



A newsletter of EarthLove Fellowship: a Grove of FoDLA



Reflections of the Rev – Fresh Beauty

By Rev. Linda Costello

When I was younger, I lived in New England, and it was right around this time of year when we were wondering if it was always going to be winter. The coldness seemed to stretch out endlessly.

Now, I live in Scottsdale, Arizona, and this is the time of year when we are thanking the gods that we live in Arizona. So much of the rest of the country is experiencing blizzards and bitterly cold temperatures. We are lucky to still see some sunny days with temperatures around 70 degrees.

Our bane is the summer, the relentless dry heat that permeates the land. We count the days until we feel that first breath of coolness again, usually sometime in September.

But by February, we are right in the midst of the best time of the year for us. Buds are starting to show their heads. Poppies are everywhere, waving their colorful crowns in joyous abandon. Morning brings birdsong again.

Imbolc, for me, is about gentle beauty. We are still in the dark time of the year, but that means something so different in Arizona as compared to New England. Our “dark time” may come with less daylight, but we welcome the days – and the weather - with enthusiasm.

As the seasons turn from winter to spring, it’s a great time to bless your home. I find I light more candles at this time of year, because I love the presence of the living flame on my hearth.

Remember to appreciate the beauty around you, wherever you find it. It will soothe your heart and improve your health to nourish yourself in this way.

With gentle winter blessings,

Rev. Linda Costello

Grove News

EarthLove Fellowship continues to do public ritual for each high day. We are dedicated to serving the public by providing an opportunity to celebrate the turning of the year.

we have decided to take a hiatus for a few months from the Ancient Celtic Studies Discussion Group. It has been ongoing for three years, and many of us have other projects we are working on, so we have put the books down for a short while.

We are discussing having some social nights in the months to come, and we would welcome anyone who has an interest in knowing more about our grove and our practices to join us.

Please join our yahoo group for announcements of all of our events.

EarthLove Fellowship's board of directors include Avery Goodman, Randy and Cindi Pitcher, and myself.

Blessings of gentle beauty,

Rev. Linda



Schedule of Events for 2011*

High Day Rituals

*Held at El Dorado Park
77th St and McDowell Rd.
Scottsdale, AZ 85251*

- Imbolc –
- 2/4 @ 5:30
- Spring Equinox –
- 3/19 @ 6:00
- Beltane –
- 4/30 @ 6:00
- Summer Solstice –
- 6/18 @ 7:00
- Lughnasadh – TBD
- Autumn Equinox – TBD
- Samhain - TBD
- Winter Solstice – TBD

Ancient Celtic Studies Discussion Group

On hiatus for the time



*Note: all times may be subject to change. Please check the EarthLove yahoo group for announcements of changes.

POETRY CORNER

Lady Brigid

Flames dance on Water
Poems spoken to the Fire
Soft whispers of hope
As new life stirs

Lady Brigid, blessed Goddess
Of the Hearth Fire
Of Inspiration, Of Healing

We softly call to you
We gently reach out to you
And you readily receive us
In your loving embrace

Ever protective
Ever tender
Ever creative
Ever blessed
We express our gratitude
For all that you make
For all that you give
For all that you are



ELF Seeds is a quarterly publication of EarthLove Fellowship: a Grove of FoDLA.

This issue was written and edited by the Reverend Linda Costello.

Please contact Rev. Linda at 602-722-2562 for information regarding advertisement in our publication.

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Healthy Eating

By Linda Costello

Recently, I was fortunate enough to be asked to participate in a case study by a nutritionist. She wants to work with me for several months so that, once I see the results we can achieve together, I can refer her to other people. The timing couldn't be more perfect.

I had recently decided that I wanted to change my diet to be more organic, and luckily, she is asking me to do just that. I had also decided to take steps to reduce, and hopefully, eliminate all prescription drugs. Since I was diagnosed as type 2 diabetic in 1994, I have been on a plethora of prescription medications. It's time to clean myself up.

Debbie and I began working together in January 2011, just two short months before I began drinking Eleotin Tea, a special herbal tea formulated to assist diabetics to get off of medication. I hadn't yet seen a change in blood sugar from the tea, but I had noticed that I had started losing weight. When I began working with Debbie, I had lost about 12 pounds. Now I am down another 8 pounds, making total lost around 20 pounds – and counting!

My typical diet consists of very healthy protein, healthy oils, lots of lean, organic vegetables, and very little carbohydrates – and those I have are all plant-based. I drink a protein drink each day. I have healthy protein-based snacks. I eat a large salad with two ounces of protein each day, and for dinner, I have 3-4 ounces of organic, free range, hormone-free meat – beef, turkey, chicken, or fish, along with steamed vegetables and the occasional potato or 1/3 cup of rice.

I've been very surprised at how satisfied I feel. I haven't really been hungry at all.

I have been learning so much about eating well. I've participated in many different diet plans over the years, and this one actually feels the best. Of course, I am on a cleansing

diet right now, so as time goes by, I will be adding to the current plan. But this plan is really very satisfying.

I am really enjoying such things as having butter in my diet again. I have been avoiding pretty much all fats for the past several years, in my attempt to lose weight. Instead, I find that having a bit of butter on my vegetables adds lots of flavor, and also contributes to my feeling more satisfied and full.

I also really enjoy the fact that many of the spices I am using are not just for taste. They actually have healing qualities. For example, did you know that Turmeric actually helps reduce inflammation in the body? I never knew that before. And now, I wouldn't go without my turmeric. My knees are almost completely back to being pain free. What a blessing!

Did you know that organic food has about 80% more nutrition in it than non-organic? We as Americans are starving ourselves when we eat processed food, because we are not getting the good, natural food that can really nourish us. I am loving my organic food.

In any case, I am keeping a blog on my return to health. You can find it here: <http://returning2health.blogspot.com>. I have really enjoyed tracking my progress. It's not even been a month yet, and my energy levels are so much better, not to mention the fact that I am releasing weight.

I am looking forward to the next battery of tests to see how I have improved.

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