

NEWSLETTER
Truely Unique and Kettle Spot Ceramics
2006 US HWY 301 South Wilson NC 27893
truelyunique.com august 2026 kettlespot.com

August is crystal and stone month. Stop by and get out of the heat for some great classes, sales and events. We are almost out of bug off spray and incense for your outdoor events.

With every purchase over \$20.00 you will get a free stone. (\$2.00 or under).

Sales:

All stone and crystals in the store are 50% off.

All bags to store your stones in are 50% off

Crystal and stone anointing oils 50% off

Crystal balls 25% off

Weekly:

Every Tuesday and Thursdays and some Saturdays: Painting Ceramics: *Kettle Spot Ceramics*. Did you know we opened paint your own pottery in our family room? \$25 flat rate lets you paint in our studio for 2.5 hours. Let your art out! **Painting Ceramics:** and paint yourself you'd like to glaze your pottery. **Make it a party for groups of 4. Schedule today!**

Every Wednesday Coloring day! Come in and cool off and relax. Socialize with others and just have fun. Free event.

Tarot Readings: Walk-ins on Friday. Make a Unique choice from her community chest. Standard readings \$50.00.

Every Friday: noon to 4:30 PM **Chakra Healing/Balancing with Darlene.** Come in and refresh yourself. Balancing with tuning forks, crystals, and/or Reiki energy are used to help clear and balance the energy of the 7 main chakras. A thirty-minute session is \$50.00. Also available is a chakra oracle reading session that can focus on a specific chakra. Approximately 10 minutes for \$10.00 per Oracle card. Darlene is a Reiki master/teacher with a chakra certification and 30 years of experience in healing energy. Email dcandrey@hotmail.com Tuning forks, crystals and/or Reiki energy are used to help clear and balance the energy of the 7 main chakras. *A thirty minute session is \$50.00.* Reiki Sessions is by appointment only. And is \$40.00 for 30 min and \$60.00 for 1 hour.

Herb of the Month: Dill:

Medicinal: Antispasmodic, antibacterial, expectorant, & stimulant. Colic & stomach ailments. Relieves nausea. Try Dill on any summer salad, especially well in potato salad. Grind dill and use as an alternative to salt.

Spiritual: Protection, (protects children) money, love, & lust. Place over your door to prevent evil from entering home. Make sachets for protecting your children. Adding dill to your bath water will make you irresistible. If eaten or smelled, will stimulate lust. Male, mercury, Fire.

Our Community Events and Classes.

If you cannot make it on the day of the class, call us to schedule another day.

Friday July 31: **Learn to meditate with Kay and a Full Moon Meditation** after class. **6 PM** Class is \$30.00, **7 PM** full moon meditation is free.

Saturday August 1st 1-4 pm ***Chakra Class with Darlene:*** Join in and learn the basics, health benefits and spiritual *elements* of working with Chakras. This is a 2 hour class with materials and meditations. Chakra clearing appointments with Darlene: before and after class. **\$30.00**

Saturday August 1 **Game Day, 12PM to 4 PM:** Gather with others and play board or card games with others. Bring goodies to share or tip the jar for our goodies.

Wednesday August 5: **Rocks, Crystals and Stones.** Basic uses of them and learning the differences. **2PM \$30.00**

Friday August 7: **Spiritual Night Out: 5 to 7 PM. Free event.** Come out and meet others with like interest. This month we will discuss Crystals and stones. Bring your stones, ideas and share.

Saturday August 8: **Choosing your Stones and Crystals. 2PM \$30.00:** Facts, fictions and history.

Friday August 14th 5-8 ***Chakra Class with Darlene:*** Join in and learn the basics, health benefits and spiritual *elements* of working with Chakras. This is a 2 hour class with materials and meditations. Chakra clearing appointments with Darlene: before and after class. **\$30.00**

Saturday August 15: **Crystal and stones clearing, cleansing and purifying. 2 PM \$30.00**

Wednesday August 19: **Programming your stones and crystals. 1 PM \$30.00**

Friday August 21: **Rocks, Crystals and Stones.** Basic uses of them and learning the differences. **2PM \$30.00**

Saturday August 22: **Choosing your Stones and Crystals. 2PM \$30.00:** Facts, fictions and history.

Wednesday August 26: **Crystal and stones clearing, cleansing and purifying. 2 PM \$30.00**

Friday August 28: **Hands on Pendulum Class with Billy 6PM \$30.00.** Learn the many ways you can use the pendulum. Bring your own pendulum or we can provide one for you.

Saturday August 29: **Crystal and stones clearing, cleansing and purifying. 2 PM \$30.00**

August Moon Magic by Jess

**August-6-2026 is the Last Quarter, August-12-2026 New Moon,
August-19-2026 First Quarter, August-28-2026 Full Moon.**

Full Moon's Historical Name: Sturgeon Moon **Less Common Name:** Green Corn Moon

Historical Significance: The sturgeons are in full run, as observed by North American fishing tribes.

Today's Magical Significance: Let the Moon's light illuminate the bounty in your life. Take stock of what you may be missing and set intention to reap the benefits surrounding you.

PERIDOT

Meaning: Peridot symbolizes strength. **Energy:** This stone helps usher in prosperity and peace.

Full Moon Major Arcana Tarot Cards: The Sun; The Moon

Message: Acknowledge the abundance in your life. Share your bounty (knowledge, time, money) with others. Shine Friendship's warm light on others who need help.

Lughnasadh or Lammas

First of the three Harvests honoring all of the Sun Gods. Bring Forth the First Fruits and Celebrate.

Colors: Red, gold, yellow, green, orange, brown and black.

Herbs: Ginseng, Eucalyptus, Alfalfa, Frankincense, Hops, Rosemary, Sage, Calendula, & Fenugreek.

Foods: Corn, Wheat, Rye, Rice, Barley, and other grains. Blackberries, honey butter, tomatoes, cucumbers, and all other first Harvest foods.

Rocks & Stones: Moss Agate, Citrine, Tourmaline, Amber, Green Jasper, Bloodstone, Topaz, and Malachite.

Incense: Sandalwood, Greenman, Frankincense, Fire, and Earth.

Make Grain Wreaths: Corn Dollies, Corn Cakes and Sunny Colored Cookies, Drink Ale and Blackberry Wine.

Try you best in Games of Skills, and Count your Blessings while passing the loaf of bread and the goblet of wine.

Harvest Blessing!

Break Bread with the Lord and Lady:

Drink from the vines of Demeter and Baccus.

Enjoys the moments with our elements during this season and embrace them.

Thank all for the season plenty.

Remember your bonds, commitments, and your loyalties to which you honor.

We are a community, a family and we are committed to each other.

Share daily with all. Blessings this Day.

KIs Living Green Lammas 2026

Our local artist in our store: support our local artist.

Arrowhead Farms,

Magical Wolves,

Ron Taylor Stonemage,

Nyx Jewelry and Creations,

Spiritual Lift Creations incense,

Baba Yaga Candles.

Citali Kawaykla

Skin Society,

Knights Haven,

Ravenfur honey and eggs,

Millicent prayer beads and jewelry.

KNF Resins and Such

Can't make it to the store go to kettlespot.com

Sarah's' recipe for August: Salmon Patties

The dog days of summer are here, and it's too hot to cook inside. So let's make something that can be done inside or outside, depending on what you have available to you. This is a recipe that you can multiply to feed as many people as you have in your family. There are just 2 of us in my home, so I'm making a smaller amount. Play with it to see what you like and what will fit your family. This month, we're making salmon patties. This can be done all on the grill or baked and cooked in a pan inside. I'll try to incorporate both methods in the instructions below. It sounds like a lot, but don't worry – it's not hard.

You'll Need: **For the Sauce:**

- * ½ Cup Mayo
- * ½ Cup Sour Cream
- * ½ Lemon for the Juice (or about a TBSP)
- * Dill, Garlic Powder, Your Preferred Hot Sauce, Salt, Pepper – All to Taste

For the Salmon Patties:

- * 2 Salmon Filets (about 14 oz)
- * 1 Egg
- * 1 Clove Garlic (or a spoonful of jarlic)
- * 1 Cup Panko Breadcrumbs (possibly a sprinkle more)
- * 2 TBSP Diced Bell Pepper (any color will do)
- * 2 TBSP Mayo
- * 1 TBSP Dijon Mustard
- * Zest of 1 Lemon

A Splash Lemon Juice, Parsley, Salt, and Pepper – All to Taste

To Make: * Mix all sauce ingredients together, taste for additional seasoning, set aside to chill in the refrigerator

* For the salmon patties – either bake both patties at 350 for about 10-12 minutes or grill on medium-high for about 4 minutes per side. Note for grilling – rub with a little olive oil to prevent sticking. For baking – bake on foil in the oven or air fryer

* Add the following to a food processor – One cooked salmon patty, the egg, garlic, bell pepper, mayo, Dijon mustard, lemon zest and juice, parsley, salt, and pepper – pulse until you form a paste

* In a large mixing bowl, flake apart the second salmon filet and mix it with the breadcrumbs. Then add in the salmon mixture from the food processor.

* Fold everything together gently so that you don't break up the second salmon filet too much (you want some structure). If the mixture is too wet and not holding together, you can sprinkle a little more breadcrumb in.

* Using a 1/3 measuring cup, scoop out and form patties. Place the patties onto a plate.

* You can either cook using any of these methods:

- Grill on medium-high heat for 3-5 minutes per side (use a pan on the grill with racks or a flat top grill will be fine)
- Heat a drizzle of olive oil on the stove on medium-high heat and cook for 3-5 minutes per side
- Heat an air fryer to about 400 and cook for about 3-4 minutes per side or until golden and crispy. To check, cut a patty and make sure fish is fully cooked

Serve with the sauce and any side.

I hope you enjoy!

Supporting Businesses and Local Artist we work with.

Many carry our products: Supporting and visiting them supports us. Want to be added to our collective list? We are looking for other stores to carry our handmade incense and teas. Stop and shop supporting small business. We support each other.

Create Your Dreams (<https://createyourdreams.com/>) Shares our news with all. Shamanic Training/Medicine Wheel Program (Certification Program) at chris@createyourdreams.com for more information.

Dancing Moon at 1840 Wake Forest Rd Raleigh, NC, <https://www.dancingmoonraleigh.com/> they carry our incense and teas.

KettleSpot .com is now selling our creative tea and incense online. Go to the site and see all of the new items they have. <https://www.kettlespot.com/> providing home goods, kitchenware and goodies with less plastic! Bring us the ashes, and we will seal your loved one inside with the color of your choosing. Sample Urns available for viewing in the shop. I also do Tarot readings at the store.

Mystical Mysti Candles. Metaphysical wonderland is open on Fridays 1pm to 7pm & Saturdays from 12p to 7p. We are located at 1024 S. Pollock St Selma, NC 27576

Toad Song Farm www.toadsongfarm.com Toadsongfarm@earthlink.net (919) 815-6090.

VEE HERB TEA at Tar River Flea Market. 1820 S Wesleyan Blvd, Rocky Mount. veeherbtea@gmail.com