

# Goddess Temple News

Samhain 2018

Donations Welcome



The Goddess Temple,  
2-4 High Street,  
Glastonbury, BA6 9DU  
[www.goddesstemple.co.uk](http://www.goddesstemple.co.uk)



## The Goddess Cerridwen

Now is the season of Samhain, the time of death and re-birth, the time when the veil between this world and the spirit world is at its thinnest, the time of the Goddess Cerridwen. Cerridwen has a scary reputation and a lot of people fear Her, but for me this is not a true representation. The key word for Cerridwen is not death but transformation. Cerridwen brings us change whether we like it or not. We all know that change is necessary but it is part of the human condition that so many of us resist it for as long as possible. Cerridwen will start with a gentle prod but if you ignore Her then it becomes a push and if you still ignore Her, then it will be a metaphorical kick in the pants. That's when She becomes scary.

But ultimately Cerridwen is a healing Goddess who tears away all the things that are holding you back, all the repetitive patterns and bad habits are consumed in the heat of Her cauldron. Let Her in and She will

heal you and change you in ways you cannot imagine, to become the best possible version of yourself. As human beings we like to think we're in control and we get afraid when things don't go to plan but Cerridwen knows what is best for us much better than we do. She will always give you what you need even if it isn't what you want.

Trust and surrender are very important when you're dealing with Her because She will take umbrage if you start to think you know better than She does. But letting go is such a healing process and we all know that nature abhors a vacuum so that once you have let go and created space something better will always come along to fill the gap.

Cerridwen has such love for us all and She sees us making the same mistakes over and over again and presenting the same destructive habits and She knows that we have to change if we are going to be truly happy and authentic in our lives. So don't be afraid of Her or afraid of the process of change because change is life itself. Stagnant water

is smelly and full of disease and our lives are like that too. Allow Cerridwen to change you, and don't resist Her, because with Her infinite wisdom She can see inside your soul and bring you the release that you need to get you back into the flow of life.

*Janet Parfitt - Priestess of the Goddess and Priestess of Cerridwen*

# The Magic of the Three Cauldrons

## The secret of re-creating yourself!

*Bee Helgyen*

In Celtic mythology three cauldrons are a leitmotif, and are said to be located in the sacral - heart and soul space within the body. These cauldrons rotate to maintain balance, working in synergy to move energy, so we are nourished by *nwyfre* - life force. When we think that for millennia our ancestors have had a far more detailed understanding of the human energy body, an understanding that we only re-acquired in the 20<sup>th</sup> century it boggles the mind. We borrowed concepts and language from other cultures because our own were hidden behind languages that no one spoke anymore. Now, as these languages are revived, modern research into old manuscripts allows us to reclaim our own heritage.

In the mythology of the Goddess Keridwen, the Crone in our Avalonian wheel, who rules this time of year, we find that the story contains a further three mystical cauldrons that are vitally important, literally. The mythopoeic relevance of these cauldrons is far reaching into our own practice. We, who follow a Goddess path, know how important the old stories are to the understanding of all mystical beliefs.



*First cauldron, the metal cauldron in the physical world for the magical brew.*

This is no ordinary cauldron as in cooking pot. We are talking a vessel of huge proportions, maybe like the Gundestrup cauldron, decorated with pearls on the rim. This description has always intrigued me, normal pearls would be destroyed by the heat of the enormous fire it would take to boil the cauldron's content. The Welsh myths and poems are like giant jigsaw puzzles and we meet this cauldron in several other places, so we know, this is not an ordinary cauldron for food preparation but a magical vessel.

I belong to a group of historians that is engaged in academic research of these old texts but with a more spiritual agenda than the 'normal' researchers. We combine our dry paper research with interesting experiential experiments. A few weeks ago about fifty of us went to Her lake in Bala, where we made an attempt to boil a huge cauldron. It was miniscule compared to the one described in the story, and even with fifty people to feed the fire, it took hours to get the cauldron to boil. This gave us an inclination how much work the described

endeavour of Keridwen would have been. Morda, the man fuelling the fire day and night for a year and a day, was an old man, blind to boot, and we asked ourselves: how did he manage to keep the cauldron boiling, even with Gwion's help? The story said the cauldron had to be stirred continuously. How did Gwion manage that whilst helping Morda? The many curious wanted to know....

...I digress, but you can see that even after over a decade of working closely with this story, questions still pop up. All of the characters in the story are magical beings, all have a very definite purpose, they are part of the magic that brewed the three sacred drops of Awen, the inspiration bestowed upon Gwion in the end.

*Second cauldron: the womb of Keridwen*

Gwion is incubated for nine months in the Goddess' womb, after having been swallowed by Her as a seed whilst she was in the form of a black hen with a red crest. This is after the chase, the shamanic journey of transformation and change, death and rebirth, that both undergo, with her as Initiatrix. Gwion's old Self dies and Taliesin emerges from Her. In the written version of the myth Keridwen is determined to kill Gwion as soon as he is born. The incubation is a period in which Gwion can 'grow' into his persona of Taliesin, the greatest Bard, Wisdom keeper and Soothsayer in Celtic mythology. Once the Goddess beholds Her magical son, She can not bring herself to do him harm.

*Third cauldron: the skinbelly*

Into which Keridwen sews him for his journey into the human world. She does this after falling in love with Her own child, but realising the world needs the light of Taliesin's brow, for he is the illumination and inspiration to create a better world for all. She sends him from the realm of the Otherworld, from *Annwfn*, from the faerie realm - whichever explanation you feel most drawn to, because this is your journey and each of us experiences it in our unique way - into the mortal world. Here he is meant to guide the fate of our mundane realm with his soothsaying. The foretelling of events to come, to warn humankind that they must find a better way to connect with each other. His mother knew that this was his path, and She gifted the world with Her son and sent Her divine knowledge with him.

In some of the poems allocated to his body of work, he speaks of all the incarnations he has had, which shows us that everything in this world is ensouled and that when we learn how to connect with our own soul, we can connect with all beings' souls. His gift is the complete understanding of all things, the wisdom of all ages, the knowledge of all realms, which is available to us if we open all of our senses, especially the sixth sense. All we have to do is become aware and awake, to be utterly connected with our inner knowing, our intuitive gnosis, via our commitment to our spiritual path. We are creating a magical act of transformation with our contribution into the cauldron of testing, in which we leave behind our fear, self doubt and shame. The alchemical transmutation of earth, air, fire and water into a brew of all-knowing is in our hands, if we dare to know, to step up into our own magical power of manifestation, of creation. This is Her message to us. "Yes, you too can be Taliesin, Morgana, Merlin, Myrddin, Arthur". All these were titles as far as we can tell now, not one person in history. We know this because in the Welsh poems, myths and Triads we find all the information we need, in order to learn about our own path into soul expansion.

*Bee Helygen*

*Priestess of Avalon and Cerridwen*

*Temple Teacher of the Priest-ess of Cerridwen Training*

<https://goddess temple teachings.co.uk/wordpress/priestessofcerridwen/>  
[www.cerridwen.co.uk](http://www.cerridwen.co.uk)

# Crone Wisdom

by Kathy Jones, Crone Priestess of Avalon

Last year I began teaching a five weekend course entitled, "Empowering the Crone". As I entered my seventies I noticed my own reticence in calling myself a Crone. I wondered why I didn't like the word. In my 50s I did not feel like a Crone, like some women going through menopause who cannot wait to be Crone. I did not feel like a Crone at 60. I invented a new in-between word, not Queen, not Crone, I was a Corona. Through our exploration on the Crone Empowerment course of the many facets of the Crone I am now very happy in my seventies to call myself Crone. And I am part of a gorgeous gang of Cronies, older women who identify as Cronies.

The name Crone has such strong resonances in folktales, in life, in patriarchy, in Goddess spirituality. The Crone Goddess is the fourth in the quaternary of faces of the Goddess on our Sacred Wheel of the Year, which turns from Maiden to Lover to Mother to Crone, with other faces in between.

Who is this Crone, this Old Woman who is often feared, derided, ignored, forgotten? She is the Wise One who has lived long and knows many things. She is the Death-Bringer, the Dark Goddess, the Screeching Hag, the *Beansidhe*. On the Avalonian Wheel Her names include Crone Nolava, Black Nolava, Keridwen, Mazoe and Sheela na Gig. She is the one who teaches us about death, about dying, about letting go of the old and outworn, about moving into the spaciousness of the unknown.



As the wheel turns and the days shorten in Brigit's Isles, life energy descends into the earth. Plants and all of Her nature begin to die down. Colours leach away and the earth and plants begin their journey into winter. The Crone Goddess is the one who shows us how to let go of life. She leads us into death and the end of physical life.

The Crone invites us to contemplate our own ending however old we are, for we can die at any time, whether we are young or old. And we can keep letting go of all that is no longer useful at any time. She encourages us never to hold on too tightly to the material objects in our lives but to share them generously and to be ready to give them away, as we always die bare-skinned, without any of the material trappings of life. We only take onwards with us the accumulated gold of our Soul's experience, and any unresolved wounding that we hold onto. The Crone teaches us to walk lightly on the earth and to let go easily whenever the times come.

I am experiencing in my own aging that patriarchal societies usually side-line Elders, before the wider community has benefited from their wisdom. Cronies who live longer are discarded, marginalized, taken out of society and a wealth of experience and knowledge is lost. Elders

## Editorial

Hello everyone and welcome to the Samhain edition of the Goddess Temple News. The most exciting news for me recently is that I am now officially a Priestess of Cerridwen! Whoop whoop! It is, of course, an incredible honour to serve as Her priestess and I would like to thank everyone who made it possible, especially Bee, who served as teacher, Priestess, friend and healer amongst other things.

There has been a fair amount of sad news among our Goddess loving community and for those who are going through a difficult or distressing time right now, never forget that we hold you in our hearts and you are not alone. I know that for people who are struggling Samhain can be a difficult time but we are here to help, don't be afraid to ask.

This is a time to journey within and look at the things that trigger and upset us so that we can get deep healing and not project our wounds onto others. If someone upsets you, get curious and try to think why is this person upsetting me, what have they said or done that is making me feel this way and then look to your own trauma and wounding first.

And in the Cerridwen training we practise something called sacred listening where we just listen to other people without judgement and without trying to fix people but just allowing them space to be heard. It is an intensely powerful thing to do for someone. So in this transformational season let us try to heal ourselves and our trauma and to listen deeply, without agenda. In these ways we can truly experience Cerridwen's transformational cauldron.

*Janet Parfitt - Priestess of the Goddess and Priestess of Cerridwen*

are not honoured. His-story repeats itself again and again, because the mistakes and the learning from those mistakes is forgotten with the forgotten Elders.

So my question is, "What is the place of the Crone in our Goddess communities? What is the place of the Crone in Motherworld? What is the place of the Elder in our Goddess communities?"

I understand that the young want to change the world, as I have always done and still do. I know that they want to bring in their own ideas and creativity, and I support them completely. But because I am old does not mean that my Vision has ended or my knowledge decreases. If anything now I have a wisdom that comes from having lived for a long time. Shall that wisdom be lost?

How will our Motherworld communities honour Cronies and give them a place to share their years of experience? I don't think that this is something that Cronies need to come up with on our own, although in my life we now aging Goddess women have led the way for many others to thrive. What are your ideas? How can Cronies continue to serve Goddess and our communities even though our bodies may become more frail and our physical energy decreases? Please help us find our true place in Motherworld.

The Crone Goddess is the accumulator of the Wisdom of Life taken into Death and the Great Beyond. Honour Her in every stage of your life.



# Top 5 regrets of the Dying

by Marisa Picardo

In 2009 Bronnie Ware, an Australian palliative carer wrote an online article in her blog called *Inspirational and Chai*, which gained so much attention and went viral she then put her observations into a book called 'The top 5 Regrets of the dying' this was about her time working with dying people. Bronnie "developed close relationships with her patients during their last weeks which resulted in raw, honest conversations about life and death, including what the patients wished they had done differently."

Bronnie says that "People grow a lot when they are faced with their own mortality. I learnt never to underestimate someone's capacity for growth. Some changes were phenomenal. Each experienced a variety of emotions, as expected, denial, fear, anger, remorse, more denial and eventually acceptance. Every single patient found their peace before they departed though, every one of them."

When questioned about any regrets they had or anything they would do differently, common themes surfaced again and again. Here are the most common five:

## 1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.

This was the most common regret. "When people realise that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honoured even a half of their dreams and had to die knowing that it was due to choices they had made, or not made".

## 2. I wish I hadn't worked so hard.

This came from the many male patients that she had nursed. "They missed their children's youth and their partner's companionship. Women also spoke of this regret. But as most were from an older generation, many of the female patients had not been bread-winners. All of the men she nursed deeply regretted spending so much of their lives on the treadmill of a work existence". This may also be connected with income and falling into the trap of keeping a level of income..

## 3. I wish I'd had the courage to express my feelings.

"Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. She says that many developed illnesses relating to the bitterness and resentment they carried as a result". I feel the body does indeed respond to emotional, psychological beliefs, distress or suppression.

be a  
dream  
chaser

stay  
wild

follow  
your  
heart

## 4. I wish I had stayed in touch with my friends.

"Often they would not truly realise the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying".

## 5. I wish that I had let myself be happier.

"Many did not realise until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content. When deep within, they longed to laugh properly and have silliness in their life again."

So when thinking about these regrets, we can learn from others who have gone before and take the opportunity to change our lives now; how we relate to others, how we are in the world, how much time we spend at work, particularly work that we may not enjoy. Being able to express our fears, wants and desires and boundaries in a respectful way, having meaningful connections, staying in contact with those that matter. We can have an impact and influence on all the above five aspects of our lives and we do indeed have choices. We can choose a happier existence now and fully engage in life before we die. My Shamanic teacher taught me to have Death as my close advisor.

Marisa Picardo - Priestess of Rhiannon



## ***The Goddess Luminary Wheel Liberating Leadership***

*Two Year, Two Spiral Training*

With **Dr Lynne Sedgmore CBE**



Are you are longing to lead consciously – to liberate, nurture, heal and foster others from your deepest values and from Goddess wisdom? Do you have a dream you wish to manifest and contribute to the world? This course is for you.

**First Spiral:** Seven Circles between  
Nov 24th/25th 2018-Oct 19th/20th 2019

**Info:** [www.goddesstempleteachings.co.uk](http://www.goddesstempleteachings.co.uk)

Email: [Info@goddesstempleteachings.co.uk](mailto:Info@goddesstempleteachings.co.uk)

Glastonbury Goddess Temple,  
2-4 High Street, Glastonbury, BA6 9DU

## ***Into the Mysterium of the Lady of Avalon in Glastonbury***

**Fri 19th - Sunday 21st April 2019**

***Enter Her Mysteries in Sacred Ceremony  
with Prayer, Chant, Movement, Dance  
Deep Healing, Presence of the Lady  
& Oracle of Avalon***

**With Kathy Jones, Sally Pullinger**

**Sue Quatermass & Priestesses**

**& Priests of Avalon**

[www.goddesstempleteachings.co.uk](http://www.goddesstempleteachings.co.uk)

# Morgens of Avalon



## **Sibyls Shapeshifters Priestesses**

3x3 days over 3 years

Begin your Morgencal education on  
Friday 12<sup>th</sup> April 2019

with Mary Bruce, Priestess of Avalon

For full details please visit [www.morgenica.com](http://www.morgenica.com)

# Samhain Poetry and Prose

## Cycling Thru Self and No Self

no-self

no danger or suffering  
no seeing or seen

protection and release  
true nature shining

Too many times I have known  
the fear of your volcanic rage erupting,  
My darting from danger  
too slow to escape  
your beast bypassing all reason.  
It's ravenous foaming mouth feeding  
on my innocence.

Too many times I have known  
the loneliness of your distorted gaze.  
Trapped in your cracked looking glass.  
Longing for unrefracted light  
to shine through your eyes,  
dazzling into mine  
with flawless love.

*Dr Lynne Sedgmore CBE, poetess and priestess healer*

## For the Ionian Women of Persepolis

Who are you my enemy?  
Who have brought us to your poem in stone?  
My sisters cry as the sun sets  
And Artemis rises with her silver bow.

The street of the weavers grows quiet  
As hushed footsteps approach.  
But we are temple raised  
No force may be used against us.

The bow is bent nine times  
Above the Gate of the Nations  
Before the cloth is ready  
To leave the loom.

I am the one who appears before the satrap  
To collect the rations due.  
Twenty quarts of grain for the mother of a boy,  
Ten quarts for the mother of a girl.

In our captivity  
It is a small act of rebellion  
Against the state machinery  
To share so that all have fifteen.

The marble pillars of your mighty hall will burst, Darius,  
But the daughters of Her house will rise, again, and again,  
And again.

*(Written in the garden under a wave of honeysuckle,  
dreaming of apricots and pomegranates, inspired by  
in our time - Persepolis Radio 4.)*

*Mary Tidbury*

## Glastonbury Goddess Temple Funerals and End of Life Care

**A**t Imbolc 2018 three of us, namely Marisa Picardo, Lorraine Pickles and Geraldine Charles launched *Goddess Temple Funerals and End of Life Care*. Since then we have begun to establish links with local Funeral Directors. Marisa has continued to host the Death Café in Glastonbury, encouraging people to talk about death in an informal way. We have responded to the growing interest in our service, including requests from those who want us to work with them to plan their funeral when the time comes. We also have been made aware that people have included us in their End of Life Plan.

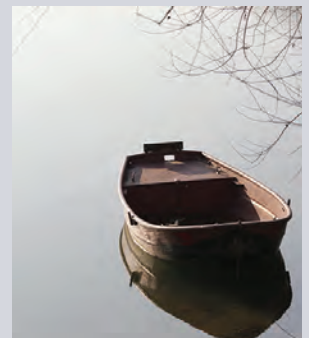
Goddess Temple Funerals attended its first Goddess funeral in the Spring, which Marisa very skilfully held, interweaving her experience as a priestess and independent funeral celebrant.

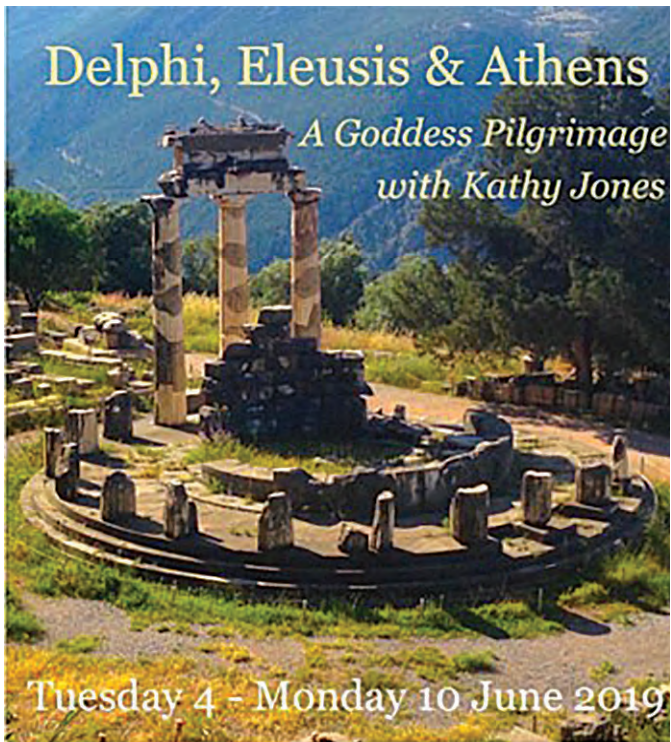
We were delighted to have Rachel Bass join us as a priestess / celebrant, and we would love to hear from other funeral celebrants who would like to be included on our data base.

We are aware there is work to do, in both promoting ourselves and in forming local links. We also need to look at ways in which we can develop the service so it is more far reaching. But we are confident that Glastonbury Goddess Temple Funerals offers a much-needed service to those whose wish is to have a funeral, and/or end of life care, which reflects their belief that on death they will be returning to Goddess, and to Avalon.

Please check out our website: [www.goddesstemplefunerals.co.uk/](http://www.goddesstemplefunerals.co.uk/)

*Lorraine Pickles, Priestess of Avalon*





**Cost is £695. This includes:**

- \* 6 nights hotel accommodation in twin rooms with breakfast
- \* Sacred ceremonies \* Site entrance fees
- \* Transport between sacred sites

**(Not included: flights, food, transfers from/ to airport  
For more information visit: [www.kathyjones.co.uk](http://www.kathyjones.co.uk)**

## Support the Goddess Temple

### *Giving Your Time and Energy*

The Goddess Temple is open to the public from noon to 4 p.m. seven days a week with volunteer Temple Melissas looking after the space. All kinds of people come to the Temple, some experiencing a Goddess Sacred Space for the first time, and many Goddess pilgrims who come to bathe in Her loving energy, to attend Ceremonies and Healing Days. We always need more volunteer Temple Melissas. If you would like to become a Melissa and can offer two or more hours of your time regularly to care for this beautiful sacred space. Contact Dawn Kinsella - [dawnkinsella@hotmail.co.uk](mailto:dawnkinsella@hotmail.co.uk).

### *Become a Temple Madron*

Make a monthly standing order donation to the Goddess Temple to help cover our regular monthly costs. Any amount you can donate will support the Temple. As a Temple Madron you will receive our Temple Newsletter four times a year, plus invitations to special yearly Madrons, Friends and Melissa days where Goddess speakers and presenters will delight and entertain you. Please see details on the Temple website: <http://goddess temple.co.uk/how-you-can-help/>.

Let us know your address for newsletters by emailing: [info@goddess temple.co.uk](mailto:info@goddess temple.co.uk).



21 new Sisters of Avalon and one new Brother of Avalon, after receiving their certificates at Goddess Hall on 23 Sep 2018. With Kathy, teacher Luna and course lovely Mandy. Photo: Matthew Holbrook

# Priest-ess of Cerridwen

## Two Spiral Training



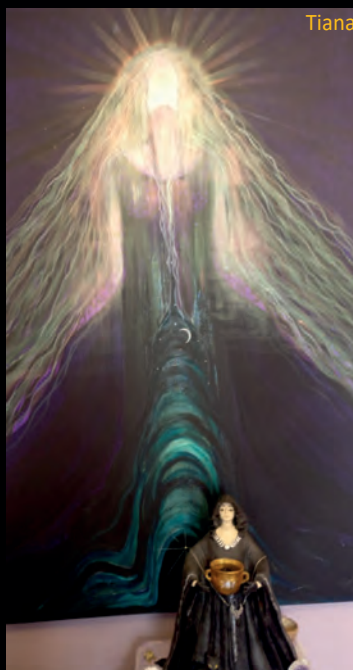
**Begins Lunar Samhain November 2018** in Avalon/Glastonbury for the first five weekends. The last weekend of each spiral is a pilgrimage to Llyn Tegid in Wales, to meet the Goddess in Her own realm. She, who brings healing and transformation of hearts and souls, asks you to become Her vessel of compassion in this world. Create your own heart & soul connection with Cerridwen, and then support others as Her Priest-ess.



**Cerridwen** - Dark Mother, opening the door to the Otherworld, to Annwfn, calling to the elemental powers of nature, for your journey into personal wholeness. Crystals, herbs, trees, spirits of place, Ancestors, psychic allies - all join in, ready to give of their wisdom, freely and with love. Hear their call, seek your true purpose in this life, allow the healing to begin. No one can walk your path, this training brings in your sacred Self, embrace it with joy and an open heart. She will be there with you, always.



Tiana



**Bee Helygen** is a Priestess of Avalon & Cerridwen, a Swynwraig Wise Woman, Healer at Goddess House, GT Teacher, Soul Midwife and Gwyddon - Oracle/ Seeress. She serves the Glastonbury Mother Temple as a Weaver and Melissa, and the community as a full time Priestess and Ceremonialist.

[www.cerridwen.co.uk](http://www.cerridwen.co.uk)



For further information or to download an application visit [goddess temple teachings.co.uk/](http://goddess temple teachings.co.uk/) priestessofcerridwen or email [bee@cerridwen.co.uk](mailto:bee@cerridwen.co.uk).