

# HOMEFRONT

Samhain 2022

OILS & INCENSE

*Folkish Recipes*

## Samhain Tidbits

*PLUS*

Samhain  
Correspondence

Traditions, Folklore,  
History & much more.

# CONTENTS



3  
Editor's Note

4  
Samhain Correspondence

5  
Dumb supper & Tips

6  
Samhain Ritual

7  
Samhain Incense & Oil Blends

8  
Samhain Tidbits

9  
Word search

10  
Wheaten Bread Recipe

11  
Ancient Samhain Folk Traditions

12  
Samhain - Did You Know?

13  
Samhain - Bairin Breac

14  
Samhain - Celebration Ideas

15  
Make a Witch Bottle

16  
Samhain - Gods & Ghosts

17  
Samhain - Poster

18  
Halloween Cookies / Biscuits

19  
The Samhain Parshell

20  
Samhain - Colcannon Recipe

21  
Samhain Crafts

---

# Welcome to the Samhain Issue of HomeFront

Samhain is a great time to cleanse your home and there are lots of ways that you can do this. You can go for a more traditional method such as smudging or sweeping out the negative energy with a besom or perhaps use sound to cleanse your home.



It is a great time to go GREEN and make your own cleaning products, so that your home is in tune with nature and it doesn't cause any nasty side effects like store bought products!



For this issue of HF we will be delving into all things Samhain. We have lots of stuff to share with you. These are simply ideas and guidelines for you to use or adapt. We don't all work with our gods & goddesses the same way.

**Enjoy Your Samhain**

# Samhain

## Correspondence

**Decorations:** Acorns, Apples, Black Candles, Pumpkins, Cauldrons, Photos of ancestors, Nuts.

**Animals:** Black Cats, Bats, Owls & Ravens.

**Crystals & Stones:** Aquamarine, Bloodstones, Carnelian, Onyx, Obsidian, Smokey Quartz, Hematite,

**Colours & Candles :** Black, Gold, Orange, Purple, Silver, White.

**Herbs & Flowers:** Wormwood, Thistle, Sage, Rosemary, Nutmeg, Mint, Mandrake, Deadly Nightshade, Allspice, Broom, Calendula. Chrysanthemum, Yarrow, Mandrake.

**Incense & Oils:** Sweetgrass, Sandalwood, Mastic Resin, Benzoin, Heliotrope, Wormwood, Bay, Rosemary.

**Trees:** Oak, Hazel & Apple.

**Food & Drink:** With Samhain being the last of the three harvests, foods that correspond are those that are the last to be harvested each year. Fruit and vegetables such as pumpkins, squash, apples, turnips, potatoes, and other root vegetables. Other items relating to Samhain include; cider and wine, soul cakes, pork, and stews.

**Spell Work:** Divination, Endings, Banishment, Protection, Ancestry, Death & Shadow Work.



# Dumb Supper

A dumb supper is a traditional way to celebrate Samhain. You lay a place at the table for your loved ones who are no longer with us and then when you serve up your meal, you also serve food for those who are not with you.



Some people say that you should eat in silence but others say that you should talk as if the person was there and tell them all of your news from the year. I think I like that idea much more. Then when the meal is over, you leave outside or bury the food that was served to your departed loved ones / ancestors.

A visit to a graveyard is very fitting for Samhain as we honour our dead. Cleaning up the graves is such a nice way to honour those passed at Samhain.

**SAVE THE ASHES FROM YOUR INCENSE OR SMUDGING HERBS AND MIX IN A BOTTLE WITH SOME SALT AND GROUND EGGSHELLS FOR SOME FANTASTIC PROTECTION SALT. YOU CAN THEN USE THIS SALT FOR PROTECTION SPELL BAGS, JARS, AND OTHER MAGICKAL ACTIVITIES.**

**WRITE A LETTER TO SOMEONE WHO HAS PASSED AND THEN ADD IT TO YOUR ALTAR. THEN, ON SAMHAIN, SET IT ON ALIGHT AND LET THE BREEZE TAKE THE ASHES AWAY!**



---

# Samhain Ritual

## Honour Your Ancestors Through Nature

This beautiful ritual is designed to honour the Spirit of those who have passed on. The seeds you scatter will grow in their memory, a gift of remembrance that will continue to grow.

During the last two Samhains i have planted a total of 14 Oak Trees and this year i plan on harvesting Acorns from majestic oaks by us that are over 400 years old!

## You will need:

**Seeds of your choice - be they seed packets or seeds you have harvested yourself.**

**A small dish**

**A small white candle**

**A pouch or bag for your seeds.**

*On Samhain eve* before you scatter / plant your seeds, put your seeds onto a dish and light your candle. I then mediate about the person or people I wish to honour and remember.

I say something along the lines of 'On this night of our ancestors, I remember you "insert names". This candle i light is in your honour etc. Use your own words, this is just a guide. Magick is fluid so adapt for yourself.

Leave the seeds in your dish overnight and as always let the candle burn down completely. Always let your candles used during a ritual burn down completely and use a small candle so you don't have to monitor one for hours.

On Samhain, when you are ready, put your seeds in your pouch. You should hold the pouch in your right hand on the way to a place of your choosing. On arrival take the seeds and scatter them, saying 'You are remembered and honoured "insert names" etc. Repeat three times.

I initially plant my acorns in pots, but if using seeds you can go to a special place of your choice A place that holds memories of the people you are honouring and scatter / plant them there. You can now watch your seeds grow and flourish in honour of the people you love.

**Hail Our Folk - WAU14.COM**

# SAMHAIN

## *Incense & Oil Blends*

### *Incense*

- 1 tsp. crushed Mugwort Leaves
- 1 tsp. Frankincense Tears (small resin chunks)
- 1 tsp. Myrrh Resin (small chunks)
- 2 tsp. crushed Rosemary Leaves



- 2 tsp. frankincense
- 2 tsp. sandalwood
- 2 tsp. poppy seeds
- 1 tsp. gum arabic
- 1 tsp. myrrh
- ½ tsp. bay
- ½ tsp. thyme
- ¼ tsp. jasmine flowers
- ¼ tsp. rose petals

### *Incense*

- 3 tsp. Rosemary
- 3 tsp. Pine
- 3 tsp. Bay
- 3 tsp. Apple
- 2 drops Patchouli Oil



- 1 tsp. rowan berries
- 1 tsp. blackthorn wood
- ½ tsp. galangal
- ½ tsp. chervil
- ½ tsp. vervain
- ½ tsp. parsley
- 3 tsp. myrrh

#### **Ritual Oil Blend**

- 3 drops Rosemary oil
- 3 drops Pine oil
- 3 drops Bay oil
- 3 drops Apple oil
- 2 drops Patchouli oil
- Use almond oil as the base

#### **Diffuser Blend**

- 4 Drops Cinnamon Essentially Oil
- 3 Drops Sage Essential Oil
- 2 Drops Ginger Oil



---

# Samhain Tidbits

The word Samhain is pronounced Sow (as in Cow) Inn. On this night Cailleach comes to strip the leaves from the trees. She is the blue faced hag & the Goddess of winter.

In Ireland the year is divided into two halves and they are associated with darkness & light. The dark half begins at sunset on November 1st with Samhain and the cycle ends when the light half begins at sunset on May 1st, which is the festival of Bealtaine. Both involve bonfires.

In Irish history & folk magick Samhain was a time for the fae, ghosts, demons, and witches. Winter itself was the Season of the Dead, and Samhain is the night when they are released from the other side.

We still light bonfires to keep the restless spirits at bay. Ashes from these bonfires are sprinkled on surrounding fields as a form of protection. Farm Folk would also light a torch and carry it around the boundaries of their homestead and farm, to protect the property and residents against spirits throughout the winter.

Two hills in the Boyne Valley Ireland are associated with Samhain. They are Tlachtga and Tara.

Tlachtga was the location of the Great Fire Festival which begun on the eve of Samhain. Tara was also associated with Samhain. However it was secondary to Tlachtga in this respect.

The entrance passage to the Mound of the Hostages on the Hill of Tara is aligned with the rising sun around Samhain. The Mound of the Hostages is 4,500 to 5000 years old.

The Great Fionn MacCumhail chose Samhain as the time to present himself before the court at Tara for the first time, while it was also at Samhain that the God Lugh made his dramatic entrance to the same court. The Connaught queen, Medb, waited until Samhain before setting out on the great Cattle Raid of Cooley.

"People will not look forward to posterity who never look backward to their ancestors".

- Edmund Burke

# Samhain

# Wordsearch

A	N	G	S	T	S	L	T	E	I	A	H	T	C
N	E	P	A	G	T	H	C	A	L	T	I	W	E
A	E	S	D	I	U	R	D	I	R	R	S	I	L
S	W	R	E	G	S	I	C	E	E	A	T	T	E
W	O	L	A	I	E	I	V	L	P	C	O	C	B
N	L	H	F	U	N	E	A	S	U	V	R	H	R
O	L	S	O	C	I	N	S	L	M	E	Y	E	A
I	A	N	L	E	D	V	I	D	P	I	S	S	T
T	H	I	K	L	C	I	U	D	K	L	E	G	E
I	C	A	I	T	G	I	N	I	I	R	U	I	A
D	E	H	S	I	P	A	G	A	N	S	A	B	T
A	L	M	H	C	A	N	C	E	S	T	O	R	S
R	T	A	N	S	P	I	N	R	U	T	W	N	R
T	S	S	F	I	R	E	C	A	R	V	I	N	G



SAMHAIN  
IRELAND  
ANCESTORS  
DRUIDS  
PUMPKINS  
CELTS  
VEIL  
FOLKISH  
CELTIC

HISTORY  
HALLOWEEN  
TRADITION  
CELEBRATE  
WITCHES  
PAGANS  
TURNIPS  
TLACHTGA  
TARA  
CARVING  
FIRE



# WHEATEN BREAD FOR SAMHAIN

## INGREDIENTS

- 3 cups of wheaten flour
- 500 ml of Buttermilk
- 1 teaspoonful of bicarbonate of soda
- Samhain ribbon in black or purple.
- A handful of rye flour
- A scattering of oats
- A twig of rosemary for remembrance

## DIRECTIONS

- Place your flour in a large bowl. Make a well in the centre. Sieve in the blended salt and bread soda and pour in the buttermilk. Mix well with a wooden spoon until the dough feels springy. If it feels too sloppy just add a little more flour.
- Turn it onto a board and cover with a fine dusting of flour. Pat it with your hands until you have a round shape. Take a sharp knife and score lightly into 4 sections, in those sections i inscribe runes or ogham.
- Place onto a greased baking tray and pop your wheaten bread into the oven for about 35 minutes @180 degrees.
- When your bread is ready it will change colour and it will sound hollow when you tap the bottom. Cool completely on a wire rack. When it is cool, place the rosemary on top and tie it with Samhain ribbon.

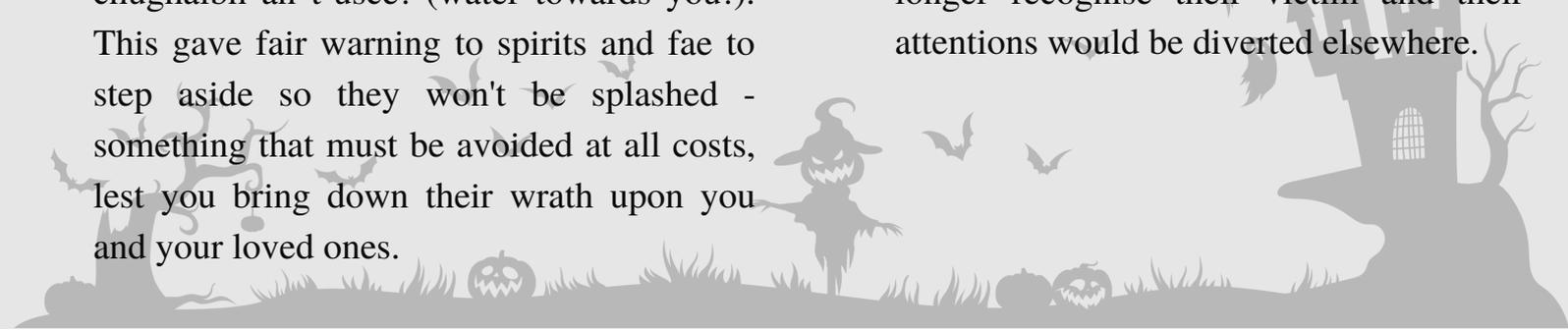
Rosemary is a powerful cleansing and purifying herb. Burn it on charcoal disk to get rid of negativity especially prior to performing magick and rituals. It's also a good herb to place beneath a pillow to aid sleep and stop nightmares. This herb has many uses, add to bath sachets for purification, use in incenses for love and lust or even use in healing poppets. It is a good substitute for Frankincense.

Enjoy your bread and share it with your family and friends and pass on the generous blessings of Samhain . Any kind of bread works, here we also have a wheaten flour that only requires you add buttermilk and it is so nice.



## Ancient Samhain Folk Traditions

*Our Past Kin had many small folk traditions during Samhain. This was a time of the year that determined how much we had to eat for the coming months. We got sicker easily because of the colder damp weather, and the Fae were out in droves looking to disrupt the lives of those pesky humans! Sure, we will always be one step ahead of them if we implement some of these ancient gems!*

- Should you meet up with the fae, it is said that if you throw the dust taken from under your feet at them, they will be obliged to release any captive human in their company. Remember the Fae / Faeries aren't cute like movies like to depict them!
  - There should be more food on the table than can be eaten. (This for abundance through the year to come.)
  - If there are children in the house, a dead ember from the fire was put in their cradle.
  - Keep a sprig of rosemary and a sixpence under your pillow on Samhain night, and you'll dream of your future spouse.
  - When throwing out used water, you must always shout seachain! (beware!) or chughaibh an t-usce! (water towards you!). This gave fair warning to spirits and fae to step aside so they won't be splashed - something that must be avoided at all costs, lest you bring down their wrath upon you and your loved ones.
  - Before going to bed, you must be certain to place a portion of the evening meal outside for the fae folk. Your hospitality will be duly noted (as will the lack of it!) We do this most days not just during Samhain.
  - Wild fruit, such as blackberries, must never be eaten on Samhain night or after that date because it was believed that the dreaded evil spirit, the Púca, had spat on them.
  - To protect yourself from being carried off by the fae, it was the custom to carry a black handled knife or have a steel needle stuck in a coat collar or sleeve. If by chance, the fae did lead a person astray, he or she could confuse them by turning their coat inside out. The fae would no longer recognise their victim and their attentions would be diverted elsewhere.
- 

---

# Samhain

Did you know?



JACK-O-LANTERNS are arguably the most recognisable of the Samhain symbols. The Jack-O-Lantern has its roots in Ireland. While pumpkins are used today, turnips and other gourdes were also used in the past. One particular Irish tale tells of Stingy Jack, a blacksmith, who tricks Satan into climbing an apple tree. Once the Devil gets to the top, Stingy Jack places and carves crosses on the tree trapping Satan at the top. Jack will only release Satan on the promise of never taking his soul. Due to his earthly sins, Jack could not enter heaven and because of his deal with the Devil he also could not go to hell. He is therefore destined to wander the Earth with the light of Hades illuminating from carved gourdes.



Samhain is recognised as our Celtic New Year. Similar to days beginning at sundown, it was recognised that New Year ushered in the earthly darkness. Traditionally, this is the time when livestock were brought in for slaughter. The colder weather made it an ideal time for the killing and preservation of meats and fowl.

Rathcroghan is said to provide entrance to the Otherworld, via Oweynagat (the Cave of the Cats). In typical Christian fashion they called this ancient sacred site, “The Gates of Hell,” despite the fact that Hell was a new concept to the Celts!



The cave is the starting point for the ancient festival of Samhain, as well as being described as the abode of **Morrigan**. It is hands down one of the highlights of my life to have been inside this cave.

# Samhain Bairín Breac

Bairín means a loaf and aran means bread. Breac, however, is a word of multiple meanings in Irish.

Its most common meaning is speckled or dappled, which is surely the relevant one when referring to the currant-dotted cake served at this time of year. But there are other meanings, some of which converge with the symbolism of the items concealed within the loaf.

Fáinne - the ring -

Piseán - the pea

Brat - the cloak or cloth

An Méaracán agus an cnaipe - the thimble and the button

Cipín - the matchstick

## Ingredients

- 225g plain flour
- 2 tsps of baking powder
- 375g packet of fruit mix
- 250ml cold tea
- 50ml of whiskey
- 125g light brown sugar
- 1 large egg
- 1/2 tsp of mixed spice
- A ring to place inside

## DIRECTIONS

1. Place the fruit mix in a bowl and pour over the whiskey and cold tea. Allow to soak up the liquid overnight.
2. Preheat the oven to 170C/340°/Gas Mark 3, and grease and line a 900g loaf tin. Combine the flour, baking powder, sugar and mixed spice in a mixing bowl. Make a well and break in the egg, and using a wooden spoon mix the egg with the dry ingredients. Add a little bit of the liquid the fruit mix is sitting in and mix it through. You may not need all the liquid – you are looking for a wet dough. Then stir through the fruit mix until everything is thoroughly combined.
3. Add in the ring – and any of the other traditional symbols of a pea, a piece of cloth, a matchstick and a coin – and stir through. Spoon the wet dough into the lined loaf tin and place in the oven on the middle shelf and bake for one hour. Remove from the oven and allow to cool slightly before removing from the loaf tin and placing on wire rack.
4. Cover in cling wrap and tin foil and allow to sit for one to two days before cutting into it. Serve in slices spread with a little butter and nice cuppa!



---

---

# SAMHAIN

*Celebration Ideas*



- As Samhain is a fire festival, the best way to start would be to build a fire. If you can't create a bonfire, candles do just fine. Cluster a bunch of them together as the sun sets, and your fire will drive away the darkness and keep the spirits at bay. If you can build a fire outside, light a candle from the fire and bring it into your home — this is a longstanding Samhain tradition.
- Samhain marked the end of the harvest, so this was a time of feasting and merriment. Pile a table high with harvest goodies — corn, root vegetables, and of course any kind of pumpkin. Have you carved your pumpkins yet?
- Plenty of Samhain / Halloween party games have their roots in ancient traditions. Apple bobbing is one of the best known games, and it's one of the simplest. Just fill a bowl with water and throw in some apples. You and your guests then take it in turns to try and pick up an apple with only your teeth! (Though to be hygienic, it might be best to ensure everyone has their own individual bowl!) And save the apples for divination later.
- This time of year is perfect for divination, and fortune-telling has been practiced for centuries on Samhain night. This year, we've got the double whammy of the veil being thin and the full moon falling on Halloween night. Expect any divination you do this year to be especially insightful...
- As you settle down to eat, don't forget to leave a plate for any ancestral spirits that might be in residence! The Celts would often set a bowl of food outside their homes

# MAKE A WITCH BOTTLE

If you're feeling extra crafty and witchy, why not make a witch bottle. This practice dates back to the middle ages, when people would cram a bottle full of ritual objects like iron nails and bones. They would then entomb the witch bottle in a wall of their home, or bury it beneath the floor. I love creating my own witch bottles and baubles as a way to gather and enhance their ritual energy.

- You will need:
- A bottle / Bauble
- Power-enhancing objects (eg: crystals, feathers, runes, ogham, written words, herbs, dried flowers)
- Deity-invoking objects
- Anything of particular power or worth to you
- Candle wax
- First, choose a nice bottle, preferably glass. You can put anything you like in your witch bottle, but we recommend using objects that pertain to your practice right now.
- Cleansing stones like Selenite and white quartz are particularly good, along with amethyst for confidence and empowerment, and citrine for luck and wealth. Objects that correspond with your chosen deities would also have a place here. Are you feeling Morrigan or Odin lately? Pop in some crow feathers, crows molt in July so I have my feathers ready to be used.
- I seal my bottle / bauble with candle wax once done.



# SAMHAIN GODS & GHOSTS

Many of our folk tales and fairy tales evolved from the idea that the veil is at its thinnest at this time of the year.

Deities associated with Samhain, in Irish mythology, are the Morrigan and Crom-Cruach who is especially important in county Cavan, Ireland. . While Morrigan is known to be the threefold goddess of the dead, theories abound about Crom-Cruach. In some legends he is said to be the personification of darkness; archeological evidence points to him being a fertility god.

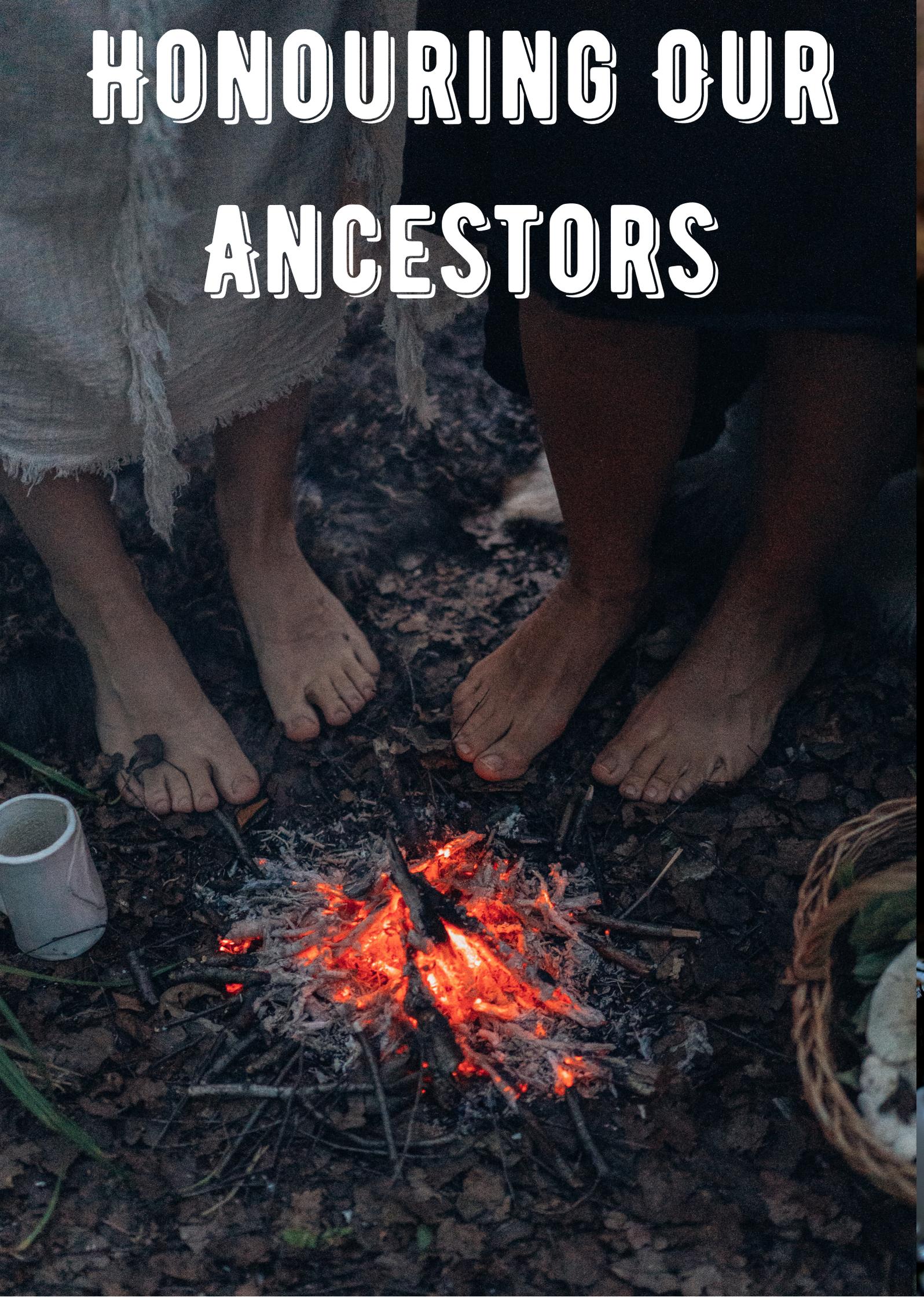
Samhain wasn't just celebrated in Ireland. Although fewer records remain, those that exist point towards other gods being associated with this festival in different regions. The Welsh Gwynn ap Nudd, the fae king, is particularly powerful during Samhain because the veil is thin, as is Arawn, ruler of the otherworld Annwn. The Celtic goddess of winter, Cailleach, starts her reign on this night, she awakens from her slumber and strips our lands bare. Trees are now stark and a frost covers everything.

Gods aside, plenty of folk creatures have also become associated with Samhain, and later, Halloween. These include but are not limited to...

- Púca — a mischievous shape-shifting fae appeased by harvest offerings.
- Banshee — called the Beansidhe in Irish, she is associated with pending death, her story is vast and one we will cover in another issue.
- Dullahan — the Headless Horseman
- Old Jack — as in Jack O' Lanterns
- The Woman in White and other similar ghosts
- Morgan le Fey, and other dark witches



# HONOURING OUR ANCESTORS



# HALLOWEEN

## BISCUITS AKA COOKIES

### Ingredients

125 grams (5 ounce)  
butter

125 grams (5 ounce)  
sugar

4 tablespoons of  
golden syrup

350 grams of (12  
ounce) plain flour

½ a teaspoon of  
Ground Mace,

½ a teaspoon of  
Cinnamon

1 teaspoon Bicarbonate  
of soda

### Cooking Instructions

1. Pre-heat the oven to 190°C, 375°F, Gas mark 5.
2. Line a baking tray with grease proof paper.
3. Melt the butter, sugar and golden syrup over a low heat, stirring until the sugar crystals have dissolved.
4. In another bowl, sift the flour, bicarbonate of soda, Ginger, Mace, and Cinnamon.
5. Add the dry ingredients to the warm mixture a little at a time until you achieve a soft dough. Add a little milk if the dough seems dry.
6. Roll out your dough to a thickness of 3-4mm then cut out using Halloween themed cutters.
7. Place onto your prepared baking tray and bake in the middle of your oven for around 10 minutes until lightly coloured, biscuits should be slightly giving but not squashy if you press them lightly.



---

---

# THE SAMHAIN PARSHELL

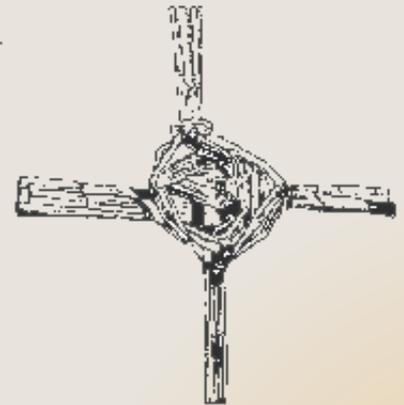
The Parshell is a Samhain cross (do not think crucifix, think solar like our brigid's cross). You must weave it on the 31st of October. You then place it over your front door, on the inside of your house, it is there to help protect you and your family against bad luck, sickness and mischievous spirits like the Púca until the following Samhain.

When you make a new one the following year you then move the old one to a different door in your house, Traditionally, the old Parshell was placed in your barn to help protect the livestock so do that if you have livestock, if staying in your home i usually move in into the kitchen.

Here are very simple directions for making a Parshell: There is a few videos on youtube for those of us needing a visual guide.

Materials:

1. Two sticks, each about seven inches long, I use the twigs from Native trees like Hawthorne or Rowan!
2. Tape or string to tie the sticks together.
3. Straw or similar plant material



## Instructions

1. Tie the two sticks together at right angles to form a cross.
2. Begin attaching strands of straw at the center of the cross.
3. Moving clockwise, weave the straw over one stick and under the next, going around the cross. Stop before you get to the ends of the sticks- a few inches of stick should be exposed. Your Parshell is now ready to be attached over your front door, on the inside.

For your Samhain Parshell to be effective, it must be made on the 31st of October, you must not make it ahead of time, nor can you use Irish procrastination as an excuse and make it after Samhain. Sacred days are for sacred creations and traditions.

# Colcannon

## A Traditional Irish Samhain Dish



Colcannon is an Irish potato dish made with potatoes, onions, and kale or cabbage, but for Samhain we nearly always use Kale.

Most non-Irish think of colcannon as a traditional St. Patrick's Day dish, but colcannon was originally associated with Samhain in Ireland.

Since the ingredients used to make colcannon grew abundantly in Irish country gardens, we cook whatever she had on hand, that is how soup, stews, coddle etc came to be food staples.

- potatoes
- chopped scallions or leeks
- chopped fresh kale
- butter
- salt & pepper (to taste)

You'll see loads of silly long-winded recipes. Simply boil your potatoes, kale and leeks, mash them all together when cooked, add butter and season... **EAT IT ALL!** If you have leftovers fry it up the next day and it's even nicer...



## Samhain Crafts

**Tealight Candles** – This really is a simple craft that anyone can make. You only need two items- washi tape and tealight candles.

Here are your simple instructions. Put washi tape on your tealight candles and you are done. There are plenty of Halloween themed washi tapes out there at this time of the year. My friend sent me Rune washi tape and i have used it on my tealight candles.. I have been using these candles with different tapes for a lot of rituals lately, if you are artistic you can use a blank tape and draw on them also, there are so many options!



### Samhain scavenger hunt

Forests are wonderful places for samhain fun and exploration. Let your imagination run wild on your next forest walk and keep your eyes peeled for...

A stick to stir potions, i like to use the wood from a Holly bush / tree.

A goblin's eyeball (a conker).

A leaf the colour of a pumpkin.

Slender twigs for a witch's broomstick. I always try to find oak, hawthorne or holly. Make sure they have fallen off the tree themselves! I sometimes add lavender.

A leaf shaped like a bat's silhouette.

