

Mystery of the Sabbats

The Lore of the Season Vol. II

Ostara

aka. Spring/Vernal Equinox

March 20.2025



A Season of Seeding



The Lore of Ostara



As Spring approaches and we find ourselves at another turn of the Great Wheel, opportunity abounds for making deeper connection to the natural world and Gaia's greening of it. Gaia is seen as the maiden offering the promise of new life in a womb that is still developing and preparing for what will be birthed in full glory as the summer approaches and the peak of all living things is held in father sun's gentle hold. It is Her sweet breath that breathes life into what lay in wait to be birthed and it is Her gentle hand that guides the process of renewal. This time of reaffirming fertility and its progeny of new life marks the Spring Equinox. What was weighted more heavily at the time of the Solstice has now achieved a certain state of balance and equilibrium, before it seesaws once again towards one polarity's weight. As we look around at our earthly world we can marvel at the cyclical nature of new life, maturity and the eventual harvesting and clearing which renders the ground fallow as quickening awaits its rhythmic cue. We have emerged from Winter's hold of stillness and illusory death and now stand at the time of balance and the drawing together of what was and what will be in an organized and synthesized manner so that the promise of newly created life may flourish. Visually, Spring is the time of donning new color, shape and form. Gaia offers up the splendor of her multi-colored cloak as all manner of life bursts forth in texture and hue. The energy of this palette enlivens our being and the call to warmer air and out of doors activities entices even the most reluctant homebody. As life blooms all around you, how will you answer the call to take up the robes of nature's finery? Where will you invest your energy in renewing what has lain dormant awaiting the gentle push of Gaia's hand? Will you dare to step into the mantle of the Goddess that she has lovingly crafted for you and claim your place as co-creator in the greening of the world?

This year, our coven, Coven of the Mystic Path of the Assembly of the Sacred Wheel Tradition, uses Ostara as a time to claim our sacred birthrite as God and Goddess, creator and creatrix. We will call to the gifts of Ostara and the Green Man; claim their mantles of power as our own and release what will not be fertile ground for spring's new growth. As we dance and sing in honor of this season of renewal and seeding, the energy flows through us and we carry this brilliance of fertile possibility into the world. Blessings of Ostara...

Intentions and Affirmations of Ostara



The ground holds the heat of Sun's fertile enlivening.

Seed is pushed deep into the soil and hope springs forth in its abundance.

We dance and sing in the still frosty chill feeling the weaving of summer's warmth.

Ostara blesses our work and the Green Man stands guard.

All life takes hold and the first sprouting pushes up towards light.

STATEMENT OF EMPOWERMENT FOR IMBOLC

Nancy P., CMP

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

The Lore of the Green Man



Who is the Green Man?

The Green Man is found in many forms throughout history. He is to be found in many different guises, but the common feature is the face covered by foliage, very often sprouting from their mouths. He is often found carved in wood or stone in medieval churches and cathedrals.

Why they were included in the construction of these buildings by the masons has perhaps been lost in the mists of time.

Some people suspect that he was a bridge between the new beliefs of Christianity and the Pagan beliefs it replaced. Evidence for this cross-over of religions could be assumed from the siting of Christian churches at the site of pagan sacred places.

The term "Green Man" is modern in nature, dating back to 1939 when Lady Raglan published an article in the "Folklore" journal. He has appeared as "Jack in the Green" and there has been a revival of these appearances around the date of Beltane or May Day every spring, marking re-birth and the start of the cycle of growth.

I am sure that the Green Man means different things to different people in this day and age. To many he represents a figure who is an Environmental guardian "the keeper of the forests and woods".

Read More About the Lore of the Green Man Here....

<https://spiritofthegreenman.co.uk/green-man-legend-mythology>

The Lore of Ostara



Ostara, or Eostre or Eastre, is the Germanic Goddess of spring and dawn. She is only mentioned once in scholarly writings of the period - Bede the monk states that during Eostremonath (the old Anglo-Saxon names for April), the pagan Anglo-Saxons held festivals in her honor. (Two hundred years later in Germany, in his *Life of Charlemagne*, a monk named Einhard gives the old name for April as Ostaramonath.) She is also mentioned in a number of inscriptions in Germany, and the modern holiday of Easter - originally the name for the spring Equinox, but later subsumed to the Paschal calendar for the Christian resurrection holiday - is named for her. The name "Eostre" (Old Germanic "Ostara"), is related to that of Eos, the Greek goddess of dawn, and both can be traced back to a Proto-Indo-European goddess of dawn.

Read More About Eostre here....

<https://www.northernpaganism.org/shrines/ostara/about.html>

Ostara Intention Eggs

by Dawna

Transformational Healing



Creating Your Intention Eggs

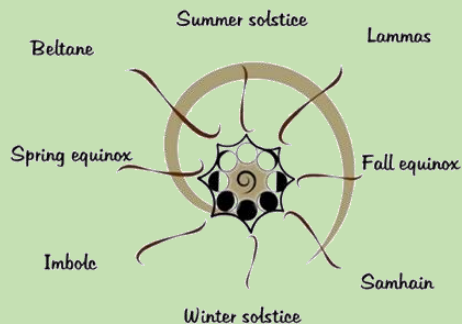
Items:

- Hard boiled eggs
- Writing utensils (Pen, sharpie, white crayon, etc.)
- Natural Dyes (if desired)

Check out this site for a simple and ongoing way to celebrate the renewing energies of Ostara....

<https://transformationalhealingbydawna.com/ostara-intention-eggs>

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

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.

Recipes for the Season

More recipes... <https://www.mabonhouse.co/new-blog/ostara-recipes-amp-potluck-planner>



Ostara is a Pagan holiday falling on the vernal or spring equinox. Ostara, more commonly known as Ēostre, is also the Germanic goddess of fertility and spring. It is believed ancient celebrations of this goddess, which include hares, *rabbits*, and eggs, are the ancient roots of what we know as Easter today.

Bountiful Garden Salad with Raspberry Vinagrette

6 cups spinach, torn
1 lb romaine lettuce, torn
1 stalk celery, chopped
1 tomato, chopped
½ cucumber chopped
1 bunch fresh cilantro, chopped
1 clove garlic, finely chopped
½ orange, peeled and sectioned
¾ cup blackberries, raspberries and/or blueberries
¼ cup strawberries, hulled and sliced
¼ cup chopped walnuts or pecans, toasted
Garnish: croutons

Raspberry Dressing
¾ cup to 1 cup raspberries, crushed
1 cup oil
¼ cup raspberry vinegar
1 TB sugar
2 TB lemon juice
Salt & pepper to taste

Combine all ingredients except salt and pepper; whisk well. Add salt and pepper to taste

Place all of the ingredients except croutons into a large salad bowl and toss to mix. Drizzle with Raspberry Dressing; garnish with croutons. Serves 6-8



Green Onion Pancakes



INGREDIENTS

1 ½ C all-purpose flour
½ teaspoon sea salt + extra for garnish
¼ teaspoon baking powder
¼ C hot boiling water
⅓ C room-temperature water (you may not need all of the water)
2 tablespoon toasted sesame oil
1 C green onions (appx 8 stalks, or 1 bunch) chopped
3-4 tablespoon avocado oil (or any high-smoke point oil) for pan-frying

INSTRUCTIONS

1. Combine the flour, salt, baking powder and hot water together in a large bowl. Mix with a pair of wooden chopsticks.
2. Gradually add in the room temperature water until a dough is formed. (You may or may not need all of the water).
3. Knead the dough for a few minutes until it becomes slightly smooth. Cover with a cloth or plastic wrap and leave for 15 minutes.
4. Divide the rested dough into 3 or 4 equal pieces (depending on how large you want them). Roll each portion into a long rectangle about 2" in width and 8" in length.
5. Brush on ¼ tablespoon of sesame oil on the dough and sprinkle the green onions on. (Sprinkle with additional flaked sea salt if you wish).
6. Fold the dough in half lengthwise to close.
7. Roll out the dough width-wise until it's about 2" again. Brush with sesame oil.
8. Fold the dough over in half lengthwise to close and tuck in the 2 ends together to seal.
9. Heat a griddle or pan over medium-high heat. Add about 1 tablespoon of oil to the pan.
10. Place the green onion pancake onto the griddle/pan and cook until crisp, about 2-3 minutes per side.
11. Sprinkle on additional flaked sea salt, cut into quarters and serve immediately.
12. Serve with chili garlic sauce or chili oil.

Non Edible Recipes

Ostara Oil

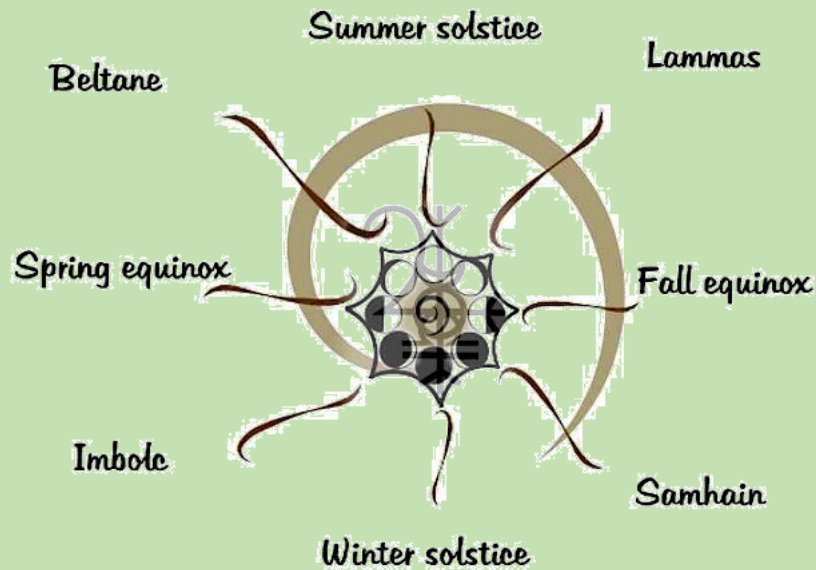
- 1 drop Almond
- 1 drop Patchouli
- 1 drop Elder
- 1 drop Lavender
- 1 drop Violet

Ostara Loose Incense Recipe # 1

- 2 parts frankincense
- 2 parts sandalwood
- 1 part lemongrass
- 1 part patchouli
- 1 part lavender



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 Beltaine
*In the Afterglow of Beltaine's Quickening***

**May 31.2025
Gather @ 11:00am**