

Peppermint And Sage

21

Beltane

2016





May 2016

Seems like late is the new norm - really not trying to come out Pagan Standard Time. This month was work - been working on a give-a-way book for my work. It turned out to be a lot harder than putting out an issue of PAS - as I had to write the articles, take the pictures and put everything together. Between that and the new Fairy Garden most of my free time has been used up. Need to see more submissions next month. The more submission the faster I can put together the issue. And the larger the issue will be.

Next issue will be Mid-Summer - need both a front and back cover - along with everything else we have. Thinking about a new article called "The Everyday Pagan" - stories of the every day life of a Pagan. I wanted to write the first one to get it started this issue, but again time was against me. A lot of time our everyday life is a little different than the people around us - as we look at things a little different.

Blessed Be

Dreamweaver

Peppermint And Sage Issue 21 Beltane 2016

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All submission should be sent to pas@dragonpalm.com

Peppermint And Sage is published eight times a year: Samhain, Yule, Imbolc, Ostara, Beltane, Litha, Lammas, and Mabon.

All issues are free in PDF format. Permission to print as long as all content is included and nothing is added.

Peppermint And Sage is created using Page-Plus X8 by Serif.

1	Sun	Beltane
2	Mon	
3	Tue	
4	Wed	
5	Thu	Cinco De Mayo
6	Fri	New Moon
7	Sat	
8	Sun	Mother's Day
9	Mon	
10	Tue	
11	Wed	
12	Thu	
13	Fri	
14	Sat	
15	Sun	
16	Mon	
17	Tue	
18	Wed	
19	Thu	Dragon Palm PNO
20	Fri	
21	Sat	Full Moon
22	Sun	
23	Mon	DragonFly's Graduation.
24	Tue	
25	Wed	
26	Thu	
27	Fri	
28	Sat	
29	Sun	
30	Mon	Memorial Day
31	Tue	

June 2016

Calendar Events:

- 1 Wed
- 2 Thu
- 3 Fri
- 4 Sat New Moon
- 5 Sun
- 6 Mon
- 7 Tue
- 8 Wed
- 9 Thu
- 10 Fri
- 11 Sat
- 12 Sun PAS 22 Deadline
- 13 Mon
- 14 Tue
- 15 Wed
- 16 Thu Dragonpalm PNO
- 17 Fri
- 18 Sat
- 19 Sun Father's Day
- 20 Mon Litha
- 21 Tue
- 22 Wed
- 23 Thu
- 24 Fri
- 25 Sat
- 26 Sun
- 27 Mon
- 28 Tue
- 29 Wed
- 30 Thu

For more information on Dragon Palm Circle Events join the Dragon Palm Events group on Facebook or contact:
dreamweaver@dragonpalmcircle.org
For Earth's Web events information go to their web site: EarthsWeb.org
If you have a calendar event mail the information to: pas@dragonpalm.com. The calendar can be used for festivals, retreats, open rituals, PNO's, concerts and other events of interest to pagans.





How Blessed Are You?

Do you wake up every morning with aches and pains? Do you eat the same thing everyday because you don't have money for fancy food? Do you spend the whole week sometimes without the contact of your family and friends? Do you drive an old beat-up car? Does your house look like it has seen better days?

Well then, you are truly blessed!

How can that possibly be you ask? Well then let's take it from the top!

Do you wake up every morning...a blessing!

Does your body hurt, but you still get out of bed...a blessing!

Do you eat the same thing every day... I think you see what I'm driving at here!

We all take so much for granted that we forget so many people don't have the bare essentials of life.

Family, friends, a roof over your head, basic transportation, and food to eat are all blessings!

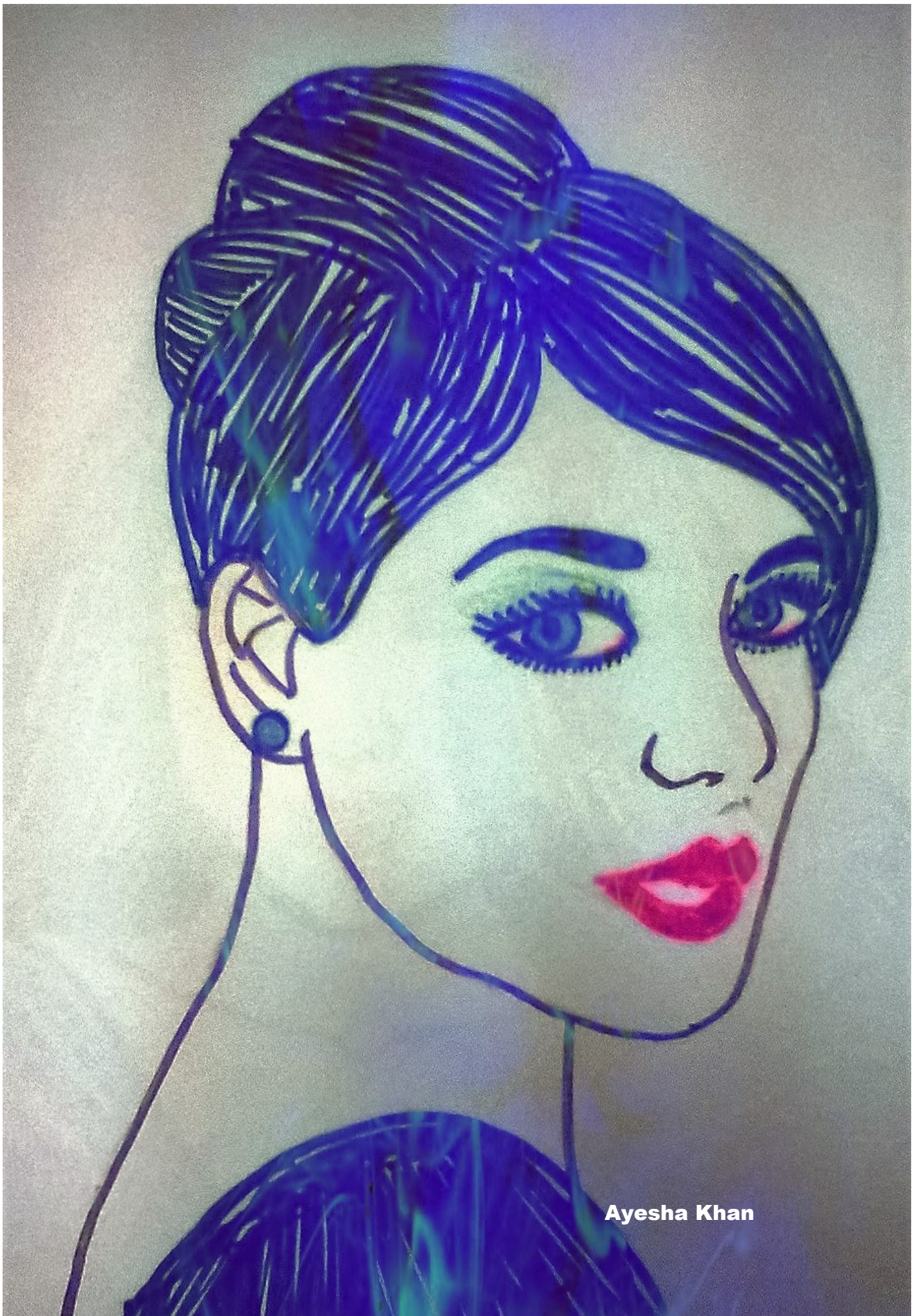
Whatever your religious path, remember to thank the Goddess / God for your continued existence.

Don't forget to help somebody along the way, you may need a helping hand someday yourself. Be there for your friends and family, your community, and your coven / group / church.

Blessings come in so many different ways sometimes we can forget just how very blessed we are!



Teia



Ayesha Khan

SINGING IN THE TREES: THE MAKING OF BARDS

by Moss Bliss, Steward of Shemai



Singing in the Trees

Beltane 2016

by Moss Bliss

Elder Bard, Steward of Shernai

Have you ever noticed that everything happens to you just when you need lots of time to arrange next steps? It's as if the Universe is making sure you slow down and take the right steps, or perhaps is testing your ability to push through difficulties. I've been needing to look at places to move to and ways to finance said move, and have been barely given enough energy to keep going to my job 3 days a week. I hope to get something done this Thursday (4/28), an odd day off for me due to having a class to attend on Friday.

We had another fine housefilk at Sojourn on April 23. Lots of great music shared as well as good fellowship. In attendance was your humble bard, as well as one of the finest songwriters in Tennessee and an upcoming young songwriter who attends Carson-Newman University. The next housefilk is scheduled for May 21, could be moved to May 23 if nobody is coming in from out of town. We are also talking about arranging a trip to Memphis, where a lone filker lives with little contact with the outer world.

Oh, have I not explained filk yet? Originally a typo, filk music is the music of the Science Fiction and Fantasy community. Most performances are at SF conventions or house parties. I've been performing in this community since 1980(?) when I lived in Denver. I have performed at conventions in Denver, Detroit, Champaign/Urbana IL, Nashville, Charlotte, Atlanta, Columbus OH, Charleston SC, and probably forgot a few, plus a few housefilks such as in St. Matthews SC and Ann Arbor MI.

Some people mistakenly get the idea that filk is all funny satires, but this is becoming less and less true each year, as more original music is written and many songs with borrowed tunes are serious in nature. (Borrowing a recognizable tune has been part of the Great American Folk Tradition since before the US was a nation, at the hands of such greats as Joe Hill and Utah Phillips.) I myself have written originals, parodies and serious steals, with over 60 lyrics to my credit.

With filk, we can write about worlds we would love to live in, as experienced in books, movies, and other media. There is considerable crossover between pagan writings and filk, as many fantasy novels and even some science fiction are heavily pagan-influenced.

So, with the Earth blossoming all around you, what are you doing to bring this fecundity into your written life? This is a time to buck the tree pollen and write, write, write. Poetry, stories, books, songs; all of the things which expand your soul. Many of us think we are writing for others, but in truth it is all for oneself, and the growth you experience as a result will nearly always be far greater than that which you bring to others. Write about what you love, whether it's reality or fantasy, magickal or mundane. Arrange to bring a smile or a tear to your face or those of your audience; create a memory and make it as memorable as you are able.

As always, you can send your results to Peppermint and Sage; Dreamweaver would love to publish just about anything worth reading.

Until next issue, I bid thee adieu.

[Moss Bliss is a fallible human being who also appears to be a decent musician, singer, and songwriter, and is an Elder Bard in the Triad Bardic College (website triadbardic.org) tradition. He can be reached at zaivalananda@gmail.com or at TBC's phone, (865) 344-7156 (leave a message).]



BLACK, BLACK HEART

by Ayesha Khan

My heart is too dark to care
This heartache, pain, I can't bare
Fake smiles, grin, gratitude
This mask, paper bag, I can't wear

Lonely night, dark sky, thunderstorm
This emptiness kill me, can't you be near?
Somewhere close, keeping me warm
Oh darling, won't you come here?

It's so lonely in here, so numb
I smile but am dying on inside, hear
Do you? My sobs, guilt, remorse
Shame, pain and all my fears

My eyes are dry but my soul cries
Tear in my soul, tear in my heart, tear, tear
Everything that makes me feel alive
I fear, fear, fear

Back and forth, back and forth
Then forward and rear, forward and rear
Scars on my skin, mark on my lip
Sizzle on forehead, a tender sear

But I hear you cry too
Like me you're broken too, I hear
Your stifled sobs and sniffs
Suppressed sighs and fears, I hear

But my heart is too dark to care
My heart is too dark to care



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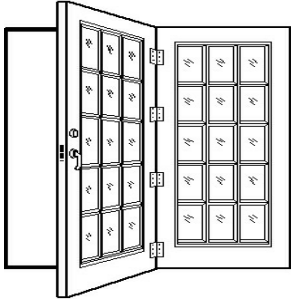


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The Door to the Beyond: Mental Health and Paganism by Moss Bliss

Door to the Beyond

Part XXI
Getting CHEESy

...and written over the Door are the words: Choice. Hope. Empowerment. Environment. Spirituality. This is the door we walk through together this month.

I spent two weeks in school in January 2009. The class was called Peer Employment Training, and the end result was to be a certificate as a Peer Support Specialist, making the twenty of us in the class eligible for employment in the fields of mental health and substance abuse.

The twenty of us walked in with our Superman capes and bulletproof Spandex, waiting to be empowered to lift and carry all our charges into a new world. We were very disappointed, but in a joyful way.

In just the first hour of the class, we were taught how to take off our capes and fit them for each and every person we were (will be) assigned to, and teach them how to learn to use it themselves. Instead of Advocacy, we were trained in how to make each person we serve into their own expert, empowering them to take control of their own case and not live down to their labels.

You know how psychiatry has been these past 40 years. You walk into the doctor's office, you tell him what's wrong, and he doesn't hear but a few key words of what you tell him. He then uses those key words to decide upon a diagnosis, and that diagnosis tells him what drugs to prescribe you. There is little or no talk therapy, and after being given a label, you are never treated as a full human being again. They can take you to court and force you to take the medications, or force you to receive electro-convulsive therapy, or force you to go to and stay in a "hospital", all in the name of Your Own Good, to keep you from Doing Harm To Yourself Or Others.

Voila, you are no longer a person. You are a label, a diagnosis, a stigma.

I've been beating my own head against that barrier for most of my life. I knew I was still a person. I knew the drugs were hurting me. Over five years ago, I told the doctors where to go, and they didn't have enough on me to commit me somewhere. In those five years (and in the two prior years), I learned how to take care of myself, how to get well, how to **recover**. My recovery is not complete, but I am at least 80% better than I was under their "care".

I walked into this class expecting to get more bruises on my head from beating against the same old wall... and they moved the wall! They had even begun to dismantle it! I grabbed my sledgehammer and did my own best Berlin imitation.

From the first, the word "recovery" was used. We were told that we were people, not labels, and were not to be defined as less than human ever again. We were told about our choices, and we learned

that this new paradigm has already been in use in a few areas. There is a new hospital about 40 miles west of Asheville which mimics another hospital in Phoenix, Arizona, where there are no physical restraints, there are no labels, and there are more peer support specialists than doctors. The treatment area is called the "Living Room" and is furnished accordingly. People are recovering, and are welcome to come and go as they choose, and are never ignored.

Wow. Add another wow to that. We learned about the CHEES Principle, which is:

CHOICE: One choice is no choice. Mental health can be achieved through the use of drugs, supplements, talk therapy, meditation, acupuncture, chiropractic, traditional Chinese medicine, and many other routes, and withholding information on any of these is dishonoring the individual.

HOPE: You are never hopeless. Sometimes you can feel so far down that you need someone to hold your hope **for** you until you can hold it yourself. The twenty of us were trained to do just that.

EMPOWERMENT: You are the expert on your problems and your solutions. We will help you find those sources, but you will lead us through that process. We can give suggestions, but only with your permission and only after trying to get you to see what is already inside you. We will listen to you; we will do our best to empower you to get your "treatment team" to listen to you.

ENVIRONMENT: You need to be in a place that suits you, not a "treatment center" and not on the streets. You know what is best for you. We will help you discover the options and find ways to get into what you need.

SPIRITUALITY: This was the big one. We are using the S-word again, and even the L-word (LOVE). No more impersonal decisions made on your behalf. Each of us has our own spirituality, and we peer support specialists are being trained to honor that.

Peer Support Specialists are experts, but it's a different kind of expert: We are experts in not **being** experts (and that takes a LOT of expertise!). We are learning how to listen to you, how to lead you to listen to yourself. We do not know what is Right For You – only you know that.

Are you beginning to see why I am so excited about this? Are you beginning to have hope that the System will die and leave something better behind? If not, I would be happy to hold that hope for you until you are ready.

To me, the things I learned in this class were more miraculous than if we ever were to elect a black President... oh, wait, we just did, didn't we? Damn. Am I still in the same world I was last year?

I sure hope not. I like the world I'm in now. And if we work together, praise Goddess, we will all have something good to think back on. Why wait for 2012? The old world is ending now. We can, we will create the new one together, in peace, love, and all those old sixties things (minus the drug busts). Remember CHEES and all those bad memories will start to fade.

Sadly, in most states Peer Support has been badly mismanaged or even denigrated to Did You Take Your Meds Today? But the hope continues, and it is in the hands of properly-trained Peer Specialists.

Let's walk through another Door together... next month.

Hugs,
Moss

The Fairy Garden



Dreamweaver

Since moving to Tennessee we have had a fairy garden. The one we had for about 14 years was also our ritual area. It varied from year to year - sometimes having a lot of little creatures in the corners of trees, wind chimes in the trees and lights on the trees.

Last year we moved across the street. Much of the fairy garden either got broke or left behind. Working on the inside we had little time to work on the yard other than mowing it. We didn't even have a garden last year - missed both.

This year is different. We have our fairy garden again - this time bigger than ever. All the light in the fairy garden are solar. We still haven't set up our ritual space yet - but it will be surrounded by the fairy garden.













we meet every third Thursday of the month at 8 PM at the Sevierville Books-A-Million in the coffee shop. If the weather is nice we meet on the outside patio. They are located at 190 Collier Drive, Sevierville, TN. (Collier Drive is the light at the Sevierville Walmart). This is not an official BAM event, so do not contact them for information on the PNO, but for directions their number is 865-908-8994. Contact dreamweaver@dragonpalmcircle.org for more information or join our Facebook group "dragon Palm Events" <https://www.facebook.com/groups/221898301197684/>

2016 PNO

Jan. 21	Feb. 18
March 17	April 21
May 19	June 16
July 21	Aug. TBA
Sept. 16	Oct. 20
Nov. 17	Dec. 15

Our PNO's are informal gathering of Pagans - we talk about just about everything and check out the new books. We always welcome new people. Check out our website to see our pictures so you know who we are.

www.dragonpalmcircle.org



Become part of Peppermint And Sage
 Deadline for our next issue is June 16,2016. We can use article, poems, cartoons, artwork, photos, jokes, reviews, events for the calendar, cover, words for crossword, word search words. We also need to hear from you!! Let us know what you think of this issue, let our writers, artist, poets, photographers know what you think of what they are doing.. Submissions and letters can be sent to pas@dragonpalm.com Each issue has gotten bigger and the price has stayed the same FREE.

You can start sending in items for it at anytime. Lets make this issue the biggest yet! We can use COVERS (both front and rear) Start submitting today!!

Peppermint And Sage

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COMING

Litha 2016





This Issues Cover



Ayesha Khan is a student at the University of Karachi in Pakistan. She has done several covers for PAS . She is a regular within the pages of PAS with her art, poems and stories.



