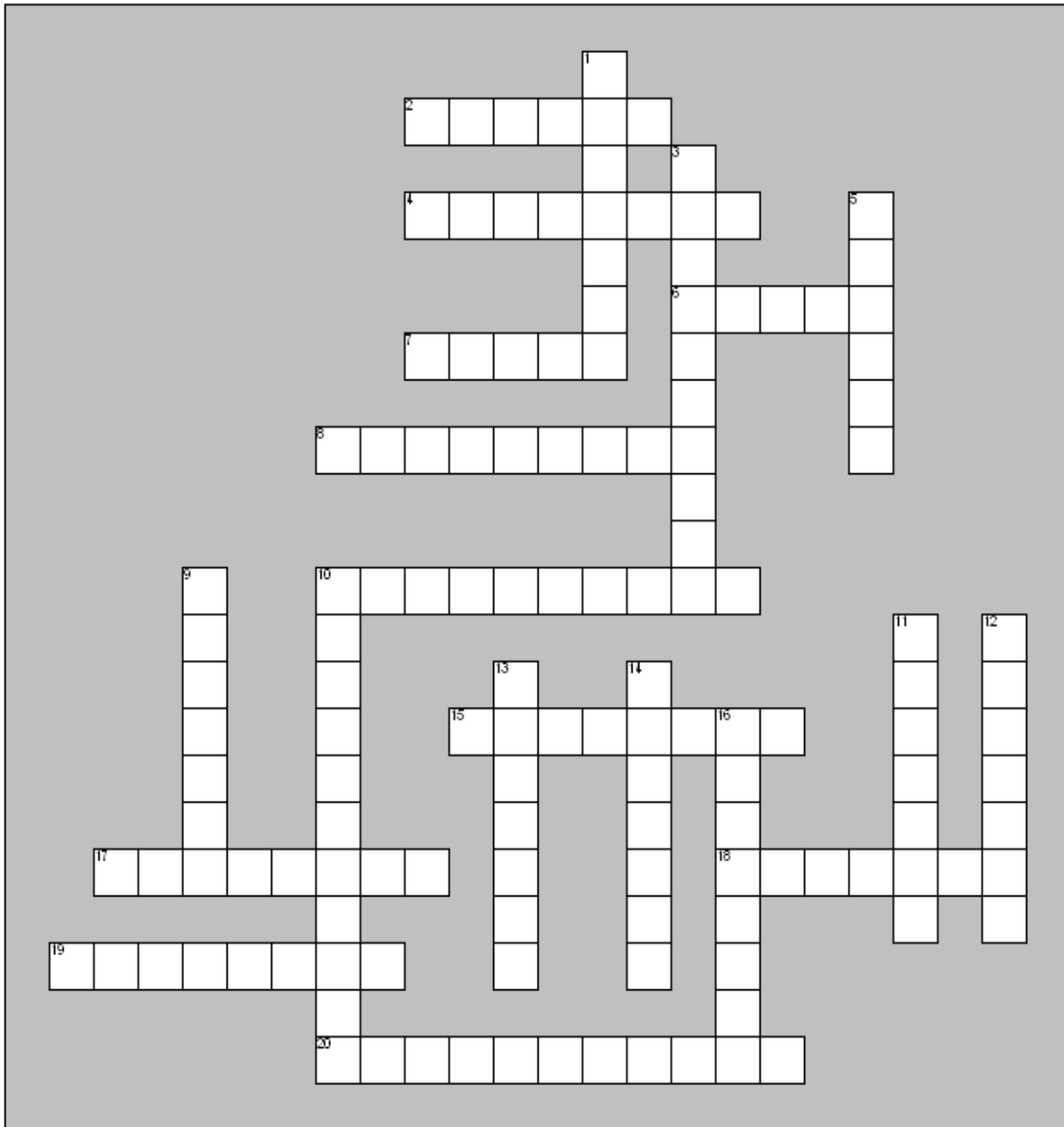
Burn during Samhain ritual.

[From A.J. Drew, *A Wiccan Bible*]

*Like no other holiday, Samhain speaks to us about death, thus reminding us of the value of life. On this day, it is considered common courtesy to invite our passed relatives back into our lives by preparing their favorite meals, telling their stories and calling their names to the night. Candles are placed in bowls of milk and honey to invite wayward spirits. And what do we tell them when they arrive? That we miss them, we know that we'll be with them again and for now we celebrate the days we have left.*

A.J. Drew, *A Wiccan Bible* (New Page Books: 2003)

# Crossword



## Across

- 2. concoction
- 4. critter
- 6. specter
- 7. spooky
- 8. ground cacao beans
- 10. costume ball

## Down

- 15. obfuscate
- 17. a necropolis
- 18. light
- 19. witch's pot
- 20. an underhanded act

- 1. garb
- 3. lily-livered
- 5. season
- 9. eidolon
- 10. roguish
- 11. cadaverous

- 12. keening
- 13. soothsayers
- 14. Cucurbita pepo
- 16. Mr. Bones

## UPCOMING EVENTS

*Bay Area Pagan Assemblies (BAPA) does not support or sponsor any of these events or contacts unless specifically stated. Please use your own discretion when attending these events or connecting with people you do not already know. This list is intended as an information resource only, and is non-promotional.*

### October 31 - Witch's Open House - Santa Cruz

Shekhinah Mountainwater will host a Witch's Open House starting at 7pm. Special guest Flash Silvermoon will be flying in from the East on her broom to share her recently released Wise Woman's Tarot and her wonderful bluesy jazzy rockin' music. Trick-or-treaters welcome. Open to all who come with love and honor. Later in the evening: a magical women's circle, stirred by Shekhinah, a long time local Muse, faery bard, a founding mother of the womanspirit movement, radical witch, and author of the classic Ariadne's Thread. Call for location. Information: 831-423-7639 or visit <http://flashsilvermoon.com>.

### October 31 - Halloween on the Wharf - Santa Cruz

Little witches, goblins, and ghosts and their parents can enjoy safe and sane trick-or-treating from 4-6pm at the Parks and Recreation Department's Halloween celebration at the Santa Cruz Wharf, right next to the Boardwalk. Treats for kids provided at wharf businesses. A costume contest from 4:30-5:30pm and a photo booth at the wharf stage are all part of the fun. Cost: Free. Information: 831-420-5273 or [wharf@ci.santa-cruz.ca.us](mailto:wharf@ci.santa-cruz.ca.us).

### November 1 – Open Meeting – Modesto

Open congregation meetings with Fellowship of the Earth take place the first Saturday of every month at 3 PM at the Universal Life Church. Information: [fote@partytown.com](mailto:fote@partytown.com).

### November 2 - Tarot Playgroup - Oakland

Change Makers, 6536 Telegraph Ave., hosts a Tarot Playgroup for women from 11am - 1pm on the first Sunday of every month. Bring your favorite deck, runes or fortune-telling tool, and we'll do readings for each other. Come to practice with a new tarot deck, or just to enjoy a free reading. Perfect for beginners who would like to develop their divination skills and enjoy the company of their sisters in a safe, low-pressure atmosphere. Drop-ins are always welcome, but please email us about scheduling the next Tarot Playgroup. Cost: Free. Information: 510-655-2405 [ChangeMakers13@aol.com](mailto:ChangeMakers13@aol.com) or visit <http://www.changemakersforwomen.com/>

### November 2 - Drumming Circle - Montara

ShamanMoon hosts an open drumming circle from 4-7pm, with potluck snacks served from 7-8pm. Anyone is welcome; no previous experience is necessary. Children are welcome, if they are able to lie still during the journey. Bring a journal, pen, water bottle, pillow, blanket and any drums or rattles if you have them. The purpose of this circle is to connect with our Power Animals and Spirit Guides on a regular basis, and to come together as a community. People are welcome to volunteer to "put on" the circle each month for the group. This includes planning a journey topic, altar focus, check-in, songs, etc. Information: 650-728-1407, [Laura@shamanmoon.org](mailto:Laura@shamanmoon.org) or visit <http://www.shamanmoon.org/pages/2/index.htm>.

### November 4 – Open Gathering – Berkeley

Fellowship of the Spiral Path (SPIRAL) offers ongoing classes and teaching circles, open rituals and clergy services for men and women at the Berkeley Unitarian Universalist Church on the first Tuesday of the month at 7:30pm. Information: Diana at 510-658-6033.

### November 4 - Healing Circle - Berkeley

The Toltec Center of Creative Intent, located at 2300 Roosevelt at Bancroft, hosts a Healing Circle from 7-9pm. This community gathering is an opportunity to share, explore, give and receive healing energy. Join in creating a magical container, which will bring out your intuition and open you to Spirit. Cost: Free. Information: 510-649-0352, [info@spiritweavers.com](mailto:info@spiritweavers.com), or visit <http://www.spiritweavers.com>.

### November 4 - Living and Knowing as a Modern Witch - San Jose

San Jose Bookshop, 1231 Kentwood Ave #E, will host the Living and Knowing as a Modern Witch series of classes, presented by Tempest at 7:15pm on Tuesdays. Explore a balanced approach to the realm of the Earth

## UPCOMING EVENTS

Religions, gain deeper insight to yourself, and learn how to better use and strengthen your own gifts in a positive and fun learning environment. Tonight's class will focus on Natural Magick. We'll explore the types of spellcraft and metaphysics that fall under the heading of "natural magick" and which are best accessed for your needs and situation. Cost: \$15 per class. Information: 408-446-0590, [tempestthewitch@yahoo.com](mailto:tempestthewitch@yahoo.com).

### November 5 - Making Friends with the Qabalistic Tarot Classes - Santa Cruz

Amber Jayanti will teach a 12-week, beginning to advanced level, esoteric and practically-oriented course that introduces you to the history and basics of the Qabalistic Tarot. Curriculum is directed to the study of 'attributes' such as: the Hebrew letters, Qabalistic Intelligences, astrological, numerological, alchemical, herbal and psycho-spiritual correspondences of the Major Arcana. You will discover what cards are relevant to your life at this time. An overview of the Minor Arcana is also presented. This class is designed to help students find out whether working with this system appropriate for you. Total class time is 36 hours. Amber Jayanti is the author of *Living the Tarot*, *Principles of the Qabalah*, and *Tarot for Dummies*. Hosted by the Santa Cruz School for Tarot and Qabalah Study, founded in 1975. Cost: Sliding scale. Information: 831-423-9742, [amber@practical-mystic.com](mailto:amber@practical-mystic.com) or visit [www.practical-mystic.com](http://www.practical-mystic.com).

### November 5, 19 - Ka Lele: Hawaiian Healing Breath and Movement - Aptos

Iolani Negrin presents Ka Lele: Hawaiian Healing Breath and Movement, at The Well Being Center, 5905 Soquel Dr, Suite 150 from 6:30-8:30pm. This is a ceremonial class bringing forth the mana (spiritual power), aloha (unconditional love) and essence of ancient Hawai'i. Ka Lele (the flight) is an ancient Hawaiian practice originating from kahunas (Hawaiian shamans). This prayerful movement was designed to promote healing in one's body and entire being. Hele Mai, Come! Experience a taste of mystical Hawaii. Cost: \$20. Information: Gregory at 831-685-1138, [gregory@sanctuary-illumination.com](mailto:gregory@sanctuary-illumination.com), or visit [www.sanctuary-illumination.com](http://www.sanctuary-illumination.com).

### November 6 – Pronaos Ritual – Aptos

Pronaos Ritual Work, with Artisans of Light, on the first Thursday of every month at 8pm. Pronaos is a unique and powerful opportunity to participate in ritual, the language of the Soul. Pronaos awakens our consciousness to a variety of meanings for the symbols we study and helps us apply universal principles in our daily lives. The ritual brings to our awareness the poignant bond we enjoy with the Inner School, with each other, and with our own Inner Self. This heightened awareness, in turn, results in receiving more help when studying by ourselves. It provides us with a support system. Information: [artisan@thegrid.net](mailto:artisan@thegrid.net).

### November 7 – Rune Class – Berkeley

Rune Classes are being offered on the first Friday of every month with Hammer Oak Kindred at 7:30pm. Two to three runes of the elder futhark will be studied in each class. It's part lecture, part discussion and almost always there is an activity relating to the rune. A donation between \$2-\$5 is requested to pay for the room rental, but no one will be turned away for lack of funds. Information: Eric at [eric@iconoclast.net](mailto:eric@iconoclast.net).

### November 7 - Drumming Circle - Fremont

Balance Point hosts a drumming circle on the first Friday of every month at the Center for Positive Living, Tri-City Church of Religious Science, 40155 Blacow Road (at Stevenson Blvd). Come and experience the heartbeat of the Mother drum as we connect to Great spirit. Beat your drums, shake your rattles, sing, dance or sit and let the music awaken your inner fires. Advance registration required. Cost: \$10. Register: <http://www.hypnosis-reiki.com/workshops.html#circle>. Information: [Wapaske@aol.com](mailto:Wapaske@aol.com).

### November 8 - The Sacred Grove: Celtic Earth Wisdom for Today - Santa Cruz

Mara Freeman presents The Sacred Grove: Celtic Earth Wisdom for Today at the UCSC Arboretum, Horticulture Bldg from 9:30am-4:30pm. In this workshop, we will explore the many streams of Celtic earth-based spirituality, including; The ancient religion of the Neolithic and early Celtic peoples, who experienced the land as a Great Goddess, The sacred ecology of the early Celtic Church, as expressed in the stories and poems of the hermits who lived and worshipped in the woods, The customs and practices of 19th century Scottish country-people whose sense of a divine presence within nature led to the weaving of a complex and beautiful tapestry of daily and seasonal prayers, rituals and ceremonies, The Druid mysteries of water, stone and tree from

## UPCOMING EVENTS

ancient times to the modern Druid movement, which works to restore a spiritual awareness of the land today. Cost: \$125 (\$138 if registering after October 25.). Use code EDP032W15 to enroll. Information: 1-800-694-1957 or mara@celticspirit.org.

November 9 - Sunday Morning Goddess Celebration (for Women) - Oakland

All women are invited to a monthly Sunday morning Goddess celebration at Changemakers for Women bookstore, 6536 Telegraph Ave, from 11am-12:30pm. Wanting to explore and celebrate feminine images of the Divine? Wanting a greater connection with the Goddess in your day-to-day life? Whether you're experienced in Goddess spirituality or new and curious, come honor and celebrate the Goddess within and without at these Sunday morning circles. Please come celebrate with me and share your own wisdom and traditions. Ritual garb or street clothes are appropriate. Cost: A free-will offering of thanks will be taken each time to benefit Changemakers. Information: Nancy at nlogilvie@aol.com or visit [www.changemakersforwomen.com](http://www.changemakersforwomen.com).

November 9 – Open Circle – Santa Cruz

Community seed invites you to an open ritual at The Pacific Cultural Center, 1307 Seabright Ave, in the very comfortable upstairs 'Gallery' from 2-4:30pm on the second Sunday of every month. We recognize and honor both the male and female aspects of deity, call elemental guardians, cast circle, and make magic together for the good of all. This is a participatory event, and there will be no "onlookers". New comers are always welcome. Let us meet together in sacred trust to create closer spiritual bonds of love and understanding within our community and within our tribes. A simple feast will follow the ritual, and the opening of circle. (No potluck) Please bring: Yourself, your open heart and mind. Cost: small sliding scale donation to cover the costs of the hall rental (\$4-10). No one will ever be turned away for lack of money. Information: 831-469-0336, [community\\_seed@mindspring.com](mailto:community_seed@mindspring.com) or visit [http://www.communityseed.org/Events/Open\\_Ritual/open\\_ritual.html](http://www.communityseed.org/Events/Open_Ritual/open_ritual.html)

November 9 – Ritual and Potluck Social for Families – East Bay

Scarlet Cord (A member of the Fellowship of the Spiral Path) hosts a brief ritual followed by a potluck and social for families with young children beginning at 11am. These are regular gatherings held on the second Sunday of every month. Information: Mary at 510-526-1008.

November 9 – Women's Healing Circle – San Francisco

A Women's Healing Circle is held every second Sunday. Guided meditation, chanting, toning and drumming are used to call in the spirit healers to assist women in need of healing. Information: Lupa at 510-601-1428 or Nancy at 510-839-5292. "All healing is self-healing."

November 9 – Irish Music Session and Traditional Song Circle – Aptos

Gather every second Sunday from 6-10pm at Britannia Arms, 8017 Soquel Drive. All singers and instrumentalists are welcome. Information: Jessica at 831-335-7696, or Sheila at 831-464-2128. Sponsored by the Celtic Society of Monterey Bay.

November 11 - Living and Knowing as a Modern Witch - San Jose

San Jose Bookshop, 1231 Kentwood Ave #E, will host the Living and Knowing as a Modern Witch series of classes, presented by Tempest at 7:15pm on Tuesdays. Explore a balanced approach to the realm of the Earth Religions, gain deeper insight to yourself, and learn how to better use and strengthen your own gifts in a positive and fun learning environment. Tonight's class will focus on Decision Making: Ethics and Morals in Magick. Before anyone engages in spellcraft, you need to be fully aware of the complete consequences (positive and negative). We discuss various ethical and moral positions (beyond the "threefold law of return"), and how to exercise a metaphysical method for the most effective, beneficial outcome. Students should bring materials for taking notes. Cost: \$15 per class. Information: 408-446-0590, [tempestthewitch@yahoo.com](mailto:tempestthewitch@yahoo.com).

November 11, 25 - Toltec Wisdom; The Four Agreements - Berkeley

The Toltec Center of Creative Intent, 2300 Roosevelt at Bancroft, hosts open classes from 7-8:30pm. Learn

## UPCOMING EVENTS

powerful tools to transform all areas of your life, from work to relationships, health to abundance. These classes explore and expand on Miguel Ruiz's four agreements: Be impeccable with your word; Don't take anything personally; Don't make assumptions; and Always do your best. Cost: \$15. Information: 510-649-0352, info@spiritweavers.com, or visit <http://www.spiritweavers.com>.

November 12 – Open Circle – Berkeley

Hrafnar kindred hosts heathen events and rituals on the second Wednesday of every month, starting at 7:30pm. Open to both men and women, this is a potluck, and contributions of food and drink are welcome. Most meetings are open, but newcomers should contact Hrafnar Circle first to confirm the topic and location. Information: Diana L. Paxson, Box 5521, Berkeley, CA 94705, greyhavn@earthlink.net, or visit [www.hrafnar.org](http://www.hrafnar.org).

November 12 - Pagan Meetup - San Jose Area

Meet up with other local Pagans, Wiccans, Druids, all walks of pagan life - exchange lore, legends and learning at a vote-determined location near San Jose on the second Wednesday of every month at 7pm. Visit <http://pagan.meetup.com/> to sign up, and Meetup.

November 14 – Open Ritual – San Jose

Circle of Heart's Delight, a chapter of the Covenant of Unitarian Universalist Pagans (CUUPS), offers rituals at 7:45pm on the second Friday of each month. These are held in the beautiful round sanctuary of the First Unitarian Church of San Jose located at 160 N. 3rd St. Information: moonlet@dsldesigns.net, or call the church at 408-292-3858.

November 14 - Ceili (evening of Irish group dancing) - Felton

Comhaltas sponsors a Ceili on the second Friday of each month at the Felton Community Hall located at 6191 Highway 9. From 7:40-8:00pm learn the basic steps, then from 8:00-10:30pm enjoy live music and dancing (all dances are taught first). No partners are necessary, and beginners of all ages are most welcome. Cost: \$10 adult; children are free when accompanied by an adult. Information: <http://www.folkplanet.com/cce/index.html>.

November 18 - Toltec Wisdom; Recapitulation - Berkeley

The Toltec Center of Creative Intent, 2300 Roosevelt at Bancroft, hosts open classes from 7-8:30pm. Learn powerful tools to transform all areas of your life, from work to relationships, health to abundance. This class focuses on recapitulation, a dynamic way to reclaim and increase your energy. Cost: \$15. Information: 510-649-0352, info@spiritweavers.com, or visit <http://www.spiritweavers.com>.

November 18 - Living and Knowing as a Modern Witch - San Jose

San Jose Bookshop, 1231 Kentwood Ave #E, will host the Living and Knowing as a Modern Witch series of classes, presented by Tempest at 7:15pm on Tuesdays. Explore a balanced approach to the realm of the Earth Religions, gain deeper insight to yourself, and learn how to better use and strengthen your own gifts in a positive and fun learning environment. Tonight's class will focus on Spell Construction and Ingredients. Put it together with a good understanding of the types of spellcraft, and application of intent, we're now going to put it all together in an easy to understand and apply method. Students should bring materials for taking notes. Cost: \$15 per class. Information: 408-446-0590, tempestthewitch@yahoo.com.

November 22, 23 - Working with Inner Contacts, with RJ Stewart - Berkeley

During this workshop, RJ Stewart will reveal effective practical methods for working with Inner Contacts. These methods work immediately, and strengthen with practice. Information: arishaw@saber.net

November 23 - Sweat Lodge Ceremony - Boulder Creek

Char Lynn will host a Community Lodge, open to all men, women and children; Fire at 1pm, Lodge at 4pm. The intention is to create a safe, sacred space for healing, and to honor each person's process. Plan to arrive 30 minutes early. Help before the Lodge is appreciated. Potluck follows (nutritious foods please). Cost: The suggested minimum donation is \$20; work exchanges are available. Information: 831-338-2996 or [MtnChar7@aol.com](mailto:MtnChar7@aol.com).

## UPCOMING EVENTS

November 30 – Gaia's Gateway – Non-Wiccan Traditional Witchcraft – Palo Alto

BAPA sponsors Gaia's Gateway, an open public ritual featuring a different Pagan tradition each month. Gateways are held from 6-8:30pm at the Palo Alto Unitarian Church located at 505 E. Charleston Rd. Each Gateway begins with an informative talk, and both the talk and the ritual are led by the practitioners of the religion presented. This month's Gateway will be a presentation on Non-Wiccan Traditional Witchcraft, with Tempest. Wicca and Witchcraft are two religions that are earth-based and nature centered belief systems but are otherwise quite different. Tempest will review their differing histories, terms, definitions and beliefs and lead us in a Modern Traditional Witchcraft ritual. Cost: \$5 donation requested from non-members. Information: 408-559-GAIA (4242), ScoutGhst@aol.com or visit [www.bapa.net](http://www.bapa.net).

December 3 - Ka Lele: Hawaiian Healing Breath and Movement - Aptos

Iolani Negrin presents Ka Lele: Hawaiian Healing Breath and Movement, at The Well Being Center, 5905 Soquel Dr, Suite 150 from 6:30-8:30pm. This is a ceremonial class bringing forth the mana (spiritual power), aloha (unconditional love) and essence of ancient Hawai'i. Ka Lele (the flight) is an ancient Hawaiian practice originating from kahunas (Hawaiian shamans). This prayerful movement was designed to promote healing in one's body and entire being. Hele Mai, Come! Experience a taste of mystical Hawaii. Cost: \$20. Information: Gregory at 831-685-1138, [gregory@sanctuary-illumination.com](mailto:gregory@sanctuary-illumination.com), or visit [www.sanctuary-illumination.com](http://www.sanctuary-illumination.com).

December 7 - Medieval Manor Yule Feast - San Francisco

Phases will host their 7th Annual Medieval Manor Yule Feast at the SOMARTS Gallery at 934 Brannan from 4-8pm. This is a wonderful event to start your holiday season celebrations. We are creating Toad Hall from Wind in the Willows. The evening's entertainment will include storytelling, music and singing. Costumes are definitely appreciated, but not required. Bring an offering for one of the four elemental altars. Plan to light a candle to one or all of your ancestors. An all-you-can-eat feast prepared by Lionheart Catering will be served banquet style (eat with your hands or bring your own utensils). Cost: \$25 for adults; \$15 for children 5-12 and seniors. Price includes the feast and all entertainment. Reservations required. Information: 415-468-9664, [h2owitch@pacbell.net](mailto:h2owitch@pacbell.net) or visit <http://www.phases.org/>

December 7 - Drumming Circle - Montara

ShamanMoon hosts an open drumming circle from 4-7pm, with potluck snacks served from 7-8pm. Anyone is welcome; no previous experience is necessary. Children are welcome, if they are able to lie still during the journey. Bring a journal, pen, water bottle, pillow, blanket and any drums or rattles if you have them. The purpose of this circle is to connect with our Power Animals and Spirit Guides on a regular basis, and to come together as a community. People are welcome to volunteer to "put on" the circle each month for the group. This includes planning a journey topic, altar focus, check-in, songs, etc. Information: 650-728-1407, [Laura@shamanmoon.org](mailto:Laura@shamanmoon.org) or visit <http://www.shamanmoon.org/pages/2/index.htm>.

December 15 - Toltec Wisdom; Recapitulation - Berkeley

The Toltec Center of Creative Intent, 2300 Roosevelt at Bancroft, hosts open classes from 7-8:30pm. Learn powerful tools to transform all areas of your life, from work to relationships, health to abundance. This class focuses on recapitulation, a dynamic way to reclaim and increase your energy. Cost: \$15. Information: 510-649-0352, [info@spiritweavers.com](mailto:info@spiritweavers.com), or visit <http://www.spiritweavers.com>.

December 21 - Women's Sweat Lodge Ceremony - Boulder Creek

Char Lynn will host a Sweat Lodge Ceremony for Women; Fire at 9am, Lodge at 1pm. The intention is to create a safe, sacred space for healing, and to honor each person's process. Plan to arrive 30 minutes early. Help before the Lodge is appreciated. Potluck follows (nutritious foods please). Cost: The suggested minimum donation is \$20; work exchanges are available. Information: 831-338-2996 or [MtnChar7@aol.com](mailto:MtnChar7@aol.com).