

**The TU Journal: A monthly guide to what's new in the Spiritual Community.
September 2010**

School has started and everyone is winding down from an exciting and adventurous summer. Mercury is leaving retrograde and you can finally breathe again, slow down and just breathe. Read all of our events this month and pick one or two to attend and meet new and old friends and come out and socialize. There is many events happening, take time to read over and enjoy.

Central NC Pagan Pride Day Go to www.cncppd.org. Mark your calendars and volunteer an hour at this magical event. Go through the site and see last years photos. I have already marked my calendar for the event. See you there on SEPTEMBER 18th and 19th.

This year we are not taking many herbs to PPD. We are accepting herbal orders to be delivered at PPD. E mail me your herbal order and pick it up the Day of PPD. This way you will get all the herbs you need. Pre-orders will be given a free gift.

The Wilson Pagan's volunteer every year for CNCPPD, We are asking every group to VOLUNTEER a few hours this year. They need help for many duties. E-mail and commit a few hours. THANK YOU for supporting CNCPPD.

List of Events at Truely Unique:

Friday September 3rd, **ESP and Game Night**, Join in with others, Meet people and enjoy a free way to spend an evening. 6 PM

Tuesday September 7th: **Henna Body Art and Hair**. 12- 4 pm -.just stop by or call for more info or appointment call 237-3800
The Baron will also be here *for tea leaf readings*

Thursday, September 9th: **New Moon Celebration**: Join us for the feminine side of the moon. Tonight's celebration will be a moon Blessing and meditation. Come by to see what this is all about. Join us and share, bring in a can good. 6PM, Free

Friday, September 10th, **Kindred Spirits: A "New Pagans Night Out"** Join us for coffee, tea or other refreshments and speak with other kindred spirits in person of all religions and paths, on topics and word games to open the gap between us. This is a great way to meet people. This month's topic will be: Magical Tools to use them or not to use them? 6 to 8 PM, Free.

Saturday Sept 11th, **Balancing Your Elements-** by Michelle -Readjust your Element Energies to help bring your life back into balance. We will discuss over and under abundances, how they affect you, and how to balance the 4 Elements in order to have harmony. 4pm \$5.00

Thursday, September 16th, **Star and Indigo Children Class** and open discussion. 6 PM \$5.00

Tuesday, September 21st: **Henna Body Art and Hair**. 12- 4 pm -.just stop by or call for more info or appointment call 237-3800
The Baron will also be here *for tea leaf readings*

Friday September 24th : **Meditation Class**: Find ways to distress, to relax, and to change your being. Come in for a class and a 1/2hour meditation.6 PM \$5.00. If you have taken this class before, come in for the meditation free.

Thursday, September 30th: **Self Worth: Look inside your inner beauty**. Discussion and Class: 6 PM, Donations

This Month Sales:

Fragrance oils 25% off, many fragrances

Week of the 14 through the 17, many in-store sales, and register for a drawing: giving away two \$25.00 gift certificates. (Must make a purchase to enter, see rules in store)

**African and Egyptian Art and statuary 20% off
More in store sales all month!**

Coming in October!

Spirit Work 101: An Introduction to Communicating with Ghosts, Devas, and other Entities. With Sister Sarah and Ezra

There is more to Spirit Communication than EVPs or night vision cameras. Spirits can be powerful allies in your magical work, as well as very good friends. In this introduction we will cover *The history and nature of Spirit Communication through many faiths, beliefs and theories. *The 'types' of Spirits, including Ancestral Ghosts, The Helpful Dead, and Nature Spirits, and what they can help us accomplish. *Ways of Honoring Spirits, 'buying' their help, and a few words of caution.

Bring a picture of a loved one that has passed, an animal bone, a particularly lively crystal, or anything that you feel has a spirit and consciousness. We will be creating a small shrine to honor them, and ask for their guidance during the class.

Sarah Warren, also known as Sister Sarah is a certified Hoodoo root worker, historian and occult instructor, with many years experience working with spirit helpers, herb spells, crystals and candle magic. She comes from both Christian and Pagan backgrounds and is currently writing a book on a modern approach to traditional Hoodoo.

"Ezra" will also be in attendance. A collection of human bones from an antique medical curio, he is a very lively Spirit. Through a form of divination called "throwing the bones" Ezra is not shy about making his opinions known, and was a great help in creating the class. Make sure to say "hi!"

Also in October, ***A Taste of India***: Join us for a fun evening of sampling foods from India and getting your palm read, henna art and more.

The Wilson Pagans present: 2nd Annual Monster Bash
Saturday October 30th, 2010 7pm until Midnight
Wilson County Fair Grounds, Building E 2331 Hwy 301 South, Wilson, NC

Must be 18 years old to enter!

Buy In September and get your ticket for only \$15.00 Tickets are only \$20 or 2 for \$35. Buy early and get them for only \$15 each! We are now Selling Tickets at Truely Unique. Buy early and reserve your space, (we ran out of tickets last year)

Come dressed in your best costume to try to win a prize.

There will be Lots of games, Give-a-Ways and other contests, including the pumpkin decorating contest. Don't forget to bring money for the raffle! There will be a full spread of DELICIOUS food and plenty of refreshments and alcoholic punches.

Enter into the **Chili Contest for only \$10**. Cash prize for 1st place and 2nd place will win a great prize pack. (Must fill out an entry form at Truely Unique.)

For more info and to buy tickets, contact Kay at Truely Unique
(252) 237-3800 <http://truelyunique.com>

What is Kombucha? Kombucha, a health drink, is produced with a perfect blend of sugar and fermenting tea, and the Kombucha culture. The taste it offers is something like champagne and sparkling apple cider. It actually depends on the type of tea you prefer to use. There is limited scientific information supporting any health benefit and few studies are being conducted, although there are several centuries of anecdotal accounts supporting some of the health benefits attributed to the tea. Kombucha is available commercially and can be made at home by fermenting tea using a visible, solid mass of yeast and bacteria, which forms the kombucha culture which is often referred to as the "mushroom" or the "mother". Moreover, it has been proven that one can get rid off some serious cases, including arthritis, constipation, fatigue, gout, arteriosclerosis, cancer, and multiple sclerosis if prefer Kombucha tea regularly. Kombucha tea helps in detoxification of the entire body that let the entire body to stimulate properly. Once it eliminates the body toxins, the body can heal itself flawlessly. We have some at the store, stop by and get some today.

Community events:

First Saturday of Every Month: **Goldsboro Fellowship Pagan Group Meeting**: If you are interested please email me. at dixiedelicia@yahoo.com. I will be happy to answer any questions.

Wilson Pagan Meeting: the second Saturday of every month. Call 237-3800 for more info.

Women's Retreat with Jane Webster

Saturday, September 4, 2010 9 am - 4 pm

- 9:00-10:00 Gathering and Welcome: Exploring our group · 10:00-11:00 Yoga stretching: Exploring our bodies
- 11:00-12:00 Guided Chakra Meditation and Assessment: Exploring our energy
- 12:00-1:00 Lunch provided: delicious home made soup and sandwiches
- 1:00-2:00 Setting goals: Exploring our priorities · 2:00-3:00 Developing a plan: Exploring our potential
- 3:00-4:00 Celebration

What to bring: · wear comfortable relaxed clothes · a yoga mat (if you have one), or a large towel · a journal and pen, colored pencils or crayons .

Handouts and lunch will be provided. Let me know if you have any dietary restrictions (vegan, vegetarian, allergies, etc.)

Cost: \$70 if paid in advance; \$80 at the door. Payment by cash or check; if in advance via email, I will send you a link to pay on line with a credit card. Because space is limited, reserve your space by calling or sending me an email (with or without payment).

To register or make inquiries, call Jane Webster at 252 292 0818 or email contact@spiritualdirectionsnc.com<mailto:contact@spiritualdirectionsnc.com>

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Winter Quest

As the summer starts coming to an end we get closer to our favorite winter event, Winter Quest! This year's theme is "Strength in Community, A Circle Empowering You and Me" which some may recognize from a Spirial Rhythm song :) We are planning an awesome event and I am looking for folks who wish to teach some learning circles. If you would be interested in teaching please let me know. Also if you have thought about teaching but need some help or some ideas let me know as well and we will help you out. All workshop ideas are welcome though we would appreciate it if you can find a way to incorporate this years' theme into your workshops. If you would like to help out in other ways you can also contact me with that and I will get your information to the right folks for what you would like to help with. I look forward to seeing your workshop ideas and to seeing you at Winter Quest January 14-16 2011 at James River State Park. Thank you,
Stephanie Taylor, workshop coordinator
contact: aine0021@gmail.com

There is still some room at Wilson Community College for Tuesday Evening **Belly Dancing**, 7:00 pm. Cost of class is \$35.00...What a great way to meet and exercise. Sign up at Wilson Community College.

The **Norse Discussion Group**: Open to all interested in Celtic/Norse traditions. (Every fourth Saturday). Do you have an interest in Celtic Norse tradition? : Will be returning in the fall.

What: **Tinctures, Oils, and Salves** When: Monday, September 13, 2010 7:30 PM Price: \$15.00 per person

Where:

Toad Song Farm (aka Mizio's Greenhouses) 14765 Buffalo Rd Clayton, NC 27527 919-553-2992

For this workshop, we'll be exploring how to make herbal tinctures, oils, and salves - all of which are great additions to your herbal remedy chest. The cost of this workshop is \$15.00, and includes all materials and supplies. To register, call (919) 553-2992 or (919) 815-6090. <http://www.meetup.com/claytonherbsncountryliving/calendar/13467068/>

What: **Herb Sugars and Teas** When: Monday, September 27, 2010 7:30 PM Price: \$15.00 per person

Where:

Toad Song Farm (aka Mizio's Greenhouses) 14765 Buffalo Rd Clayton, NC 27527 919-553-2992

Come on down to Toad Song Farm and explore how to make herb flavored sugars and herbal teas. We'll mix up some sugars and try some different herbs for tea. Participants will get some great ideas for gift giving as well. The cost of this workshop is \$15.00 and includes all materials. To register, call (919) 553-2992 or (919) 815-6090.
<http://www.meetup.com/claytonherbsncountryliving/calendar/13467094/>

Past Life Regression gives you an opportunity to explore past lives and the imprint they have had on your life: recurring and unexplained patterns, obsessions, dreams, etc. Bring a talent forward from a previous life. We will be having a workshop on past life regressions on Saturday, October 2, from 1-4 pm at 2906 Ridge Rd NW Wilson (my house).

What to bring: journal, pen, wear comfortable clothes (optional: a blanket or mat if you prefer to journey lying down, eye cover, ear plugs) To facilitate your journeying, please limit the amount of caffeine that morning. Some comfort with shamanic journeying will be required. If you would like a session on journeying before then, let me know and I will schedule one. Pre-register to save your space. Cost: \$30 if paid in advance; \$35 at the door

Payment may be made by cash, check or on-line (I will send you an invoice to pay through GoogleCheck.)

I look forward to hearing from you!

Jane www.spiritualdirectionsnc.com<<http://www.spiritualdirectionsnc.com>> 252 292 0818

We will advertise your event, just let us know in advance and we will post it in the store and through e-mails.

Can Food Drive

Our New Moon Celebration Group has discussed ways to help the community, one person brought up that in the summer months some tribes help the elderly and children during the summer months by house keeping, painting and repairs and feeding the poor. We all agreed to collect food the entire year, for the poor. Why wait till the holidays? They need food all year, we are collecting can and boxed goods in our store for the Hope Station, and the Woman's shelter, the food box will be here all year and we will deliver monthly to them. Please stop by and give what you can.

Artist of the month: Natural Elements Artisan Soap

I am excited to announce that my business, Natural Elements Artisan Soap, is now online at Etsy.com. Etsy provides a space where people who create handmade items can market them directly to potential buyers for a small fee. Etsy offers many of the popular features of Ebay including specialized searches and paypal payment options. Please check out my storefront and items for sale at <http://naturalelementssoap.etsy.com>.

Those of you who have tried my soaps could help my online business grow by making a mock purchase (or a real purchase) and leaving a positive comment about the product on my site. Hearting my site as a favorite (a process described at Etsy) is also helpful. To make a mock purchase that keeps my seller's fees as low as possible, choose to buy a single item (any item you like). Select "Other" as your payment at checkout. If you live out of state and select "Other" as your payment option, I will know that this is a mock purchase, but an email letting me know you have done this would be great as well. Email me at hbest@kent.edu or soaplady@naturalelementssoap.com

Natural Elements Soap is dedicated to providing you with high quality 100% natural artisan products that thrill your senses, ease your mind, benefit your body, and nurture your spirit. Our products are handcrafted in small batches with care and respect for people and planet. We use 100% natural ingredients. It is a joy to offer you earth-friendly natural products made from our own vision, hands, and hearts. Try one of my soaps today at Truely Unique.

If you are an Artist/Spiritual Consultant in our store, thank you! We have free advertising on our .com site and we pick one Artist a month to write about. So, write up a small Bio, and E- Mail me and we will post it.

We now have over 55 local artists showing their wares in our store, support your local artist.

Natal Birth Charts and Numerology by Mystic Design is now available. Come by and find out more information.

Read our entire .com site for great information. You will enjoy what our customers and friends have contributed.

Blessings to all the fall and enjoy the adventure.

Kay and Osvaldo