

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

Sales:

Lotions, potions, and notions are all on sale this month for 50% off
That includes all oils, and more.
Not counting consignment items.

New fall hours Tuesday thru Saturday Noon to 5 PM. If there is a class at night we will be open.

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.

Our Community Events and Classes.

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

Saturday September 5th: **Setting up your Altar with Kay.** 2 PM. Free event.

Saturday September 12th: **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.

Saturday September 19th: **Spiritual Day Out: 1 to 4 PM. Free event.** Come out and meet others with like interest. This month we will discuss how to use spiritual oils and more.

Saturday September 25th: **Creating with herbs.** 2 PM. \$30.00. kay will show you how to incorporate herbs in your everyday life.

Wise Woman Retreat Sept 11 thru 13 at Toad Song Farm. See Poster for more info.

**Divination Party At Toad Song Farm Saturday and Sunday, September 19-20, 2026
Noon until 5:00 pm each day. See Poster for more info.**

Herb of the Month: Rosemary

(Rosmarinus officinalis)

Medicinally: A stimulant, circulatory, anti-oxidant, astringent, and a good cold tonic. Aids with the liver, nerve, brain, and lung functions. This makes a good mouthwash and a hair rinse. Rosemary is an aromatic herb, just walk by any Rosemary plant and brush your hand through its branches. What a wonderful smell. **Caution: Use in small doses.**

Historically: Rosemary has been used since word was written; there are many accounts for this throughout history. Apothecaries of the 16th century knew of the properties of Rosemary. Mary was said to have laid her cloak over white rosemary and when she retrieved her cloak, the flowers turned purple. Romans wore this herb in their hair to increase their mental powers while reading. Rosemary means "Dew of the Sea" in Latin.

Spiritually: Rosemary protects, purifies, heals, aids in sleep, induces mental powers, and attracts elves. It works with love, lust, youth, and exorcism. It is said to wash the feet of a thief in Rosemary and he will not have the strength to steal. Rosemary soap purifies before any healing work. Rosemary in a pillow will drive away nightmares away and aid in a good sleep. This can be burned as a substitute for sage. On Midsummer, place a bowl of flour next to a rosemary plant, and in the morning, the initials of your future love one will be written. Male, Sun & Venus Fire

Sept Moon Magic: Corn Moon

**9-4-2026 is the Last Quarter, 9-10-2026 New Moon,
9-18-2026 First Quarter, 9-26-2026 Full Moon.**

Mabon: Autumn Equinox

Second of the Three Harvests.

Also called Winter's Finding or Alban. Named after the Welch God who symbolizes the male fertility in Welsh myths.

Colors: Maroon, gold, orange, brown, white, red, black and violet.

Herbs: Cinnamon, Wheat, Vanilla, Peppercorns, Hops, White Sage, Calendula, Lavender, Mandrake Root, Blessed Thistle, corn husk, Dry Corn, Willow, Juniper & Fenugreek.

Foods: Corn, Wheat, Apples, Vine vegetables, Blackberries, carrots, beets, parsnips, and all other first Harvest foods.

Rocks & Stones: Amethyst and Topaz.

Incense and oils: Sandalwood, Frankincense, Myrrh, Patchouli, Rose Oil, White Sage and Salt,

Go on hayrides, honor your family that has passed on by having a picnic in the cemetery, can jellies or harvest for the winter, go to the local county fair and imagine how it was ages ago, and count your blessings.
Blessed Be

Sarah's' recipe for August: Quick buttermilk Biscuits

It is September, school is back in session, and everyone needs a quick breakfast. Yes, you can pre-make pancakes, pop some bread into the toaster, or pour a quick bowl of cereal, but sometimes you want something hearty! So let's make it! We're going to make some super quick buttermilk biscuits that can be served with sausage gravy or turned into an egg and cheese breakfast sandwich. This is one of those recipes that can be doubled or even tripled to serve as many people as you have in your family, and it only has a few ingredients.

You'll Need:

- * 2 Cups Self-Rising Flour (don't come for me – this is a quick recipe, and we're using self-rising flour)
- * ¼ Cup Crisco
- * ¾ - 1 Cup Buttermilk
- * 3 TBSP Butter

To Make:

- * Preheat your oven to 500
 - * In a mixing bowl, work the shortening into the flour using a fork, a pastry cutter, or your fingers until crumbly
 - * Stir in the buttermilk with a spoon
 - * Dust your work surface with flour and pour the dough out
 - * Pat into a rectangle
 - * Cut 6-8 pieces and shape into a biscuit (you don't need a biscuit cutter for this – remember, this is quick and easy)
 - * Place into an ungreased cast iron pan or a round cake pan
 - * Melt the butter and brush on top
 - * Bake for about 12 minutes or until golden brown on top
 - * It's really good if you brush again with melted butter after they cool
- 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

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](https://www.kettlespot.com)