



Yule

The Winter Solstice

Date: December 20-23 (Exact date varies with the solstice)

Names: Yule, Alban Arthan (Druidic), Winter Solstice

The winter solstice, or Yule, celebrates the longest night of the year and the rebirth of the sun. As we welcome the return of light, we honor the Oak King's return and the promise of new beginnings. This festival brings themes of resilience, endurance, gratitude, and hope.

Correspondences

- Colors: Deep green, crimson red, gold, white
- Herbs & Plants: Holly, ivy, mistletoe, pine, oak, juniper
- Crystals: Garnet, bloodstone, ruby, clear quartz
- Animals: Stag (strength and resilience), owl (wisdom), bear (endurance)
- Deities: Dagda, Cernunnos, Brigid, and other gods of hearth, protection, and light

Seasonal Energies

Keywords: Renewal, rebirth, endurance

Themes: Reflection, intention-setting, community

Symbols: Evergreens, sun symbols, candles, Yule log

Ritual Ideas

- **Lighting the Yule Log:** Anoint an oak or pine log with seasonal herbs, write your intentions, and light it to symbolize the sun's return.
- **Solstice Candle Ritual:** Light a gold or white candle at dawn or dusk, meditating on the flame as a symbol of returning light.
- **Creating a Winter Altar:** Decorate with evergreens, sun symbols, crystals, and gold or yellow candles.
- **Family and Feast:** Prepare seasonal foods like root vegetables and gather with loved ones to share gratitude and hopes for the new year.

Reflection & Journaling Prompts

Reflect on what you've endured and accomplished this year. What lessons can you carry forward?

What intentions or seeds of hope do you want to plant for the coming light?

Spellwork

Winter Solstice Blessing Spell

- White candle, sprig of pine or holly, piece of paper, pen
- Write your blessings or intentions for the new year on the paper. Light the candle and hold the pine or holly over the flame briefly, symbolizing rebirth and endurance. Keep the paper in a special place on your altar.

Protection Charm Using Holly and Mistletoe

- Holly, mistletoe, green and red string
- Create a small bundle of holly and mistletoe, tying them together with the strings. Hang near your front door for protection and blessing through the winter season.

"On this winter solstice, as the longest night gives way to the returning light, may we find strength in the shadows and hope in the promise of rebirth."

