

Pooka's Page For Grownups...



Perhaps some of you may remember last Mabon when I announced the handfasting of Jason Storms & my youngest daughter, Mandy.

Well, here's an update: A few days ago, the happy couple learned they have a new little bundle on the way. We all couldn't be more thrilled and I'm sure Jason's mother, who performed the beautiful handfasting, is already writing the baby's wiccaning ritual!



Rayne Storm has given us a great coloring page for Spring – along with a new craft for little ones and an “Everyday Magick” page. Our Rayne is a woman of many talents (besides being busy mom to 2 very active little boys!) Her website is a frequently updated treasure trove of her original pagan crafts, projects and lessons, free for kids of all ages. <http://www.themagickalcauldron.com/>



I recently ordered some handmade, homegrown catnip mice for Pooka's up-coming birthday from Mrs. B., author of the popular blog: Confessions of a Pagan Soccer Mom. (If any of you aren't familiar with her website, I HIGHLY recommend it!)

<http://www.confessionsofapagansoccermom.com/>

Anyway... the mice arrived. Pooka, of course, immediately gave them 4-Paws-Up. Grimalkin has never before understood the allure of catnip. But he came flying out

of nowhere and pounced! The enthusiasm of his lengthy attack on the mouse even took Pooka by surprise!

I don't know what sort of magic Mrs. B puts in those little flannel critters....but I'm going to order more!

<http://www.etsy.com/shop/mrsbsbrewsandbaubles>

Pagan Moonbeams has launched a new podcast for slightly older kids. Their latest one covers Circle Etiquette, Divination and Magical Gardening. <http://cauldronfm.podbean.com/>





the Pooka Pages Ostara



Other Names: Vernal Equinox, Spring Equinox, Rite of Eostre,

Equinozio della Primavera (Strega), Alban Eiber (Druid), Festival of the Trees, and Lady Day.

Spring is here and day and night are in balance! New life and fresh beginnings surround us as Earth celebrates with bright colors, fresh fragrances and the songs of birds. Eggs and hares symbolize all the things being born now. A perfect day for a breakfast picnic, an egg hunt and to bless and plant your Spring Garden!

IN THIS ISSUE:

Pooka's Page for Grown-ups

The Storybook Chair – Elsie's Balancing Act

Elsie's Herb Garden –

Little Kitchen Witch – Peanut Butter Eggs

Wishing Wells

Coloring Page – Wishing Well

Witch Crafts – Make a Wishing Well by Christine Lombardo

Everyday Magic by Raine Storm

Witch Crafts - A Garden Blessing Eggshell Rattle by Raine Storm

Coloring Page by Raine Storm

Little Book of Shadows

Wee Witchlings Read-Along Story – Spring Cleaning

Don't forget to visit your Pooka Pages website for more fun stuff !

<http://www.pookapages.com.htm>

Pooka Pages, unless otherwise noted, is written and illustrated by Lora Craig-Gaddis

Pooka's Sandbox is © Copyright March 2010 No portion of this magazine may be used without the author/ artist's permission. To contact the author/artist or for general inquiries, write to pookachild@hotmail.com

The Storybook Chair

Elsie's Balancing Act



The snow had almost melted. Small patches of it still lingered in shady spots beneath the trees and along the north side of the cottage. But the area of the garden where Pooka's catnip patch grew each year was in full sun.

He stared at the muddy earth. Then his tail twitched. Was that a bit of green? His eyes widened and his whiskers practically touched the ground as he peered closer.

It WAS!

The cat sprang to his paws and raced toward the cottage. He couldn't wait to share the news with Elsie!

He galloped through the open herb room door and dashed around the house in search of the little witch. He finally found her in the kitchen, sitting at the scrubbed wooden table. In his excitement, he sprang onto the table, landing perilously close to a lit candle.

"Guess what?" he cried.

Elsie's head jerked up. "Huh? What?"

Pooka sat, his little chest puffed out happily. "My catnip has sprouted!"

Elsie's eyes slowly focused on the cat in front of her. She gazed at him for a moment, then said, "Good, Pooks. I'm glad. But, ummm....I was working here."

Pooka glanced down and noticed an egg in her hand. "Are you trying to hatch that?" he asked.

"No," said the witch. "I'm trying to balance it."

Pooka, dumbfounded, was silent for a moment. Then he asked, "Why?"

"Because," explained Elsie, "witch lore says that it's possible to balance an egg on its end at the spring equinox."

Impressed, Pooka sat up even straighter and curled his tail around his paws. "Wow!" he said. "Is it magic?"

Elsie gave a little half shrug. "Well, you can actually balance an egg like that any time if you have enough patience. The magic is in the timing."

The cat cocked his head to one side. "I don't understand," he said.

“Eggs are a symbol of fresh starts and new beginnings. And Ostara, the Spring Equinox, is a time when day and night, the dark and light, are equal and in balance. So balancing an egg on Ostara is a magic spell to keep your life in balance for the coming year. It takes patience and focus and concentration....and I almost had it!”

Pooka looked at her quizzically. “What sort of balance do you need?”

“I need to balance between work and relaxation, between study and play, between thinking and doing.... Lots of things,” said the witch. “It’s easy to become unbalanced when you’re trying to do many things.”

Pooka thought a minute, then told her, “Cats balance their lives by the magical number of three – Eat, Sleep and Play. “

Elsie laughed as she picked up the egg again. “Human’s lives are a little more complicated.”

Pooka’s face reflected an expression of profound pity. “When I’m feeling un-balanced, I find washing my tail helps. You could try that,” he suggested.

Elsie’s eyebrows rose and she smiled.

“Right. You don’t have a tail,” sighed the cat. “You’d better balance your egg then. How ‘bout if I help you?”

“I’d rather you didn’t!” exclaimed the witch quickly, but it was too late. Pooka’s paw had already darted out and, as he touched it, the gently held egg slipped from her fingers. It rolled off the table and splattered on the floor.

The cat craned his face over the edge of the table and gazed eagerly at the sight of all that yummy egg leaking out of its broken shell.

“Oops,” he said. “You just get another egg, and do your balancing thing. Don’t worry about that mess. I’ll have it cleaned up in no time!”





Elsie's HERB GARDEN

Licorice -

Most people either love or hate the taste of licorice. Elsie loves it!

In fact, when she was very little, in place of candy, Granny Witch would give her real licorice sticks to chew

on. That's right - licorice is an herb and it's stick-like roots, which are woody on the outside and bright yellow inside, are the source of its wonderful flavor, sweetness and healing properties.

Do you know anyone who has diabetes? If so, you can tell them that licorice root is 50 times sweeter than sugar and has no calories! Not only that, but one stick will last you all day...and the next day...and the next. It's good for your teeth and gums.

The earliest clay tablets found in Mesopotamia claimed that licorice could cure anything! Maybe it can't, but it definitely helps in a wide range of ailments and has done so in many areas of the world for thousands of years. It fights everything from coughs to cancer. Caesar's mighty Roman armies used licorice for strength and energy while marching long miles each day. The ancient Egyptian pharaohs used it as a sweet drink to help them live long lives. A time-honored herb in Chinese medicine, licorice is not only used for its own properties, but also added to many formulas because it helps and harmonizes other herbs.

But one of licorice's best uses is when your chest is rattling and you're coughing up all kinds of yucky junk. A tea with licorice in it will help clear your chest and sooth that cough. It even helps with asthma.

But remember the old witches saying: What can heal can also harm!

An herb as powerful as this one should be treated with respect - especially by women or teenage girls. Remember - moderation is the key, so don't go drinking a whole bunch of licorice tea for more than 4 days in a row.

An herb this strong is also powerful in magic and is often used in spells as a commanding or compelling ingredient or where a bit of "magic muscle" is needed. It's also said that a licorice stick, put in the ground like a stake at the 4 corners of your property, will protect your home from bad people who like to steal things.



THE LITTLE KITCHEN WITCH



Peanut Butter Ostara Eggs

Ingredients

- 2 cups peanut butter
- 1 tsp. cinnamon
- 3/4 cup butter
- 3 cups confectioners' sugar
- 3 cups crispy rice cereal
- 1 1/2 (12 ounce) packages semisweet chocolate chips
- 2 tablespoons shortening

Directions

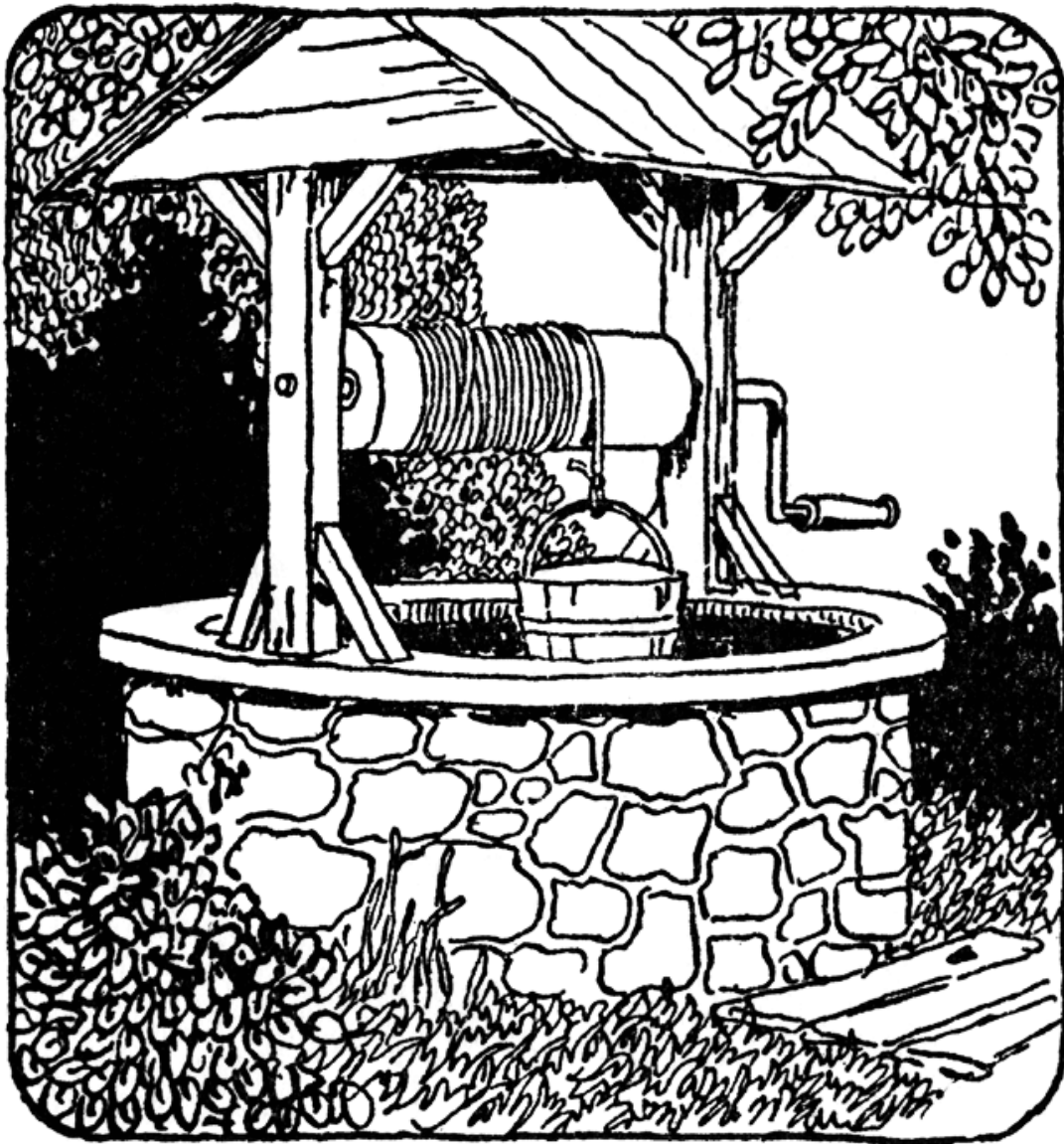
1. In a mixing bowl, combine peanut butter and butter. Stir in confectioners' sugar, cinnamon and crispy rice cereal until a nice dough is formed.
2. Place this in the refrigerator for an hour or two. Then use your hands to shape spoonfuls of the mixture into egg shapes. Freeze the egg shapes for at least 20 minutes!
3. Melt chocolate chips and shortening in a double boiler over low heat. (Or microwave for 30 seconds, stir a lot and repeat.) When melted, use a fork or your fingers to dip the egg shapes in the chocolate. Place on waxed paper.
4. Please try not to eat them until the chocolate is cooled!



Wishing Wells

In the old days, everyone knew that each river, stream, lake and well had a guardian spirit. Sometimes people would carve a stone or wooden statue of the spirit or diety and set it by the water. Then folks would leave offerings at the base of the shrine. Often, too, they would simply toss their offerings directly into the water.

Even to this day, we still throw coins into ponds, fountains and wells. It's customary then to make a wish and, if the spirit guardian is pleased with your offering, the wish will be granted.



Color this clipart picture! There's another one on the next page too!



Picture from Clipart

Witch Crafts

The Wishing Well

By Christine Lombardo



I like to make my well on a full moon.



You will need :

1 can with label peeled off. (this is made with a small can. I used a condensed milk can)

Stones or pebbles

2 twigs 7 inches for side beams shaped like picture #1 (stem for bucket bar is at 5")

2 twigs 2 inches for roof support see picture #1 (tied to beams)

Bark 5" long 4" wide

1 twig 5" for bucket bar

NOTE: I only use twigs and bark that are no longer on the tree I never cut off from a living tree

Twine or string

Little bucket

Black paint

Glue I used E6000 glue it is a strong glue that can be used on any surface

After collecting all your items go to your sacred space and create a magic circle.

Step 1: Cut twigs for the beams to 7" with stem for bucket bar at 5" see picture 1. Cut twig for roof beam and bucket bar. (These are approximate sizes. Just be sure the bucket bar is above can level.)

Step 2: Paint can black with paint.(acrylic may scratch off but it is going to be covered with pebbles so it doesn't matter.)

Step 3: Glue beams onto can. One on each side.

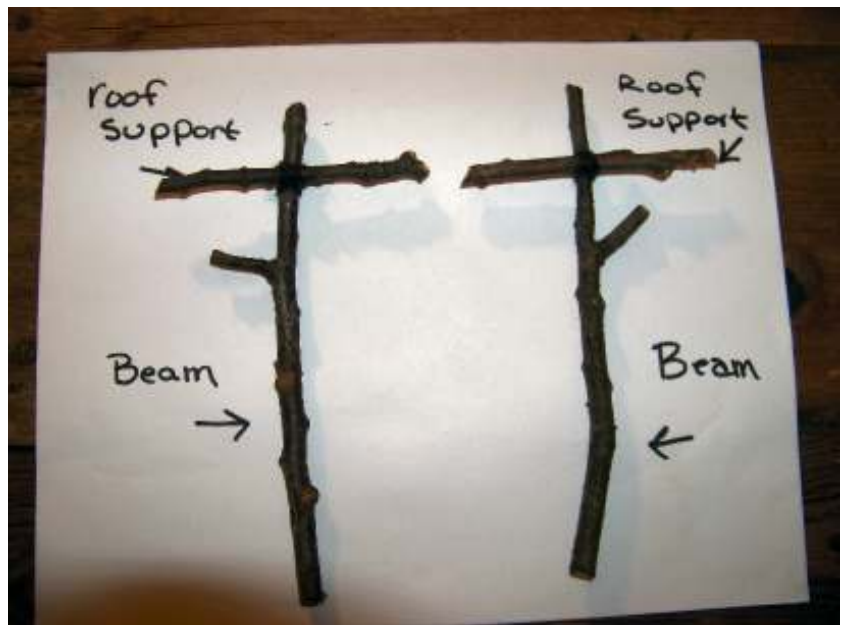
Step 4: Glue stones onto the can.

Step 5: Tie roof support twigs onto beams with twine or string.

Step 6: Take your bark pc and soak in warm water for an hour.(This will make the bark bendable without breaking) then bend it in half to form the roof.

Step 7: Glue roof to support twigs.

Step 8: tie twine to the bucket and wrap around bucket bar twig and place in the well.



(Continued on next page)

Now for the Magic!

You will now Consecrate and charge your wishing well:

Consecrate your well with the four elements. This means that you will be making your wishing well sacred by using the four elements earth, air, fire, and water. You will do this by collecting a candle, incense, water and salt and then say,

***“In the name of the God and Goddess
I bless this well with the power of magic....***

With the earth from the north,

**Sprinkle some dirt over the well*

With the water from the West,

**Sprinkle some water over the well*

With the air from the East,

**Pass through the incense*

With the fire from the South.

**Pass through the flame of a candle*



Now you will want to charge your well.

This is done by placing your hands over the wishing well and imagine a silver and gold light coming down from the sky going through you and out your hands into the well as you say, “Earth, air, fire, and water charge this wishing well at my alter, Channel your energy from the universe, through me and into this well that stands before thee.

Your wishing well is ready to use! When you have a wish you want granted place a coin in the well and say,

“With this coin I give to you, grant the wish I ask of you.”

I have had great success with my wishing well!! Good Luck and Happy Ostara!



Everyday Magick for Children

--- Rayne Storm

There is **MAGICK** in a Little Sprout...

That was once, without a doubt,
First a helicopter, holding onto a little seed.
That dropped in early autumn, from a Maple tree.

Protected by the falling leaves,
Laying quiet in the eaves.
Sleeping soundly beneath a winter's snowing,
Awaiting Ostara's warm spring winds blowing.

Awakening and rising from the ground,
With his tiny leaves wrapped 'round.
Then, carefully stretching out wide,
Soaking up the sun's warmth with pride.

This little sprout, that was once a seed,
Can't wait to know what he is destined to be.

Planting Magick...

"Make a wish, do the work, then let it go to see what grows!"

DOTHE WORK: Get yourself a little seed, from a packet or from a tree.

FOCUS: Make a wish on your seed and plant it in a special home.

BELIEVE that it will grow.

HELP ITGROW with lots of Tender Loving Care.

LET IT GO: Once your little plant is ready, Plant it outside.

WAIT! Be patient to see what you have grown!



Ostara Egg Shell Garden Rattles

By Rayne Storm



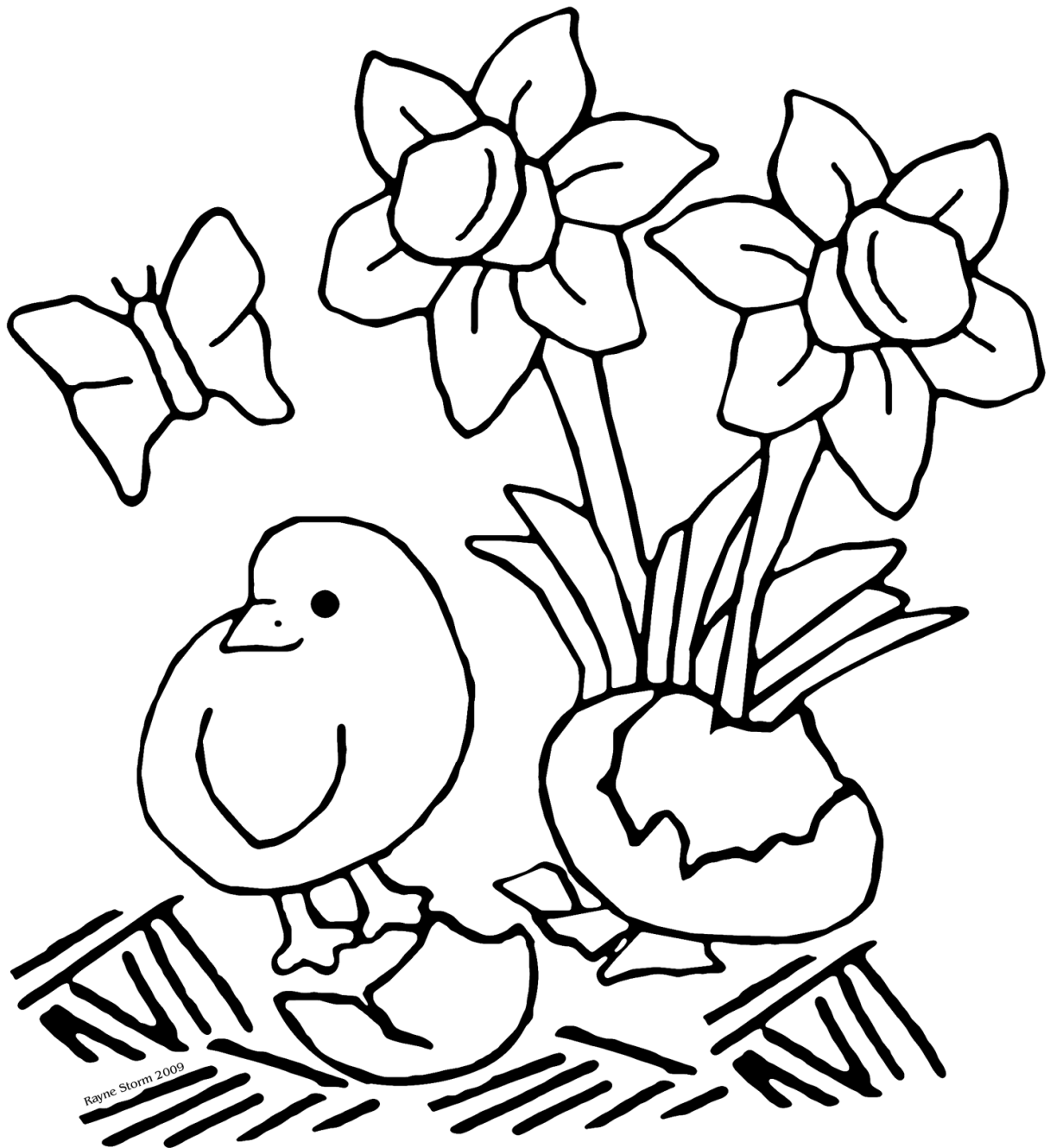
Materials Needed:

- Dried eggshells left over from your Ostara hardboiled eggs
- (1) empty small tea box or a box of similar size
- (optional) 1 fuzzy stick (cut into two pieces) and 2 – 4 little craft bells
- Scissors and/or a paring knife and Tape
- Markers, stickers and such to decorate your garden rattle.

Instructions:

- Turn your box inside out, so that the white of the inside is now on the outside. Decorate.
 - On the bottom side of your box you need to mark out a 1/2" margin all the way around the edge. On the inside of the square/rectangle you have made, mark out a series of 1" x 1" squares, leaving a 1/2" space between them. On the inside of your 1" x 1" squares mark an X, from corner to corner.
- PARENTS: Using your scissors (or other sharp object) cut on the X only. Then remove two of the four flaps from the 1" x 1" square. Slight bend back (to the white area of the box) the other two flaps.
- Poke two holes on two other sides, about 1/2" apart. Insert pipecleaner in one hole and back through the other. Attach your bells to the two ends.
 - Tape together any sides that were previously glued together before you turned your box inside out.
 - Add your dried eggshells into your box and tape the cover and any other open sides closed.
 - Now take your Garden Rattle out to the garden and have yourself a Spring fertility dance with music and eggshells.





Ostara

A Picture for You to Color by Rayne Storm

A Little Book of Shadows



Magic Egg Spell for Spring

Dye a hardboiled egg the color green. Then go to your family altar and have a grownup light a green birthday candle there. Hold the egg next to your heart while focusing on the candle. Think about a way in which you'd like to grow in the coming year. See it happening in your mind, feel the wish flowing into your heart then through your arms, out your hands and into the egg. Use your magical imagination to see the egg glowing brightly. Then peel and eat the egg, letting it become a part of you. Then say:

What I plant will grow

What's inside me will grow

What I want will grow

In the Springtime, all things grow

By the magic power of Three

The God and Goddess

And the desire of Me

As I will, so mote it be.

Let the candle burn down and out, then take the wax and egg shell outside and bury them in the earth.

A Very Old Spell for Wishing on a Star

When you see the first star of in the evening, say these words and make a wish:

*Star light, star bright
First star I see tonight
I wish I may, I wish I might
Have this wish I wish tonight.*

Once you've made your wish, then blow the star a kiss!

(pictures taken from clipart)



Wee Witchlings Read-Along Story

Spring Cleaning



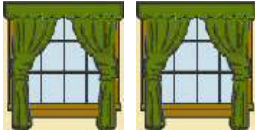
Elsie was very busy all day doing her Spring Cleaning. She wanted to get the



cottage sparkling.



Pooka watched as she washed the



windows.

“I’ll help!” he said. But he accidentally knocked over the



bucket and sudsy



water went all over the



floor.



Elsie sighed

and got the



mop “At least now the



floor is clean,” said



Pooka.



Elsie glared at him. “I’ll just go **dust** the **altar**,” he said.



“No!” cried **Elsie**, but the little **cat** was already gone. He jumped on the



altar and rolled around, but the **candles**, **bell** and **chalice** were



all in his way. One by one, they crashed to the



floor. “Ooops,” said **Pooka**.



Elsie came running in. “At least now the **altar** is clean,”



Pooka told her.



Elsie growled and the **cat** ran. A while later,



Pooka came back found



Elsie out at the **clothesline**.



He saw the **basket of clothes** next to her and jumped in. “I can sort laundry,” he

said and began digging around with his muddy **paws**.



“**Pooka!**” scolded



Elsie. “Those clothes were clean and folded already. Now I’ll have to

do it again!"



Pooka sighed and climbed out of the



basket of clothes.



cats

He really wanted to help with the Spring Cleaning. He decided to clean what
clean best – their selves!

*Be a good little witch -
and see you next time!*

