



The Phoenix

Newsletter of the

Barony of Sacred Stone

Volume 41, Issue 6; Anno Societatis LX

JUNE 6, 2025

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Upcoming Events in Atlantia

June - 2025

06-06 - 06-08 : [Royal Archery Tournament](#) :Booneville NC (Sacred Stone) (Q K Pr P)

06-06 - 06-08 : [Rumors of War- Part Deux](#) :Bryson City NC (Stormwall)

06-14 - 06-15 : [Summer University of Atlantia](#) :Virginia Beach VA (Marinus) (Q)

06-20 - 06-22 : [Storvik Novice Tournament](#) :Upper Marlboro MD (Storvik) (Q K Pr)

06-27 - 06-29 : [King's Assessment](#) :Callaway VA (Black Diamond) (K Pr P)

July - 2025

07-12 - 07-12 : [Procrastinators Paradise- Last Chance Authorization and Sewing Day](#) :Waldorf MD (Dun Carraig)

07-19 - 07-19 : [Warrior's Games](#) :Harleyville SC (Tear-Sea's Shore) (Pr P)

07-25 - 08-10 : [Pennsic War](#) : (Atlantia) (Q K Pr P)

Upcoming Sacred Stone Barony meetings

Meetings are planned in rotation between the Cantons and baronial lands

All meetings are at 2:00 pm unless stated otherwise

June 22nd	Crois Brigitte/Baronial Lands	Home of Patris and Slaine. 9175 Laurel Glenn Dr. Rural Hall, N 27145. Summer cookout! Potluck signup on facebook and below in newsletter There will be a fencing and archery marshal. If you want to teach a class just let the hosts know and space can be created. Arrive as early as 11am, meeting at 2pm
July	Middlegate/ Baronial Lands	TBD
August - exact date TBD	Salesberie Glenn	Monteray Mexican Restaurant - 119 N Link Avenue, Salisbury, NC 28144
September	Aire Faucon	TBD
October - no meeting	CANCELLED	Not having meeting in October due to busy event schedule
November	Charlesbury Crossing	TBD

Seeking Officers and Deputies!

The Populace of Sacred Stone- our noble Excellencies and our great Seneschal Master Patris need your aid! The barony is currently in need of:

Minister of the Lists

Minister of the List is a position within the Marshal structure to organize and document tournaments, record fighter authorizations and report the results in an unbiased fashion.

A Minister of the List (MoL) helps organize, complete and maintain the paperwork needed to track fighters' authorizations and run combat scenarios at events. They are the people sitting at the table on the side of the list field signing in combatants, checking authorization cards, recording authorizations, and filling out all those lovely forms necessary to keep fighting in Atlantia running smoothly.

Chatelaine

The Chatelaine is in charge of Newcomers' Relations. Each SCA kingdom has an officer in this position, known as the Chatelain(e) or Hospitaller

This office is responsible for making sure that newcomers to the local group are made to feel welcome and receive the assistance that they need to become active members of the SCA. They are also responsible for ensuring that demos for recruitment and education are held.

These positions are open for letters of intent. Please send LOI's to:

baroness@sacredstone.atlantia.sca.org baron@sacredstone.atlantia.sca.org
and seneschal@sacredstone.atlantia.sca.org

Thank you for your interest!

Letter from Their Excellencies

Merhaba, Phoenix phamily!

As we head into Pennsic prep mode, it is easy to overlook those things not War related. We, your Baronage, encourage everyone to keep involved, stay in touch with your Canton and Barony friends, and look for ways to support each other. Your Baron and Baroness will be at Pennsic, camped with Atlantia, and would love to hear from you if you are going! If you are not making the trek this year, get together with others, plan for future events, or just hold a Pennsic Pity Party. Host an armor workshop, garb-making session, or even a Persona sharing gathering, be creative! The single best tool for getting others excited about our Current Middle Ages is sharing your own enthusiasm for what excites you, and you don't have to be at an event, much less a major one, to do that.

Congratulations to Lord Humfrey for winning the Titan Tourney at Hawkwood Baronial Birthday! It was exciting to watch him face his Master of Defense, Baron Magister Raphael in the final round. In the Never Ending Battle, Sacred Stone fencers banded together right away. Your baroness felt protected and proud of Lady Theodosia, Lord Humfrey, Lord Tristan, Lord Ottavio (new to our lands), and Baron Magister Raphael who marshalled part of the day. Azza completed the last part of her Marshal-in-Training practice by authorizing Lord Ottavio in his new kingdom. Your baroness is now officially a Rapier Marshal. She is thankful for all the support the fencing community has given her. Also at Hawkwood Baronial Birthday, an award scroll created by Lord Gabriel the Traveller was given. It showed a gorgeous, light-filled tree on black paper. Lord Ottavio won the 'Creative Offhand Parrying Device' contest with a metal toilet paper holder shaped as a long-necked dinosaur, complete with unicorn toilet paper!

On the heavy side, Achbar, John, and the Baron took to the field for Sacred Stone, with nine other fighters. Two Grand Melee (every warrior for themselves) and a Titan Tournament were held, and great fun was had by all, under the watchful eyes of Sir Cyriac and Prince Athos. The Titan encouraged combatants to wield buckler and mace, with Count Afshin taking the day, in a final against your own Baron Alain. Bear pit pickups followed, with much camaraderie and instruction.

At the May business meeting, folks came early to craft much needed scroll covers. Seven wonderful covers were made in an hour by many hands making light work. Maybe next time, some of you could craft some largesse. Your baronage loves to celebrate your

generosity and talent with Atlantia and the Knowne World. We gave a gift of your largesse to His Highness, Count Athos recently. Our supplies are getting low, mostly due to the number of changeovers (and their gift-giving traditions) in Atlantian baronies.

Largesse we could use now:

Green & white items, phoenix items, men's items, handmade items, armor bag fresheners, leather craft, woven belts, decorated cloth squares to line baskets and wrap items, etc.

Let's start a 'Sacred Stone' tradition by painting cool historic quotes on smooth stones! These make great paperweights for MoLs and Arts & Sciences tables.

Please include your name with your items whether you made them or bought them! Handmade things can be food or drink if not fragile, ceramic, leather, wood, metal, fibers, papers, etc. There will be another Bakers' Dozen Largesse competition at Sacred Stone Baronial Birthday in September.

Baronial Progress: come join us at these events! We always love your company at events. Also, Baroness Azza usually attends the fencing/A&S/archery practice at Bethel Lutheran Church, 5759 Bolick Rd, Claremont every Thursday from 6:30 to 9pm if you wish to see her/ speak with her in person.

love and peace, Alain & Azza, Baronage of the Sacred Stone

Date	Event	Place
June 6-8	Royal Archery Tourney (RAT)	Sacred Stone, Elchenburg, NC
June 22	Baronial Meeting, noon-4pm	9175 Laurel Glenn Dr., Rural Hall, NC Official fencing practice and A&S gathering too!
June 28	2nd Sew-In and Yard Sale	Salesburie Glen / Salisbury, NC
July 25-Aug 10	Pennsic War	Slippery Rock, PA
Sept 5-7	Sacred Stone Baronial Birthday	Sacred Stone, Elchenburg, NC
Oct 4	Fall Coronation	
Oct 11-19	War of the Wings	Sacred Stone, Elchenburg, NC

Event Bid: Below the Salt

We've made efforts to return to the old days in creating our bid for Below the Salt. Aine has pulled all historic information she could find still online and spoken with past autocrats and others who were involved with organizing this event in its origin days.

WHAT: Below the Salt - Meet At The White Phoenix Tavern

COST: \$5 & at least one non-perishable for the church's food bank

Every non-perishable item will earn a benefit for the quest

WHEN: This is a single-day event April 25, 2026. The event, however, actually begins as soon as the bid is accepted, if the populace so chooses.

WHERE: It **will** be held at the Star of Bethlehem Lutheran Church on Jonestown Rd in Winston-Salem.

This is a venue many in the area are familiar with as we've held a multitude of events, meetings, and other gatherings there over the years. Everything from A&S workdays, meetings, & holiday gatherings, to Of the Stone events and even a baronial investiture.

The church knows **us** well and gives us great latitude in use of their space. Aine and Robin are members, which garners us a discount.

WHAT: The event will be structured on a series of D&D style quests that begin as soon as the bid is accepted. The quests will encourage participants to attend other events throughout the year, participate in event and non-event SCA activities such as meetings, demos, practices, and trying something new to them in the SCA (create a new-to-you art or martial discipline or hold office for the first time).

The goal is to stress the fun and camaraderie of the SCA and to have a day that is dedicated to just relaxing and enjoying our shared hobby.

There will be prizes. There will be music, laughter, out-of-the-box challenges, and some yummy food & beverage.

Each quest has the potential to earn various benefits for the main event quest at the White Phoenix Tavern

- Coins
- Extra dice
- Privileges
- Etc

Formation of teams will be encouraged but will not be necessary

- Teams can be formed throughout the year
- There will also be opportunity to join a team at the event
- Those who are not part of a team will also be able to engage fully
- Those who just want to come to the event will also be welcomed and have plenty to enjoy at the event

There will be :

o Period Table Games

- Fox & Geese
- Glukhaus
- Mankala
- Chess
- Backgammon
- Etc

o A&S Display & Competition

- Items
- Bardic Song & Storytelling
- Good Drink, Brewing & cordials
 - Alcoholic
 - Non-Alcoholic

o Thrown Weapons

o Armored & Rapier

o Food

- Stone soup dayboard - possibly free or at least very inexpensive
 - o The event will provide the meat & paper goods
 - o Everyone bring something (soup ingredient, side dish made or packaged,

drink) to share from the tavern

- Feast - \$15
 - Evening meal by candlelight
 - Bring feast gear and table settings
 - Bring candles

**BARONY OF THE SACRED STONE
EVENT BID FORM**

Event: Below The Salt

Proposed Dates: April 25, 2026

Hosting Branch/Group Name: Barony of The Sacred Stone

Branch Seneschal's SCA Name: Patris De Terra Lepori

Branch Seneschal's Modern Name: Patrick Conrad

Telephone: _____

Email Address: seneschal@sacredstone.atlantia.sca.org

Event Steward (Autocrat)

SCA Name: Aine O Grianan

Modern Name: _____

Address: _____

Telephone: _____

Email Address: twolfpax@gmail.com

SCA Member # and Exp. Date: 255065 Apr 30, 2026

Co-Steward:

Giseala vom Kreuzbach

Head Cook

SCA Name: Charles Fleming

Modern Name: _____

Email or phone: cbf@fb-ent.com

Reservationist/Gate Keeper Troll

SCA Name: Jdeke von Kolberg

Modern Name: _____

Email or phone: ladyjdeke@gmail.com

Minister of the Lists

SCA Name: _____

Modern Name: _____

Email or phone: _____

Marshal in Charge Eric (Albrecht) Wellman is coordinating this area.

SCA Name: _____

Modern Name: _____
 Email or phone: _____

Site Steward (Clean-up) Tavern Master: William Reid

SCA Name: Aine O Grianan
 Modern Name: _____
 Email or phone: _____

Herald

SCA Name: _____
 Modern Name: _____
 Email or phone: _____

A&S

SCA Name: Annice Argent
 Modern Name: _____
 Email or phone: _____

Children's Activities

SCA Name: _____
 Modern Name: _____
 Email or phone: _____

Newcomer's Activities

SCA Name: _____
 Modern Name: _____
 Email or phone: _____

Web Minister

SCA Name: _____
 Modern Name: _____
 Email or phone: _____

Royal Liaison

SCA Name: _____
 Modern Name: _____
 Email or phone: _____

Autocrat

X I confirm that each of the individuals listed above have agreed to perform the duties of the staff position as designated above for this event.
 (Autocrat please initial)

Proposed Budget

\$ <u>100.00</u>	Projected Site Costs (deposit, site fee, portajohns, dumpsters, etc.)
\$ <u>150.00</u>	Projected Miscellaneous Costs (prizes, decorations, cleaning supplies, printing, postage, etc.)
\$ <u>750.00</u>	Projected feast costs
\$ <u>0</u>	Projected rental costs
<u>100</u>	Projected number of attendees
<u>50</u>	Break even Attendance (<i>calculate using adult member rates</i>)

Proposed Fee Schedule

Daytrip Rate (Adult Member)	\$ <u>5.00</u>
Overnight rate (Adult Member)	\$ <u>NA</u>
Child (Ages 6-17)	\$ <u>3.00</u>
Child (Ages 0-5)	\$ <u>0</u>
Feast	\$ <u>15.00</u>

Event Activities

- | | | | |
|-------------------------------------|------------------------|-------------------------------------|-----------------------|
| <input checked="" type="checkbox"/> | armored combat (heavy) | <input checked="" type="checkbox"/> | A&S activities |
| <input checked="" type="checkbox"/> | rapier | <input type="checkbox"/> | children's activities |
| <input type="checkbox"/> | target archery | <input type="checkbox"/> | newcomer's activities |
| <input type="checkbox"/> | combat archery | <input type="checkbox"/> | youth armored combat |
| <input checked="" type="checkbox"/> | thrown weapons | <input type="checkbox"/> | youth rapier |
| <input type="checkbox"/> | equestrian | <input type="checkbox"/> | youth archery |
| <input type="checkbox"/> | siege | | |
| <input type="checkbox"/> | other martial | | |

Please include descriptions of the activities checked above, including any theme planned, on additional pages.

Financial Understanding

The hosting branch/group understands and agrees that all proceeds from Baronial level events are to be forwarded to the Baronial Exchequer within the time required by Kingdom Law & Policies and the Baronial Policies.

tdr I have read the current Baronial Policies. *(Autocrat please initial)*

tdr I have read the current Baronial Financial Policies. *(Autocrat please initial)*

tdr I have attached a copy of the proposed site contract. *(Autocrat please initial)*

Legal Signature of Seneschal of Hosting Branch

Date: _____

Tammy D. Reid

Date: 05/18/2025

Legal Signature of Autocrat

Please send copies of this completed form to the following:

Baronial Seneschal
Baronial Exchequer
Coronet/s

Site InformationName of Site: Star of Bethlehem Lutheran ChurchLocation/Address: 1355 Jonestown Rd, Winston-Salem, NC 27103Site Contact: Tammy Reid/Pastor Fred GuldbergWebsite address: www.looktothestar.org

Please indicate the NUMBER of:

0 rooms/cabins0 beds0 showers3 toilets0 portajohns0 camping spaces50 parking spaces50 feast hall seats5 class/meeting rooms

The following ARE available:

X handicapped accessX fighting fieldsX amphitheater/auditoriumX class/meeting roomsX kitchen facilitiesX private roomsX hot waterX electricityX heatX air conditioning telephonesX hotels convenient to site milesX restaurants convenient to site milesX grocery stores miles equestrian facilities Special facilities/features:

The following ARE permitted:

X heavy fightingX rapier combat archery target archeryX thrown weaponsX merchantsX fires/flames ground fires fire circlesX above ground fires candlesX pets leashed onlyX alcohol cooking only

Please include any available pictures of the site and site map with this bid.

Below the Salt Notes

05/14/05 **Baelfire Dunn** **Ft. Defiance** **Edward Shirebrooke**

05/13/06 **Baelfire Dunn** **Ft. Defiance** **Edward Shirebrooke**

Yes Good Citizens of our Fair Kingdom of Atlantia, Below the Salt is back again!! That's right! And this time we are going to go FURTHER below than we did last year!! Still don't know how to address the guy with the really cool looking crown?? Then come on out and rub elbows with the Commoners and Peasantry in the humble country fair that the populace of Baelfire Dunn call THE party of the YEAR! No court, no titles, no drama, just fun for everyone!!

The gaming contest was SO popular that I am afraid of what would happen to me if it wasn't brought back! So once again we will be handing out (fake) coins at troll and those with the most coins at the end of the day on Saturday will receive hand-painted banners of Spike!

Feast: Baroness Brighid will once again be amazing us with her abilities in cooking over an open flame!

The brewing contest last year was a resounding success and I have already heard of gentles preparing their brews for this one! Bring your best! Bring your worst! Also, we will be having a Peasant Garb Fashion Show! Extra points will be given for authenticity, but points will be deducted for particularly strong odors!

Martial Activities: Heavy Fighting: This year we have a Grand Melee!! Come out and beat the snot out of your buddy and then cool off later with an ice cold bee ...er, um ...beverage! Anyway, we will also be having three tournaments, including a Greybeards tourney sponsored by Sir Godfried and a silver chalice tourney sponsored by Baron Achbar! The event's tourney also features a prize of a Camp Chair covered in Atlantia's colors! Rapier Fighting: For those of you who were at last year's event you may remember the tavern. Well it's a much less rough place now that the Corsairium has stepped in for security, but we still have some ruffians about. So we decided to give them a Grand Melee as well in the hopes that they will be far to tired to get rowdy later in the evening. There will also be a tourney with the prize of a Camp Chair covered in Atlantia's colors!

05/12/07 **Baelfire Dunn** **Ft. Defiance** **Edward Shirebrooke**

Welcome again to BELOW THE SALT!! As some of you have indeed realized we have had a mild winter. Due to this, the resident wolf population has flourished in the Canton of Baelfire Dunn! These animals are getting into all manner of trouble attacking sheep and livestock across our lands! So in order to clean our beloved canton of their scourge, we are inviting everyone to come out for a WOLF HUNT!!

Martial Activities: Prizes for the days tourney will be hand-painted mugs for both heavy and rapier! Archers are welcome! And for the winner of the archery shoot we will also be presenting a hand-painted goblet! In addition to the heavy and rapier tourney we have a scenario planned in the spirit of Golden Moon. This scenario will utilize stuffed sheep for points with both attackers and defenders battling to rescue the little buggars from the enemy!

Arts & Sciences Activities: Once again we will be having our infamous brewing competition! Grab your favorite beverage and see how it measures up against the superb brews of the rest of the Canton! The winner will receive a hand-painted goblet! And by popular demand we will once again be having the Peasant Fashion Show! Once again, points will be awarded for dirt, but will be deducted for particularly offensive smells!

05/10/08

Feast: Baroness Brighid will again be amazing us with her skills! Again she will slave over an open fire all day to produce the most fantastic foods you could imagine! This year we have devised a quest! Can you find the wealth hidden in the forest? Beware the roaming pack of wolves!! Those with the most wealth will win hand painted banners!!

Baelfire Dunn Ft. Defiance Alex Montgomery

After a bloody feud, the nobility has put an end to itself. Without any nobles to keep things civil, the peasants have taken over and are partying like it is 999. Come join us as we clean out the coffers and raid the forest. No rules, no nobles, no limits!

Heavy Fighting:

Grand Melee!! Come out and beat the snot out of your buddy and then cool off later with an ice cold beer, um . . . beverage! Anyway, we will also be having three tournaments, including a greybeards tourney sponsored by Sir Godfried, a novice tourney (open to any who have never won a tourney), and an open tourney.

Rapier Fighting:

SHIP to SHIP combat. Bring your own crew or form one when you get there!

A&S:

The brewing contest is always resounding success and I have already heard of gentles preparing their brews for this one! Bring your best! Bring your worst! Also, we will be having a Peasant Garb Fashion Show! Extra points will be given for authenticity, but points will be deducted for particularly strong odors!

Scavenger Hunt:

Children, if you have to be there, you might as well have something to do. Use the clues and find all the items and receive a prize. But watch out for the OGRE, he'll take everything you got and you have to start all over.

Feast:

Several local cooks are using all the best meat, vegetables, and spices from the noble kitchens to prepare the dishes they have always dreamed of. Contact Alison MacLeod (Alison Rhodes), (828) 499-0208, pinkevilkitty@yahoo.com, with any dietary concerns.

05/17/14

Baelfire Dunn Booneville Edward Shirebrooke

A New Hope

It is a period of civil unrest in the barony. The Baron, drawn by the need to defend his lands, has pulled his nobles to him for war. In the ensuing clashes the ranks of the nobility were decimated, leaving many lands without a Lord.

In one such area, known as the Canton of Baelfire Dunn. The peasants gather for their spring festival near the now abandoned castle of their long dead overlord. Unknown to these simple folks, lawless men have targeted these good people and are about to attack.

Meanwhile it has been whispered that several nobles are attending the festivities in secret. Their purpose and intentions are unknown, but it is said they are looking for a good party.

Will the pirates steal all of the peasants livestock? Will the disguised nobility enjoy the festival? And who will "acquire" enough gold coins to win the day?

Come to Below the Salt! Where EVERYONE has fun! And NOBODY gets left out of the party!

Martial Activities: You are hungry pirate... er, sailors that happen upon a Lord's farm. Seeing the abundance of livestock and feeling the grumble in your bellies you decide to take the animals and have a feast with them. Cautious as you are, you send in your newest pirate (err) sailors in saving your experienced (older) crew for later. The animals will

be placed through out the field. The defenders can not move them until they have been moved by the attackers. You take the field by reverse OP. 1 fighter every 10 seconds. Unlimited Resurrections. 20 min time limit. Rinse and repeat for every team.

Arts & Sciences Activities: A local scholar by the name of Geffri will attempt to teach our dirty peasants to read and write with an open Scriptorium! There will also be an Artisan's Row with examples of the peasantry's works in cheese making and basket weaving!

Feast Information: Feast will be pork and mutton because that is how poor people party, with food! We are limited to only 50 people so only pre-reg is available! Get your registration in quick! Please contact Gaelan mac Cuinnegáin with any dietary concerns. mka: Jeremiah Edwards lordgaelan[AT]gmail.com 919-819-9199 NLT 9 pm.

06/18/22

Sacred Stone Booneville Ciaran mac Breandain
Elchenburg Market Faire

While the noble Lords and Ladies of Atlantia are busy attending to the Royal Progress of their King and Queen, the peasants are having a market faire! Come to Elchenburg Castle to enjoy a day of activities including fighting, arts and science competitions, merchants (including blanket merchanting), lawn games, and bardic! A wondrous below the salt feast will also be provided. Come, enjoy, and have a peasant day!

Four A&S Competitions: Games of skill and chance (board, card, lawn); Containers, of any material; Illuminations of the Common Folk at work or play; and Rustic foods. (Documentation of ingredients required for allergy purposes).

There will be a wonderful below the salt feast prepared by Patronne Murienne L'aloiere. Bring your own chairs for seats at the tables or blankets for picnic style. Feast is limited to 75 people.

February - 2026

02-14 - 02-14 : Tourney of Manannan mac Lir XLIV :Harleyville SC (Tear-Sea's Shore)

April - 2025

04-05 - 04-05 : Coronation of Abran and Anya :Powhatan VA (Caer Mear) (Q K Pr P)



04-12 - 04-12 : Night at the Faire :Severn MD (Lochmere)

04-12 - 04-12 : Dragons Fire IV: Birth of the Dragon :Easley SC (Nottingham Coill)

04-12 - 04-12 : Festival of Elvegast :Hillsborough NC (Elvegast)

04-18 - 04-20 : Queen's Rapier 2025 :Halifax NC (Raven's Cove) (Q)

04-18 - 04-20 : Canterbury Tales: Missile Madness Reloaded :Monroe VA (Seven Hills) (K)

04-24 - 04-27 : LEAFS (Learning Equestrian, Agriculture, and Forestry Symposium) :Upper Marlboro MD (Highland Foorde) (K)

04-25 - 04-27 : Revenge of the Stitch X :Denton MD (I)

04-25 - 04-27 : Baronial Spring Camp :Apex NC (Windmasters' Hill)

Moroccan Feast - Mistress Annora Hall

Served at Hawkwood's XXI Baronial Birthday:

One Night In Marrakesh 5/10/25

At Hawkwood Baronial Birthday I had a great time helping out in the kitchen where the Head Chef - our Mistress Annora Hall made a simply wonderful feast for everyone.

She was kind enough to share all the recipes from the event which I will list out below. But please note - some recipes are scaled for feast size portions, so check the number of servings when making at home!









Khobz (a type of flatbread) - servings per recipe = 15

Ingredients		
4	C	All purpose flour
2	C	Warm Water
1	Tbsp	Yeast (1 pkg)
2	tsp	Salt
1	tsp	Sugar / Honey
1/4	C	Olive oil
Directions:		
In a small bowl, add yeast, sugar, and 1C warm water		
Combine AP flour, salt, yeast mixture (bubbling).		
Slowly add more water until mixture makes a ball.		
It should still be sticky - you may not use all of the water		
Dampen hands with veggie oil and work it into dough - you may not use all of the oil		
Knead 8-10 min, if using a mixer knead for 5 min. Rest for 5 minutes.		
Divide dough into 2-3 portions; Divide portions into 2 oz smaller balls		
Sprinkle flour onto counter top, begin pushing down on all to make a circle - Think small pizza crust.		
Bread circle should be 1/4 in thick. Wrap in towel and continue for remainder of balls.		
Allow to rise for 45 min		
Preheat oven 400 - 425 deg F		
After rising, prick circles with a fork several times		
Place on a cookie sheet or baking stone		
Bake until it begins to brown, 12 - 18 min		
It should make a hollow sound after tapped.		
Allow to cool.		
https://www.marocmama.com by Amanda Moulttaki		

Jben- Moroccan Fresh Cheese - servings 16 per recipe

Ingredients		
8	C	Whole Milk
8	C	Buttermilk
2	tsp	Salt
1	tsp	Thyme
Directions:		
Pour the buttermilk in a large bowl		
In a saucepan, add the whole milk or semi-skimmed milk, the salt, and heat until barely a simmer (when you start seeing small bubbles on the top)		
Add the hot milk to the buttermilk and gently mix with a wooden spoon. Add the herbs and aromatics if you are going for a flavored Jben		
Let the mixture cool down for about 2 hours. You will see it start separating which is a good indicator that the chemistry is working great		
Pour the mixture in a strainer to get rid of the liquid		
Place the strainer (with the strained mixture) on top of a large bowl. Keep the mixture in the strainer and cover it with a cheesecloth on top of which you can place a heavy plate or bowl to add weight and complete the straining process		
Let strain for 12 hours or overnight		
Press cheese into mold or pat into circles and dust with dried thyme.		
https://moroccanzest.com/jben-moroccan-fresh-cheese/		

Orange Carrot Salad - makes 20oz

Ingredients		
	1 Tbsp	Honey
	1 Tbsp	Orange Flower Water
	3 Tbsp	Lemon Juice
	2 Tbsp	Orange Juice
	1/2 tsp	Salt
	1 lb	Carrots, grated, lightly steamed
	2 each	Oranges, peeled and cut
	1 tsp	Olive Oil
		Mint leaves for garnish
Directions:		
Put the honey in a serving dish, then mix in the flower water, lemon juice, and orange juice.		
Add the salt, olive oil, carrots, and oranges.		
Toss the salad and garnish with mint.		

Cucumber Onion Pepper Salad - makes 16oz

Ingredients		
1	clove	Garlic
1	tsp	Salt
4	leaves	Mint
2	Tbsp	Lemon Juice
1	small	Onion, sliced into 1/8" half rings
1	med	Red Sweet Peppers, cored and seeded
0.5	small	Cucumber, seeded
1	handful	finely chopped parsley
1	pinch	long pepper
Directions:		
Dressing: put garlic, salt, and mint in a mortar and pound with pestle until creamy. Gradually add lemon juice and oil.		
Cut cucumbers into thirds along natural parting lines, remove seeds with a spoon and cut into 1/4" slices		
Cut and reserve tops and bottoms from peppers. Slice long edges roughly 1/4" width and as long as cucumber slices		
Put onions, bell pepper, cucumber, and parsley in a salad bowl, sprinkle with pepper.		
Add dressing and toss well before serving.		

Olive Salad - makes 8oz

Ingredients		
7	oz	Mixed olives
1	TBsp	Lemon Juice
2	TBsp	Orange Juice
1	tsp	Olive Oil
1/2	tsp	Ground Cumin
1/4	tsp	Paprika
1	good pinch	Ground Ginger
1	Tbsp	Thin shreds red bell pepper
Directions:		
Mix the olives with the lemon and orange juices, oil, cumin, paprika, and ginger.		
Toss with the red bell pepper.		

Kefta (lamb kabobs) - makes 10 servings

Ingredients		
0.5	med	onion
2.5	oz	parsley
1	tsp	ground cumin
1	tsp	paprika
0.25	tsp	cayenne pepper
1	tsp	salt
1	lb	lean ground lamb
Directions:		
Grate the onion, finely chop the parsley and cilantro, and mix with all other ingredients.		
Divide into 18-24 pieces and roll each into a ball. Mold each ball onto a skewer (sausage shape)		
Grill or broil until done.		

Yogurt Sauce for Kefta

Ingredients		
8	oz	plain greek yogurt
1	ea	preserved lemon
0.25	C	fresh herbs (cilantro, mint, parsley, orange mint)
1.5	tsp	preserved lemon liquid
0.25	tsp	Paprika
Directions:		
Finely chop preserved lemon and herbs.		
Mix herbs, liquid, and half lemon into yogurt		
Place into dish, decorate top of yogurt with more preserved lemon and paprika		
https://beyondmeresustenance.com/easy-moroccan-preserved-lemon-yogurt-sauce/		

Fava Bean Soup - makes 48 servings

Ingredients		
1.25	C	split dried fava beans
4.5	C	water
12	cloves	Garlic
1.75	tsp	Salt
3	Tbsp	Olive Oil
1	tsp	cumin
1	tsp	paprika
		chopped mint optional
		chili peper optional
Directions:		
Soak fava beans for 10 minutes and drain		
Rinse the fava beans and place with the water in a large pan over medium heat		
Bring slowly to a boil, skimming the surface as foam forms. add garlic, reduce heat to low, cover and simmer for 15-20 min or until beans are soft.		
Sprinkle with salt and remove from heat.		
Transfer mixture to a blender or food processor and puree until smooth and creamy or rub through a fine-mesh strainer		
Pour back into pan and reheat for 1-2 minutes.		
Mix the oil, cumin, and paprika together until smooth		
Pour the soup into a large bowl and drizzle with the oil mixture and a pinch of mint and chili pepper if using		

Chicken Kedra - makes 12 servings

Ingredients		
1 lb		chicken quarters
4.5 C		Water, divided
1 tsp		salt
1 ea		Bay leaf
1 ea		cinnamon stick
1 ea		medium onion
2 Cloves		garlic
1 good pinch		saffron
1 Tbsp		olive oil
4 ea		artichoke hearts
0.25 tsp		long pepper
	good pinch	freshly grated ginger
1 oz		finely chopped parsley
2 C		Water
0.75 tsp		salt
0.5 tsp		turmeric
Directions:		
Put the chicken and 2 1/2 cups water in a medium pan and bring slowly to a boil, skimming the surface as foam forms.		
Add salt, bay leaf, cinnamon stick, onions (sliced), garlic (crushed), and 3/4 Tbsp oil and return to a boil.		
Reduce heat, cover, and simmer for 40 minutes (double check time)		
Add quartered and drained artichoke hearts to the pan. Bring to a boil, reduce heat, cover, and cook for another 15-20 minutes or until meat is tender.		
About 5 minutes before the end of cooking time season with pepper, fresh ginger, parsley, and cilantro.		
Meanwhile, salt water and add tumeric before adding grain. Cook rice or couscous fluffing either with an oiled fork 1-2 min before cooking time is complete.		

Lamb with Dates and Honey - makes 8 servings

Ingredients		
1	Tbsp	EVOO
1	lb	boneless lamb
1	C	Water
1	ea	small onion
0.5	C	chopped parsley leaves
1	Cloves	garlic, crushed
0.75	tsp	salt
0.5	tsp	saffron threads
1	tsp	cinnamon
1	Tbsp	honey
8	ea	medjool pitted dates
Directions:		
Heat oil gently in a medium pan, add lamb and brown over medium heat for about 5 minutes.		
Add 3/4 cup of water and bring slowly to a boil, skimming the surface as foam forms.		
Add onions, cilantro, garlic, fennel, salt, and saffron, return to a boil, reduce heat to low, cover and simmer for about 50 minutes. or until meat is tender.		
Check the amount of sauce, 2-3 Tbsp per serving, if short add extra water now.		
Sprinkle pan with cinnamon and honey, and stir well, bring to a boil, reduce heat, and simmer for 5 minutes.		
Add dates, simmer for another 8-10 minutes until the sauce reaches a medium-thick consistency, then remove from heat.		
Let stand for 5 minutes before serving.		

Beet Salad - makes 20 servings

Ingredients		
4	ea	small beets, coarse grated
1	tsp	honey
1	Cloves	garlic
12	ea	mint leaves
0.5	tsp	salt
2	Tbsp	lemon or lime juice
2	Tbsp	thick plain yogurt
2	ea	Juice of oranges
1	Tbsp	EVOO
0.25	Tbsp	orange flower water
Directions:		
Place grated beets in a pan. Heat on medium for 15 minutes stirring at halfway point to soften beets.		
Allow beets to cool to room temperature.		
Pound garlic and mortar with a pestle until smooth, then gradually add the juices, yogurt, oil, and flower water.		
Pour sauce over the cooled beets and toss.		

Mallow with Aromatic Herbs - makes 32oz

Ingredients		
0.5	lb	Mallow
0.5	lb	Collards
3	C	Parsley
3	Cloves	Garlic
4	oz	Celery or beet leaves
1	tsp	salt
2	TBsp	EVOO
0.25	C	Lemon juice
1	ea	Juice of Orange
1	tsp	paprika
1	quarter, diced	preserved lemon (recipe listed later!)
1	TBsp	pomegranate syrup
	dash	Long Pepper
Directions:		
Soak mallow in warm water for 15 minutes		
Wash dirt from collards, beet leaves, and parsley		
Strip tough stems from collards, beets, and parsley		
Drain mallow, remove hard stems		
Chop all collards and beet leaves in bite size pieces		
Chop parsley finely		
Mash garlic with salt until smooth paste adding water as needed		
Add collards and mallow to simmering water and blanch for 10 minutes.		
Drain collards and mallow, rinse. Squeeze extra water from leaves.		
Add collards and mallow oil to large pan, adding spices to brown, then add garlic paste. Saute until tender.		
Allow mixture to cool for 5 min, toss with juice, syrup, and preserved lemon.		

Dried Fruit Salad

Ingredients		
0.25	C	dried apricots
0.25	C	dried figs
5	ea	medjool dates
Rinse the dried fruits well, drain, and place in a bowl. Cover with water and lemon juice. Soak for 6 hours or overnight.		
Drain fruit and dry lightly before cutting pieces in to quarters		
3	TBsp	Honey
1	TBsp	orange flower water
1	TBsp	water
2	Pods	Cardamon crushed
Dissolve honey, waters, and cardamon - heating slowly		
Pour over drained fruit and keep on low heat for 45 min - 1 hour.		
Strain fruit, reserving honey mixture - use on Ghoriba cookies (next recipe!)		

Ghoriba (moroccan Shortbread cookies) - makes 10 servings

Ingredients		
3	TBsp	Clarified Butter
3	TBsp	Almond Oil
1.5	C	AP flour
3	TBsp	Honey
1	TBsp	orange flower water
1	TBsp	water
2	Pods	Cardamon crushed
0.333	C	Almond Flour (coarse milled is fine)
Directions:		
Pour butter, honey, and oil into a bowl, sift in flour and stir. Add waters and ground cardamon		
Knead mixture for 1-2 minutes in the bowl to form a dough, Turn it out onto a clean surface.		
Continue to knead until the dough comes together and place it back into the bowl. Cover and let stand for 30 minutes.		
Remove dough and knead again, add almond flour, and reform into a ball.		
Pinch off a light dough about the size of a walnut. Roll and press it between your palms to form a round shape.		
As you press it will naturally crack around its edges - we want this look.		
Back on a baking sheet and cook in a preheated oven, 350 F for 10-15 min.		
The base will be brown and the tops white cream color. Let cool to room temperature.		
Warm syrup from dried fruit salad. Dip each cookie into syrup and place on parchment paper to cool / dry out.		

Chermoula sauce- Makes 3.5 oz

Ingredients		
1/4	C	Ground Coriander
2	Cloves	Garlic, peeled
1	tsp	salt
2	tsp	Ground cumin
1	tsp	paprika
1	Tbsp	lemon juice
1	Tbsp	EVOO
1	ounce	water
Directions:		
Blend all ingredients in a food processor until smooth. Refrigerate, keeps roughly 2 weeks		
Shake container to recombine as ingredients may separate during storage		

Preserved Lemons

Ingredients		Servings / recipe
8	ea	Small unwaxed lemons
1	tsp	salt, divided
3	Tbps	Lemon Juice
8	C	cold water
1/4	c	distilled white vinegar
Directions:		
Scrub lemons under running water, then soak in a mixture of cold water and vinegar for 1 hour.		
Rinse and dry well		
Cut each lemon into quarters lengthwise, from the point to about 3/4 of the way down, leaving them joined at the base		
Using a long handled spoon stuff the center of each lemon with 1/2 tsp salt		
Stand lemons upright in a sterilized pickling jar, packed tightly together.		
Shake in the remaining salt and lemon juice. Place a weight on top.		
Seal jar and keep in a dark dry place for 3-4 weeks before using		

The Barony of Sacred Stone - Meeting Minutes

5/18/25

Charlotte

Their Excellencies Report:

Thank you to everyone that came out early to this meeting to make scroll covers that we need in the size that we need. And thanks to Mistress Jessamyn for providing the needed material.

I would love to see more activities like this at baronial meeting to allow people to socialize and do stuff and provide a reason to make this drive. Many people have to drive over an hour to make it to meetings. Even if at a location like a restaurant - we could do small items like tracing scroll blanks

We will be attending RAT (Royal Archery Tournament) and hope to see you there. Site token will be rats (certified plague free). We are grateful that our barony can host such a great event. You DO NOT need to be an archer to attend. There will be arts/sciences, classes, target archery, combat archery, and thrown weapons

Also - your Baronage would like to see Baronial lands still having activities and posting information. Feel free to call them prior names like Middlegate so people know where it is. Please post things on the calendar! If you aren't sure how to post it on the website - let us or the webminister (or chronicler!) and we can help you out. It's great for the group to stay active and have something online to show towards newcomers

Officer Reports

Seneschal (Master Patris de Terra Lepori) :

- Still planning to step down at SSBB in the fall. The Barony will be in need of a replacement Seneschal
- If you are interested in becoming the next seneschal - please make a letter of intent to myself and Their Excellencies
 - Letter of intent - should have information on who you are, relevant experience, why you want the job, etc.
- I will be hosting meeting next month in Rural Hall (north of Winston Salem) if you want to teach a class please let us know. There is space for ANY type of class, fighting, and archery. If you want to do something please let me know and we can set up the space/equipment for it. There will also be food available - hamburgers and brats, please bring a side dish!

Exchequer (Meisterin Jdeke von Kolberg) :

Exchequer Report, Baronial Meeting 18 May 2025

Balance \$33,500.14

No Baronial Meeting was held in April

Three checks were written since last report:

1. To SCA Inc. for insurance for Sacred Stone Baronial Birthday, \$75, per event budget
2. To Hannah Kelly as a feast advance, \$150, per event budget for the Royal Archery Tournament
3. To Bethel Lutheran Church for meeting space in May and June - \$450

I assisted Middlegate with closing their account while they are in abeyance. The funds were deposited in the Sacred Stone account to hold for them until February 2026. The amount deposited was \$2,911.09.

Herald (Domnall Locard) :

No report

Chatelaine (Lady Siobhan inghean mhic Eochadha) :

Good morning. I will not be able to make it today. I have made the Baroness aware that I will need to step down because I am moving to Wilmington. I believe that it has to be announced in the newsletter to give interested parties a chance before it can be voted on. There will be a Chatelaine 101 class offered online during University. Unless something changes, I plan to be at RAT with the Baronial tabards for newcomers. If anyone knows a newcomer that will be attending, please reach out to me for any assistance they may need.

- Seeking letters of intent to fill the Chatelain position

Marshal (Syr Garan):

Not able to attend due to work but here is my report: Hydration is your friend during summer. Watch yourself and other participants for any heat related problems. We don't want anything to happen to our fine flock of folks. Pennsic is approaching fast, if possible please try to make it to help the kingdom and barony shine at war. If possible, volunteer to help marshal, water bearer, or other activities that help the community have another successful war.

Thanks Syr Garan

Minister of the Lists (MoL) (vacant) :

Seeking letters of intent for MoL

Chronicler: (Slaine inghean ui Sheachnsaigh):

If you have anything to include in the newsletter, please send it to me, I would like to include it!

Minister of Arts and Science (Just Pagane) :

We are making scroll covers at this meeting!

2 people have made Art/Sci Entries for Pennsic War Point

Webminster (Lady Ailís inghean uí Riagáin):

Hi All,

I have been away for the past month due to a death in the family in New Mexico. I am still playing a little bit of catch-up but things are slowly moving back on track. For those of you who have expressed condolences, I appreciate your words.

I am out of pocket this coming week, from the 17th to the 25th. I will be somewhere out in either the Atlantic Ocean or the Caribbean taking a much needed respite after the mentally taxing past month. I am wrapping up some loose ends today (Friday May 16th). If there is

anything you need from me, please email it to me and I'll respond/work on it once I get back.

Are there any events/meetings/happenings in Aire Faucon or Salesberie Glen? If you have regular meetups or meetings in general, please let me know so I can add them to the calendar. Right now those 2 calendars are blank.

If you have events that need to go on the calendar, please email them to me.

Projects I've been working on:

Local level:

Royal Archery Tournament Website

Sacred Stone Baronial Birthday 2025

Kingdom Level:

Atlantia Exchequer

Atlantia College of Heralds

Canton Reports

Aire Faucon:

No report

Charlesbury Crossing:

- Meeting on Monday nights at Mugs. Sometimes social and sometimes arts/sciences.
- Fighter practice Wednesdays restarted at Shuffletown park

- Demos will be upcoming at ConCarolinas and Geekery Market
- September event upcoming focusing on newcomers - just got spiked. Lunch is included. (Phoenix Rising: A Newcomers Nest 9/13/25. Park Road Park - 6220 Park Road, Charlotte, NC, 28210 https://atlantia.sca.org/event/?event_id=682888f7)
- We have a new MOAS officer - Tatantia will be stepping up to take this role

Salesberie Glen:

- We will be coming to the Con Carolinas demo to support this
- Fighter practice/ general meetup (all are welcome!) Tuesdays at 6pm – at Bell Tower Green. Sometimes location may change based on weather. Please refer to facebook page for the most up to date information.
- June 28 - 10a-4pm - Sew In event - at St. Paul's Lutheran Church 205 St Pauls Church Road, Salisbury 28146
 - Time to bring any arts/sciences to work on
 - There is plenty of tables and electrical outlets available
 - Yardsale / stuff swap
 - Potluck! Signup sheet for potluck going up soon - on facebook. There will be savory toasted cheese!
 - July 12th - there will be a casual meetup at a good gentles' home- in Mocksville - there will be archery! Starting 1pm. Bring snacks! Please reach out to the officers for address information!
 - Autumn Jubilee will be in October - we have done a demo for this in previous years which went very well

Old Business

- Royal Archery Tournament - site steward is Anora Hall
 - June 6-8 at Elchenburg
 - SCORES is up for registration - about 45 are pre-registered so far - this closes June 4th at midnight
 - Dinner will be potluck - we will be providing the meat
 - Friday night - The Wandering Lady will be hosting a social for the members getting elevated in lieu of a traditional vigil
 - The first 3 Principles for the Peerage Order of the Mark will be receiving their elevations at this event - so this event just got a lot bigger!
 - Stay tuned for updates on the website
 - <https://atlantia-royal-archery.my.canva.site/>

- Sacred Stone Baronial Birthday - Lord Edward Perry is site steward
 - September 5-7 at Elchenburg
 - <http://ssbb.atlantia.sca.org/>
 - SCORES will open in June for pre-registration
 - There is one class - Primer to the War of the Roses Convention from Duchess Adelheite
 - Baroness Lucretia is running children's activities
 - There should be a hobby horse field that will be set up
 - No merchants yet, if you want to merchant please contact Lord Edward

New Business

- Children's Fete for Pennsic - set up by Anora Hall. This is a large party open to all attendees. Wednesday of War Week. It is supervised by volunteers (and parents). Sacred Stone has been historically responsible for snacks. Anora and Robert have been running this for years but would like to step back and be able to participate in other events during this same time, and would like to see new faces. It's 2-3 hours of your time for the event, a few hours of prep and a small amount of things to pack with

you to Pennsic. IF you are able to help out, or would want to help out please let us know.

- This is something paid for by the Barony as part of annual budget - keep receipts and you will be reimbursed
- Below the Salt
 - Bid received from Mistress Anya - site steward
 - Star of Bethlehem Lutheran Church 4/25/26
 - Plan to return to the set up of this event in prior years
 - Event cost is \$5 for members and one nonperishable food item
 - Each additional food item will get you points towards Quests
 - Quests - dungeon and dragon style quests- this starts AS SOON AS THE EVENT IS SPIKED. Quests can be achieved throughout other meetings and events throughout the years
 - Prizes will be awarded for quests! Coins, extra dice, etc.
 - You can form teams throughout the year or at the event, but can also participate solo
 - Dayboard - meet and paper goods provided
 - Game tables
 - Heavy and Rapier fighting
 - Feast \$15 - Cook Charles Flemming. Bring candles and table settings
 - Staff already acquired for multiple areas
 - Proposed Budget - \$1000
 - Breakeven 50 in attendance

This will be posted in the newsletter to plan to vote next meeting



Sacred Stone's Baronial Officers

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Baronial Webpage Address: <http://sacredstone.atlantia.sca.org/>

E-List for Sacred Stone: Sacredstone@googlegroups.com. Please go to the Baronial website and the link to join the e-list is under "Contact Us" or follow the link provided below.

<https://groups.google.com/g/sacredstone?fbclid=IwAR3D4xg0PRmiWo-6-HXZfnkJdgg8QMRBaltyhwzzVy6kAu2WlnFbG24sPg&pli=1>

Would you like to add something to the newsletter?

Email at chronicler@sacredstone.atlantia.sca.org with your entry!