



The Mermaid Wave Journal

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CORRESPONDENCE TO THE EDITORS	



Stephanie's Corner

By Stephanie Leon Neal



Stephanie will be back next edition.

Love & Blessings,

Stephanie Neal

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Voices From the Sea

By Rv Silas Mimir AP~

A Message from the Ocean for Mabon 🌊🍁

*I am the tide in perfect balance, the meeting of light and dark.
As day and night stand equal, so too do my waves pause in stillness.
Gather what the currents have gifted you, and release what must return to the deep.
In this turning, know that every ebb carries a promise of return.*

Whispers From the Sea

By Rv Stacey Blair AP~

Sit in a quiet area and put on some soft music. Close your eyes and focus on your breathing. In your mind's eye, see a house. From the center comes a glowing light—a pure white, healing glow that emanates from the house and surrounds you. As it swirls around, you feel light, cleansed, whole. Think of all the dreams that have come to fruition in your life. Think of the good things that have manifested, the good times you have had, the good experiences, the wonderful emotions that have been a part of your best days and nights. Call the energy of all the people that are your family, the ones that have loved you since your birth, those that you have

loved since your beginning. Feel that love mix and swirl with the light. Focus on the lessons that you learned from them, the honor that you hold for them. Feel the light as it is impregnated with this love and energy. This energy lifts you and surrounds you with a connection that you will forever hold. We all come from love; you are treasured from a multitude of generations. In the light, you can see the faces of those who have contributed to your existence. You hold their wisdom, their strength, and their love. Return from the meditation by taking a few deep breaths, opening your eyes, and knowing that your ancestors are always with you.

Deep Sea Inspirations

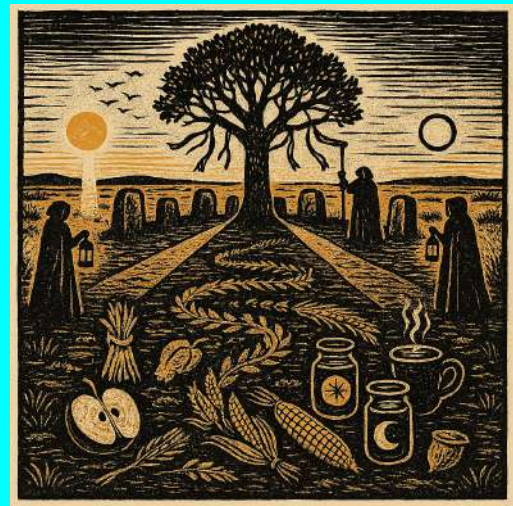
By Rev. Bradley Quisenberry Foster/Fosterberry

Mabon Offering

I set the altar for the even hour,
bread warm, a pinch of salt, an apple star.
Sun water, moon water, jars held level,
two bright measures in a quiet jar.
Names of my dead rise with the candle,
coffee steaming where the window breathes.
Gratitude settles like wheat in a granary,
peace like a hand on a steady beam.
Day bows to night and night bows back.
I keep one ember ready for the path.
Balance be with us, harvest be kind.
So mote it be.

Equal Hours Blessing

Bless the field that carried us home.
Bless the hands that gathered and shared.
Bless the seed that waits without fear.
Bless the fire that teaches to spare.
Let thanks be spoken with real bread.
Let love be poured in a simple cup.
Let loss be named and then set down.
Let hope stand up and lift us up.
Sun and Moon hold even ground.
The wheel comes level, clear and true.



May our hearts keep that measure within.
Blessed Be.

Second Harvest Prayer

Crows stitch evening across the west.
The cottonwood clicks its bead prayer.
I breathe once for roots and once for leaves,
then offer what I can carry fair.
What was given, I fold to my chest.
What was taken, I honor and release.
I ask for a kinder mouth in winter,
and work that turns worry to peace.
Teach me the patience of sleeping seed.
Teach me the courage of cooling flame.
Mabon, keep the doorway bright.
So mote it be.



May your forge burn bright,

Rev Bradley Quisenberry Foster/Fosterberry

Handmade Projects

The best project for the fall season is creating a garland. Be sure to dry your fruit ahead of time in a dehydrator or the oven. Also, if you are using leaves, be sure to coat them with polyurethane.

What You'll Need:

- Dried Oranges
- Dried Lemons
- Dried Apples
- Acorns
- Dried Flowers
- Dried Leaves
- Cinnamon Sticks
- Wooded Beads
- Hemp Thread
- Scissors



- Needle
- Branch

Directions:

1. Cut 7 equal lengths of thread.
2. Select pieces of fruit, flowers, cinnamon sticks, and beads. String them together in a desired design. Use the needle if needed.
3. Repeat for all 7 threads.
4. Tie one string to each end of the branch as a hanger.
5. Tie the 7 decorated threads to the branch at equal distances apart.
6. Hang above your altar or anywhere you want to bring a dash of fall.



You'll love how this looks finished, and it will fill your space with wonderful autumnal scents for the entire season.

Dabblings of a Green Witch

By Rev. Catherine Dragoni

Tomorrow, my husband and I are going apple picking. Sure, we could go to the local grocery store and buy apples or cider from the same orchard we are going to. But going to an apple orchard has become a tradition since my husband retired two years ago. We've gone to a different one each year. The orchard we are going to tomorrow was favored by his mom, because they have the variety called Macoun, which she loved. It's a very good eating apple, sweet and crisp. They also have Cortlands, firm and on the tart side, excellent for baking. And they have Honeycrisps. A blend of sweetness and tartness, they are also an excellent baking apple. I hope to come home with all three varieties.

My husband likes to have a crisp apple on hand to snack on, so Macoun apples are great for him. Honeycrisps will also be a good snack apple. Both the Honeycrisps and Cortlands will be used for baking; in fact, I will use more than one variety in my recipes: Dutch Apple Pie, Apple Spice Cake, and Pumpkin Apple muffins. These are my three favorite baking recipes for this season.

Apples also have spiritual significance. Cut an apple in half, horizontally, along its “equator”, and what do you see? Five seeds in a star-shaped alignment, circled by the outer skin of the apple. Nature’s pentagram. After I come home tomorrow, I will select one special apple and set it aside. This apple will be used in my Mabon ritual. I will cut this apple in half to see the star, and then retrieve the seeds. During the ritual, I will reflect on the intentions that are important to me for the upcoming months, holding these seeds in my hand. Afterwards, the seeds will be transferred to a small ziplock bag with vermiculite and a bit of water, and refrigerated until Imbolc. This mimics the natural cycle of winter cold that many seeds require to germinate in the spring. Imbued with my intentions, these seeds will then be planted during my Imbolc ritual. Successful germination will portend favorable outcomes for those intentions.

From my herbal grimoire:

Apple

(*Malus domestica*)

Planetary association: Venus

Elemental association: Water

Gender association: Feminine

Astrological association: Taurus

Uses: associated with love, fidelity, fertility, marriage, beauty, vanity, wisdom, the soul, the afterlife, and immortality.

Apples are arguably the most magical and symbolism-laden of fruits. If you slice an apple width-wise, you can see a five-pointed star. They are often used in this way to decorate altars during harvest rituals. Apple blossoms can be used in love and healing incense.

Medicinal: Apples are high in fiber; eating apples can aid in constipation. Stewed apples can be used as a gentle but fast-acting laxative. The content of malic and tartaric acids helps neutralize the chemicals associated with gout. Pectin in fresh apples can help treat heart disease by lowering cholesterol levels. Crushed apple leaves can be placed on a fresh wound to prevent infection.



Baking With Herbs

Mabon is the perfect time to create an apple pie spice blend. Using it on apple pies, sweet potatoes, oatmeal, or a dash on a hot cup of tea is perfect.

What You'll Need:

- ⅓ cup ground cinnamon
- 1 ¼ teaspoon ground nutmeg
- 1 ¼ teaspoon ground cardamom
- 1 ¼ teaspoon ground ginger
- ¼ teaspoon ground allspice

Directions:

1. Measure out all of the spices into a mixing bowl.
2. Whisk well to combine.
3. Funnel into an air-tight container of your choice.



Tea Time With The Wave

Mabon brings crisp, cool evenings that call for a tea that is like a warm hug in a cup. Spiced Apple Tea is the essence of autumn that will warm you both body and soul.

Ingredients:

- 2 cups boiling water
- 1 tablespoon loose-leaf black tea, like Assam or Ceylon
- 1 thinly sliced apple
- 2 cinnamon sticks
- ¼ teaspoon ground nutmeg
- 1 star anise pod
- Maple syrup

Directions:



1. Add apple slices, cinnamon sticks, nutmeg, and star anise pod into a saucepan with boiling water.
2. Reduce the heat to a simmer and let it simmer for 5 to 7 minutes.
3. Add black tea to the saucepan and let it simmer for 3 to 5 minutes.
4. Strain into your favorite tea cup.
5. Add maple syrup to sweeten.
6. Enjoy!

Demeter's Apothecary

'Tis the season to make Fire Cider. It boosts the immune system, improves digestion, acts as an anti-inflammatory, and helps with a variety of ailments. The ingredients are packed with antioxidants and can help ward off colds and shorten their duration. Add to salad dressings, marinades, or simply take a shot in the morning.

Ingredients:

- 4 cups raw apple cider vinegar with mother
- 1/3 cup grated horseradish
- 1/3 cup grated ginger root
- 1/4 cup peeled and diced turmeric
- 1/2 dozen cloves of minced garlic
- 1/2 cup peeled and diced onion
- 1 habanero chili, split in half
- 1 large lemon, sliced
- 2 tablespoons chopped thyme
- 1/2 cup chopped parsley
- 1 cinnamon stick
- 1/2 cup allspice berries
- 1 tablespoon whole cloves
- 1/4 cup raw honey



Directions:

1. Gather and prepare all ingredients. Grate horseradish and ginger root, dice onion, slice garlic, and cut lemon.
2. Prepare herbs and spices so they are ready to add.

3. Place the prepared vegetables, herbs, and spices into a clean mason jar. Add honey. Pour the apple cider vinegar over the mixture until it covers the ingredients by an inch.
4. Place a piece of parchment paper between the lid and the jar and seal tightly. Shake carefully.
5. Allow to infuse in a cool, dark place for about 4 weeks. Shake the jar daily.
6. Strain through a fine mesh strainer or cheesecloth.
7. Sweeten with additional raw honey to your taste preference.
8. Transfer to a clean bottle and store it in the refrigerator for up to a year.

Magical Animals

By Rev. Catherine Dragoni

Squirrels

In terms of reproduction, Nature goes in cycles. Look at oak trees, for example. These trees fluctuate greatly in the amount of nuts they produce, year to year. Every 2 to 5 years, there will be a mast year, when oak trees produce a very large amount of acorns, providing a valuable food source for all manner of wildlife. The following year, the trees will produce fewer acorns, due to the energy spent the previous year.



I do not know if such cycles occur with squirrels, but this year, it seems there is a population explosion of gray squirrels in my area. Food availability and quality habitat are two key factors that affect squirrel reproduction, impacting the size of litters and the number of litters per season. Typically, gray squirrels have two litters, the first in the early spring. These squirrels are weaned and basically independent by 10 to 12 weeks of age, although mom may continue to provide them with assistance in finding food sources for a while after this. The second litters occur in late summer.

This spring and summer, the wildlife rehabilitation center where I volunteer has received an unusually large number of baby squirrels. Some of these orphans came to us with their eyes still closed. These babies require careful, gentle care, receiving specialized formula feedings until they can nibble on pieces of fruit and vegetables. We've received a continued number of babies over the past few weeks, so we are still doing formula feedings this late in September!

A labor of love, this work has allowed me to be in close contact with these creatures. Most of them quickly learn our feeding routines. I remember one morning when a baby in my hand clasped my thumb with both his forepaws - a moment of perfect love and trust.

The babies grow quickly. They are curious and playful, and accomplished escape artists. Once they are near their full size, they are transferred to outdoor enclosures in preparation for eventual release.

Gray squirrels are resourceful, adaptable, and have great energy and agility. These qualities symbolize resilience in the face of difficulties and the importance of recognizing when swift action is needed. Their instinct to gather and hoard acorns and other food represents the ability to prepare for the future. But squirrels also have a lot of fun playing in the tree tops – they show us how to balance hard work with play and creativity.

Squirrels encourage us to engage with life and live fully. Work hard to prepare for the future, but when the work is done, play at whatever it is that gives you joy.

I used to get annoyed when the robber baron squirrels in my yard emptied my bird feeders. My squirrels forced me to use my creativity to find ways to ensure that my birds would have food available to them. Mostly, this was solved by having multiple feeding stations, including a peanut station where I can watch the blue jays vie with the squirrels for the nuts. I am not looking forward to the onset of winter, but at least I will have entertainment right out my window.

Totally Tarot

By Rv Silas Mimir AP~

Mabon Reflections with the Ocean

Mabon is here—the autumn equinox, that beautiful moment when light and dark stand in balance. It's the perfect time to pause, breathe, and notice what's ripening in your life... and what's ready to drift away with the tide.

I always think of the ocean at this time of year: the waves that rise, the waves that fall, and the stillness that happens in between. That rhythm feels like Mabon—honoring both the harvest and the release, both gratitude and letting go.

To work with this energy, I put together a simple tarot spread inspired by the sea. It's meant to help you see where your own tides are flowing right now, what's in balance, and what gifts you're carrying forward into the darker months.

Ocean's Equinox Spread: A Mabon Reading

1. The Tide of Light – What is rising within me now?
2. The Tide of Shadow – What seeks stillness or rest?
3. The Shoreline of Balance – Where do I find harmony?
4. The Harvest of the Waves – What gift do I carry forward from this season?

Light a candle, pull your cards, and if you want to make it extra magical, place a seashell or bowl of water nearby as an offering. Whisper your gratitude into it, then return that water to the earth or ocean.

Happy Mabon, love. May your tides be balanced and your harvest be sweet.



Monthly Transits

September

- **22** — Sun enters Libra (Autumn Equinox) → balance, justice, relationships highlighted
- **22** — Mars enters Scorpio → intensity, transformation, emotional willpower
- **22** — Moon semi-square Saturn → small frustrations, need patience
- **23** — Moon sesquiquadrate Venus → nitpicking in relationships, mild irritation
- **24** — Mercury quincunx Neptune → confusion, miscommunication, fact-check needed
- **25** — Venus semi-square Jupiter → overindulgence, financial caution
- **26** — Moon semi-square Pluto → emotional intensity, obsessive thoughts
- **28** — Moon quincunx Uranus → unexpected moods, flexibility required
- **30** — Venus sesquiquadrate Pluto → power struggles in love/values

October

- **1** — Mercury square Jupiter → overconfidence, exaggeration, risk
- **1** — Moon sesquiquadrate Venus → small irritations in affection/beauty
- **2** — Moon semi-square Saturn → discipline required, avoid discouragement
- **3** — Venus sesquiquadrate Pluto → relationship/financial reevaluation
- **4** — Moon quincunx Venus → emotional needs vs. harmony clash
- **8** — Venus sextile Jupiter → generosity, pleasant interactions

- 10 — Mercury enters Scorpio → deep thinking, investigative communication
- 11 — Mercury quincunx Neptune → dreamy thinking, potential misreadings
- 13 — Venus semi-square Saturn → limits in love/finances, patience needed
- 15 — Moon quincunx Pluto → power tensions, emotional adjustments
- 18 — Moon semi-square Uranus → restlessness, nervous tension
- 20 — Mercury sextile Pluto → transformative conversations, research favored
- 22 — Neptune retrograde re-enters Pisces → spiritual review, blurred boundaries
- 22 — Mercury quincunx Uranus → disruptive thoughts, unexpected news
- 23 — Venus trine Uranus → excitement in love, creative sparks
- 25 — Moon semi-sextile Neptune → dreamy moods, heightened intuition
- 27 — Mercury trine Neptune → inspired thinking, spiritual communication
- 30 — Mars quincunx Neptune → scattered energy, unclear motivation
- 31 — Moon semi-square Mars → irritability, impatience, need to vent

Special Events

All times are Eastern Standard Time

September - Ushers in the autumn equinox, a time to reflect on life's transience and gather with loved ones before winter's arrival. A moment when day and night stand in perfect balance, marking the arrival of fall. As the vivid colors of summer give way to a rich palette of reds, oranges, and yellows, we are reminded of life's own seasons. It is a time to pause, reflect, and connect, contemplating the fleeting nature of our existence.

22nd Mabon (Autumnal Equinox) - marks a period of balance and gratitude for the harvest.

Ostara (Southern Hemisphere) - the Spring Equinox.

29th Celtic Tree Month of Vine ends.

30th Celtic Tree Month of Ivy begins, representing resilience and determination.

October - A month rich in spiritual significance, with Samhain, a.k.a. the Witch's New Year, offering opportunities for introspection, divination, and honoring ancestors. October reminds us that darkness isn't inherently negative; instead, it offers a chance for growth and deeper understanding. It invites us to embrace shadow work, a practice of facing our deepest fears, past traumas, and unresolved emotions with courage and compassion.



2nd The Annular Solar Eclipse, also known as the “ring of fire”, will be visible from regions of the Pacific Ocean, southern Chile, Argentina, and Antarctica. This remarkable celestial event symbolizes transformation and new beginnings, providing a unique moment for reflection and renewal.

3rd Festival of Bacchus - a Roman celebration honoring the god of wine and vegetation, embodying the joys of harvest and festivity.

7th Full Harvest/Hunter's Moon in Aries - a time to celebrate abundance, gratitude, and completion. A powerful time to harness bold and assertive energy to chase your goals and embrace transformative change. Aries, known for its fiery and determined nature, encourages you to take action, trust your instincts, and step into new opportunities with confidence. Use this energy to reflect on what you truly want, release what no longer serves you, and make courageous moves toward the life you envision.

18th Great Horn Festival - a celebration invoking the Horned God and the Lady of the Wood, focusing on nature's cycles and fertility. These deities are deeply



connected to nature's cycles and the themes of fertility and renewal. This festival brings together rituals, music, dance, and community gatherings, all designed to celebrate the changing seasons, the abundance of the earth, and the sacred balance between masculine and feminine energies.

21st New Moon in Libra - an ideal time to focus on balance and harmony in relationships. Engage in shadow work to enhance empathy and grace in interactions. This cosmic phase encourages reflection and intentionality, making it an ideal time to assess how you give and receive in your connections. Engage in shadow work to uncover patterns that may hinder deeper understandings, and use this energy to enhance empathy, communication, and grace in your interactions.

27th Celtic Tree Month of Ivy ends.

28th Celtic Tree Month of Reed begins - symbolizing adaptability and resilience, encouraging reflection on personal growth.

31st Samhain (High Autumn) - a Sabbat marking the thinning veil between worlds, ideal for ancestor veneration and introspection.

Southern Hemisphere: Beltane - a feast of fire and fertility.

Winter Nights/Vetrablót - a Norse celebration marking the onset of winter, honoring deities and ancestors for protection and prosperity. This festival was dedicated to honoring deities, such as Freyja or Odin, and ancestors, seeking their blessings on a bountiful harvest to sustain the community through the harsh winter months. It was a time of feasting, rituals, and offerings to ensure survival and strengthen the bond between the living and the spiritual world.

Partnerships

Be sure to visit these partners and show some love!!

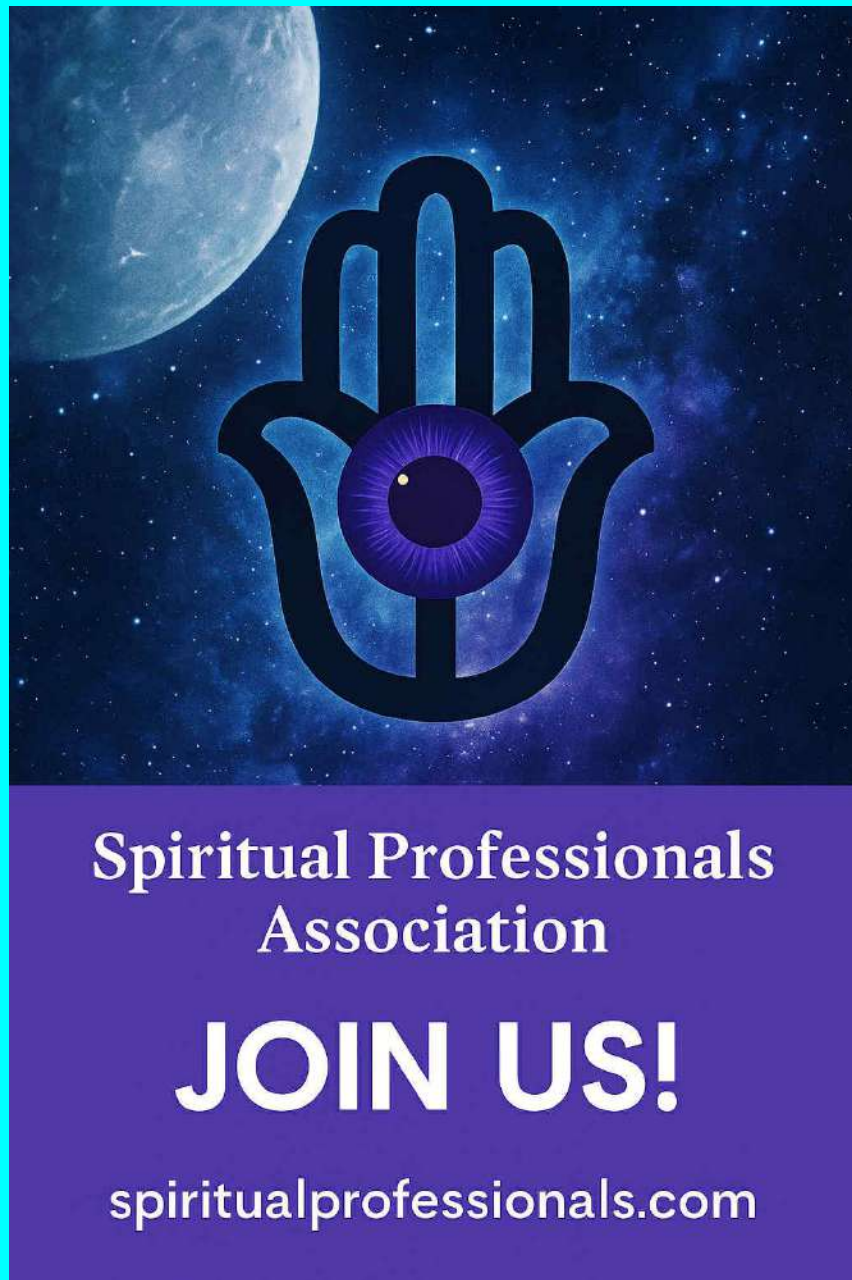
Customized Sigils: Round \$5, Square \$7. Contact Salena Murdock at murdocksam1@yahoo.com.



Winifred's Garden - Tea, Candles & Apothecary

Born in 1918, Winifred was taught to love and use natural plants. This tradition continues with Winifred's Garden.

We are a female-run, small-batch, handcrafted herbal company. We formulate all products with the highest quality ingredients and promise to always deliver products that are as natural as possible. We also guarantee to source our raw materials from trusted suppliers. Come through the gate and enjoy a relaxing afternoon of tea and shopping. We can be found on Facebook and Instagram.



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