



The 8 days a year that mark the turning of the seasons...

There are four major sabbats and four minor sabbats. These mark the solstices and equinoxes as well as important moments in-between. There are so very many rituals and traditions for each that you will have to do your own digging to find the ones that resonate with you and fit into your practice. I'm providing my own basic notes here for you to adapt or to at least point you in the right direction.

Samhain - October 31st (Pronounced "Sah-when")

The Witch's New Year.

The veils between the world of the living and the world of the dead are thinned so this is a great time to do spirit-work, shadow-work, scrying and divination.

Honor those who have passed with a feast, being sure to set a place for those you honor. When the feast is done - when you're done eating - take the "honored's" plate outside and offer it up.

You can leave it someplace in your yard or take it to a crossroads, leave it under a tree - you're offering it to those you honored at the feast.

When you set the offering down (you don't have to leave the plate outside, just the food) turn around and walk away - don't look back.

As I'm sure you can guess, this is the one day of the year NO witch misses - we all love our Halloween.

Yule – December 22nd (Pronounced like “you’ll”)

Celebration of life emerging from darkness. Marks the birth of the new God. Honored with the exchange of presents.

Imbolc – February 1st (Pronounced "ihm-bowl-k")

The Goddess recovers from childbirth and enters her Maiden phase. Beginning of Spring. Time of purification. Strip away the old in anticipation of the new.

Ostara – March 22nd (Pronounced “oh-stah-rah”)

Celebration of fertility, conception, regeneration as the earth recovers from winter and begins to bloom.

Beltaine – May 1st (Pronounced “bell-tay-n”)

The Marriage of The God and The Goddess. Beginning of Summer. Fertility Celebration. Celebration of Joy and Life. The Goddess enters her Mother phase.

Litha – June 22nd (Pronounced “lee-thah”)

The celebration of the God’s life. Holiday of transition. Time for rejoicing. Time for introspection. Make sure plans are on track and correct any negative aspects of one’s life.

Lughnassadh – August 1st (Pronounced “loon-sah”)

The beginning of Autumn. Time of the first harvest. Holiday of fruition and of preparation for the coming winter. The God ages and The Goddess enters her Crone phase. A time of thanks.

Mabon – September 22nd (Pronounced “may-bon”)

The Second Harvest. Darkness overtakes light. Day of planning and reflection and of contemplating mysteries.