





# MERRY MEET



## September 2016

Yes we are late - was on vacation when the deadline hit and just had problems getting everything together. Now we have another issue just around the corner and it's an important one - it is the beginning of our fourth year. We have not always been on time, but we have not missed an issue. We would like this to be one of our biggest issues. But to do this we need submissions. Just send them to [pas@dragonpalm.com](mailto:pas@dragonpalm.com) . We need covers both front and back - we need articles, artwork, photos, cartoons, stories, reviews, puzzles, letters of comment and more. Deadline is October 23<sup>rd</sup>. You can start sending in things now.

This months cover is by Ayesha Khan of Pigeon Forge, TN and soon to be student at Walter State College. Got to meet Ayesha this summer after getting many submission from her over the years. Looking forward to many more submission from her in the future.

This October I will be working on another zine. This one is a little older than PAS. It's Lady Sky and my zine Florida Fandom - it will be 40 years old in October - it's how I learned about desk top publishing. Interesting in SF or Comics and would like to be part of it -check our ad this issue.

Blessed Be  
*Dreamweaver*

### Peppermint And Sage Issue 24 Mabon 2016

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Editor/Publisher: Dreamweaver

All submission should be sent to [pas@dragonpalm.com](mailto: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 PagePlus X8 by Serif.

1	Thu	New Moon
2	Fri	
3	Sat	
4	Sun	
5	Mon	Labor Day
6	Tue	
7	Wed	
8	Thu	
9	Fri	
10	Sat	
11	Sun	
12	Mon	
13	Tue	
14	Wed	
15	Thu	PNO
16	Fri	Full Moon
17	Sat	
18	Sun	
19	Mon	
20	Tue	
21	Wed	
22	Thu	Mabon
23	Fri	
24	Sat	
25	Sun	
26	Mon	
27	Tue	
28	Wed	
29	Thu	
30	Fri	

# October 2016

1	Sat	
2	Sun	
3	Mon	
4	Tue	
5	Wed	
6	Thu	
7	Fri	
8	Sat	
9	Sun	
10	Mon	Columbus Day
11	Tue	
12	Wed	
13	Thu	
14	Fri	
15	Sat	
16	Sun	FULL MOON
17	Mon	
18	Tue	
19	Wed	
20	Thu	Dragon Palm PNO
21	Fri	
22	Sat	
23	Sun	DEADLINE FOR PAS 25
24	Mon	
25	Tue	
26	Wed	
27	Thu	
28	Fri	
29	Sat	
30	Sun	NEW MOON
31	Mon	Samhain Halloween

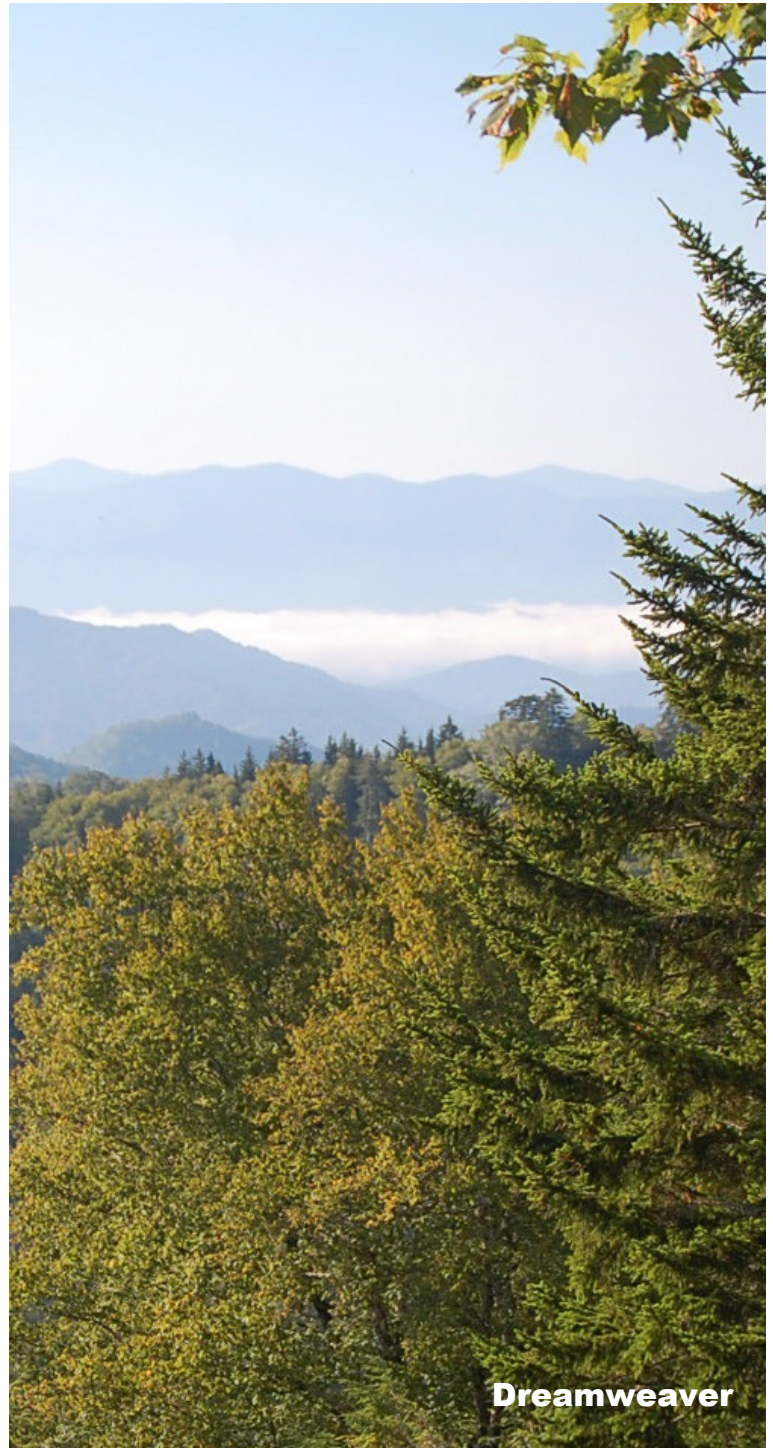
## Calendar Events:

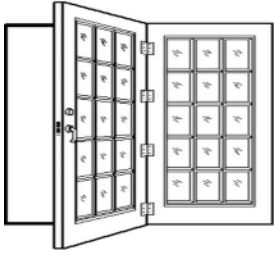
For more information on Dragon Palm Circle Events join the Dragon Palm Events group on Facebook or contact:

[dreamweaver@dragonpalmtree.org](mailto:dreamweaver@dragonpalmtree.org)

For Earth's Web events information go to their web site: [EarthsWeb.org](http://EarthsWeb.org)

If you have a calendar event mail the information to: [pas@dragonpalm.com](mailto:pas@dragonpalm.com). The calendar can be used for festivals, retreats, open rituals, PNO's, concerts and other events of interest to pagans.





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

## Door to the Beyond

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Part XXIV

### When you can run with the river...

It's the same Door, but we're making more changes this month. Why don't you walk through it again with me?

You've changed your diet. You've changed your lifestyle. You've changed your habits. Maybe you've even changed your clothing selections. Your life is still a mess. So what's left?

Maybe, just maybe, it's time to change your friends. I'm sure you have some good ones, maybe even great ones... but what about that one (or more) that always leaves you feeling worse than before you met with him/her?

There are many kinds of toxic friendships. Here are nine basic types:

**The User:** This person only has friends as long as he/she can use them for some purpose or goal of his/her own.

**The Betrayer:** Nothing hurts more than a friend who breaks your trust.

**The Controller:** This person is a friend as long as she/he is in control. They want you to think that they are "helping" you, but if you refuse that help or break that control you will certainly find out what toxic friendship really means.

**The Judge:** Judging and criticizing, this person can erode your self-esteem. The judge is a fault finder. You can rarely do anything completely right with this person.

**The Promise Breaker:** This person rarely does what s/he says s/he will do. If you have a date, they are often a no-show.

**The Gossip:** Remember, if they will gossip to you **about** others, they will gossip **about** you to others. This is actually a subset of "The Betrayer".

**The Self-Centered Person:** This person can't think of you and your needs, they are too busy thinking of themselves.

The Competitor: This person has to do everything better than you (or anyone else) or die trying. Although some competitiveness is normal in friendships, too much competition makes a toxic friend.

The Leaner: This includes all the very needy friends who cling and may be at your doorstep every day. He/she usually wants all of your time, and jealousy often enters the picture in this friendship. (Another form of "The Controller", but they just don't see it that way...)

Is your friendship toxic? Here are some questions you can ask yourself:

How do I feel after spending time with my friend? Sad, angry, depressed, drained, stressed out, pissed off, etc.

Is there reciprocity in the friendship?

Is there truth and honesty in the friendship?

Is there a mutual respect for one another?

Is my friend loyal to me and I to him/her?

Can I freely express my true feelings about the friendship?

Does my friend criticize and belittle me?

Does my friend abuse the friendship and take advantage of me?

Do I feel like I always get the short end of the stick?

Do I ever have to ask myself the question, "Why do I allow him/her to treat me this way?"

Do I have uncomfortable/negative feelings about my friend and his/her behavior?

Why do I continue to put up with my friend's selfishness?

Does my friend consistently lie to me, do I trust my friend, is he/she loyal to me?

There are, of course, many more questions you could ask, but this covers a lot of the territory.

So what can you do about a toxic friendship? Doing nothing continues the drain on your energy resources. Talking about it can result in a huge outburst, but usually results in your feeling better at least about yourself, and could start a healing process in your friend. But don't expect it to get better soon, and it could be worse for a while.

Toxic friendships are abuse. Don't sugar-coat it. The longer you allow yourself to be abused, the more of your personal power you are giving both the friend and the relationship itself, and the less you have for yourself. A friendship is between two equals: anything else does not truly constitute a friendship.

You can repair your friendships, but only as equals. Nothing else counts as a true "fix". Sorry to lay it on the line like that, but there it is. Taking control of your friendships (not your friends) is a positive move for both of you, and you should do so in the most loving way possible, without becoming toxic yourself.

"One of the characteristics of a toxic friendship is that the good friend feels she can't extricate herself from the relationship," says Charles Figley, PhD, professor and director of the Psychological Stress Research Program at Florida State University. "Whether it's on the phone, in person, or from the friendship entirely, you feel like you are trapped, you're being taken advantage of and you can't resolve the problem one way or another."

Whether the feeling of entrapment has to do with history -- you've been friends with the person since a young age, like Roberts -- or you feel she has no one else to turn to and you need to stand by her through thick or thin, you need to take action to help your friend, and yourself.

**Recognize the toxicity.** “The first step is to recognize that the person is toxic,” Figley tells WebMD, “or at least that the relationship is toxic. They might not be a toxic friend to others but they are to you.”

**Take responsibility.** By continuing a toxic friendship, you’re allowing your friend to hurt you, but you’re also hurting yourself. “You have to take some degree of responsibility for the situation,” says Figley, a spokesman for the American Psychological Association. “It’s a pleaser personality -- you want people to like you, you want to get along, and it’s hard to say no. But you can pay the price in one way by having toxic friends.” So even though we want to help our friends and have them rely on us in troubling times, take responsibility for toxic friendships and how they make you feel.

**Talk to your nontoxic friends.** “Talk to other people who may not have a vested interest in your toxic friendship,” says Figley. “People who can give you an objective opinion regarding whether the friendship is salvageable and whether you can manage the toxic friend to neutralize the toxicity, or if you need to end the relationship.”

**Suggest professional help.** A toxic friend might need professional help at some point to help her get her career, emotions, or family back on track. How do you approach such a touchy subject? If you point out to your friend how she is treating you and ask her to stop, and she continues to do it, you need to take it to the next level. Say to her, ‘I know you are a good person, but maybe you want to seek help.’ (Of course, this includes talking to your, or her, High Priestess or other Elders, assuming they are not part of the toxic friendship.) But keep in mind that if it has gone to that level, and a friendship is that toxic, it’s going to be destroyed at some point anyway. Better you make an effort to help your friend address her issues.

**End the friendship.** “It’s difficult to end a friendship,” says Figley. “Breaking up with anyone, whether it’s a spouse, love relationship, or a friend, is not fun. It’s even more important in this kind of context. In contrast to a love relationship in which you recognize you aren’t compatible, this type of relationships is hurting you.”

## Third-Party Toxic

It’s bad enough when a person has to deal with a toxic friend firsthand but when the toxicity is impacting not you personally, but someone you love, like a spouse or a friend, it can be even harder. How do you handle it? As much as you want to jump in and help, sometimes patience is key.

“The person who is affected by the toxic friend has to approach you,” says Figley. “Then, you have every right to provide your observations. But you need to be honest, be objective, avoid criticism, and listen more than you talk. And the worst thing you can do is put down the toxic friend.”

Negativity, explains Figley, will have your loved one defending their toxic friend. The focus should be on how you perceive the situation is impacting your loved one, and how you can help.

As you can see, dealing with toxic friendships is a major part of your life, and a major project in reclaiming your energy.

As Ferron says in one of her songs, *"When you can run with the river, why run with the river rat?"*

OK, take a deep breath, think about what you need to do (or don't need to do, and **really** relax). And please meet me back here next month, for another walk through the Door.

Hugs,

Moss

Sources: Cyberparent.com, toxicfriendships.org, CBS News article about WebMD, AssociatedContent.com, and the song "Indian Dreams" by Ferron

[Note: This is the last of the "historical" articles of The Door. If there is to be more, I will need to write them. - Moss]

Moss Bliss is a fallible human being, Priest, Minister, Bard, Uber/Lyft driver, musician, and soon to be husband, living in Blaine, TN. He may be contacted through this magazine or by email at [zaivalananda@gmail.com](mailto:zaivalananda@gmail.com) .





### Our Haven Nature Sanctuary Haunted Harvest

Nestled in the beautiful rolling hills of southern Indiana's countryside is Our Haven, an 175 acre nature sanctuary of beautiful deciduous forests and reclaimed fields for all who wish to come enjoy its clear creeks, natural springs, and secluded areas.

Haunted Harvest is the last event of the season before Winter sets in!

Come out & enjoy this Family Friendly Event at Our Haven!

Feel the warmth of the bonfire, as you drum & dance around it!

Celebrate the last Harvest of the Season with your Family & Friends here at Our Haven!

There will be a Haunted Trail, Craft projects, Workshops, Rituals, Trick or Treat & more...

Please bring a bag of candy to share for the Trick or Treat.

Southern Indiana Paranormal Investigators

will be at the 2016 Haunted Harvest for a workshop and investigation

Contact us at: [info@ourhaven.info](mailto:info@ourhaven.info) or call 812-936-7656

<http://hauntedharvest.ourhaven.info/2016/>

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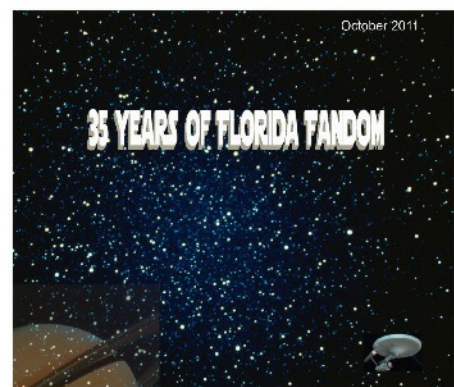
# Florida Fandom

# TURNS 40

October 2016 marks 40 years since issue one came out. We will be doing another issue to celebrate it. We are looking for submissions - that can be sent to [floridafandom@floridafandom.com](mailto:floridafandom@floridafandom.com).



## Florida Fandom 2011



Peppermint And Sage is based on the Fanzines of SF and Comics. Florida Fandom is the zine that was created by Dreamweaver and Lady Sky in 1976 - way before the internet and home computers. But it gave us the basis for putting out what is now an ezine. These were not professional magazines they were zines made by fans for fans - as PAS is made by Pagans for Pagans. If you are interested in either SF or Comics we would love to have you as part of 40th year celebration. If you don't want to submit you can download it as [floridafandom.com](http://floridafandom.com) after it comes out - you can also download our 2011 issue.



The election grows nearer – the first debate has been and gone. And still people are following the clown. With meme's we have a new level of mudslinging. Today with the internet Fact checking is fast and easy, but so many would rather believe a meme with no sources. There are so many lies out there that many people who normally would be following a candidate – are looking towards third parties. The two biggest third parties are not that good. One is just GOP Lite – the other have a candidate that has no real experience except being on a town council – so we have Trump with no experience either. Many people say voting for a third party will not cause a certain candidate to lose – which makes it look like they feel the person they are voting for has no chance in the world of winning – so why would you vote for them? We get people every election that vote in such a way that they feel they are saying something, when all they are doing is tossing their vote away. We got to see this in the Democratic primaries – Bernie Sanders ask that the independent voters change to Democrat so they could vote for him in the states that only allowed party to vote. To prove something instead of changing they protested the fact that they couldn't vote. Then got mad when Bernie lost... So not voting can cause a person to lose... A lot of people have a problem with some of the things that the DNC did. And they are right it was wrong. But let's look at some of the reason they may have done it...first they had been planning before the primaries started and then Bernie tossed in his hat by changing from independent to Democrat. This must have ruffled some feathers – again what they did was wrong – but I am sure to some he was an outsider – (I was a Bernie backer, and still believe he is the best man for the job). But if you were a Bernie backer – why would you not keep following him? He wants to make sure Trump doesn't get in – he feel's Hillary is the better of the two and better than the other two also. If you believed in him – keep believing in him. With her we may get some of things that Bernie was trying to get for us – Trump gets in -we get none. Either nothing will get done because both sides of Congress will not support anything he does or they will and we can kiss the middle class good bye.

I've watched what happened to the middle class under Ronald Reagan with his trickle down economy. We still haven't recovered from it. I remember when only one person in a family of four had to work – they made enough to support the family, own a home, get a new car every few years, help their children with their college and be able to retire at 60. College was affordable to most – being able to work your way through it with just a part time minimum wage job. Full time workers in retail started out at two to three-times minimum wage. Full time fast food workers were also making two-time minimum wage – only part time high school kids made minimum wage... Stores were closed on holidays. People who were born later than 1970's are too young to understand how it was – some don't understand why so many of us want it back. Trump is not the way to get it back. We need to get a lot of people out of congress – and this is where voting third party can come in handy – it the cases where neither major has someone running who wants to help the middle class – vote third party – and this is the only way we may someday end up with a third party President – we need them to be in Congress first (or a state governor). It is just as important to vote for the other positions as it is President. Too many people only vote for the President and stay homefor other elections. This give us Congress that is not for the people.

Corporations are trying to take over the country. And they want us to believe without them we will have nothing. Corporations can be replaced by smaller companies and independent stores. We were that way at one time and then the Corporations came. Again I look to my past. In the town where I lived – we had about five drug stores – all local owned – one was a Rexall store – but that was still local owned. We had five food stores – two local owned and three larger companies – which owned only food stores. We had several clothing stores – the largest was a three store chain owned by three brother – each having their own store. We had two sundry shops – which sold books, magazines, newspapers, candy, soda and few knick knacks both were locally owned. We had two tackle stores – we had an office supply/book store which at that time was a two store chain – locally owned. We had a couple of jewelry shops both owned by jewelers. Two five and ten cent stores – one a two store chain the other a single store. Shoe stores, gift shops, toy store, two movie theaters – none of them parts of large corporations.

Now in the next city we had chains – we had a Walgreen drug, Woolworth, JC Pennies, Wards, Sears, Kresges , and just about everything else was a local owned – and these were large companies, but not giant corporations at that time. We got more and more companies replacing local stores and then the giant corporations started appearing. But we lived without them and if they want to take everything away from us we can live without them again. We could get back the American Dream. We have a way of doing this, but it's not going to be one election – it will take time, but we have to let congress know what we want and that they work for us – not the big corporations. Back people who want to do away with Citizen united. Keep out people who want to do away with Social Security and Medicare.

And one last thing – **VOTE.**





Become part of Peppermint And Sage  
 Deadline for our next issue is Oct. 23,2016. 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](mailto: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!! This will celebrate the start of our 4th year.

# Peppermint And Sage

## 25

### COMING

# Samhain 2016





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](mailto: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. 18
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](http://www.dragonpalmcircle.org)



**Dreamweaver**



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Lady Sky was High Priestess for the wedding of James who has been part of the Coven from the beginning both his and the Covens. He found and married his soul mate AlexXandria.



