

Goddess Temple News

Imbolc 2020

Donations Welcome



The Goddess Temple
2-4 High Street
Glastonbury, BA6 9DU
www.goddesstemple.co.uk

As we walk the Seasonal Wheel of the Year here at the Glastonbury Goddess Temple some seasons flow gently into each other. For me it can be hard to thaw from the winter dark to the promise of spring that Imbolc brings. Yet despite this the lambs on the hillside wake me with their insistent cries. I can taste the ewe's milk strong and sweet from that long ago First Spiral Priestess Training weekend and the memories flood through me and I begin to rouse. The bulbs that we have planted show their faces and we prepare to welcome home to Avalon all those who have trained with us, and all those who support the Temple in our Orchard Weekend and Madron Day, at the end of February. We join together to learn and experience, celebrate and socialise together.

Imbolc is a special festival in our renewed Goddess tradition in Glastonbury. Bridie Dolls have been made here since the 1980's to welcome back the spark into the Land; the sunrise of the festival day blessing all that is left out in its path. Ceremonies at the White Spring and Chalice Well are connected as the door in the wall between the two springs is opened. Our Goddess Temple Ceremonies often include the children of the community holding ceremony. I cherish the memories of



Marion Brigantia with 11 new Priestesses of Bridget (January 2020).
Photo Matthew Holbrook

the years my daughter participated in these; growing from a curious toddler, via graceful swan, to the young climate activist she is now. And the maidens who first blessed me in ceremony are now grown into glorious young women creating lives of their own.

May we kindle their wisdom and their strength. They are our hope for the future, and even on the darkest of days their light is so bright it sparks again the fire in my heart. Bringing a renewed sense of hope, of potential, of commitment. Magic as the Maiden glows inside all of us. The return of the light, and hope, seems especially poignant this year. May we all support the growth of that tiny spark in them, and in us. May we lean forward and shield it with our hand tenderly and blow on it gently, adding our strength to theirs. May we kindle our young people into strong flames. May we rekindle the connection between us all.

As we begin again. Wobbly as a newborn lamb maybe, but increasingly frisky as the days lengthen. Taking time to plant the seeds that will be this summer's food, this year's harvest. Taking time to nurture them, and ourselves, and each other, through the thaw and the unexpected spring weather. Time to welcome life, and noise, back to our world, leaving the crystal winter silence for another turn of the Wheel. Time to crack the shell



from the inside and birth ourselves into this new year. To trust life one more time and to risk our hearts.

For the light is returning and the Maiden is beckoning us outside to play.

Katie Player, Priestess of Avalon.

Bridget and Her Triple Flame



As we come into Imbolc we know that this is the time of Bridget, otherwise known as Bridie or Bride. She is a powerful Goddess with many names and attributes but one of her most important aspects is that of Her triple flame. She is the Goddess of blacksmithing and one of Her flames is the fire of the forge. Here She takes base metals and transforms them through fire and heat into purer and stronger forms enhancing their beauty as part of the process. And the Forge burns off the dross. This process can be seen as literal but also, of course, highly symbolic. Life itself can sometimes be like a Forge and we can feel, when we're struggling, that we are walking through fire. But this process can strengthen and beautify us as well. And in burning off our own dross Bridget purifies our souls.

Another of Her flames is the fire of the hearth. In Neolithic times when people lived in round houses this fire would literally have been in the centre of the house and symbolically the act of cooking and preparing food is at the heart of a good home. The alchemy of cooking feeds us but it is also an expression of our love and our creativity. And eating and cooking together enhances our bonds with each other. A lot of social occasions are built around shared food. It may no longer be the case that the hearth is literally at the centre of our homes but we still tend to congregate in the kitchen and the warmth and comfort of a lovely hot drink and a good cooked meal is one of the pleasures of life.

And Bridget's flame has always been associated with the fires of inspiration. She is a Goddess of poetry. She rules over the spark of creativity that sets many a creative project in motion. It is that 'Aha' moment when it is like someone switches on a lightbulb in your head and you have a fabulous idea. Or you may suddenly see something quite ordinary in a new and unusual light. And a huge part of creativity is play. If you are taking yourself too seriously then it can be hard to be truly creative. Bridget, with Her sense of fun, helps us to break out and abandon rules that don't serve; to do things differently. This sense of play creates excitement and fun which can lead to real creative breakthroughs.

This is just a part of Bridget and who She is and what She does. There are priestesses in this community who know Bridget far better than I do and who could tell you a lot more about Her. But She is the young maiden, the swan maiden and Her youth, to me, is part of Her fire. Young people have an energy about them. They are so passionate and right now this passion is sorely needed. In these dark times many of us feel let down by our old leaders who continue to do the same thing in the same way with exactly the same results. Bridget's triple flames have never been more needed than they are now to inspire and enable us to change the world for the better.

Janet Parfitt, Priestess of the Goddess and Priestess of Cerridwen.

Editorial

At this time of year my thoughts always turn to the topic of healing. It is even more appropriate this year as my husband has just had a spell in hospital. But I believe what Goddess wants from us right now is to heal ourselves, to heal the divisions between ourselves and others, and most importantly, to heal the Earth. There is flooding in Asia and huge fires in Australia and Africa; the climate is changing and not for the better. Our Goddess, Mother Earth, is crying out for our help. The Conference this year is all about the Earth Mother and like many others I do not believe this is a coincidence. Those in power seek to deny all responsibility, they seek to divide us so that we fight amongst ourselves and do nothing to threaten them. But time is running out for us to save the Earth. Let us defy those in power and come together to stand in our power and heal all the damage that has been done. Blessed be.

*Janet Parfitt – Editor,
Priestess of the Goddess and Priestess of Cerridwen*

Essentially Bridget at Imbolc



Goddess, as Divine Creatrix, makes her presence felt in tangible forms in many ways for us to experience her. Plant aromas provide a bridge from earthly consciousness to divine consciousness through which we can communicate with Her. Her contacts with us are always two way as we are embodiments of Her – we are Her and she is us. The word *essence* comes from *quintessence*, meaning spirit, and so the essential oil, the aromatic essence of the plant, is thus the spirit of that being. Biologists believe that the aromatic material in plants is there to communicate information to other plants, insects and animals and these could be for lots of practical and survival reasons, such as to deter a predator that threatens the plant or to let an animal know that this is ok for healing or to tell a human much the same and whether it can be eaten. But there is also another dimension to it. Mammals are set up biologically to respond to aroma through their olfactory system where minute cilia at the end of olfactory nerves send messages direct to the limbic area of the brain where it is processed via the right side of the brain and stored in implicit memory. In human infants this is the part of the brain that is most active in the first two years before the left side and the prefrontal cortex are formed.

At Imbolc, sacred to Bridget in her Maiden aspect, we think about babies and children and how we nurture them in our families and communities, or we might think about how we nurture our own inner child. Babies develop their limbic system in the womb and can even smell their mothers; from the moment of birth, the babies sense of smell is telling them about their world and that consists of their mother initially, as they smell her skin and feel comforted by that smell. They smell her breast milk and know when food is coming. Mothers smell their babies too and know their own baby's smell. So we can say that smell is an important bonding factor, vital to developing that all-important attachment relationship necessary for healthy emotional development. The other day I smelled a tester of Coty's L'Amant perfume, an old-fashioned fragrance from the 1920's, and I immediately recalled my grandmother, for whom this was her go-to scent. There is something in that fragrance which triggered my implicit memory of being close to her. I have no smell memories of my mother, strangely enough, although the odour of workshop lubricants of lathes and milling machines always recalls my father as these aromas permeated his clothing and I love the smell to this day. My initial bonding was with my grandmother who cared for me for the first few months of my life during my mother's hospitalisation, and my dad would have visited me regularly after work. Thus I 'aroma-bonded' with both of them, and although of course there was an attachment relationship with my mum that grew later when I was reunited with her, it was not aroma based, suggesting perhaps an optimal

moment close after birth when this happens. I have no evidence of this, other than my experience, but it is interesting to consider.

Even as adults, smell forms a part of the bonding between us and our children, or our partners later on where, of course, we are influenced unconsciously by pheromones. Thus we might think of our bodies as aroma temples communicating vital messages to our loved ones as we are all of this divine aromatic essence. Through the existence of the Goddess Temple, the Motherworld has come into being and the mothers' groups that have formed as a result of that aim to create support networks for mothers, and fathers too, as we move forwarding developing parenting styles that enable our children to be secure, confident and healthy beings with a love for life and learning. Fragrancing the room for mothers and babies with High Altitude Lavender and Roman Chamomile through a steam diffuser is not only gently relaxing, but warmly mothering. What a lovely way to support bonding to Goddess Bridget and to each other.

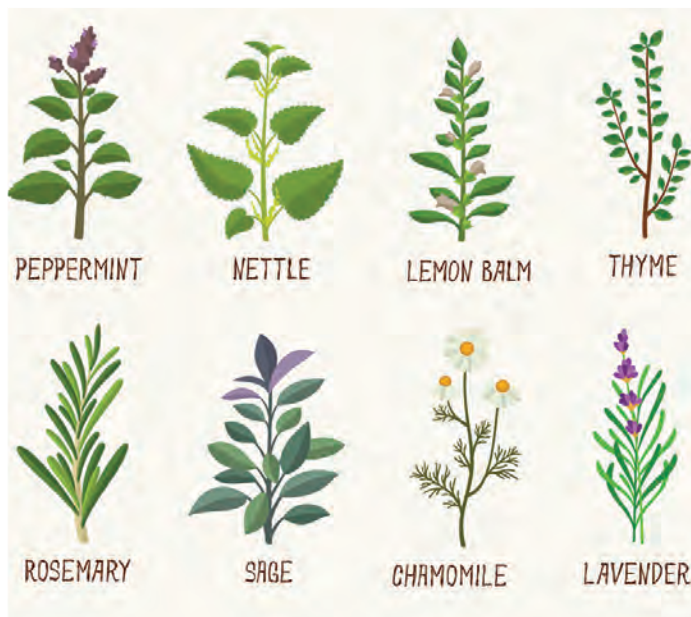
Stephanie Mathivet – Priestess of Avalon

Madron Day

In this community we have many people from all over the world who contribute a monthly amount to help support the Temple. These people, of whom I am one, are known as Temple Madrons. Every year we have a special day where all the Temple Madrons and Temple Melissas are invited to a series of workshops and talks, for free, all held here in Glastonbury at the Goddess Hall in Benedict Street. This year the Madron day is going to be on the 23rd February from 10am to 4pm. There will be free access to the kitchen to make yourself hot drinks although you will have to bring your own food. It is an opportunity to meet other Madrons and Melissas and have a chat. We understand that not everyone lives nearby and people have work commitments and such but if you are able to come we would love to see you there.

*Janet Parfitt – Editor,
Priestess of the Goddess and Priestess of Cerridwen*

A Very Simple Love of Herbs



Herbs are our friends, spiritual teachers, healers, mothers, pioneers, ancient wisdom and memory; and a hug when no one else is around.

These are the notions I get when using herbs, whether they be fresh or dried. Although I admit my olfactory system transmits sensory messages to my brain and solar plexus in quite a different way with fresh herbs. Interesting isn't it, that dried and fresh herbs manifest such a different bodily and emotional response. Then when they are combined sympathetically with others, the result is quite transformative and magical.

We all have our favourites and strong dislikes, and immediate associations in all directions both positive and negative. I often hear people say, "Lavender, ugh, old people", or "Mint, yum, Sunday roast lamb". I don't particularly like lemons preferring limes, yet I adore the smell of fresh Lemon Balm (a mood improver) gently rubbed between my fingers, as it transports me to a windy hilltop on a summer's day. Not an actual memory you understand, yet a real shift and release in my mood and energy created by the purity of the plant oils.

Here in the United Kingdom we enjoy an incredible abundance of wild and cultivated herbs, and you don't have to venture too far before coming across something green and beneficial. Take the much-maligned Nettle for instance, bane of the pristine gardener because its roots are deep and vigorous; though don't underestimate the nutrient dense health benefits of a lovingly steeped cuppa of Nettle leaves.

In fact, herbs can easily become a regular part of your day. You may already enjoy Mint and Chamomile tea, have a pot of Parsley or Basil on your windowsill, or even step inadvertently onto the rather unimpressive looking but quite powerful Plantain plant growing outside your back door. There are so many to choose from, each willingly giving up their healthful nutrients and messages to aid your wellbeing.

Something I love to do is an easy and effective foot soak using herbs, salts and a few drops of essential oils. Here is a bowl with herbs steeping in hot water, selected to provide a calming and soothing experience. To add a boost to the work these lovely herbs will do, I pre-



pare and cleanse the workspace and perform a simple ceremony to honour the spirit of the plants, inviting them to impart their gifts for health and healing. This steep will rest for at least 10 minutes before being added to a larger container and topped up with water hot enough for my comfort. Wrapping legs and body in a warm blanket, invites the aroma to seep up into my breathing space. A mindfulness meditation enhances the healing experience. Once the treatment is over, the herbs are returned to the earth in gratitude.

I invite you release your curiosity and find ways to bring these powerhouses of healing into your life.

Ruth Llyn Cogan

Support the Goddess Temple

For almost two decades the Goddess Temple has stood in the centre of Glastonbury, a sign of Goddess Energy returning into the world. Many people have supported the temple out of love and care for Goddess, giving their time, their energy and money, to help keep this sacred space open, each and every day, 365 days a year. The space for Goddess gives hope to so many seekers, joy and rest to an abundance of pilgrims who have come to see and feel Her presence in their life. Often the temple is the first contact for many who come thinking it is just another shop, and stay because of the peace and beauty of the temple. The temple needs you to help provide this for them.

Becoming a Temple Melissa: giving a few hours each month, to hold space and take care of the visitors, is one of the most exciting and joyful moments in my life. We are the guardians of the temple, we serve the gateway to Her healing and love. If you would like to experience this joy, come and join us in service to the temple. Do you have two hours or more a month to hold the temple space? Would you like to be one of the caretakers of this unique place in the world? Become someone who makes a difference, sending Her light into the world.

To become a Temple Melissa, visit
<https://goddess temple.co.uk/temple-melissas/>

Help the temple thrive: if time is not in your power to gift, then perhaps you would consider becoming a **Temple Madron?**

The temple raises a good deal of money by donation each year from people who visit it and give in gratitude for this devotional space. Alas, monthly costs are rising and what is needed are regular monthly donations to keep the temple open. Any amount you can give will help us to continue opening this beautiful place for Goddess here in the heart of Avalon. Becoming a member of our community as a Temple Madron comes with its own gifts, including a copy of our monthly newsletter, keeping you up-to-date with the fantastic events we offer, plus an invitation to our incomparable Madron day, where members of the temple delight with interesting, entertaining and fun presentations. Friends and Melissa events are also available to you. There is so much joy to be had from meeting our community and celebrating with us the Return of the Goddess in the world. Help us keep the healing of Goddess available to all who travel to Avalon in search of Her.

To become a Temple Madron, visit
<https://goddess temple.co.uk/donate/>

New Beginnings

The Goddess Temple community is buzzing with fresh new beginnings as Imbolc approaches, and there are many exciting new offerings coming up in the Spring period from our Priestesses and Priests. A selection are listed below.

New Temple Teachings courses – beginning spring 2020!

Goddess Temple Teachings offers a range of fantastic, life-changing Priestess-trainings beginning with a new intake every year in autumn. We also have two exciting new courses beginning in spring 2020:

Sacred Birthkeeper, begins 1st/2nd February 2020

One Spiral Training in Glastonbury
with Priestess of Avalon Kate Fletcher
Course taught over 8 weekends in 2020
<https://goddess temple teachings.co.uk/sacredbirthkeeper2020/>

The Silver Spiral, begins 28th/29th March 2020

Star Priestess/Priest Training in Goddess-centred Astrology
with Maria Jones, Priestess of Avalon, Priestess Astrologer
Two Year, Two Spiral Training
Course taught over 7 weekends per year in Glastonbury
<https://goddess temple teachings.co.uk/silverspiral/>

In the Mysterium of the Lady of Avalon, 17th–19th April 2020

A three day ceremonial journey with Glastonbury Goddess Temple, in the embodied presence of the Lady of Avalon, the Oracle of Avalon and the Nine Morgens
In Glastonbury Assembly Rooms and out on the Sacred Landscape of Avalon
With many dedicated Priestesses and Priests of Avalon
FFI and tickets:
<https://goddess temple teachings.co.uk/mysterium/>

Taster weekend: Wild Medicine Dance Training, 25/26th April 2020

with Iris Lican:
Medicine Woman, Ritual Dance Artist, Therapist, Yogini

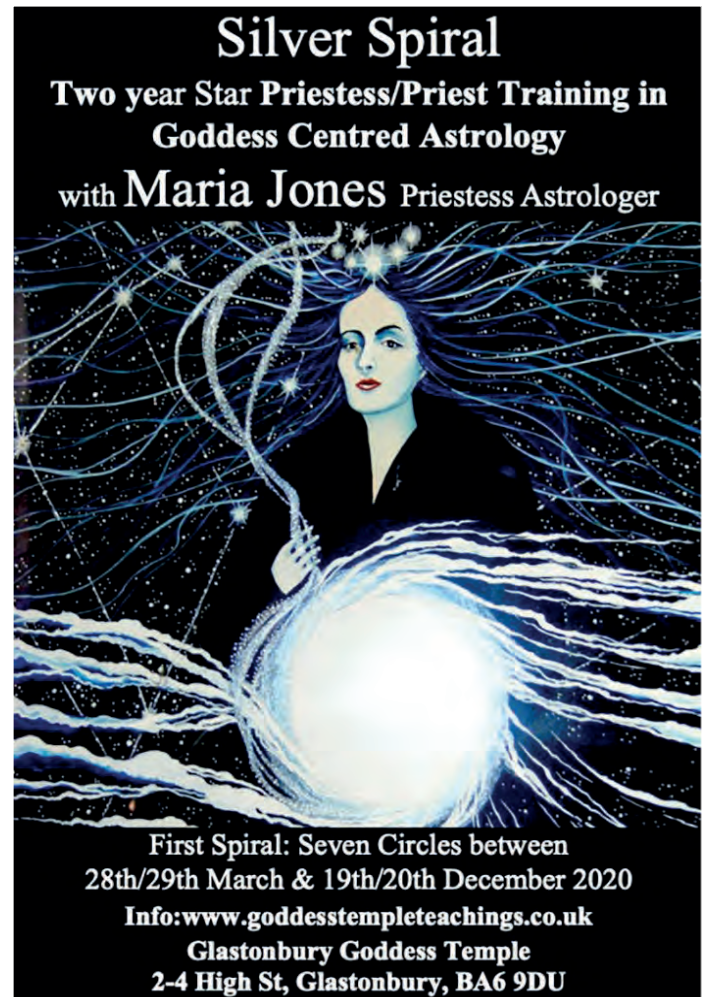
Taster weekend is followed by two week-long intensives in June and September 2020 – FFI:
<https://goddess temple teachings.co.uk/wildmedicinewoman2020/>

Goddess House School of Holistic Therapies

Learn to become a holistic therapist with the range of accredited courses on offer in the sacred setting of Goddess House. 2020 calendar begins with Indian Head Massage 28/29th March 2020. Other courses throughout the year include Chakra Therapeutics and Elemental Goddess Healing. For the full course calendar, see <https://www.nandinidasi.co.uk/>

Plus check the event calendar on the Goddess Temple website and the listings outside the Goddess Temple for regular and seasonal events in the Goddess Temple and Goddess House! **Seasonal Embodiment Evenings** and the **Oracle of Avalon** occur every six weeks, and we have **Dark Moon Rituals** and **New Moon Healings** being held every lunar cycle. See the website for all of this and more!

Elsa Field, Goddess Temple Administrator



Silver Spiral
Two year Star Priestess/Priest Training in Goddess Centred Astrology
with **Maria Jones** Priestess Astrologer

First Spiral: Seven Circles between 28th/29th March & 19th/20th December 2020
Info: www.goddess temple teachings.co.uk
Glastonbury Goddess Temple
2-4 High St, Glastonbury, BA6 9DU



**Earth Body Medicine
Wild Medicine Dance
Trainings**

With **Iris Lican**
**Medicine Woman, Ritual Artist
Dancer from Portugal**
**2020 Wild Medicine Dancer
Taster weekend 27th/28th April**
2020 Becoming Green 1st–7th June
2020 Becoming Ground 21st–27th Sept
Info: www.goddess temple teachings.co.uk
Glastonbury Goddess Temple, 2-4 High St,
Glastonbury, BA6 9DU

maria jose jacob

Poetry



The River Flows Silently

Grief-filled drops of water fall down from the sky
Grief for Her earth, grief for all that is lost
For the rhinoceros, for the elephants.
The river fills up with sadness, with sorrow
With the pain of rejection, of betrayal,
Promises unkept, lineages broken again
Yes, again. How shall we mend them?

The river fills, flowing swiftly between high banks
Curving deeply across the flood plain
Rising to the top in some places
Spilling over into fields, saturating the waterful land.
I notice that the river is silent, there is no sound
As the great liquid body moves fast across the land.
No obstacles in its way to create noise.

The huge brown shining waterborne python
Mottled with splashes of foam and pollution,
Bears away my pain, the water's surface
A mirror to the changes that come
To the unknown unpredictable future
Silent, swift, unnoticed until seen.
Who knew that the feelings were so large.

Two herons stand at the edge
Watching for fresh water mussels with shining interiors
Each morning they are here waiting by the river
Grey descendants of the dinosaur age
Gatekeepers to the Ancestral worlds
Koko, I call to you through the Veil
Send me your wisdom from the Otherworld

Great python, carry me in your merciful flow
Down to the Ocean of Her Love.

*Kathy Jones Priestess of Avalon, Priestess of Goddess,
Founder and Creative Director of Glastonbury Goddess Temple*

Maiden Bridie

Bridie bright
Maiden of Light
Bridie, young and pure
You who carry the innocence
of my magical child,
who knows where to find the Unicorn,
in the wild forests of my life.
You who are the fire of healing
within us, lighting up the dark places
in my memory to be held in your love.
You who are the ignition of
the flame of inspiration,
showing new ways of being.
I see You breaking though
the frozen earth
as snowdrops, so fragile
and still so resilient.
I hear your presence
in every breath,
singing in the Springtime,
as the light returns.
I feel you touching me
with your white rod
stirring the source of my potential.
I follow as You walk before me
on the new land.
Bridie, Maiden, bright

*Marion Brigantia
Priest/ess of Brighde-Brigantia training
www.marionbrigantia.com*

Return of Bridee

The quickening comes slow
From deep within the the wisdom of Her land
From deep within the heart of Avalon

Hail Bridee
She at last arrives
Lifting loss, clearing veils, twinkling bells

Her Spring returns –

greening all
Earth's winter body stirs alive
Souls sing joyous melodies
Hearts regain their smile
Bodies skip and run and play
Lightness inside and without
All heaviness dissolved.

Bridee we hear your call
Hear you speak our name
Calling us to play with you again.

Lynne Sedgmore



Sitting to Spinning

It's the hardest trick of all to pull off,
To turn the world from sitting to spinning
And wake the waiting buds,
When violet winter lies heavy
And her silent shadows
Seem forever frozen.

So what hero
Will perform this necessary miracle,
Not once, but over and over?

Oh, just a barefoot girl
Who stretches out
A small hand to spin
The sun higher into the blue
As ice melt, rivulet, torrent, dance after Her,
And her skipping feet run the first hint of a tint of green
In trackways shooting out across the frigid ground.

Mary Tidbury



Solstice Night

On this Solstice night
I know you will sit with me in the dark
Until the morning comes
I am wrapping your light around me
As if it were a mantle.
I am ready. From the hills
I have taken courage. From the oceans
I have taken the eternal song
Of forgetting. Washing myself clean
In its icy waters, turning as it does
Into the warm oils of remembrance.
Do you recall that night of snow
Softly falling in the woods,
Where first I saw you walking under the trees?
It began there, do you see that now?
One day it will end there. This I know.

Lorraine Pickles, Solstice 2019.

Silver Spiral Training

As twilight descends a circle of Priestesses stand atop the Tor, tracking the movements of the celestial bodies above. They gazed into the clear, star lit night skies, watching for signs and omens of what was to come to pass. They chanted the names of the Planetary Goddesses, and made offerings and invocations to the great Star Mother, knowing that they were not separate, but a living, breathing part of the cosmic ecology. A sacred strand in Her silvery web.

Their profound connection to the ever turning Silver Spiral of the Goddess gave them intimate understanding of the ever turning cycles of time and space. They understood that through Her vast, starry womb, all things change and transform, all things die and are reborn. They taught that there is a time for seeding, a time for work and a time for harvest.

As I sat in the Goddess Hall as a student on the Priestess of Avalon training these visions and understandings began to pour into my consciousness. I became deeply aware that much of the essence of Astrology has been long buried in patriarchal mythology, the true understanding of the stellar mysteries has been lost in the mists of time.

I vowed to become a vessel for Her ancient wisdom to resurface in the world, to reawaken the Goddess Archetypes within Astrology. In my Silver Spiral training, I invite you to approach the ancient science of the stars from a Goddess centred, embodied space, as you uncover your souls unique story through the mirror of the cosmos.

I believe Goddess Astrology is one of the most powerful tools we have for moving into deeper levels of self-awareness and self-love. As we begin embrace all of the light and shadow within, we are able to come home to ourselves through Her love. As we journey into the centre of Her spiral we journey into the centre of ourselves, to the core truth of our being. We collect the lost fragments of soul, weaving ourselves back into wholeness.

Through understanding the blueprint of our birth chart, instead of resisting our soul lessons, we learn to accept them and utilise them as catalyst for growth and expansion. We can recognise the underlying karmic patterns playing out through lifetimes, and begin to heal so that we may truly step into our authentic Priestess power. We discover who we were, who we are and who we can become.

As we observe and celebrate the turning of the Silver Wheel we come into the resonance of oneness with all of life. We awaken our gifts of prophecy, of ritual and ceremony, so that we may guide our communities through times of transition and offer insights that support the evolution of the collective as we co-create the MotherWorld.

As the Solstar moves through the sign of Aquarius this Imbloc, be sure to visit the beautiful Goddess Temple, and ask Bridie the Maiden to awaken the StarFire in the centre of your soul and reignite your radiance!

Maria Jones

<https://goddessstempleteachings.co.uk/silverspiral/>



Enter the Mysterium of the Lady of Avalon

*A Three Day Devotional
Ceremonial Experience
of the Presence of the
Lady of Avalon, the
Oracle of Avalon & the
Nine Morgens*



Friday 17th-Sunday 19th April 2020

*Enter Her Mysteries in Sacred Ceremony with Prayer
Devotional Chant, Movement, Dance, Oracle of
Avalon, Nine Morgen Healing, Embodied
Presence of the Lady of Avalon*

**Glastonbury Assembly Rooms
& the Sacred Landscape of Avalon**

*With Priestesses Kathy Jones, Sally Pullinger, Sophie
Pullinger, Sue Quatermass, Mike Jones, Elsa Field,
Jerome O'Connell and dedicated Priestesses &
Priests of Avalon*

Info: www.goddess temple teachings.co.uk