

Mystery of the Sabbats

The Lore of the Season Vol. VII

Samhain

November 1.2025



A Season of the Ancestors

The Lore of Samhain



Traditional Date: October 31

Astrological Date = Sun in 15-degree Scorpio: November 6 - 7

Samhain and its counterpart, Beltane, are the time of access to the wisdom of the natural world and the Ancestors. The energy that is called forth at Beltane and communion with the nature spirits and the Fae stands as the point of inception and quickening of what will move, expand and grow in its form and scope towards the next opportunity. When it comes half wheel cycle to Samhain this energy of communication with and greater access to what lay beyond our physical realms has matured and deepened as we call to the Ancestors to offer up their wisdom. It is this wisdom that will carry us through the darkening of the months, the turning within and the introspection that holds within its womb the spark of Light that will be birthed at the Winter Solstice.

I do a great deal of personal energetic work infusing some of the Eastern mystical practices with those of Western Magick. When drawing on this synthesis and applying it to the energies present at Beltane and Samhain we can use each to inform the other. Beltane's fires are those of consummate union, celebrated with the union of God and Goddess, male and female. These are the qualities of the polarities held within each of us. Parting the veils at this time is an opening to our natural and instinctual self. The connection to the basic needs and desires that are the promise of continuation of species and cycle of growth and evolution. Energetically, as we enter Samhain's parting of the veils and its energy we are now ready to open to the experience of our mature and wizened nature and the union of what we may access of the Higher Self informed by the wisdom of our Lower Self. The union of these integral parts of our spiritual and physical states of being enables the transformative reaching out and ultimate connection to the Ancestors who have helped to form who we are.

As we enter into the Dark Half of the year, the winter months and the Sabbats that are held within that space we bring with us the expectations of this growth. We have finished harvesting what had been nurtured from the time of the previous Winter Solstice forward and we hold expectation that the ripe fruits we have carefully selected from this harvest will sustain us through this time of fallow fields, frost and cold. We approach the opening of the veils with great expectations of coming face to face with what visions and mysteries are rooted in our core state of being and align ourselves with the energies of the Dark Goddess and the wisdom of the Crone. It is Her wisdom that takes us into the realms of the Ancestors and the blessings they wish to bestow. And, although we may feel that our intent is clear and purposeful, we often do not embrace every ounce of what lay hidden, largely from fear of what we will lay claim to. Moreover, we hesitate because we are afraid of what the answers that we so dearly seek may be.

For many there is lack of clarity about who and what the Ancestors are. And, this definition will be a variety of things depending on your own beliefs. The Ancestors may be of your own lineage, meaning departed family or those whom offered guidance during their living human existence. If you expand this further and consider that we are all interconnected as spiritual beings, regardless of blood lines, the Ancestors take on the form of all of the great souls who in their incarnation offered teachings, wisdom, and were examples of illuminated and evolved humans. These are those that exemplified the adage that we are Spiritual beings having a physical experience. Most often when you begin the intention of asking for information of the Ancestors, there is greater comfort in the specificity of inquiring of a departed family member or friend. The personal connection and feeling is what makes the difference between asking for help from a Patron or Deity you work with and an Ancestor.

The truth of the matter is that the Ancestors, our guides and guardians want us to succeed. They want us to step fully into the light of who and what we truly are. The Gods and Goddesses want us to become more fully aligned with facing our truths, because then we are better able to see the reality and beauty of their truths. In all of these instances the time of Samhain and the parting of the veils is the optimal time for reaching out and drawing to ourselves the reflected and refined image of understanding that holds everything we need to know.

One of the primary precepts in working with Ancestral wisdom is that of gratitude. Whenever we step into a place of gratitude for what has been received we are aligning ourselves with our Higher Self. Offerings to the Ancestors, altars of remembrance or simply holding a cherished memory in mind strengthen that energetic connection. Opening ourselves to offering up and the act of expressing that gratitude initiates a cycle of receipt and return. It is the universal law of magnetism in action. All that we send out, positive or negative seeks the energy of that which is compatible and similar. Gratitude calls to our place of Spirit within the eternal and the wisdom of those who reside within those realms.

If we are able to stand strong in our conviction and intent to seek the wisdom of our Ancestors as the thinning between the worlds occurs, the information gained becomes the foundation upon which we stand as we begin the process of turning within and integrating what has been received. Like the Hermit of the Tarot, we become the master of our own Will, seeking our truths and finding our way using the light of the lantern of truth.

I would like to invite you to join me on a journey of opening. The pathworking written below may be used anytime. It is particularly useful as a tool at Samhain and during the time between that flows into the Winter Solstice through Imbolc.

A Pathworking of Opening:

Find a quiet space where you will not be disturbed and sit comfortably allowing your breath to establish an even and relaxed rhythm. Make note of any tension you may be holding in your body and as you exhale gently breathe that tension out; allowing it to drop around you like beads of water. Allow any thoughts that wish to have your attention to be acknowledged and then gently let go to pass as leaves in a gently flowing stream. Draw your consciousness up to rest in the space of your third eye and mid-forehead. See in this space a blank inner screen. You are sitting as observer and you take note of a small blue dot of energy that is central within that space. As you continue to breathe deeply and fully you see that the blue sphere is expanding and coming to fill the entirety of the space in front of you. You feel the energy of thousands of tiny blue dots comprising this veil of mist and you issue forth the intent of communing with your Ancestors and seeking their wisdom. You take a deep breath in. As you slowly and gently exhale you step through this mist and emerge to find that you are standing in the center of a moonlit forest clearing. You see the silhouette of tall shapely trees just ahead of you and can smell the fragrant burning of wood wafting through the air.

You offer up a call of invocation to those ancestors you wish to help with the opening of your intuitive sight on this journey. Before the last utterance of name and word is issued you see that an opening has appeared between two of the largest trees just ahead. You walk towards the opening in the trees, passing through a gossamer like veil of multicolored energy. The particles of this veiling are very refined and the sensation is one very much like that of a piece of the softest silk as it is gently drawn across your skin.

As you move forward you now see the flickering of light and the smell of wood burning growing stronger and brighter with each step you take towards this light. As you reach the edge of the trees you see that there is a small clearing centrally located and surrounded by another circle of smaller trees. There appear to be shadowy forms creating a circular shape. As you move closer, you can make out the shapes and forms seated near each of the trees and instinctively know that these are the ancestors you have called to aid you in your working.

A fire is crackling and hissing in the center and offers its light to this darkened space. You move towards the fire and see placed just in front of it a large cauldron sitting atop a very large and round tree stump. You move towards the cauldron and see that it has been filled with water that shimmers from the reflection of fire and candlelight. You look around, hoping to see more clearly the face of those observing, but they are cloaked in a veiling and you don't have the clarity to see. You hesitate for a moment, unsure that you should be in this space and just as you are about to turn to walk away, you feel gentle yet firm hands on your shoulders. Words fill your mind, not spoken in audible manner but more of a telepathic knowing. You are told that you are welcome in this space and that they have been waiting for you to ask for assistance and guidance. You feel a bit more pressure and come to kneel in front of the cauldron.

You close your eyes and take a deep breath in and pull to the center of your consciousness the question that you have. This question has long been held in the deep recesses of your awareness. It is important now to your future growth and you are in safe space and supportive company that it may freely and have its own will rise to the surface. Holding firmly to the intent of this query, you take another deep breath in and as you exhale you breathe out and into the waters of the cauldron. A swirling of violet mist briefly surrounds you, the cauldron and the flames and just as quickly dissipates as images begin to form on the surface of the waters.

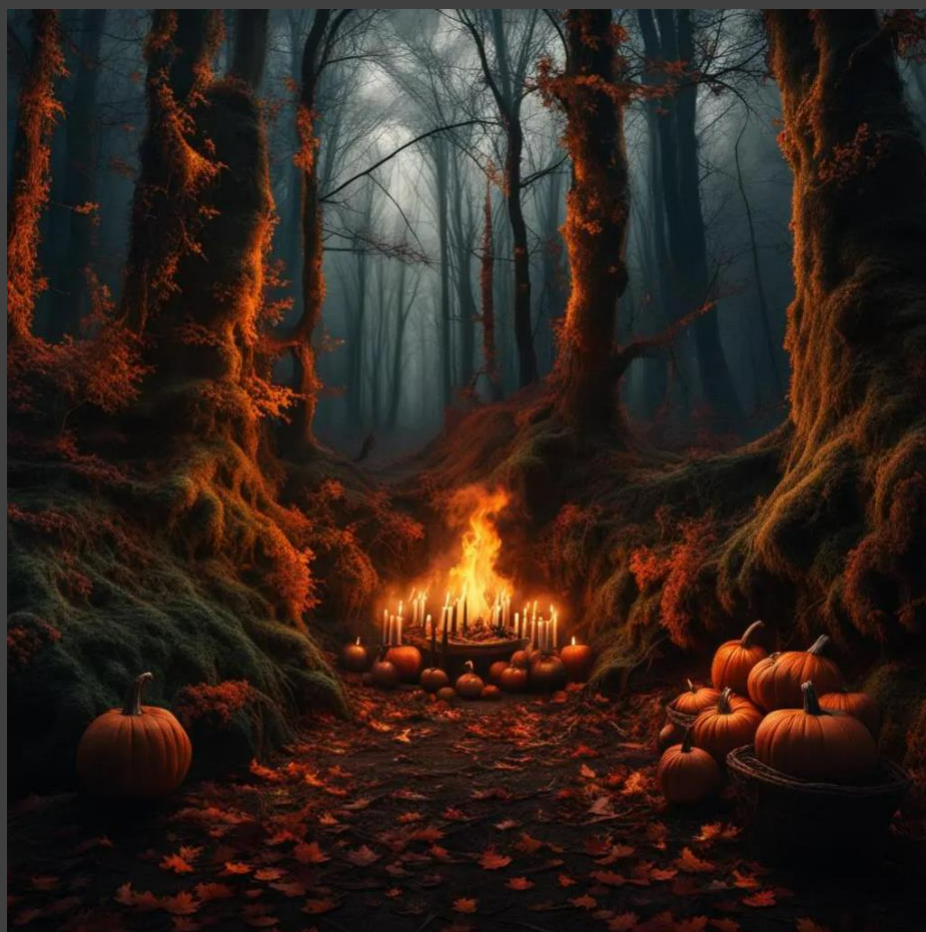
You feel excited and energized at what lie before you and breathe deeply to calm and steady your sight. As the images become clearer an inner dialogue begins of question and answer as to the nature of what you are seeing, how it may be applied and the relevance it has for you at this time. Spend some time gazing deeply, listening purposefully and taking in the sensations that are moving through you.

As the last image and words of explanation fade you feel the energy of what you have experienced rising up and moving through you informing all aspects of your being. It is as though you have drunk an elixir of warm liquid and you feel calm, centered and very much aware of all that is around you. You look into the cauldron once again and see that the waters are shimmering in reflection of the fire; their deeper mysteries cloaked until the next opening and parting of the veils. You rise up and feel more firmly anchored to the earth beneath and connected to the sky above. You turn away from the cauldron and look around at all that surrounds you.

One of the ancestors rises and approaches you. He takes a spark of flame from the hissing fire and holds it before you. He tells you that this is the spark of flame that is held within all living beings and that this flame is what fuels the desire to commune with him and other beings of his kind. It is this flame that opens you to the deeper mysteries you carry within and will warm and light your journey of introspection as the days grow darker and the winter chills the air. He bids you take a deep breath and pushes the glowing flame into the center of your being. There is no discomfort, just a rush of energy and the sense of acceptance and acknowledgment of like attracting like. Everything appears to glow more brightly now and as you look around at each of the faces of the ancestors you called to

witness and guide this working, they come into crystal clarity. Take a moment to acknowledge each and offer up gratitude for their blessings and inspiration.

When you have completed this offering, you take a deep breath in and as you exhale the space around you fades. Each inhalation and exhalation dissipates more of the detail and energy of the space. You feel a lightness and exhilarated warmth moving through you and you know that this is a space you will revisit again at the next parting of the veils. You close your eyes and return to the space of being observer of the inner screen within your consciousness. You breathe deeply and think for a moment on your experience, recalling the images and words that were offered in answer. The last memories pass through and you sigh deeply into the next breaths. Each breath brings you back to the physicality of your being, the space in which you began this pathworking and the sounds of life around you.



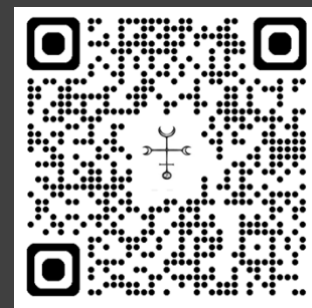
The Goddesses of Samhain



The energy of the Goddess runs strongly through Samhain's celebrations. This is the final harvest of the year and a time when death and decay abound. The darker months of shorter days is crowding in and our thoughts turn to home, comfort and healing before the rigors of the next season of growing.

The Goddess as Crone weighs heavy in imagery and Her wisdom is sought out to correct what has gone awry. As the Celtic New Year, the Great Mother's hand is what we hope will guide our journey as we emerge at the Winter Solstice into the Light of a newly birthed solar power. The Goddess becomes the place of "forming" our intentions that are seeded and quickened by the directive of the God and the union of polarities that organically flows through the Cosmos.

Read more about the Goddesses of Hecate here...



Scan Me:

Hecate - Queen of the Witches

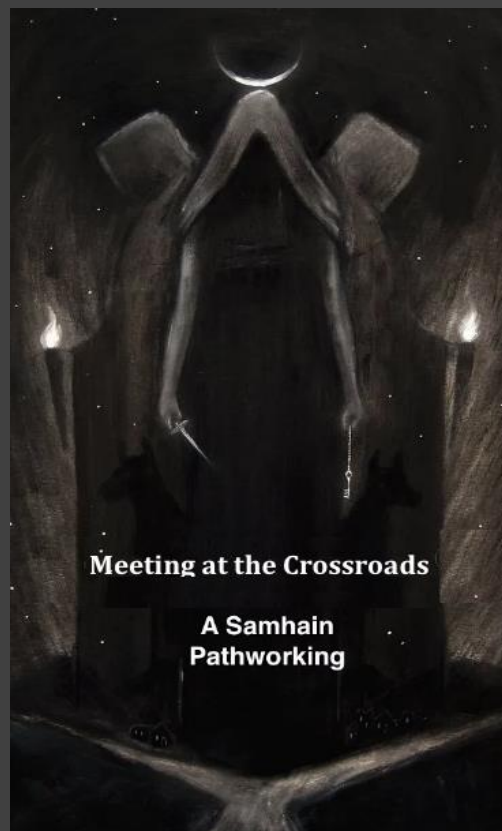


Hecate is a triune Goddess, meaning that she holds within her power the gifts of the Maiden, the Mother and the Crone. She is of the Greek pantheon and ancient in her power and energetic signature. This synthesis of her energies plays out in all of the ways in which she is called upon, the Crone being the more dominant of the three at Samhain.

In myth, Hecate is the only child of the Titanes Perses and Asteria and was given power over heaven, earth and the waters. It is also said that she assisted the Goddess Demeter in her search for her daughter, Persephone and led her through the darkness of night with flaming torches, thus reuniting mother and daughter in the underworld of Hades.

She is often depicted as the dark figure that stands at the Crossroads and associated with the arts of necromancy, witchcraft, herbal lore of the poisonous plants, and all things of magick. Just as the Gates of Hades were guarded by Cerberus, as a Goddess that stands at a quartered threshold between life and death, her companions are the Hounds of Hecate and they assist in prodding to action and ultimately change those seekers who find Her. Because of her command over many of the arts of the Craft, Hecate is often considered the Queen of the Witch's.

A Visual Pathworking of meeting Hecate at Her crossroads and choosing your path of transformation.
Enjoy!



As we prepare for All Hallow's Eve, the energies are denser and there is an excitement filling the air. This is a pathworking I created many, many years ago and has become a favorite request.

One of the gifts of standing at the Crossroads is the wonder of how malleable Hecate is. SHE is not simply the anthropomorphic vision we hold of HER. She is all Goddesses. SHE is any Deity that calls to you and in your unabashed reply graces you with HER blessings and gifts.

Click here to access on my YouTube channel-Journey to the Inner Chamber:

[A Meeting at the Crossroads](#) or....



Scan me:

Intentions and Affirmations of Samhain



The Gnosis of A Courageous Heart

Samhain's intention is held in the space of heart and the deep awareness that is available to you as you dive deeply into the nexus of your knowingness. I invite you to stand in the healing waters of these declarations:

I am cradled in the courage of surrender to my highest heart

**I am carried on the tides that ebb and flow in truth, illusion and the polarized lessons
of each**

I willfully engage that which I am most uncomfortable with

I clearly see that which is the resolution of my creative heart

...and...

My spirit arises as the seas of time undulate and the undercurrent pulls

Me into the depths of my own Divine abyss

And...

I become the lantern that is carried into the darkness of my own shadow

STATEMENT OF EMPOWERMENT FOR SAMHAIN

Selected by Sandie, CMP

A Prayer for the Dead by Byron Ballard

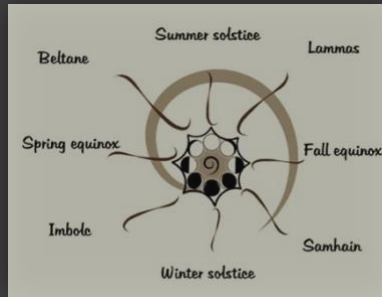


You have come to the end of this pathway In a journey to which we bear witness. You have come to the end of a pathway That is barred with a gate and a door. May this door open swiftly and silently. May this gate give you a moment's grace In which to rest your spirit before you venture through. We stand here with you, as your companions, As your family, for you are beloved. But, for now, we must remain here. We cannot go with you to this old land. Not yet.

For you will see the Ancestors. You will see the Beloved Dead. You will walk among the Divine Beings That guide and nurture us all. You go to dwell in the lands Of summer and of apples where we dance forever youthful, forever free. We can hear the music in the mist, The drums that echo our sad hearts. We can see your bright eyes and your smile.

And so we open the gate. We push back the door. We hold the gate open. We glance through the doorway, And with love and grief and wonder We watch you walk through. Hail the Traveler! All those remembered in love, in honor, Live on. Farewell, O best loved. O fairest, Farewell.

What Has Been Spoken In Sacred Space Will Guide Your Way Through the Great Wheel



We invite you to return to these Statements of Power at the start of each turn of the Great Wheel. Use them as spaces of renewal, reminder and action for 2025, and beyond. Many Blessings from Coven of the Mystic Path, ASW..

The Light Half of the Year



YULE (*Robin F.*)

STATEMENT OF EMPOWERMENT

"I reach into the darkness and claim the Spark of the Divine that shines brilliantly within me, and has but to be called and I become the Torch of Hope, Clarity and Haven for those who cannot see their brilliance."

IMBOLC (*Laurie K.*)

STATEMENT OF EMPOWERMENT

"I awaken the light within me and allow it to shine forth, illuminating the possibilities for growth as I embrace the promise of new beginnings."

OSTARA (*Nancy P.*)

STATEMENT OF EMPOWERMENT

" I choose to embrace the blessing of a new beginning."

BELTANE (*John B.*)

STATEMENT OF EMPOWERMENT

**"I am the ecstatic dance about to reach my point, my cone of power.
I am manifesting everything I could ever need.
I am growing to my fullest potential."**

The Dark Half of the Year



LITHA/MIDSUMMER (Susan R.)

STATEMENT OF EMPOWERMENT

“Cleanse my energy! Protect my magick! Bless my spirit! I offer to you (deity of your choosing) gratitude for a bountiful season!”

LAMMAS (Quinn)

STATEMENT OF EMPOWERMENT

I am the Power of Beauty. May my eyes behold Beauty within and without.
I am the Power of Love. May the Light of my Love illuminate the darkness.
I am the Power of Honor. I move forward unwavering with vigilant integrity.
I am the Power of Courage. I am the revolution and I fight the brutal battles of service for change.
I am the Power of Truth. I move forward in and from my Highest self.
May these Powers Awaken in me.

MABON (Brian)

STATEMENT OF EMPOWERMENT

“ I hold the balance of light and dark within me. My life overflows with abundance and for this I give thanks.
I release what no longer serves me to make room for growth and transformation as the Wheel of the Year continues to turn. So mote it be!”

SAMHAIN (Sandie)

STATEMENT OF EMPOWERMENT

A Prayer for the Dead by Byron Ballard

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Happy Halloween From ALL of Me!

A Ritual of Engaging all parts of s/Self



Raw Image with Overlay: [Chadi El Hanchi](#)

*The air is dense and thick
As my ancestors crowd in.*

*The veils have thinned and
Samhain's gate lay open to
Welcome those newly crossed on
And those who wish to commune.*

*All of my Being is alert and
The bounty of gifts received
From this final harvest are
Rich and deep in potential.*

*I move through this day that
In many ways is just as another.*

*I think I have felt these
Energies surrounding me
Often before.*

*I feel myself reaching out
Expanding and weaving a newly
Crafted signature of light and dark.*

*The air is dense and thick
As my ancestors crowd in and
On this day when the liminal
And the finite embrace...*

*I claim a mantle of integration
And boldly declare...*

...excerpt posted on October 31.2020

October 31st marks the more traditional date for celebration of Samhain, aka. Halloween. The ancestors walk beside us and the reminder is one of the inter-weavings of our manifest nature and that of our spiritual being. The posts I have written for this year speak to integration of all aspects of who you are and bring “all” of you into presence.

The Gift of the Body

On this date when the Spirits more palpably walk among us, I will offer gratitude to the manifest form of my body that bridges the liminal space of form and formlessness.

Move and dance. Stir up the energy around you. Let your physical presence be known. Walk in a space of nature and acknowledge the spirit of place and the energy of life within Fall's spectre of decay. Acknowledge the beating of a heart that has known love and sorrow and whose wisdom of lessons learned have shaped who you are as a manifest being.

The Inspired Mind

On this date of Samhain when inspiration is within the communion with my Ancestors, I will craft and create a new way of being that more fully serves who I am and who I wish to BE.

Today we become the inspiration that those of future generations will call to when we become the ancestors of wisdom. What do you envision for yourself that will serve the spiritual alignment you seek? How will you pay it forward with the many blessings of the ancestors that you have received?
How will you honor the beloveds who are still with you in this plane of the living?

The Purpose-filled Will

On this date when Deity stands ready to receive the offering of my devotion, I will stand in the darkness and become the active force that moves towards the Lantern of wisdom.

Today we may lay claim to what we desire of our Highest nature and call to those Divine Beings who may aid and witness this transformation. Call out to those whom you call patron and ally. Call out to those who you have engaged in reciprocity of devotion and awakened **awareness of who you** truly are in all of your parts-manifest and divine. Find the comfort in the dark shadows of your nature as you call forth the light that seeks its mate.

The Intuitive Heart

On this day of Samhain's gate of opening, I will seek and open to a more intuitive space of understanding and make use of the gifts of its offerings towards my Highest good with harm to none.

For many one of today's activities will include some form of divination as means of connecting with the energy and potency of today. The Moon is in the compassionate astrological sign of watery Pisces and its ability to feel its way through life will support your efforts in this water scrying offering. The image of Pisces is that of the twin fish, one rising upwards and the other pointing downwards in manifest form. These creatures are able to move into the depths of darkened waters and swim near the surface calling into their being the rays of sun's streams of light. So, settle in and open this Samhain day to receiving answer to your query...

A Personal Ritual of Scrying appropriate to Samhain's gifts...

Suggested Audio you may wish to use to accompany your scrying:

Weaving My Ancestor's Voices by Sheila Chandra

Any quiet and contemplative music that soothes

You will need:

- **Three candles- one for either side of the bowl**
- **A dark-bottomed bowl**
- **Water**
- **A journal and pen**
- **A space where you will not be disturbed for approx. 30 minutes**

Place the bowl on a surface that is tall enough for you to peer down into it. If you are sitting, use a low table. You want to be able to look from above down into the water. Place two of the candles on either side of the bowl. Place the third candle directly behind the bowl. Pour enough water into the bowl to rise about 2/3rds of the way.

Dim the lights and reposition the candles if necessary so they are not directly reflected in the bowl. They should provide back lighting, but not be a distraction. Take a few deep breaths, acknowledging your physical body in the space of your choosing and the surroundings. Take several more deep breaths, now envisioning that your space is filled with peaceful energy and that only that which is positive and for the highest good for all will be held within.

Take another deep breath- if you have chosen a piece of music to accompany this session begin it now- and quiet your mind and any distracting thoughts. Breathe deeply- and hold the intention of allowing your sight to be opened and whatever visions wish to present themselves to fill the energy of the water.

Adjust your gaze as you peer into the bowl. Soften the lids and allow the impressions to flow. Continue to breathe deeply and fully simply remaining open to the experience. Remain in this state of intention for as long as you wish, but no more than 30 minutes.

When you have engaged for some time, begin to restore your clarity of hard focus on the bowl and candles. Offer the space of gratitude to what you have experienced.



Recipes for the Season

Pumpkin Bread with Salted Maple Butter

<https://www.bonappetit.com/recipe/pumpkin-bread-with-salted-maple-butter>



Ingredients:

Bread

- Nonstick vegetable oil spray
- 2½ cups all-purpose flour
- 2 tsp. ground cinnamon
- 2 tsp. kosher salt
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. freshly grated nutmeg
- ⅛ tsp. ground cloves
- 2 large eggs
- 1 15-oz. can pumpkin purée
- 1 Tbsp. plus 1 tsp finely grated ginger (from about one 3" piece fresh ginger)
- 1½ cups plus 1 Tbsp. sugar
- 1 cup extra-virgin olive oil
- ½ cup raw pumpkin seeds

Maple Butter

- 1½ sticks (¾ cup) unsalted butter, room temperature
- ¼ cup pure maple syrup
- ¾ tsp. flaky sea salt, plus more for serving

Preparation

1. Bread

Step 1: Preheat oven to 325°. Lightly coat a 9x5" loaf pan with nonstick spray. Line bottom of pan with parchment, leaving a generous overhang on both long sides.

Step 2: Whisk flour, cinnamon, kosher salt, baking powder, baking soda, nutmeg, and cloves in a medium bowl.

Step 3: Whisk eggs, pumpkin purée, ginger, and 1½ cups sugar in a large bowl. Stream in oil, whisking constantly until mixture is homogeneous. Gently fold half of dry ingredients into egg mixture until no dry spots remain. Repeat with remaining dry ingredients, stirring to combine but being careful not to overmix.

Step 4: Transfer batter to prepared pan; smooth top with a spatula. Scatter pumpkin seeds over batter, pressing lightly to adhere. Sprinkle seeds with remaining 1 Tbsp. sugar. Bake bread, rotating pan once halfway through, until a tester inserted into the center comes out clean, 80–90 minutes.

Step 5: Let cool slightly, then run a knife or small offset spatula around pan to help loosen bread. Using overhang, transfer bread to a wire rack and let cool.

Step 6: Do Ahead: Bread can be baked 4 days ahead. Cover tightly with plastic wrap and keep at room temperature.

2. Maple Butter

Step 7: Using an electric mixer on medium-high speed, beat butter in a large bowl, scraping down sides, until light and fluffy, 5–6 minutes. Add maple syrup and ¾ tsp. sea salt and beat, scraping down sides of bowl once more, just until incorporated.

Step 8: Transfer maple butter to a small bowl; season with more sea salt.

Step 9: Do Ahead: Maple butter can be made 5 days ahead. Cover tightly with plastic wrap and chill. Let come to room temperature before using.

Kale, Cranberry, and Sausage Stuffed Acorn Squash

<https://www.yummymummykitchen.com/2012/11/kale-cranberry-and-sausage-stuffed-acorn-squash.html>

- 2 large acorn squash
- 2 tablespoons extra virgin olive oil, divided
- 1/2 tablespoon maple syrup
- pinch of sea salt
- 1/2 large yellow onion, chopped
- 2 celery stalks, chopped
- 3 cups chopped or torn Tuscan kale
- 1 cup vegetable broth
- 1/3 cup dried cranberries
- 1-2 cooked Italian sausages, cut into bite-sized pieces (I used vegetarian)
- 3 cups stuffing mix



Preheat the oven to 400 degrees F. (makes 4)

Cut the squash in half lengthwise and scoop out and discard the seeds with a spoon. Drizzle or brush cut edges and inside of squash with 1 tablespoon olive oil and syrup. Sprinkle with salt. Place on a rimmed baking sheet and roast for 20 minutes.

Meanwhile, heat the remaining tablespoon of olive oil in a large pot over medium heat. Add the onion and celery and saute until softened. Add the kale and continue to saute until tender, adding a tablespoon of water and covering if needed. Add the vegetable broth, cranberries, sausage, and stuffing mix and stir to combine. Cook for one minute and remove from heat.

Fill roasted squash with the stuffing. If there is extra stuffing, bake it in a small casserole dish.

Cover stuffed squash with foil and bake for 20 minutes. Remove foil and bake for 10 minutes longer to brown the top.

Soul Cakes For Samhain

<https://www.learnreligions.com/make-a-soul-cake-for-samhain-2562655>



Soul Cake History

There are a number of legends about the origins of the soul cake, and the practice of giving them away. Some people say that they harken back to the time of the Druids; cakes were baked around the Samhain bonfire season, and used as part of a lottery. If you drew the one burnt cake in the pile, you got to be the human sacrifice for the coming year. In other tales, the soul cake was used as an offering to placate any angry ghosts who might be wandering around as the veil grew thin.

Regardless, one thing is for certain, which is that by around the eighth century, soul cakes had been adopted by the Christian church. They were consecrated and blessed, and given to poor travelers who might approach the local monastery. NPR's T. Susan Chang says, "[Soul cakes] were used to pay the beggars who came around on All Souls' Eve and offered to say prayers for the family's departed. One cake given, one soul saved—cheap at the price. Elsewhere, they were given to the costumed entertainers known as mummers, who made their merry rounds at Halloween. Today's trick-or-treaters are thought to be their descendants."

Pie Crust Soul Cakes

You'll need:

- A refrigerated roll-out pie crust
- 2 Tbs. melted butter
- 1 C mixed dried fruit
- 2 Tbs honey

Roll out the pie crust and cut it into circles. Use the circles to line a tin of muffin cups. Mix the butter, fruit and honey together. Scoop the fruit mixture into the pastry shells, and then bake for 15 minutes at 375 degrees. Allow to cool for about ten minutes before eating.

Quickie Shortbread Soul Cakes

You'll need:

- 1 stick of butter, softened
- 4 Tbs sugar
- 1 1/2 C flour

Cream together the butter and sugar. Use a flour sifter to add the flour to the bowl, and mix until it's smooth. Divide the dough into two parts, and shape each half into a flat circle about half an inch thick. Put them on an ungreased baking sheet (baking stones are really nice for this) and poke lines with the tines of a fork, making eight separate wedges in each cake. Bake for 25 minutes or until light brown at 350 degrees.

Buttery Soul Cakes

You'll need:

- Two sticks butter, softened
- 3 1/2 C flour, sifted
- 1 C sugar
- 1/2 tsp. nutmeg & saffron
- 1 tsp each cinnamon & allspice
- 2 eggs
- 2 tsp malt vinegar
- Powdered sugar

Cut the butter into the flour with a large fork. Mix in the sugar, nutmeg, saffron, cinnamon and allspice. Lightly beat eggs, and add to flour mixture. Add malt vinegar. Mix until you have a stiff dough. Knead for a while, then roll out until 1/4" thick. Use a floured glass to cut out 3" circles. Place on greased baking sheet and bake 25 minutes at 350 degrees. Sprinkle with powdered sugar while the cakes are still warm.

Non-Edible Recipes

10 Simple Samhain Incense Recipes

https://www.familiar-and-casket.com/blog/2076353_10-simple-samhain-incense-recipes



1. Graveyard Blend

- Ingredients:
 - 1 part dried sage
 - 1 part patchouli
 - 1 part myrrh
- Instructions: Mix the herbs together and burn on charcoal during your Samhain ritual to invoke the spirits.

2. Witch's Brew

- Ingredients:
 - 2 parts frankincense
 - 1 part sandalwood
 - 1 part mugwort
- Instructions: Combine the ingredients and burn to enhance divination and psychic abilities.

3. Pumpkin Spice

- Ingredients:
 - 2 parts cinnamon
 - 1 part clove
 - 1 part nutmeg
- Instructions: This cozy blend is perfect for invoking the warmth and abundance of the harvest season.

4. Spirit Summoning

- Ingredients:
 - 2 parts copal
 - 1 part benzoin
 - 1 part juniper berries
- Instructions: Use this blend to call upon the spirits of your ancestors during your Samhain ritual.

Samhain Oil Blend

<https://cauldronandbrew.wordpress.com/2015/10/15/samhain-oil-blend/>



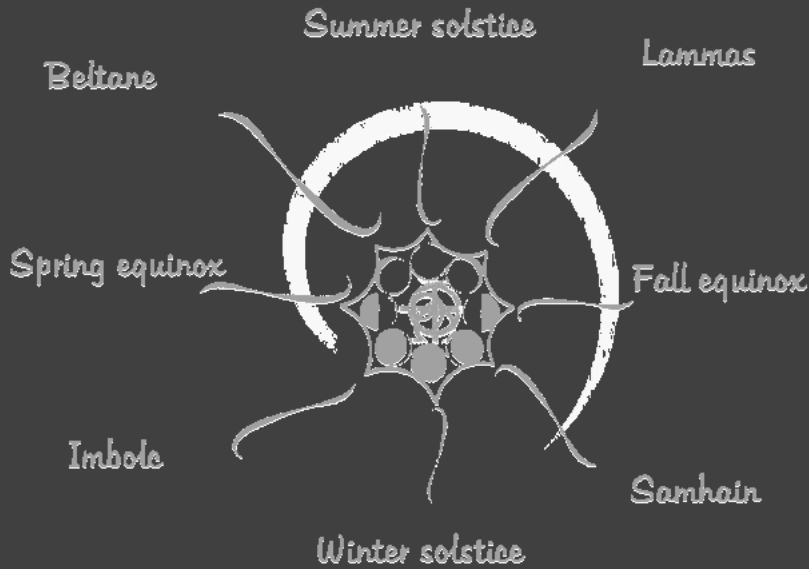
Samhain is a holiday of remembrance and renewal. Whether you need an anointing oil for ritual or a aromatherapy blend to connect you to the season, here is a blend for you!

- 2 Drops Sage Essential Oil
- 2 Drops Rosemary Essential Oil
- 2 Drops Sweet Orange Essential Oil
- 2 Drops Tangerine Essential Oil
- 5 Drops Patchouli Essential Oil
- 1 Drop Cedar Essential Oil

Combine the essential oils in a clean dropper bottle and fill to the shoulder with a carrier oil like almond or jojoba. You can add obsidian chips for a protective energy, citrine chips to keep the oil energetically clean, or clear quartz chips as a general magnifier. Alternatively you can combine the oils with water in a diffuse for some seasonal aromatherapy.

Sage connects the user to the divine and promotes energetic cleanliness. Rosemary promotes love and remembrance. Orange attracts love and prosperity. Tangerine connects to new beginnings and a new year. Patchouli is an oil that connects to the Earth. Cedar is a super cleansing oil.

Mystery of the Sabbats 2025



Hosted by
Coven of the Mystic Path, ASW

A Year of Personal Empowerment, Community and Safe Harbor

Coven of the Mystic Path, ASW
www.covenofthemysticpath.com



We hope you will join us on this journey of transformation as we honor the Sabbats of the Great Wheel. Our next open celebration is:

Celebration of Yule and Annual Winter Solstice Faire

**December 13.2025
Gather @ 10:30am**