

# C.E.P.F. NEWSLETTER



Church of Eclectic Pagan Fellowship (C.E.P.F.) 35095 Sunrise Court Pittsville Maryland 21850  
Web site address [cepf@mchsi.com](mailto:cepf@mchsi.com) 410-835-0188

## Getting Started

By Amy Sampsell (Fire phoenix)

The purpose of a newsletter is to provide information to all of our Members, Guests and Public Relations Chairman and any others.

*We are a diverse Pagan church open and accepting of any and all paths so long as they do not harm their followers, advocate harm of others, or violate anyone else's personal or religious civil rights. Our motto is "Many paths...one goal."*

*We are a pagan church based in Salisbury, MD, with a chartered branch in Cadiz, Ohio. We are a diverse pagan church of many differing paths working together to help pagans everywhere to better understand each other and find people of similar beliefs to converse with. We have members who are Witches, Wiccans, Astaru, Shamans (Celtic, Native American, etc.), some Ceremonial Magickians, All are welcomed here.*

*Our Mission: To provide a safe haven for practitioners of differing religious paths to worship as they see fit*

## Peace Article by Christine Northrup M.D.

By Amy Sampsell

"Each of us has access to guidance from within that will lead us in the right direction, if we pay attention."  
"Each of us also has the power, with our thoughts and emotions, to influence the energy of the planet in a way that helps prevent further conflict and also creates peace."

Dr. Northrup is a holistic physician, yoga instructor, mother, and a supporter of peace. The following tips are a few highlights of the information that I found among my wanderings.

These are following reminders that were given as a way to take a few steps back and realize the ability that is in

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*so long as it does not violate the religious rights of others or causes harm. To promote unity among the World's Religions through understanding, cooperation, and respect.*

*You may find us in a Yahoo chat room under the heading-  
ECLECTIC PAGAN FELLOWSHIP - in the User's Section.*

*As we grow, so will our Newsletter. We hope that you will take the time to submit, or just share your thoughts.*

*Merry ye Meet to you all!*

all of us to implement change.

The fear and anxiety caused by the possibility of war are the biggest health challenges that people face today. As a physician, Dr Northrup stated that the emotions of fear and anger impede the healing processes, and if held long enough, actually locks one into a vicious cycle that actually promotes more pain, fear and anxiety. Thus, causing immense harm to our minds, our bodies, and our spirits. But there are very specific things that each of us can do at this moment to help prevent war and at the same time create peace in our bodies, minds and spirits.

1. Use your thoughts wisely. Understand their power. Thoughts have a tendency to become

Please see *Peace Article* on page 4

## Recipe of the Month

By Amy Sampsell

### Potato and Carrot Soup

A lovely potato soup to celebrate Brigid's emergence. Laced with sweet carrots and onion, this Celtic country soup warms the heart with the first promise of spring.

2 Tbs. extra virgin olive oil  
 1 sweet onion, diced  
 4 carrots, peeled and sliced  
 1/2 head white cabbage, cored, thinly shredded  
 dash of nutmeg  
 1/4 tsp. curry powder  
 1/2 tsp. fennel  
 sea salt and freshly ground white pepper, to taste  
 5 cups vegetable broth or light chicken broth  
 6 Yukon Gold (or yellow) potatoes, peeled and cut  
 1/2 cup milk, or almond milk  
 1-2 Tbs. light cream, or soy cream  
 fresh chives, chopped, for garnish

In a heavy soup pot, heat the olive oil on medium heat, and sauté the onion until softened. Add the carrots, cabbage and spices, sea salt and white pepper, stir and cook for ten minutes. Add in the vegetable broth and potatoes, bring to a boil over high heat, then lower heat and simmer until vegetables are tender, about 20 to 30 minutes. When the vegetables are done, carefully ladle the soup mixture into a blender, reserving about a cup of the whole vegetable pieces in the soup pot. Cover the blender and puree the soup mixture until it is smooth, then pour the pureed soup back into the soup pot, stirring it together with the reserved vegetable pieces. Stir in 1/2 cup milk, and gently heat it through, being careful not to bring the soup to a boil.

Add in cream, if desired.

Ladle this creamy soup into colorful bowls and garnish with fresh chopped chives.

Serves 4-6

### Rosemary Cheese Biscuits

Old fashioned biscuits are a treat at any season. According to Goddess lore, sprinkling rosemary into the dough helps us to attract love and longevity.

2 cups unbleached, all purpose flour  
 1 cup grated Parmesan cheese  
 2 1/2 tsp. baking powder  
 1/4 tsp. sea salt  
 1 tsp. fresh rosemary, minced  
 pinch cayenne pepper  
 1 stick unsalted butter or margarine, chilled  
 1/2 cup milk (or more if needed)  
 2-3 Tbs. dry sherry

Preheat oven to 425 degrees.

In a large bowl combine the flour, cheese, baking powder, salt, rosemary and cayenne. Cut the chilled butter into pieces and mix into the flour mixture, crumbling the dough. Add the milk and sherry and quickly mix the dough just until the ingredients are moistened. Lightly knead the dough inside the bowl a few times to form a ball, and place on a floured surface. Roll out the dough with floured fingers ( or a floured rolling pin ), to about 1/2 inch thick.

Cut out rounds with a cookie cutter or jelly glass and place them on a baking sheet. Bake them for 10 to 12 minutes, until they are golden brown. Serve warm in a festive basket.

Makes about 15 to 18 biscuits.

Continued on Page 6



*"The world rests in her winter slumber – to  
 spring forth renewed and fertile"*

## An Introduction of C.E.P.F.

By Amy Sampsell

I would like to take an opportunity to introduce the various people that make up C.E.P.F. and what their roles are.

### Board of Directors

David Andrews – President & Senior Pastor

Heidi Andrews – V.P, Asst. Senior Pastor & Webmisstress

Susan Martin – Treasurer & Asst. Senior Pastor

Joseph Mason – Sec. & Senior Pastor Ohio Chapter

### Public Relations

Melynda Branam – Public Relations United States

Tina Symonds – Public Relations United Kingdom

Chris Hilton – Public Relations United States

John Jary – Public Relations United Kingdom

David and Kellie Hughes – Public Relations Canada

Angela Englund – Public Relations United States

Amy Sampsell – Public Relations United States

And we currently expanding into Australia soon.



*"Many Paths....One goal"*

We also have numerous Members as well.

Thank you to all of these wonderful people for assisting C.E.P.F. in the many ways that you do. They all wish to expand their knowledge and others knowledge of Paganism everyday, and for that, we thank you.

Brightest Blessings to each of you.

## Feedback from you ...our readers

By Amy Sampsell

I would like to extend an opportunity to you, our readers to submit an article to be posted in our Newsletter.

This article can be anything on Paganism.

From recipes, to local events, to news matters, to personal announcements that you would like to share with people.

Please be aware that any article, prior to submission into the newsletter, will be reviewed by the Board of Directors and will be edited for content.

We ask that your articles be clean (i.e. No profanity, defamation of character, etc)

All Articles will be posted as soon as possible into the Newsletter.

Thank you

Amy Sampsell

CEPF Public Relations United States



*Peace Article* from page 1

- their physical equivalents.
2. To create peace, you must be peaceful. The only way to stop war is to start from within. You must do your own personal disarmament. Concentrate on what it is that makes you peaceful and resist the downward spiral of the negative emotions that blames others for your own lack of peace.
  3. Imagine all of the angels, non-psychical beings of peace working towards peace and compassion. Know that they can only work in an atmosphere of compassion, not condemnation. Help them. Lend your

- compassion to theirs, thus helping them to connect to the hearts that need their help.
4. Avoid watching the news and reading the newspapers and "looking" for the "official" guidance to be afraid and disempowered. Instead, look for the good in these utilities. Look for the compassion, love and beauty. It is there, but you must find it.
  5. Finally, know that when you are tuned into your heart, your Inner Wisdom, your Deities, etc, then your energy lightens up and your vibration changes. You are a beacon of light and peace.

Spend 30 seconds several times a day to creating a "virtual" reality of what peace would look and feel like. Send your energy and compassion to those that involved in the war or conflict. Do not judge them for their actions, no matter what, just send them compassion and love.

## Announcements

I would like to take a few minutes to welcome a few new people to CEPF.

Emily Ruddell	Carla VanDusen
Robert Baber	Jeannie Williams
Sherrie Dotson	Arthur Bearden
Damon Casteel	Daniel Olsen
Renee Wheatly	
Micheal Wallace	
Lynn Bix	
Lawrence Harr	

Welcome you to CEPF

*"Living one day at a time.  
Enjoying one moment at a  
time.  
Accepting hardship as a  
pathway to peace....."*

Healing Energies and Prayers sent:

Cate: Christian Ministries who is battling Cancer

To each of you, may you know that we think of you always and hold you in our prayers. Brightest Blessings on your road to recovery and may you be with us soon.

**Imbolc:** February 2

**IMBOLC/IMBOLG** is the Old Irish name for an ancient Celtic festival occurring at the beginning of February. Imbolc was the second of the four great fire festivals of Celtic religion and under Christian influence was also known as Candlemas. From early times Imbolc was associated with the fire goddess Brighid, and celebrated the approach of spring and the promise of renewal.

**Source:** Encyclopedia of Wicca and Witchcraft

FROM WIKIPEDIA, THE FREE ENCYCLOPEDIA.

**Imbolc** is one of the eight solar holidays or [Sabbats](#) of [Neopaganism](#). Originally it was a pagan Irish festival celebrated on [1 February](#) (and the evening before). Today modern pagans either celebrate in on the 1st or 2nd, the 2nd being more popular in America, perhaps because of a confusion with [Candlemas](#). In the southern hemisphere it is celebrated in August. The name, in the Irish language, means "in the belly" (*Imbolg*), referring to the pregnancy of ewes, and is also a Celtic term for spring. Another name is **Oimele**, meaning "ewe's milk"; also [Brigid](#), referring to the Celtic [goddess](#) of [smith craft](#), to whom the day is sacred. The holiday

is a festival of light, reflecting the lengthening of the day and the hope of spring. It is traditional to light all the lamps of the house for a few minutes on Imbolc, and rituals often involve a great deal of [candles](#). Imbolc is a [Cross-quarter day](#). Among the Sabbats, it is preceded by [Yule](#) and followed by [Ostara](#).

Our thanks to:

<http://en.wikipedia.org/wiki/Imbolc>

#### THE EXALTED ONE

...woman of wisdom...a goddess whom poets adored...

— Cormac's Glossary

Our thanks to:

<http://www.celticspirit.org/imbolc.htm>

*"The Wheel of the Year turns with each season - spreading its beauty and wisdom"*

## The Elements of Imbolc / Candlemas

By Amy Sampsell

**Imbolc Herbs:** Angelica, Basil, Bay, Benzoin, and Blackberry

**Imbolc colors:** White, pale yellow and silver  
Imbolc offerings: alcoholic beverages or milk

**Imbolc is a time to honor:**  
Bast, Brighid, and Cerridwen

Altar decorations can include, but not limited to:

- a crown of 13 red candles
- a sprig of evergreen
- a besom (a witches broom)
- a small statue or figure of a young maiden
- candle wheels
- grain dollies
- sun wheels

Other names for this season are:

Imbolc Brigitana (Caledonni), Imbolic (Celtic), Disting (although this is Feb 14), Lupercus (Strega), St. Bridget's Day (Christian), Candlemas or Candlelaria (Mexican), The Snowdrop Festival, Festival of the Lights, and Feast of the Virgin.



*"Imbolc celebrates the banishing of Winter and welcomes the Spring"*

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**E-Mail:**  
 cepf@mchsi.com

**Motto:**  
**Many Paths...One Goal**

*We're on the Web!*

[www.churchofeclecticpaganfellowship.org](http://www.churchofeclecticpaganfellowship.org)

*Recipes continued from page 2*

**CANDLEMAS OIL**

from Myrriah's Home Page

- 1/2 dram Pine oil
  - 1/4 dram lavender oil
  - 4 or 5 drops of Cinnamon oil
  - 1/4 dram Sandalwood oil
  - 1/4 dram Frankincense oil
  - 1/4 dram Myrrh oil
- Mix well and bottle.

We wish to thank all that  
 contributed to this, our first  
 Newsletter.  
 May there be many more to  
 come.

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 Fellowship  
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**Customer Name**  
**Street Address**  
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