

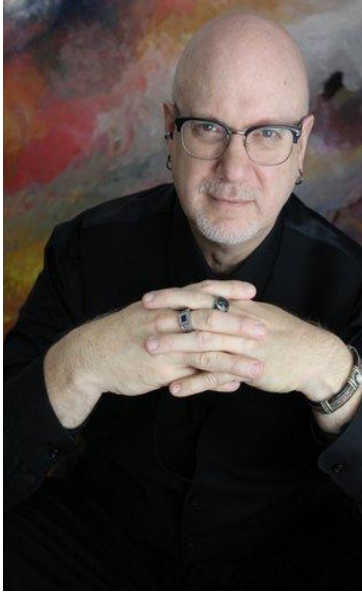
*Flight: A Living, Breathing Document of
Consciousness*

Volume 8 Issue 79, January, 2019



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



This has been a challenging year for myself personally. Each challenge has been met with as much grace and positive energy as I could possibly muster up in the moment, and there have been a LOT of moments, so I think that overall I have fared well. It always amazes me how challenges in life will bring out our greatest strengths and, at the same time, force us to address our greatest weaknesses. Perhaps the latter is tantamount to experiencing the former. Nonetheless, I feel it has also been an excellent year and I am full of hope that 2019 will hold some pretty awesome things, not just for myself but for the entire community and the world.

This month's issue is really amazing. The talent of my contributors never ceases to impress me. If you live here in the Saskatoon area, please take note of the upcoming events page. There are some really good things happening. Also, be sure to check out the book review section. There is a Prairie author who will be giving a reading on January 7th at McNally Robinson Book Store.

As always, feel free to send this issue off to whomever you know who may be interested in its content. And for those receiving this from others, do know that subscriptions are FREE. All you need to do is ask to be put on the email list by emailing me at deerhorn007@gmail.com and it will be done!

Happy New Year!

Enjoy the read!

Trent Deerhorn

Editor

Deerhorn Shamanic Services *Floating* Drum Circle



With the impending lack of an affordable space for holding drum circles, Trent Deerhorn has come up with a dynamic solution in which the Drum Circle Community can participate! The Floating Drum Circle will now be available!

What is a Floating Drum Circle? It is a Drum Circle that is able to move from one location to another.

How does this work? Invite a minimum of 10 friends over for a drum circle in the privacy of your own home. Trent brings the supplies for the Drum Circle and the Ceremony.

Ceremony? Yes. As you all know, Trent's Drum Circles are Ceremony/Ritual based, which makes them both spectacular and unique. These celebrations can be in accordance to the phase of the Moon, or the Season, or whatever you choose to celebrate.

Who is in charge? You are in charge of the space and the people you invite and the number of people you can comfortably accommodate. Trent is in charge of the circle once it begins.

What if I don't have 10 people? It is important to have the minimum of 10 in order to be financially feasible for Trent to lead the circle. *Upon your request* in advance of the registration date, Trent can share the date and time and contact number with his contacts who can then contact you to see if there is enough space.

Who pays? Each person pays their fee (\$20) **ahead** of the date of the Drum Circle. If the fee is not paid **3 days in advance** of the circle, the spot goes to the next person in line on the waiting list. The host/hostess collects all fees and pays Trent **before** the circle begins on the date set. Hosts/Hostesses get the Drum Circle free of charge.

Children in attendance must be strictly monitored by their parents.

Any damaged supplies must be paid for or replaced by the one who damaged it (or parents if it is a child) **by a similar article of equal or greater value.**

What is the method of payment? **Cash only.** This makes it much easier for the host/hostess to collect.

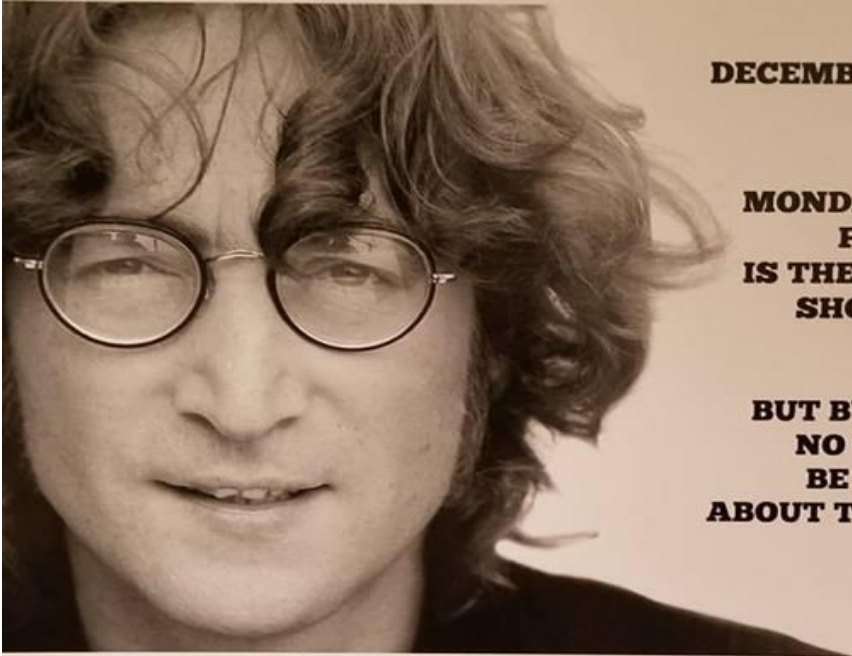
To arrange for a Floating Drum Circle in your home, please contact Trent Deerhorn at deerhorn007@gmail.com or at (306) 978-5300.

Upcoming Events

Highway 55
Productions

5 **LIVE FIVE**
INDEPENDENT THEATRE

98
COOL



DECEMBER 8, 1980

**MONDAY NIGHT
FOOTBALL
IS THE BIGGEST
SHOW ON TV**

**BUT BY 11:30 PM
NO ONE WILL
BE TALKING
ABOUT THE GAME**

**MONDAY
NIGHT**

A TODD DEVONSHIRE PLAY

JAN. 10TH - 13TH & 17TH - 20TH, 2019

ALL SHOWS ON THE BOARDS AT **THE REFINERY** 609 DUFFERIN AVE.
WWW.LIVEFIVE.CA 306-653-5191

CONGREGATIONALIST WICCAN ASSOCIATION OF SASKATCHEWAN



SKY RIVER TEMPLE

Imbolc Ritual

Public Event

February 3 2019

2:30pm

Location to be announced

Saskatoon, SK

Potluck social to follow

(no nuts/legumes/seeds/soy)

FREE to attend

DONATIONS welcome

Check the CWAS Face book page for details.

<https://www.facebook.com/cwasask/>

From Llewellyn's Witch's Calendar:



For many of us, January is a time for beginnings and New Year's resolutions. For me, however, it's a time to remember. It's a time to connect with my past before making my way through another year.

To help me connect with my past, I go to my blanket chest and take out my grandmother's handmade quilt. I spread it across my bed. Its colors are still vibrant, although it's frayed in places. Looking beyond the fabric swatches that were once part of my uncle's shirts or one of my grandmother's dresses, I see my past, a past that has shaped me into who I am today. Looking at the quilt, I see the seasons of my life, seasons of both happiness and sadness.

Admiring its delicate stitching, I gently fold it and lay it at the foot of my bed.

Outside a winter storm is building. Standing at my window, I hear the wind moan and see the curved, gnarled tree branches silhouetted against the snowy landscape. The branches may be bare, but they are far from lifeless. Beneath each bud scale is spring's flower and leaf. Hidden in each branch is next summer's shade.

Gazing out my window, I realize my past is there behind me, sewn into my grandmother's quilt. Before me, just outside, the hibernating trees hold the future, just as they always have.

From my grandmother's quilt and my past, I've drawn strength to face the future. From the slumbering trees, however, I've learned there will always be a future.

A Remembrance Ritual:

This ritual will ground you as you begin the new year. You'll need a white cloth, a white candle, and a twisted tree branch. White represents the future, shrouded in mystery. The branch symbolizes future twists and turns you may face during the year. You'll also need a favorite family heirloom to focus on.

Cover your altar with the cloth. Next, place the candle on the altar and light it. Set the branch in front of the candle. Put your heirloom wherever you wish on the altar.

Think about why the heirloom is important to you. Then pick up the branch and feel its curves. As you do, see yourself beginning your journey through the year. Gaze at the candle and say:

As year ends, a year begins,

The Wheel of the Year turns yet again.

I remember my past, but I'm ready for tomorrow.

I accept all it may bring, whether joy or sorrow.

Relax and meditate on the upcoming year. Think of how past experiences have brought you to this point. Then think of the goals you have for this year. When you feel grounded, return to a regular state of awareness.

Snuff out the candle. Leave the branch on your altar to remind you of the future and of this ritual. Use your family heirloom occasionally to remind you of your past.

Now that you've honored your past and formed a link to your future, you're ready for the coming year.

-James Kambos

Household Hints and Handy Tips

Bought a kids tent, filled it with play sand.
Zip it up keeps cats from pooping
in it and keeps the rain out.



Things to Know

Help the needy. Be generous! Be a 'Giver' not a 'Taker'



Rock Talk by Ave Riddler

As much fun as the last year was, simply focusing on my own personal insights and experiences with minerals, I think I will return to exploring the written meanings and properties of minerals with this new year, perhaps with the occasional side venture into the more personal side of things. I will also when possible include more of my own personal experiences with minerals if I have had the chance to work with them.

I know in the past we explored how a slight variation to a mineral make up can change it as is the case with black obsidian vs. snow flake or mahogany obsidian. This time I'm turning to my focus to *inclusions*! Sometimes the main mineral as it forms will form around a different mineral, often forming what we call *phantoms*, sometimes a second (third, or MORE) mineral may become included within the main type. These inclusions can be as simple as a layer of a different mineral type, other types of crystals or even water! When you start looking into the world of inclusions, almost any mineral can become included, often with multiple types of minerals involved. The most commonly written about are quartz with inclusions.



I want to start with my favorite type of inclusion which is called Enhydro! These are when a fluid is contained within a base mineral, they can most commonly be found in quartz, chalcedony, and agate. The fluid contained within the mineral can be very old, having been captured within the mineral since that mineral was formed. As is the case with most of the included mineral, the energy of the base mineral still applies, but is enhanced and added to by what the inclusion is. I think one of my favorite things to do with an enhydro quartz is look to see if there is movement, sometimes an air pocket will form with the liquid, or another mineral will be trapped with the liquid, and those can create fun visuals as they can be seen moving through the chamber that the liquid creates within the crystal!

One personal experience to note, sometimes that liquid is close to the surface which can cause a bit of a weakness in the structure of the mineral containing the enhydro, so you may want to handle with care. I learned it is best to AVOID leaving an enhydro outside for prolonged periods of time during a Saskatchewan winter it might just freeze! I won't say 100% that this was what happened to me, at one time I did have two lovely enhydro quartz, I had left one in my car by mistake, and by the time I remembered it, I found it shattered in the car. There could be other

reasons this happened, but ever since I do avoid leaving any enhydro minerals outside in the winter!

Enhydros can help one to recognize and understand the true feelings of another person, “putting oneself in the shoes of another” bringing deeper empathy instead of sympathy into a situation.

This inclusion can harmonize imagination and practicality, bringing focus and sensibility to creative efforts. An aid in change and reformation of self, enhydros can help bring determination and metamorphosis into your life.

Physically enhydros can be used to help support healing and treatment of degraded tissues and organs.

The book referenced for this article is Love is in the Earth- A Kaleidoscope of Crystals –by- Melody.

CONGREGATIONALIST WICCAN
ASSOCIATION OF SASKATCHEWAN



SKY RIVER TEMPLE

Imbolc Ritual

Public Event

February 3 2019

2:30pm

Location to be announced

Saskatoon, SK

Potluck social to follow

(no nuts/legumes/seeds/soy)

FREE to attend

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Check the CWAS Face book page for details.

<https://www.facebook.com/cwasask/>

Teacher and Kid

Teacher: Maria, go to the map and find North America.

Maria: Here it is.

Teacher: Correct. Now, Class, who discovered America?

Class: MARIA!

PATHWAYS

By Gail Fulkerson

All the pathways lay before you,
In all colours imaginable;
Magical, whimsical,
Humorous, mundane,
Nightmarish, horrific, terrifying
Pathways.

There they are,
As gems before you,
Sparkling and flashing
Their ancient,
Ethereal,
Inner lights.

Which one 'speaks' to you?

Once you make your choice,
Your reality shifts in the same instant.
Your world shatters and
Reshapes into the one contained
Within the gem;
Dormant,
Until you pick it up.

Take note:
Black gems are not always
Sinister;
The coal-black ones
Do not always
Conceal nightmarish worlds;

Sometimes, they contain
Velvety-black summer evenings,
The skies dotted with
Points of starlight,
And soft, whispering breezes that
Speak the perfumes of
Night-blooming sweet-peas,
Peonies, or delicate orchids.

The branch upon which you sit
Is festooned with flowering vines,
Clambering upwards, and
Wrapping drunkenly around the trunk,
Gaining purchase in the
Deep folds of bark,
Without a thought
For whom it may displace;
Perhaps a Tree Spirit,
A Forest Fairy,
Or a Sprite.



Or a mouse,
Eating seeds in the dark.

Your well-tuned ears detect
An almost noiseless sound;
The tiniest feet treading in haste
Upon dried reeds and grasses.
Take care, Little One,
For the Mistress of
Silence herself - Owl -
Prowls the night from above.

There is a brief, muted, scuffle;
Then large wings unfurl,
And soundlessly lift hunter
And prey,
Together,
Out of the underbrush,
And away
Into the darkness.

Moonset is almost upon you.
Now is the time
To release the gemstone;
Gently place it back
Where you found it
On the pathway,
Where the Lights of Aten the Sun,
And Hecate, the Moon,
Can bathe the gem
In their Lights,
Providing the
Loving renewal of the gems'
Energies - and yours.

Other seekers will surely pass this way
After you have moved on.
Make sure you leave neither
Footprint on the ground,
Nor breath upon the breeze;
Gather your thoughts, too,
Bring them all back
Unto yourself.
Leave no trace
Or influence.

Honour your Path
And the gems
That lay upon it.

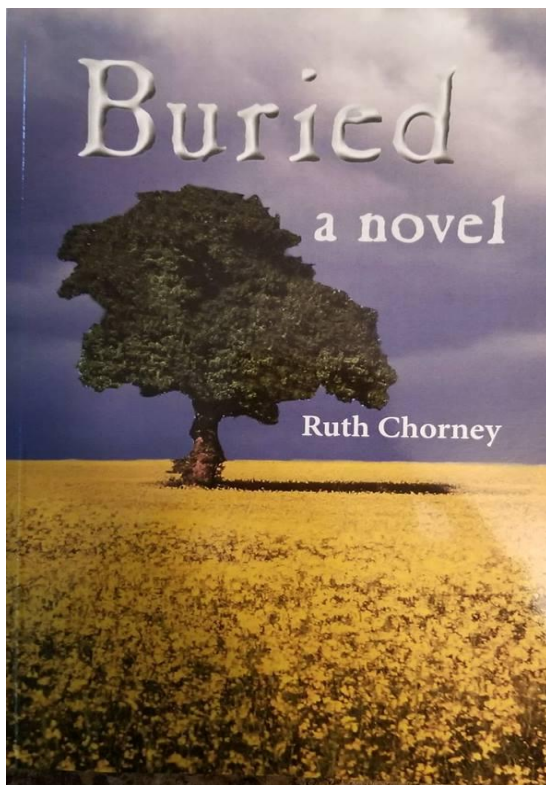
And, most of all,
Share freely of your gifts.
You never know who
May benefit
When you do.

Indian Hills Community Center, Colorado signs

Our mountains aren't just funny, they're hill areas.

Book Review

By Trent Deerhorn



Today I have the extreme honour of introducing a book by a friend of mine, prairie writer, Ruth Chorney. Her novel, Buried, is her first novel and it is a compelling story of a young Saskatchewan farm wife who is convicted of the murder of her husband. Set in the 90's, every step of the way, the clues present themselves in a series of present day and flashbacks as the main character, Tera, is interviewed in prison by a reporter who feels very strongly that Tera was wrongly convicted.

Copies of Buried can be found in the Prairie Writers section of McNally Robinson bookstore and at SaskMade Marketplace in Saskatoon. Copies of Buried and of her children's' books can also be found at SaskBooks in Regina, where Ruth is a registered publisher. You can also order them directly from Ruth at chorneyfarm@sasktel.net

with payment options of PayPal or e-transfer. Copies are also available through Polly Schindel in Kelvington at Alpaca Place.

Ruth will be doing a reading from Buried at McNally Robinson at 7:00pm on January 7th. This is an excellent opportunity to not only get your copy, but to also get it signed by the author herself!

***Note: Do you have an interesting book that you are currently reading or have read in the past? Submit a book review to FLIGHT by emailing it and a photo of the cover of the book to Trent Deerhorn at deerhorn007@gmail.com!**

Local Photographers



Gail Fulkerson

"This image is looking west down the alley behind our house in Dundurn, SK. It had been very foggy for at least 3 days prior, and the hoar frost had become quite thick.

In the photo, the fog had lifted somewhat, so I took the opportunity to photograph the frost and fog that made everything look so magical."

Thought for the Day:

Every moment of your life is infinitely creative and the universe is endlessly bountiful. Just put forth a clear enough request, and everything your heart desires must come to you.

Shakti Gawain - Creative Visualisation

Extremes in Our World that You should Know:

Where is the world's most dangerous city to live in?



San Pedro , Honduras ...

This city averages over three murders a day .

The violence stems from the city's role as a major hub for illegal drug and arms trafficking.

Paraprosdokians:

First time I heard about paraprosdokians, I liked them. Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. (Winston Churchill loved them).

You do *not* need a parachute to skydive. You only need a parachute to skydive *twice*.

From 365 Zen daily readings by Jean Smith

The Way does not require cultivation - just don't pollute it. What is pollution? As long as you have a fluctuating mind fabricating artificialities and contrivances, all of this is pollution.

If you want to understand the Way directly, the normal mind is the Way

What I mean by the normal mind is the mind without artificiality, without subjective judgments, without grasping or rejection.

-Zen Master Mazu (Ma-Tsu, 709-788), in *Zen Essence*

Reflections from the Shaman's Hut

As I sit here, assembling FLIGHT, I am aware that there are many of my friends and family who have been talking about making New Year's Resolutions. I have never done this. I have no problem with other people doing it. It is just that I have found that all too often people tell me by mid March at the latest that they have already failed their New Year's Resolutions.

It makes me wonder why people think that the turning of a calendar is going to change their lives? I wonder why it is that people cannot seem to just make the commitment to themselves to change whatever needs to be changed regardless of what time of year it is?



My theory on this is that people are either too lazy to make necessary changes, or that people do not tend to make themselves a priority and therefore fail to make said changes if it only benefits themselves. I prefer to think that it is the latter more than the former.

To this I must say that if you (yes YOU) were not here, the world would be a much different place. It would not know your smile or your laugh or your tears. And for that it would be less. So it is important to make the positive changes that are required of you and FOR YOU, so that you can be here a lot longer and therefore benefit the entire world simply by being present.

If I am wrong about the reason, and it actually is the former, then I have to say that EVERYTHING takes effort. There are no free rides. So buck up and get to it, regardless of whether or not we are entering a New Year. And if your resolution is too big to achieve, then start small. Baby steps are perfectly acceptable. Each one of those baby steps leads to bigger steps down the road. So just begin where you can and work up from there.

Now, have yourself a wonderful New Year!

For more articles from the Shaman's Hut, visit Trent's blog at www.deerhornshamanic.com

Encouragements for Personal Development:

Taken from Meditations with James Van Praagh

Think of today as an opportunity to discover and grow beyond your mental and emotional discomfort. When a difficult situation is upon you, reach into the depth of your being and find a greater meaning to your life and your purpose on Earth. Some of the deepest agonies are the greatest triumphs for you soul's evolution.

According to the Farmer's Almanac 2019:

Growing Up Isn't Hard To Do



Indoor vertical herb gardens are a great way to grow fresh ingredients in the kitchen without crowding the counters. Use hose clamps to fasten small pots or mason jars to an old cutting board and then hang the board on a sturdy hook in a well-lit area. Add about an inch of pebbles to the bottom of each container and then fill with potting soil and herbs such as basil, chives, mint, oregano and sage. Alternatively, you can attach a few gutters to the wall or suspend hanging planters from the ceiling.



January 1st: New Year's Day

String outdoor trees with popcorn, nuts, and berries for the birds.



January 5th: New Moon

*Falling all the night time,
Falling all the day,
Silent into silence,
From the far-away.*

"Snowflakes" by John Vance Cheney

American poet (1848-1922)



January 13th

For maximum blooms, African Violets demand 10-14 hours of bright but indirect light per day and an 8 hour rest period in darkness.

January 21st Full Wolf Moon



January 26th

Southern gardeners can set out flowers such as snapdragons and primroses now; northern gardeners must content themselves with seed catalogs and rocking chairs.

Puppy Smiles



Ask the Shaman: With Trent Deerhorn



Q: What are your thoughts on healers who are not necessarily available to people when the people need them to be? I have so often found myself in need of a healer, and yet the healers are not available till the following week or the next one after that. I find this frustrating.

A: It is important to remember that healers are NOT crisis centres. They/we have lives just like everyone else and that is why we have office hours and work schedules, so that OUR lives are lived in a balanced way. Your personal disorganisation is NOT our professional responsibility. You may want to look at why you feel so entitled as to demand IMMEDIATE attention. Along with that, look at why it is that you leave things to the last moment. You are the one who is shooting yourself in the foot. No one else is doing that. Many healers feel guilty that they are unable to accommodate people like yourself. I encourage them to continue to *not* accommodate this sort of behaviour. It is rude and self-entitled. As healers, we are very sensitive people. As such it is very important that we take care of our personal needs and protect our "down time" just as much as it is for us to attend to our practices. Better organisation on your part will go a long way to better results when it comes to your personal healing.

Tidbits and Ticks:

I work in a nursing home, and one morning I was helping a gentleman who was particularly hard to wake and get ready for breakfast. As I coaxed him to sit up, he fixed his twinkling blue eyes on my face and said, "My, you're pretty! Have I asked you to marry me yet?"

'No you haven't," I replied

"Good," he said, "because I could not put up with this every morning!"

Forum:

We want to hear from you! Your feedback is important to us. Email your comments to deerhorn007@gmail.com and they will be published in the Forum Section!

Of the previous Issue:

John Wrote: Gail Fulkerson, thank you for reminding me of my birthright in your poem.

Angela Wrote: As a teacher, I can completely appreciate the "Teacher and Kid" section that you now have going. Keep it up!

Bebe Wrote: I love the fact that fossils were covered in the Rock Talk. I love fossils and am absolutely fascinated by them!

Jessica Wrote: Loved the article on Commitment without Responsibility! Thank you!

Jason Wrote: I am ordering my copy of Divining Bones! Thank you for starting a book review section!

Amy Wrote: Awesome that you brought back the Local Photographers section!

Jackson Wrote: I really enjoyed the article on True Service! Thank you!

William Wrote: I enjoy the Farmer's Almanac section. There are a lot of great tips to be had!

Betty Wrote: I am so sorry, Trent, that you have experienced hate directed at you based upon your skin colour! That is so not cool.

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A clean home is a true blessing! Trent Deerhorn



Face Time with the SHAMAN!



As part of my Shamanic Practice I have, for years, provided long distance healing work for people. This sometimes comes as an energy treatment and sometimes as a telephone counselling session. Well, now there is even another option available! We can now have sessions on Face Time and you can speak to me face to face! If you are interested in this option, simply email me at deerhorn007@gmail.com or phone me at (306) 978.5300 to make arrangements. Blessed Be!

Flight Newsletter Advertising Advertisements for Flight: A Living, Breathing Document of Consciousness

All ads must be in by the 20th of the month PRIOR to the issue that the ad is to be placed in. No exceptions. Send to deerhorn007@gmail.com.

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