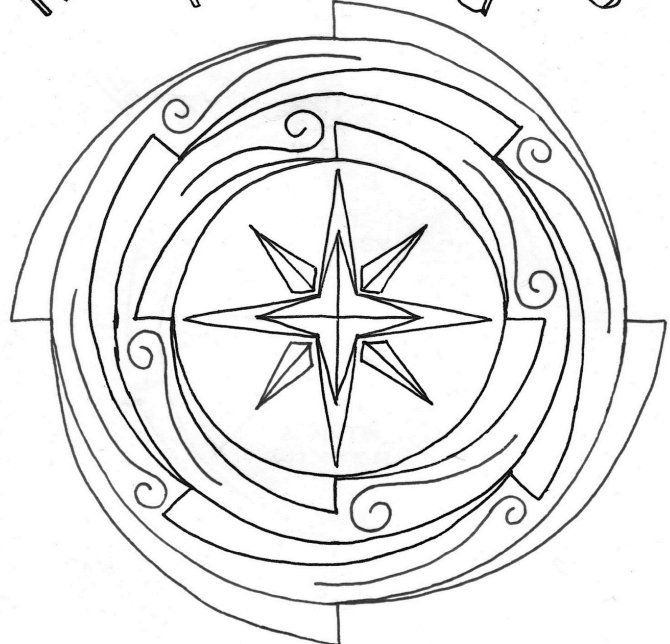


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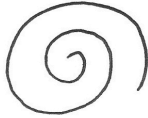
THE WHEEL KEEPS
TURNING



A Modern Take on the Wheel of the Year

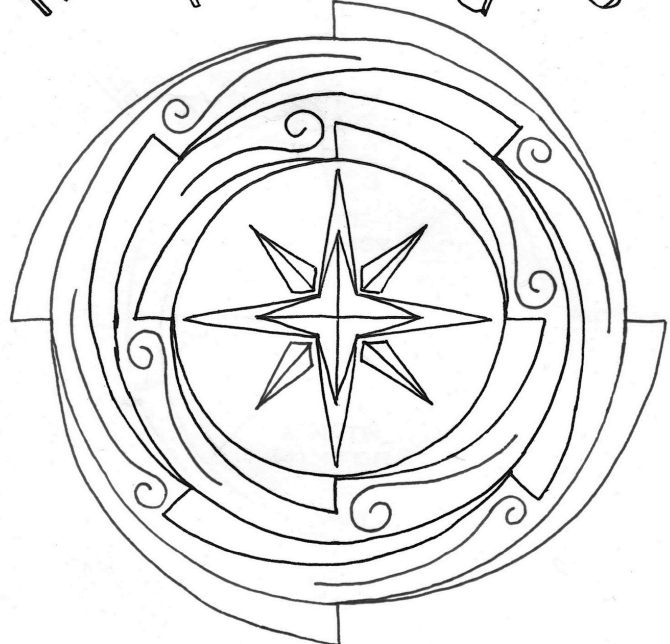
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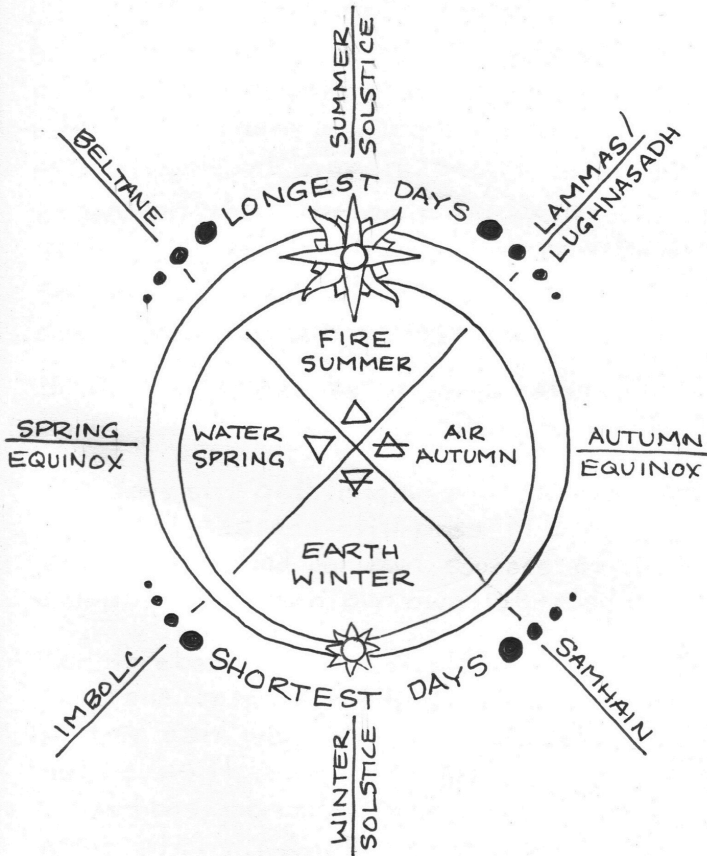
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A Modern Take on the Wheel of the Year

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MABON

NEAR THE 21ST OF SEPTEMBER - AUTUMN EQUINOX

What's happening in nature

- Day and night equal in length
- Height of hurricane season
- Geese begin migrating south

Seasonal themes

- Gratitude
- Balance
- Preparation

Get social

- Visit a brewery or winery with friends
- Go on a hayride or to a corn maze or pumpkin patch

Be practical

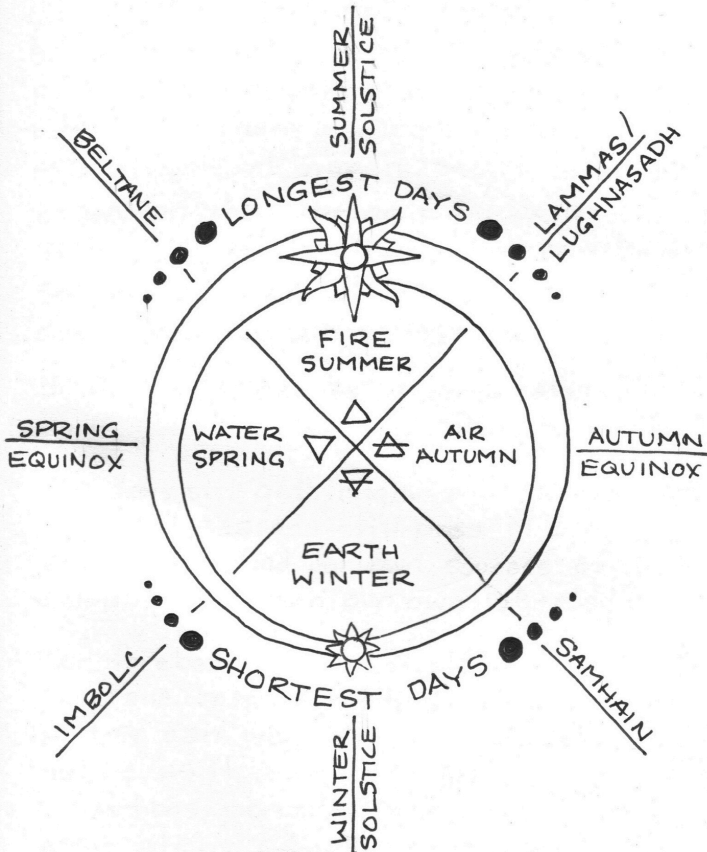
- Send thank yous to people
- Make a holiday budget

Cook and craft

- Apple pie or tart
- Mulled cider
- Pine cone wreath
- Make a broom

General inspo

Pick a holiday near a sabbat and observe a witchy/spiritual version on the sabbat, like celebrating Mabon as a Thanksgiving.



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LUGHNASADH

AUGUST 1



What's happening in nature

- Garden harvests in full swing
- Days getting shorter
- High temperatures

Get social



- Play a sport or run a race with friends
- Bread baking party

Cook and craft

- Homemade bread
- Pasta with foraged mushrooms
- Handmade incense
- Decorate a journal



Seasonal themes

- Athleticism
- Harvest
- Festivals and Fairs
- Back to School

Prep for Fall

- Go school or office supply shopping
- Join a gym

General inspo

Observing the solar cycle can be simple. Make a nighttime routine for the dark half of the year and a morning one for the light half.

The Wheel of the Year is a MODERN INVENTION which pulls from a handful of influences. It models the phases and seasons of agricultural life in Northern Europe long ago. But climate change means it can be snowy on the Spring Equinox or sweltering on Samhain. We can buy seasonal produce all year long. We don't live like our ancestors.

SO DO WE THROW THE WHEEL AWAY?
No!

The days still get longer and shorter, the time and seasons still pass in cycles, and we can find our own sources of meaning and build our own wheels!

Our forebears made rituals of the mundane responsibilities in their lives, and so can we. We can celebrate nature as it is, modern societal traditions, personal seasonal associations... Anything we want!

Some inspiration for each sabbat:

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SAMHAIN

OCTOBER 31



What's happening in nature?

- Trees losing leaves
- Days getting shorter
- Last harvests of warm weather vegetables from gardens

Seasonal themes

- Scares and horror
- Death and the afterlife
- Ancestors
- Magic/Witchcraft

Get Social

- Go with friends to a haunted house
- Costume party
- Dumb supper



Prep for Winter:

- Get new winter gear (coat, gloves, etc)
- Have your chimney cleaned

Cook and craft

- Roast pumpkin seeds
- Pumpkin bread
- Turnip jack-o-lanterns
- Painted skulls



General inspo

Lean into what's already happening around you, like trick-or-treating at Halloween. They're culturally important, just like older traditions were.

LITHA

NEAR THE 21ST OF JUNE - SUMMER SOLSTICE



What's happening in nature

- Longest day and shortest night of the year
- Roses in full bloom

Seasonal themes

- Nature/the outdoors
- Pride
- Freedom
- Weddings
- Sunshine

Get social

- Have a pool party
- Cook out at a park
- Attend a Pride Parade



Be practical

- Gather recycling
- Buy sunscreen
- Clean outdoor furniture, toys, equipment

Cook and craft

- Strawberry shortcake
- S'mores
- Sun tea
- Painted rocks
- Suncatchers



General inspo

Honor deities that correspond to the season. For example, a sunny sabbat like Litha for sun deities.

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BELTANE



MAY 1

What's happening in nature

- Birds migrating north
- Days getting longer
- Trees have leaves again
- Tornado season

Seasonal themes

- Wildflowers
- Labor rights
- Fertility
- Sacred unions

Get social



- Have a picnic
- Go out dancing
- Take a spa day.

Prep for Summer

- Plan a vacation or road trip
- Put away your winter wardrobe

Cook and craft



- Foraged greens salad with edible flowers
- Grilled meats
- Braided friendship bracelets
- Baskets

General inspo

Do the things you usually do but in a special way.

For example, make a Beltane playlist or wear a special piece of jewelry for the day.

YULE



NEAR 21ST OF DECEMBER - WINTER SOLSTICE

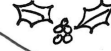
What's happening in nature

- Shortest day and longest night of the year
- Colder weather

Seasonal themes

- Gift giving
- Resolutions
- Family and friends
- Feasting
- Nostalgia
- Charity

Get social



- Host a dinner
- White elephant gift exchange
- Holiday movie marathon

Be Practical

- Make a donation
- Visit family and friends



Cook and craft

- Gingerbread house (or cookies)
- Cook a feast
- Make a wreath
- Pour or paint candles

General inspo

Indulge your personal sense of nostalgia and resurrect old traditions from your past which make you feel in tune with the season.

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IMBOLC

FEBRUARY 1



What's happening in nature

- Ice and snow storms
- Some wildflowers bloom early
- Days starting to get longer
- Geese migrations begin

Seasonal themes

- Awakening
- Women
- Motherhood
- Love and Romance
- Winter ending

Get social



- Girls night out
- Go out for brunch
- Special date night

Prep for Spring

- Plan your garden
- Get a new umbrella or boots
- Clean your house

Cook and craft



- Corn husk dolls
- Brigid's crosses
- Cheese board with nuts, seeds, and honey

General inspo

Sabbats are a great time to treat yourself well! Dress in a special outfit, eat a favorite meal, etc. It can be that simple.

OSTARA



NEAR THE 21ST OF MARCH - SPRING EQUINOX

What's happening in nature

- Day and night are equal length
- Monarch butterflies begin migrating north
- Gardeners put out seeds & starts

Seasonal themes

- Fertility
- Growth
- Rebirth and Renewal
- Creativity

Get social



- Watch the sunrise with friends
- Do a Paint and Sip or art & craft night
- Host a garden party

Be Practical

- Repot your plants
- Get rid of things you've outgrown



Cook and craft

- Omelets or quiche
- Lamb chops
- Decorate eggs
- Paper flowers

General inspo

Honoring nature can be as simple as opening all your windows or sitting outside and enjoying the day.

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