



Bamboo Mug Cozy
By Katrina Ray-Saulis

Supplies:

Worsted Weight Yarn – I like Lily Sugar ‘n Cream in Sage Green
One set of four Size 8 DPNS

To Knit:

Cast on 32 Stitches. Join in the round careful not to twist.

Row 1 – YO, K2, Pass first stitch over

Row 2 – Knit

Repeat rows 1 and 2 a total of ten times (20 rows)

Bind off loosely.





Morning Coffee Spell

Every morning cup of coffee is a magical dose of motivation and healing, but to add to its power as you prepare your cup of coffee chant the following:

Beans from the earth
Added to water
Fire to warm them
The elements together

Breathe in the aroma
Breathe out the night
Breathe in my power
To start the day right



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