

# Mystery of the Sabbats

The Lore of the Season Vol. VIII

## Yule aka. Winter Solstice

December 21.2025



A Season of Light

## The Lore of Yule



For most of us the turning of the Greater Wheel to the Winter Solstice (Yule) is one of welcoming the return of the Light of renewal and strength, the promise of increasingly longer hours of daylight and anticipation of warmer weather and a more outer world focused time. This change is subtle in physical form as this is also when the cold of the Winter (Northern Hemisphere) will remain for a few months more prompting us to retreat indoors as the early arrival of evening's darkness envelopes and calls us into the warmth and light of home.

Each year, I do my work of Self, both within my Tradition (The Assembly of the Sacred Wheel) and personally to call forth this return of Light. And, I also find myself retreating more deeply into the shadows and taking refuge in its landscape of shadow; being intuitively drawn towards the deeper work of spiritual quickening, I think of this as the energy of the Hermit Key of the Tarot and my time to move into the darkened areas of my own inner landscape so that I may welcome and bring forth the Greater Light within. This is also the time of relying on my Shadow self to provide the necessary absence of light to guide me through those darkened paths in a constructive and informed way.

In all spiritual practice, the thought of the physical being holding the Inner Flame of Spirit or The Divine Spark of Light is offered up as a basic concept. The semantics may differ. The way in which this Inner Light presents itself and interacts with conscious awareness may have different ideology. And, the tools and methods used to quicken its energy may be worlds apart in intent and function, but the premise remains the same. In the space of our dark nature lay a light that is luminescent and brilliant that may be called upon to enliven and transform our spiritual and mundane pursuits. If we

take it a step further, this transformation is the direct result of collaboration and embracing the dark and the light natures of our consciousness and using each as support and spiritual catalyst of the other.

This dark nature that I am referring to also has many names, functions and philosophies attached to it. I will simply call it the Shadow (Self) . There is an inherent polarity in all things and this Shadow is that polarized image of our Light nature. I am intentionally not using words that are negative in connotation for the Shadow, because it is not anymore a negative aspect of our being then the Light filled self is. Both are states of being that are subject to all the permutations and scales of intensity and impact that any other state of being is. In reality, if we did not have the antithesis or opposite of something, how could we ever enjoy and fully embrace the thing that is being opposed? So, how can this Shadow state be used during the waxing of the Light and engaged to work co-creatively upon those parts of myself I Will to quicken and prime in alignment with the increasing state of light?

The time of the Solstices allows for a deeper awareness and exploration of what impact we have in this world and how we may use the information we learn about ourselves to move in appropriate and fulfilling ways. It is the time of disequilibrium to bring about the eventual balance that is actualized at the Equinoxes. Neither of these energies are about everything being measured and being exactly the same amount of something on each pan of the scale. Rather, they are the states of balance that are dynamic in nature, moving and flowing one to the other and arriving at an informed state of equilibrium at some point of the process. It is again about the process of polarities and the allowance of a void or lesser amount of one thing, so that it may be filled and quickened by its opposite. There is also the component of sacrifice within these thoughts in that we must willingly acknowledge that something must be given up to make room for that which would be drawn in.

One of the prominent stories of Yule is that of the battle of the Holly and the Oak Kings; as each gives way to the other and also resists the relinquishing to the other of its power. At the time of each of the Solstices, one has been keeper of that season's energy and in a (pre-destined and cyclical) battle, the other rises as King. One holds the promise of the growing Light and the other the refuge of the increasing Darkness. And, although they are one in the same, in order that the cycles may continue and a newly formed energy can be birthed into being, one must relinquish a parcel of its power to be subsumed into the other; temporary imbalance as brothers become enemies and in the final act, become allies in the process of transformation. The Light of the Oak King birthed from the darkening and lessening of the Holly King.

We call forth to the return of the Light-filled Oak King and celebrate the waxing of the Light half of the year. But, in order for that light to shine in its fullest way, we must also embrace and celebrate the remaining vestiges of the darkness of the Holly King. The darkness of the months that persist of winter's cold. The darkness that becomes the expanding shadow as the sun shines increasingly longer and brighter around us. And, the darkness that we can retreat into to find those hidden sparks that yearn to be nurtured and brought to the full light of day.

As the weather remains or becomes even colder, the natural inclination is to seek out the warmth and coziness of home. And, so I retreat into the welcoming warmth of my home and settle in ready to study, meditate and reveal more of myself to myself. I embrace the early evening darkness as a cloak that I step into so I can more fully appreciate the sun's light of day. I move within both physically, settling into home and family and spiritually as I dig deeper into the recesses of my own nature. I seek out and call to the inner spark within and stand ready to embrace also the Shadow of my nature as it rises to the surface, revealed by that light.

In meditation, I allow my breath to slow and deepen into the darkness and move along the paths of my own creation that I have tended to in the previous months in preparation for this time of going within. These paths are often mired with the thorns and treacherous roots of inertness, illusory thoughts and judgments that I have used as the trappings of who I am in the world. My Shadow has nurtured each and knows the weakness and strength of each because in this space of darkness what is revealed is often seen more clearly in its true form than in the blinding light.

When I finally relax and surrender into the wisdom of my Shadow the first striking of the match of greater light is drawn across the rough surface of my resistance, and the resistance is transformed into the tiny sparks that ignite the part of myself that is receptive and waiting.

In accord with the energy of Yule, I allow the weakening resistance of my Holly King to be replaced with a renewed sense of purpose and the strength of my Oak King. My Shadow self is resistant to being brought forward, knowing that bits of it will be released in sacrifice and other parts will be transformed so that its darker nature can work co-creatively with the strength of my light self. I call to the Oak King that he may bless and enliven both aspects of myself as we move forward into the new year in anticipation of what can be seeded at the Spring Equinox; and accepting the knowledge that his wisdom will be transformed as the Shadow begins to strengthen its work at the Summer Solstice and the rising once again of the Holly King.

At those points when the darkness seems pervasive and overwhelming and the light is barely visible I am reminded that without the necessary shade to prevent the seedling from drying and withering from an overabundance of the light's unfiltered rays, the beauty of new growth and radiant and healthy flower will not come to fruition.



## Yuletide Celebrations



Today's post focuses on some of the ways the season of Yule is celebrated. Although in many cases the celebration of Yule coincides with the astronomical date of the Winter Solstice, they are distinct in that Yule is a seasonal observance that often lasted longer than the single Sabbat date it is traditionally assigned of Dec. 20/21 (the Winter Solstice).

The season of Yule begins on the date of the Full Moon in late November or the first few weeks of December, and the season continues for two lunar months. In some Saxon-based traditions, the official celebration of the Yuletide does not actually begin until Mothers' Night (the solstice) and continues for a week or two after this.

These celebrations may last from 10-12 days after the Solstice date which nicely coincides with New Year's celebrations. During this time, feasts, gifts-giving and gatherings mark the celebrations.

The Witch's Wheel of the Year uses the semantic of Yule as the name of the Sabbat celebrated on the date of the Winter Solstice. And with this title come all the symbols that make this one of the most joyful to celebrate. However you choose to celebrate this season, light is the underpinning. This aspect relates to the occurrence of the Winter Solstice during the Yuletide season and the cycle of the Light and Dark half of the year. And, in the Northern Hemisphere and Winter's hold this light is prominent in celebrating ourselves....

**These are just a few of the ways the season is honored....**

## **Celtic Celebration:** [The Celtic Connection](#)

Bonfires were lit in the fields, and crops and trees were “wassailed” with toasts of spiced cider. Children were escorted from house to house with gifts of clove spiked apples and oranges which were laid in baskets of evergreen boughs and wheat stalks dusted with flour. The apples and oranges represented the sun. The boughs were symbolic of immortality (evergreens were sacred to the Celts because they did not “die” thereby representing the eternal aspect of the Divine). The wheat stalks portrayed the harvest, and the flour was accomplishment of triumph, light, and life. Holly and ivy not only decorated the outside, but also the inside of homes, in hopes Nature Sprites would come and join the celebration. A sprig of Holly was kept near the door all year long as a constant invitation for good fortune to visit the residents. Mistletoe was also hung as decoration. It represented the seed of the Divine, and at Midwinter, the Druids would travel deep into the forest to harvest it.



The ceremonial Yule log was the highlight of the Solstice festival. In accordance to tradition, the log must either have been harvested from the householder’s land, or given as a gift... it must never have been bought. Once dragged into the house and placed in the fireplace it was decorated in seasonal greenery, doused with cider or ale, and dusted with flour before set ablaze by a piece of last years log, (held onto for just this purpose). The log would burn throughout the night, then smolder for 12 days after before being ceremonially put out. Ash is the traditional wood of the Yule log. It is the sacred world tree of the Teutons, known as Yggdrasil. An herb of the Sun, Ash brings light into the hearth at the Solstice.



### **Druidry** [The Order of Bards, Ovates and Druids](#)

In the Druidic tradition the name of this festival is “Alban Arthan”, Welsh for “Light of Winter”. According to an older and more poetic interpretation, the name is “Alban Arthuan”, meaning “Light of Arthur”. In this poetical image, Arthur is

symbolized by the Sun. The Sun dies and is reborn, just as the mythical Arthur is sleeping deep inside a mountain and will wake up again when the people needs his help. Alban Arthan, the Winter Solstice, takes place every year on the 21st or 22nd of December (Northern Hemisphere). While Samhain is strongly connected with insular Celtic culture, Alban Arthan is a universal festival, which has been (and still is) celebrated by many peoples and long before the coming of the Celts. The Winter Solstice is probably (together with the Summer Solstice) the oldest seasonal festival of humankind.



## Saturnalia in Ancient Rome

### [The Magickal History of Yule-Huffington Post](#)

In Ancient Rome the Winter Solstice festival Saturnalia began on December 17 and lasted for seven days. Saturnalian banquets were held from as far back as around 217 BCE. The festival was held to honor Saturn, the father of the gods and was characterized by the suspension of discipline and reversal of the usual order. Grudges and quarrels were forgotten while businesses, courts and schools were closed. Wars were interrupted or postponed and slaves were served by

their masters. Masquerades often occurred during this time.

It was traditional to offer gifts of imitation fruit (a symbol of fertility), dolls (symbolic of the custom of human sacrifice), and candles (reminiscent of the bonfires traditionally associated with pagan solstice celebrations). A mock king was chosen, usually from a group of slaves or criminals, and although he was permitted to behave in an unrestrained manner for seven days of the festival, he was usually killed at the end. The Saturnalia eventually degenerated into a week-long spree of debauchery and crime – giving rise to the modern use of the term saturnalia, meaning a period of unrestrained license and revelry.

## Feast of Juul

### [TimeandDate](#)

The Feast of Juul was a pre-Christian festival observed in Scandinavia at the time of the December solstice. Fires were lit to symbolize the heat, light and life-giving properties of the returning sun. A Yule or Juul log was brought in and burned on the hearth in honor of the Scandinavian god Thor.



A piece of the log was kept as both a token of good luck and as kindling for the following year's log. In England, Germany, France and other European countries, the Yule log was burned until nothing but ash remained. The ashes were then collected and either strewn on the fields as fertilizer every night until Twelfth Night or kept as a charm and or as medicine.

French peasants believed that if the ashes were kept under the bed, they would protect the house against thunder and lightning. The present-day custom of lighting a Yule log at Christmas is believed to have originated in the bonfires associated with the feast of Juul.

## Intentions and Affirmations of Samhain

*Snow silently fell*

*As the wheel it*

*Turned round.*

*Darkness cycled its course*

*The Light lay at hand*

*Brilliant flames of blue leapt*

*High from sacred inner domain.*

### **STATEMENT OF EMPOWERMENT FOR YULE**

R. Fennelly, HPs and Elder, ASW

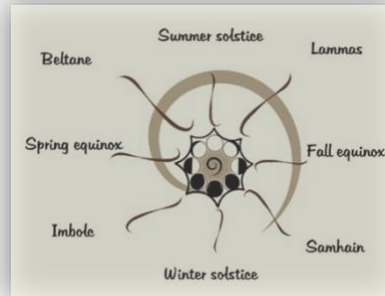
**“I reach into the darkness and claim the Spark of the Divine that shines  
brilliantly within me, and has but to be called and I become the  
Torch of Hope, Clarity and Haven for those who  
cannot see their brilliance.”**

### **BECOME A BEACON OF SOLSTICE LIGHT**

*....The night is cold and I stand facing the darkness; thick and almost opaque in its veiling. I think on all that has brought me to this point of the Great Wheel and call to myself the memories of lessons learned and shadowy places uncovered needing nurturance and cultivation. Each memory is illuminated from within and I feel the heat of my Inner Sun flaring out from center's core; extending light filled streams of connection to each treasured sensation and image.....*



## 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

## Pomegranate and Fennel Chicken

<https://www.epicurious.com/recipes/food/views/pomegranate-and-fennel-chicken-pollastre-amb-magrana>



### Ingredients:

- 1 (1.8 kg / 4 lb) chicken, butterflied (ask your butcher to do this for you)
- Sea salt flakes and freshly ground black pepper
- Extra-virgin olive oil
- 1 large onion, finely diced
- 4 garlic cloves, minced, plus 1 garlic bulb, halved crossways
- 1 fresh bay leaf
- 2 large pomegranates, arils removed
- 100 ml (3 1/2 fl oz) pomegranate molasses
- 60 ml (2 fl oz / 1/4 cup) dry sherry
- 2 tablespoons brown sugar
- 1 red onion, sliced into 1.5 cm (1/2 in) thick rounds
- 2 thyme sprigs
- 1 fennel bulb, sliced into 1.5 cm (1/2 in) thick rounds, fronds reserved
- 2 teaspoons fennel seeds
- 25 g (1 oz) walnuts, roughly chopped
- Salad leaves, to serve

1. **Preparation :** Preheat the oven to 425°F
2. Season the chicken with salt and pepper and lay flat on a large plate. Transfer to the fridge for a minimum of 30 minutes, but preferably a few hours, to dry the skin a little.

3. Meanwhile, heat 1 1/2 tablespoons of oil in a frying pan over medium heat and add the onion. Cook for 6–8 minutes, until starting to soften, then stir through the minced garlic and bay leaf. Cook for 2 minutes, then add half the pomegranate arils, the molasses, sherry and sugar. Bring to the boil, reduce the heat to low and gently simmer for 10–12 minutes, until the mixture has thickened and reduced by one-third. Remove and discard the bay leaf, then remove the pan from the heat and blitz the mixture with a hand-held blender until smooth. Pass the sauce through a fine sieve to remove the aril pulp and set aside in a bowl.
4. Place the red onion, garlic bulb, thyme and fennel in a large baking dish. Sprinkle with 2 tablespoons of the remaining pomegranate arils, drizzle over 1 1/2 tablespoons of oil and season with salt and pepper. Place the butterflied chicken on top of the vegetables and rub with 1 tablespoon of oil. Sprinkle over the fennel seeds, season with salt and pepper, then transfer to the oven and roast for 15 minutes or until the skin starts to turn golden. Remove the dish from the oven and baste the top of the chicken with 2 tablespoons of the pomegranate sauce. Add 250 ml (8 1/2 fl oz/1 cup) of water to the dish, then reduce the oven temperature to 160°C (320°F) and roast the chicken for a further 45 minutes.
5. Increase the temperature back to 220°C (430°F) and baste the chicken with 2 more tablespoons of sauce and add another 125 ml (4 fl oz/1/2 cup) of water to the dish. Bake for a final 6–8 minutes, until the chicken skin is dark and dry.
6. Meanwhile, in a small bowl, dress the chopped walnuts with a little olive oil and salt.
7. Transfer the roast chicken and caramelized fennel and onion to a serving platter and scatter over the the remaining pomegranate arils and the dressed walnuts. Serve with the remaining pomegranate sauce, the fennel fronds and a few salad leaves on the side.

## Winter White Soup

<https://www.allrecipes.com/recipe/103364/winter-white-soup/>

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

- 1 tablespoon butter
- 1 tablespoon olive oil
- 3 cloves garlic, chopped
- 2 shallots, chopped
- 1 (1 inch) piece fresh ginger, minced
- 1/3 small head cauliflower, chopped
- 10 small button mushrooms, chopped
- 3 green onions, chopped
- 1 small parsnip, chopped
- 1 pear - peeled, cored and diced
- 1/2 cup cannellini beans
- 1 teaspoon chopped fresh dill





- ½ teaspoon Dijon mustard
- ¾ cup Chardonnay wine
- 6 sprigs fresh thyme
- 1 (14.5 ounce) can fat-free chicken broth
- ⅓ cup heavy cream
- ¼ cup fat-free chicken broth (Optional)
- salt and pepper to taste

#### Directions

1. Heat butter and olive oil in a large saucepan over low heat. Stir in garlic, shallots, and ginger; cook and stir until fragrant but not brown, about 5 minutes. Stir in cauliflower, mushrooms, green onions, and parsnip; cook and stir for an additional 5 minutes. Add pear, beans, dill, and mustard; stir just until heated through, about 1 minute.
2. Stir in wine and thyme; increase heat to high. Bring to a boil, stirring constantly, and simmer until wine is reduced by half and is syrupy, about 5 minutes. Pour in chicken broth; return to a boil, then reduce heat to low and simmer, partly covered, until vegetables are tender, about 20 minutes. Allow soup to cool slightly.
3. Fill a blender halfway with soup. Cover and hold the lid down with a potholder; pulse a few times before leaving on to blend. Pour into a pot. Repeat with remaining soup.
4. Stir in cream and, if needed, thin with additional chicken broth. Season with salt and pepper; serve hot.

### Authentic Stollen (German Christmas Bread)

<https://www.daringgourmet.com/stollen-german-christmas-bread/>

**German Stollen have been around for nearly 700 years and are prized throughout the world as one of the most famous and beloved of all Christmas pastries. Made with homemade candied orange peel and marzipan (both super easy to make) your search for the BEST authentic German Stollen recipe has ended. Flaky, moist, and divinely flavorful, these homemade German Christmas Stollen are INCREDIBLE!**

#### For the Dough:

- 1 cup lukewarm whole milk
- 3 teaspoons active dry yeast
- ½ cup granulated sugar
- 4 to 4 ½ cups all-purpose flour plus more as needed NOTE: Amount will vary depending on how much liquid is retained in the soaked dried fruit. Be sure to drain any excess liquid. Add more flour as needed if dough is too wet. (Gluten free, substitute 1:1 GF flour.)



- 1 large egg
- 2 large egg yolks
- 3/4 cup unsalted butter (1 1/2 sticks) , at room temperature so it's very soft
- 2 teaspoons quality pure vanilla extract
- zest of one lemon
- 1 teaspoon salt
- 3/4 teaspoon ground cardamom
- 3/4 teaspoon ground mace (recommended but can substitute nutmeg)
- 1/2 teaspoon ground cinnamon
- 8 ounces Homemade Marzipan/Almond Paste , divided in half (you can omit the marzipan if you prefer), or store-bought marzipan/almond paste

For the Fruits & Nuts:

- 9 ounces raisins
- 3 ounces candied lemon peel , finely diced
- 3 ounces candied orange peel , finely diced
- Homemade Candied Citrus Peel Recipe (we VERY STRONGLY recommend using homemade, it makes ALL the difference!)
- 3 ounces blanched slivered or sliced almonds , finely chopped
- 1/3 cup quality dark rum

For the Glaze & Dusting:

- 1 stick unsalted butter , melted
- powdered sugar for generous dusting

1. Place the raisins, candied citrus peel and almonds in a medium bowl and pour the rum over it. Stir to combine. Set aside and let the fruit mixture soak in the rum while the dough rises.
2. Stir the yeast and 2 tablespoons of the sugar into the lukewarm milk and let sit in a warm place for 10-15 minutes until very frothy.
3. Place the flour, remaining sugar, egg, egg yolks, butter, vanilla extract, lemon zest, salt, cardamom, mace and cinnamon in the bowl of a stand mixer fitted with a dough hook. Add the yeast/milk mixture. Use a spoon to stir the mixture until it comes together. Knead the dough on the bread setting for 7-8 minutes. Remove the dough ball, lightly spray the bowl with a little oil, return the dough ball, cover loosely with plastic wrap and place it in a warm place or lightly warmed oven (just barely warm), to rise until nearly doubled in size, at least 1 hour (likely closer to 2 hours depending on the temperature of the environment).
4. Punch down the dough and add the soaked fruit/nut mixture to the dough (it should have absorbed all the rum by now but if there is excess liquid, pour it out before adding the mixture to the dough). Using the dough hook, knead the fruit/nut mixture into the dough until combined. If the dough is too wet to handle, add a little bit of flour until the dough pulls away from the sides of the bowl.

5. Turn the dough out onto a floured work surface and cut it in two equal halves. Press or roll each piece into an oval to about 1 inch thickness. Roll each piece of marzipan into a log the length of the oval. Press the marzipan gently into the middle of the dough. Fold the left side of the dough over to cover the marzipan, then fold right side over on top of the left side so that the edge of it sits just left of the middle of the stollen (see pics). In other words, don't fold the right side all the way over to the left edge of the stollen. Pinch and tuck the top and bottom ends of the stollen to cover the marzipan. Use the bottom edge of your hand to press down along the length of the stollen towards the right of the center to create a divot and characteristic hump (see pics). Place the stollen on a lined baking sheet. Cover the stollen loosely with plastic wrap and let them rest in a warm place or lightly warmed oven for 40-60 minutes until puffy. At that point you can pick off any raisins that are sticking out of the dough (they will burn during baking).

6. Towards the end of the last rise, preheat the oven to 350 degrees F and bake the stollen for 30-40 minutes or until golden. You can use an instant read thermometer to aim for an internal temperature of 190 degrees F. Let the Stollen sit for 5 minutes, then use a toothpick to poke holes all over the stollen (this will allow the butter to seep in), then generously brush the stollen with the melted butter while the stollen are still warm. Immediately sprinkle with a generous amount of powdered sugar, rubbing it into the creases and down the sides. Let the stollen cool completely. You may want to give it another dusting of powdered sugar once cooled.

7. The stollen can be sliced and eaten now or wrapped tightly (wrap in plastic wrap then foil) and left to "ripen" in a cool place for 2 weeks. The liquid from the dried fruits will further penetrate the dough for more flavor and moisture. Stollen can also be frozen for longer storage.

8. Makes 2 large or 3 medium Stollen. For eating, I like to warm the slices up for a few seconds in the microwave, it makes the crumb nice and soft.

## Winter Solstice Cake

<https://www.tasteofhome.com/recipes/winter-solstice-cake/>

### Ingredients

- 2 packages (16 ounces each) Betty Crocker pound cake mix
- 4 large eggs, room temperature
- 2/3 cup water
- 2/3 cup thawed lemonade concentrate
- 1/2 cup butter, softened
- 2 teaspoons grated lemon zest
- candy:
  - 1 cup light corn syrup
  - 2/3 cup sugar
  - 1-1/2 teaspoons lemon extract
  - 1/8 teaspoon yellow food coloring



- lemon filling:
  - 2/3 cup heavy whipping cream
  - 6 ounces cream cheese, softened
  - 2/3 cup confectioners' sugar
  - 1/4 cup lemon curd
  - 2 teaspoons grated lemon zest
- cream cheese frosting:
  - 2 packages (8 ounces each) cream cheese, softened
  - 1/4 cup butter, softened
  - 1/4 cup lemon curd
  - 2 teaspoons vanilla extract
  - 1/4 teaspoon salt
  - 6 cups confectioners' sugar
  - Yellow edible glitter

### Directions

1. In a large bowl, beat the cake mixes, eggs, water, lemonade concentrate, butter and lemon zest. Transfer to 3 greased and floured 9-in. round baking pans. Bake at 350° until a toothpick inserted in the center comes out clean, 20-25 minutes. Cool for 10 minutes before removing from pans to wire racks to cool completely.
2. Meanwhile, line 3 greased 15x10x1-in. baking pans with parchment; set aside.
3. In a large heavy saucepan, combine corn syrup and sugar. Bring to a boil over medium heat, stirring occasionally. Cover and cook for 3 minutes to dissolve sugar crystals. Uncover and cook, without stirring, until a candy thermometer reads 300° (hard-crack stage).
4. Remove from the heat; stir in lemon extract and food coloring (keep face away from mixture as flavoring is very strong). Immediately pour into prepared pans forming small zigzag shapes. Let cool completely.
5. For filling, beat cream in a small bowl until soft peaks form; set aside. In another bowl, beat cream cheese until smooth. Beat in the confectioners' sugar, lemon curd and lemon peel. Fold in whipped cream.
6. Place 1 cake layer on a serving plate; spread with 1 cup filling. Repeat. Top with remaining cake layer.
7. For frosting, in a large bowl, beat the cream cheese, butter, lemon curd, vanilla and salt until smooth. Gradually beat in confectioners' sugar. Frost top and sides of cake. Break candy into shards; insert into frosting forming rays of sunlight. Sprinkle cake with edible glitter. Refrigerate leftovers.



## Non-Edible Recipes



### Yule – Incense – Oils – Soap and Potpourri

[https://www.angelfire.com/wa3/angelline/yule\\_recipes\\_2.htm](https://www.angelfire.com/wa3/angelline/yule_recipes_2.htm)

#### Yule Incense 1

- 2 parts Frankincense
- 2 parts Pine needles or resin
- 1 part Cedar
- 1 part Juniper berries



#### Yule Oil

- 2 drops Cinnamon oil
- 2 drops Clove oil
- 1 drop Mandarin oil
- 1 drop Pine oil
- 2 drops Frankincense
- 2 drops Myrrh oil.

## **Yule Incense 2**

- **3 parts Frankincense**
- **2 parts Sandalwood**
- **2 part Chamomile**
- **1 part Ginger**
- **1/2 part Sage**
- **A few drops of Cinnamon oil**



## **Winter Solstice Ritual Potpourri**

**Recipe by Gerina Dunwich**

- **20 drops musk oil**
- **25 drops pine oil**
- **1 cup oak moss**
- **2 cups dried mistletoe**
- **1 cup dried poinsettia flowers**
- **1 cup dried bayberries**
- **1/2 cup dried rosemary**
- **1/2 cup dried holly leaves and berries**
- **3 crushed pinecones**

**Mix the musk and pine oils with the oak moss, and then add the remaining ingredients. Stir the potpourri well and store in a tightly covered ceramic or glass container.**

**(The above recipe for "Yule Ritual Potpourri" is quoted directly from Gerina Dunwich's book "The Wicca Spellbook: A Witch's Collection of Wiccan Spells, Potions and Recipes", page 162, A Citadel Press Book, Carol Publishing Group, 1994/1995)**

### **Yule Incense 3**

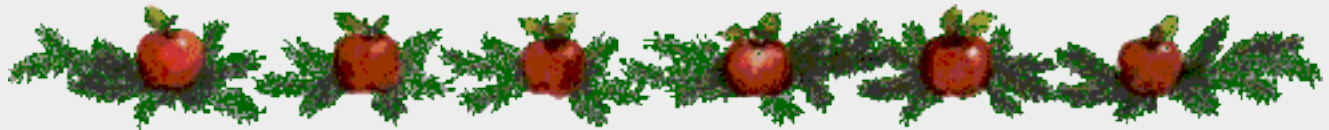
- **3 parts Pine needles or resin**
- **3 parts Cedar**
- **1 part Bayberry**
- **1 part Cinnamon**

### **Yule Incense 4**

- **3 parts frankincense**
- **A few drops orange oil**
- **A few drops juniper oil**
- **1 part crushed juniper berries**
- **½ part mistletoe**

**Method Blend together and burn on charcoal.**

**Recipe created by Anna Franklin and can be found on her webpage.**



### **Yule Soap**

- **1 cup grated unscented soap**
- **1/4 cup hot water**
- **1 tbsp. apricot oil**
- **1 tbsp. chamomile**
- **1/2 tbsp. rosemary**
- **1/2 tbsp. ginger**
- **6 drops frankincense oil**
- **6 drops myrrh oil**
- **3 drops cinnamon oil**

**Place grated soap in a heat-proof non-metallic container and add the hot water and apricot oil. Leave until it is cool enough to handle, and then mix together with your hands. If the soap is floating on the water, add more soap. Leave to sit for 10 minutes, mixing occasionally, until the soap is soft and mushy. Once the soap, water, and oil are blended completely, add the dry ingredients. Once the mixture is cool, then add the essential oils (essential oils evaporate quickly in heat). Enough essential**

oils should be added to overcome the original scent of the soap. Blend thoroughly and then divide the soap mixture into four to six pieces. Squeeze the soaps, removing as much excess water as possible into the shape you desire, and tie in a cheesecloth. Hang in a warm, dry place until the soap is completely hard and dry.

Recipe adapted from Kate West's The Real Witches' Kitchen Sabbat Soap recipe.



### Winter Solstice Oil Blend

<https://autumnearthsong.com/2010/12/11/yule-recipes-for-altar-and-kitchen/>

#### Winter Solstice Oil Blend

4 drops Pine

2 drops Orange

2 drops Cedar

2 drops Juniper

2-3 lumps finely ground Frankincense

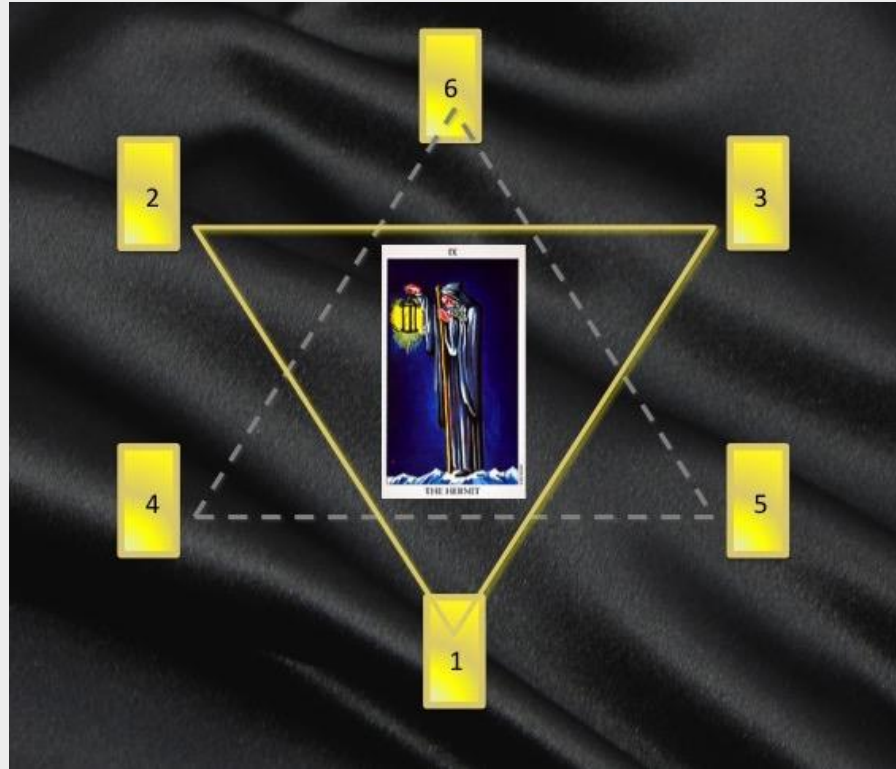
This I have made and it is wonderful! I like to mix it with olive oil to give it a green look! The smell of orange and pine is just luscious...for extra special scent..add a bit of ground clove too...smells

like an orange pomander sitting on a bed of evergreens!



## A Special Tarot Spread for the Solstice...

### The Lantern of Truth Tarot Spread



### A Little Numerology:

#### The Hermit- Key IX

**Nine (9)** is the number of endings and beginnings and initiatory experience. This is the final single digit number that relates to the individual and unique “you”. Wherever nine occurs there is opportunity for growth; but, only if you willingly leave behind what serves no purpose towards your future growth.

#### The Star of the Lantern-VI

**Six (6)** is the harmonious elevation of three expressions of being. Two co-create and the resultant product is a third. This triune nature is one of pure creation and amplified x's 2 gives the energy of polarity. This is the blueprint for creation that is diverse and can serve as a summation of all of its parts. In the model of the 6-pointed star there is an image of 2/triangles (3 parts), one point upwards in reception to the Divine and one pointing downward; acknowledgement that Spirit has descent into the Manifest.

## Seven Card Spread

The number **Seven (7)** is the outcome of the harmonious six of Descent into Matter. Seven offers the paths of exploration that will provide deeper knowledge and greater learning from what has been grown. These seven cards offer the key to knowing more of yourself.

**The Hermit Key is placed in the center and is YOU!**

### How To:

- Use whatever deck you are comfortable with;
- Set out a beautiful solid color cloth to lay the spread on to;
- REMOVE the HERMIT-Key IX from the deck and place in the center;
- Be sure to shuffle the remaining cards very well .....**Then...**
- Take the deck in your hands and breathe and center yourself;
- Set the intention of seeking the wisdom of finding the truth of your gifts (refer back to the numerology above as the support for this);
- Set the intention of what is revealed to be used as the tools of birthing a light within that will herald the birthing of a new light at the Winter Solstice.

**Card 1:** Represents the strength of your Manifest form and its fullest potential.

QBL-Malkuth- The Foundation of Earth, the alchemical Elements and the Physical Form

**Card 2:** Represents how you will use that strength to create what you wish to out-picture. (The Darkness of Creation's Womb)

QBL-Binah-The Understanding of the Creatrix and the Womb of First Beginnings

**Card 3:** Represents the action and energy needed to seed that creation. (Higher Will to Action)

QBL-Chokmah-The Wisdom of the Cosmos and the Seed that Emanates from the Limitless All

**Card 4:** Represents the image and plan for that creation. (Inspired Mind)

QBL- Hod-The Glory of Mind Inspired by Pure and Abstract Plan

**Card 5:** Represents where your passion can be stoked to refine what you have planned. (Inspired Heart)

QBL- Netzach-The Victory of Refinement and Balance through Mastery of the Intelligent Heart

**Card 6:** Represents the outcome and product of The Darkness of Creation's Womb with your Higher Will to Action and the Manifest form guided by Inspired Mind and Heart.

QBL- Kether-The Crown of Creation and the Divine Shining in Brilliance and Awareness of SELF

**Read more about the Qabalah..**

[Qabalah Bootcamp-Just the Basics](#)

[Qabalistic Journeys](#)

Dear Friends...

We have enjoyed sharing the celebrations of the Great Wheel of the Year with our friends, family and community. May this upcoming year find you blessed, prosperous and filled with the light of your empowerment!

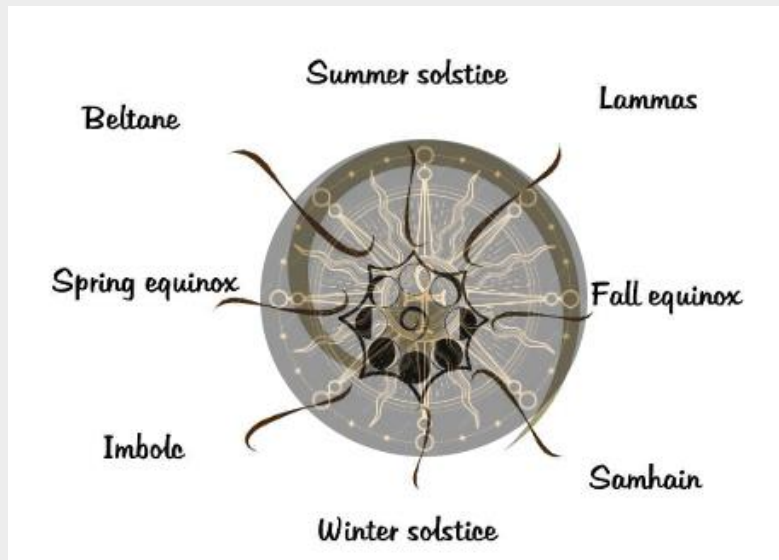


We hope you will join us on this journey of transformation as we honor the Sabbats of the Great Wheel 2026. Our theme is:

## **Mystery of the Sabbats 2026**

**Hosted by**

***A Return to the Ancient Source***



Our first celebration of 2026:

**Celebration of Imbolc**

**January 24.2026**

**Gather @ 10:30am**

Coven of the Mystic Path, ASW  
[www.covenofthemysticpath.com](http://www.covenofthemysticpath.com)