

Mystery of the Sabbats

The Lore of the Season Vol. IV

LITHA aka. Midsummer

June 20.2025



Image Source: Lynn Fogel

Joyful Empowerment

The Lore of Litha



The Great Wheel has turned once again and the longest day, the Summer Solstice, offers opportunity to stand in the heat of Solar Flame, cast the strength of our Inner Sun into the spotlight and bask in the expansive culmination of the prior months' hard work and efforts.

Many celebrate the Summer Solstice with the story of the Oak King and Holly King. The Oak King having been crowned at the Winter Solstice is filled to bursting with the energy and power of solar energy and light; and it is He who draws the sacred seasons toward the bounty of Summer's fullness. The Holly King has lain silently in his space of renewed slumber and HE waits to rise again at the time of the Summer Solstice. On the sacred day of the Solstice, the Holly King emerges to claim his own and triumphant in the battle for dominance with his brother now reigns as the keeper of death and rebirth. HE stands in command as the harvest is reaped and the silence of the cold and snows fall upon the lands. HE knows that he will only have half of the year to weave His magick before the battle ensues once again and the world will bow to his brother, the Mighty Oak. They are one and the same but each work their will wearing the appropriate face and archetypal energy in accord with the ebb and flow of the seasons, the expansion and contraction of the energetic state and the necessary demise of one so the other may reign supreme.

It is this same action that is applied to our inner spiritual workings. We work diligently with goal of increasing and expanding the flow of energy that moves within and ultimately arrive at the temporary state of that form of energy being dominant. This dominance must surrender to the gradual giving way towards a new form and a re-birthing (or re-crowning) of what will then serve us

in continued growth. And, similarly it often does become an inner battle when we cling too fiercely to the comfort and familiarity of the old way of being. With this thought in mind, I would like to share another way in which to honor this season.

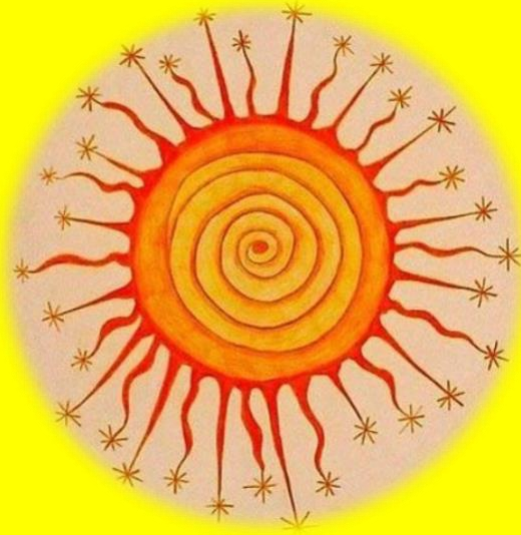
We can use this dynamic of energy to call forth our Inner Sun and the energetic changes that have occurred in concert with the increasing of the outer sun's strength and have brought us to this midpoint of peak. To consciously engage the energy of the Solstice as a tool for enlivening our inner light is similar to the pulling back and tautness of the slingshot band forming its own state of temporary imbalance in order to send the stone straight, steady and fully propelled on its intended course. It is the tipping of the scales towards one extreme of expansion before the necessary contraction that draws all into a state of equilibrium and (temporary) balance at the equinox. This cycle of expansion and contraction- balance and purposeful imbalance- occur in a pattern of alternating the center of focus and the point of expression.

We find ourselves drawn to the longer days that have been gradually moving towards the apex of this day of the longest hours of light. We feel ourselves emerging into the fullness of this Light filled with the realized potential and life sustaining energy of the sun. We are infused with its power and take pleasure in opening our senses to the full experience of being lit from within and shining that magick on all we encounter. This is the center of our focus and we cling to the last vestiges of daylight before the cycle moves towards the waning time.

And, it is from this place of extreme that we drink in all of the light we able to hold to carry us forward in the days and months ahead, knowing they will bring increasingly shorter hours of daylight and longer times of nightscape. This absorption of the catalytic fires will be the fuel that will burn throughout the months ahead as we move into the space of darkness, cold and introspection and become the lantern of that light.

I usually craft a personal working for the solstices and the equinoxes using the solar energies as the continuous energetic thread. Below is a simple ritual that you may use to celebrate the Solstice as an awakening to and reaffirming of the solar energies that are part of our inherent make-up. Each of the workings I do serves to enliven and increasingly strengthen the solar current. It is this current that I use for energetic protocol and workings. And, it is this current that supports the lunar work that I do. In this way, I maintain the tools that are needed so that I may remain in sync with the energetic tides that flow around me and have as my foundation the Inner Sun that will Light the way.

Intentions and Affirmations of Litha



Solstice Flame

You are the heat of the blazing sun and the cool embers
of the blue flame that lay concealed within.

Potency of magnetic cohesion and polarity of electrical
discharge are held within your vessel of mysteries.

I surrender to your down- pour
I tremble as your force expands
I am blinded by the gnosis within your core
I willingly give my all to be filled with the heat of your luminosity.

STATEMENT OF EMPOWERMENT FOR LITHA

Susan R., CMP

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

Bonus Content: A Ritual of Awakening



For the working you will need:

- 1/Gold or Yellow Pillar Candle
- 1/White Pillar Candle
- 1/Black or Dark Pillar Candle
- Candle snuffer (optional)

Place the candles in a triangular shape on a small altar table. The White Pillar would be the point of the triangle with the Gold on the Left base and the Black on the Right base. A white or gold altar cloth would be suggested. Something plain is preferable rather than a patterned cloth. Everything should be very simple, uncluttered and clean with the candles as the central focus.

Sacred space is prepared in whatever way is compatible with your path. Invoke those Patrons, Guides or Deity that you work with and wish to have witness and support this rite. For my ritual I would use RA, as the sustaining light and Anpu as holder of the dark and the midnight

Sun. I also work regularly with Het-Heru (as the Ureaus) and would call Her forth as inner anchor for the energy.

Make statement of your intent to enliven and awaken your Inner Sun that its flame may burn brightly in the months ahead. You want to speak this aloud, so that all of your subtle bodies may respond to the physical vibration of the words you are setting forth.

Begin by lighting the Gold candle. Declare this candle as the energy of the Sun (RA) held in its peak of potency and life sustaining properties. It is the catalyst that bursts forth at the dawn of each day. It is the strength and fullness of light as the midday sun. And, it is the drawing of the solar energies into the belly of night; still burning brightly as its mysteries are held in the Midnight Sun. Take some time to connect with these energies and envision this solar cycle in whatever way presents and feels natural to you. Breathe in deeply, feeling the expansion of your lungs and imagining this expansion as the heat and warmth of the growing sun.

Next, stand before the White Candle (Het-Heru) . Make declaration that this candle represents the pure illumined energy of your Higher Self and the power and strength that is held within. This candle represents your Spirit and the true nature of your being, that flows with the cycles of nature, the seasons, the Universal and Cosmic laws. Feel its resonance within you as you speak each work of description. You may also wish to say your mundane and magickal names, affirming your identify in Spirit and Matter. Using the Gold pillar as Source, light the White candle of your Being. Place the Gold pillar back on its stand. Return your focus to the growing flame of the White candle as the brilliance of Light that is held within the solar fires that have burned so hot and so pure that nothing remains except that which holds All. Breathe your energy into this candle feeling the resonance and connection to the core of your inner sun. And, inhale deeply the reciprocity of its energetic return spreading throughout your body. Allow this enlivened energy to move through your body as it will and making note of where it settles. You may experience a pulsating feeling at the center of your solar plexus or feel something like a sun-filled liquid warmth moving gently through you. Just continue to breathe gently as you envision the circuit you have created of inhale and exhale, receipt and return.

Move to stand in front of the Dark Pillar (Anpu) . Make declaration that this candle represents the coming season of darkness and decrease in visible light. This is also the power and the mystery of the Midnight Sun and the spark of potent flame that lay within the depths of all

that gives illusion of shadow. Take a moment to feel the raw energy of this darkness and the imposing silence that reaches long into the night. Using the White Pillar, light this candle. As you do so, declare this as the quickening of the darkness so that it may nurture and hold strong the spark of catalytic flame that will burst forth at the Winter Solstice. Place the White Pillar back on its stand. Return your focus to the Dark Candle and breathe into its flame and open to connecting deeply to the contrast of white/blue flame and dark wax. Envision the lantern of your own Inner Sun lighting the paths of this darkness. Envision the reality that on this earth plane; night and day occur simultaneously with only the designation of geographical location as the determining factor as to what we name as dark and light.

Come to stand at center point in front of these three lit candles. Allow your gaze to move from one to the other, remembering what each represents and the energy of connection you have made. Soften your gaze, and allow the stream of light emanating from each to interweave. Breathe deeply and fully as you relax into this weaving. Soften your gaze further and see these three streams coming to a central point directed towards you. Breathe into this co-mingling of energy feeling its point of connection at the same place you felt the settling of your inner flame previously when connecting to the Gold pillar. Feel the strength of the Sun (Gold Pillar) , Your Inner Sun (White Pillar) and the Midnight Flame (Dark Pillar) coalescing as a singular Source of Light to bring forward and light the paths of your own inner darkness as the year wanes.

When you have received all that is needed, offer up gratitude for this experience. Offer up service to the nurturing and tending of this Fiery energy within and the gift and blessings of the Solar Flame you have received. Stand once again before each of the candles and offer thanks to their individual energies and then gently use a snuffer to extinguish each candle in turn. When you have extinguished the Dark Pillar, take a deep breath in and gently breathe out in exhale of release allowing whatever excess energy you may feel to gently fall away, leaving you feeling renewed and empowered.

Thank the Deities and those seen and unseen Who have offered their witness and support. Close down your sacred space in whatever way is in keeping with your path. Be sure to get something to eat and drink immediately following to ground and center. If necessary, connect with the earth or floor beneath you allowing any excess to drain into the Great Mother.

Litha Activities

42 Ways to Celebrate the Summer Solstice



Source: The Wholesome Witch

<https://www.thewholesomewitch.com/litha-activities-summer-solstice/>

1. *Get some fresh blooms for your home*
2. *Add Summer touches to your altar*
3. *Write a journal entry about what Litha means to you*
4. *Perform a prosperity ritual*
5. *Spend time in nature*
6. *Connect with the Fae*
7. *Do some gardening*
8. *Host a BBQ*
9. *Embrace flower magic*
10. *Craft a floral crown*
11. *Bake a lemon cake*
12. *Have a ritual bath or shower with flowers*
13. *Hydration ritual*

14. *Morning meditation*
15. *Do a Summer Oracle or Tarot card reading*
16. *Offering to nature*
17. *Exercise outdoors*
18. *Charge and cleanse your crystals in the solstice sun (make sure they are sun safe first)*
19. *Mix up some fresh lavender lemonade*
20. *Add summer touches around the home*
21. *Connect with the fire element*
22. *Awake with the sun*
23. *Wear colours connected to Litha such as yellow, orange, green, or gold*
24. *Bake berry scones*
25. *Listen to music and dance*
26. *Try something new*
27. *Offering to a deity connected with summer such as Aine, Freya, or the Green Man*
28. *Wear carnelian for energy and motivation.*
29. *Burn incense of Sandalwood, Lemon Balm, or Basil*
30. *Perform a morning meditation*
31. *Forage for wild herbs (safely and with caution)*
32. *Perform a house cleansing*
33. *Enjoy a Litha tea blend*
34. *Craft a crystal pouch for energy*
35. *Light a candle to welcome the sun*
36. *Craft a Litha oil or herb blend*
37. *Journal Prompt: What are some things you would like to embrace throughout this season?*
38. *Perform a ritual to recharge your spirit*
39. *Host an outdoor tea party*
40. *Create a magical morning routine for summer*
41. *Abundance journaling*
42. *Watch the sunset and say a blessing to nature*

DIY LITHA INCENSE AND OIL

Source: https://www.angelfire.com/wa3/angelline/midsummer_recipes_2.htm



Litha/Summer Solstice Diffuser Blend

- 4 Drops Orange Essential Oil
- 3 Drops Rose Essential Oil
- 2 Drops Patchouli Essential Oil



Midsummer Oil

- 4 drops lavender oil
- 3 drops Rosemary oil
- 1 drop Pine Oil
- Use Sunflower oil as your base here



Midsummer Incense 1

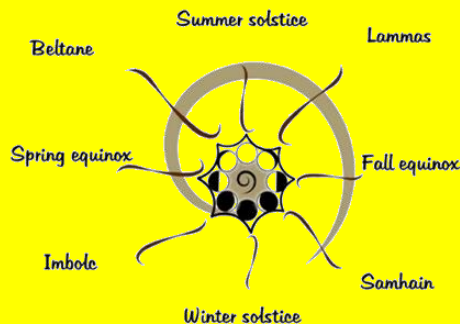
- *2 parts Sandalwood*
 - *1 part Mugwort*
 - *1 part Chamomile*
- *1 part Gardenia petals*
 - *a few drops Rose oil*
- *a few drops Lavender oil*
 - *a few drops Yarrow oil*



Midsummer Incense 2

- *3 parts Frankincense*
 - *2 parts Benzoin*
- *1 part Dragon's Blood*
 - *1 part Thyme*
 - *1 part Rosemary*
 - *1 pinch Vervain*
- *a few drops Red Wine*

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.

Foods of the Season

Strawberries

★★★★★ 5 from 4 votes

Strawberry Cinnamon Rolls

By [Britney](#)

Prep: 1 HR Cook: 30 MINS Rising Time: 1 HR 30 MINS Total: 3 HRS

Servings: 12 ROLLS



SAVE

PIN

PRINT

Strawberry cinnamon rolls are fluffy and soft with a gooey strawberry and glazed with a deliciously creamy strawberry frosting.

<https://britneybreaksbread.com/strawberry-cinnamon-rolls/>

Ingredients

Strawberry Filling

- 1 1/2 lbs Fresh Strawberries
- 1/4 cups Sugar
- 2 tbsp Lemon Juice
- 1 tbsp Cornstarch
- 2 tbsp Water

Cinnamon Rolls

- 3 cups Bread Flour
- 3 cups All Purpose Flour
- 1 cup + 2 tbsp Whole Milk
- 1/2 cup Sugar
- 2 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1 1/2 tsp Kosher Salt
- 1/2 cup Whole Milk

- 2 1/4 tsp Active Dry Yeast
- 2 Large Eggs
- 1 cup Salted Butter (room temperature)

Strawberry Glaze

- 4 oz Cream Cheese (softened)
- 2 tbsp Salted Butter (room temperature)
- 2 cups Powdered Sugar
- 2 tbsp Heavy Cream
- 2 tsp Lemon Zest
- 3 tbsp Reserved Strawberry Filling (from above)

Instructions

1. Make the strawberry filling. Combine strawberries, lemon juice, and sugar in a medium saucepan. Cook over medium heat until the strawberries begin to soften, about 20 minutes. Mash the strawberries occasionally with a fork or wooden spoon to help release the juices and allow the strawberries to break down.
2. When the strawberries have broken down and the sauce becomes slightly thickened, mix together cornstarch and water in a small bowl to create a slurry, then pour into the strawberry sauce. Mix together and cook for another 5 minutes, until the sauce thickens and becomes paste-like (akin to strawberry jam), about 3-5 minutes. Set aside to cool.
3. Add bread flour and all-purpose flour to a large mixing bowl. Whisk together and remove 3 cups of the flour mixture into the bowl of a stand mixer. (you will have 3 cups of flour in the bowl of a stand mixer and 3 cups of flour in a large bowl).
4. To the bowl of a stand mixer, add 1 cup whole milk and mix until well combined (a shaggy dough will form). Cover, and let rest for 30 minutes.
5. To the large bowl with the remaining flour mixture, add 1/2 cup granulated sugar, salt, cinnamon, and nutmeg. Whisk to combine and set aside. In a small bowl, microwave 1/2 cup milk until warm, about 105-100 degrees F. Add yeast and remaining 1 tablespoon granulated sugar. Whisk together. Let stand until foamy, 5 to 10 minutes. Then add eggs and vanilla extract. Whisk until well combined. To the stand mixer bowl, add remaining flour mixture and yeast/milk mixture. Using your hands, gently knead ingredients together until a dough forms, focusing on incorporating everything into one cohesive dough, about 1 minute. Return bowl to stand mixer and fit with the

dough hook attachment. Beat at medium-low speed until dough becomes smooth, about 2-5 minutes.

6. Begin adding butter 2 tablespoons at a time, beating until there are no butter streaks left after each addition, 45 seconds to 1 minute. Continue to beat until smooth, about 5 minutes. Stop mixer and perform the windowpane test. (Pinch off a piece of the dough, and gently stretch it between two fingers. If you can see through it, the dough is ready. If the dough breaks, continue to beat for 2 minutes more and then repeat the windowpane test.)

7. Spray a large bowl with cooking spray. Place dough in bowl. Cover with plastic wrap, and let rise in a draft-free warm place (75°F/24°C) until doubled in size, about 1 hour and 30 minutes. Turn out dough onto a lightly floured work surface, and gently stretch into an 18x12-inch rectangle. (Try to avoid using a rolling pin to keep as much air in the dough as possible.)

8. Remove 3 tbsps of the strawberry filling into a bowl and set aside. Use the back of a spoon to spread remaining filling onto dough. Using a sharp kitchen knife or pizza cutter, cut dough into 12 equal strips. Roll each strip into a tight spiral and place, spiral side down, into a prepared baking dish. Cover and let rise until puffy, 25 to 40 minutes (second rise).

9. Preheat oven to 350°F (180°C). Bake in the preheated oven until the tops of the rolls are golden brown, about 30-35 minutes.

10. For the icing: In a medium bowl, cream together cream cheese and butter with a handheld mixer at medium speed for 1 to 2 minutes, until smooth. Add confectioners' sugar, add heavy cream, and lemon zest and continue to mix until fully combined and smooth, about 1-2 minutes. Add vanilla bean paste and the reserved strawberry filling; beat until well combined, about 20 seconds.

11. Spread icing onto warm cinnamon rolls. (If you prefer your icing to be thick like that on cake, let cinnamon rolls cool for 30 to 45 minutes before adding the icing.)

HONEY

Honey Mug Cake

<https://www.chocolatesandchai.com/honey-mug-cake/>

Less than 5 minutes is all it takes to get this Honey Mug Cake ready to eat! Sweet, gooey, and hits all the right places, especially if you add on some extra honey.

Total Time: 6 minutes

Yield: 1 mug cake

Ingredients

2 tbsp butter, melted
2 tbsp honey (runny)
1 medium/large egg, beaten
1 tsp vanilla extract
2 tbsp sugar
4 tbsp pastry flour
A pinch of salt
Butter, for greasing

Instructions



1. Butter the inside of the mug generously.
2. In your mug, mix together the butter, honey, egg, and vanilla extract.
3. Add in the sugar, flour, and salt, and stir until fully combined.
4. Microwave for 1 minutes 15 seconds (this number may vary slightly – check the notes below), and allow to cool slightly. Drizzle with more honey for extra sweetness. Enjoy as soon as it's safe to eat!

Notes

- While this recipe is ideally made using pastry flour (aka cake flour), all purpose (with a pinch of baking soda) will work pretty well too.
- Depending on your microwave's power, the time to cook this honey mug cake may vary slightly. If the mug cake hasn't cooked, keep blasting it in 10-15 second intervals until ready.
- If you prefer to have the cake on a plate, this can be made in a bowl for easy unmolding. You can unmold the honey cake from the mug as well, but it's sometimes a little tougher to do, depending on the shape of the mug.

Fruits and Vegetables



Peach Panzella

<https://www.foodbanjo.com/summer-peach-panzanella/>

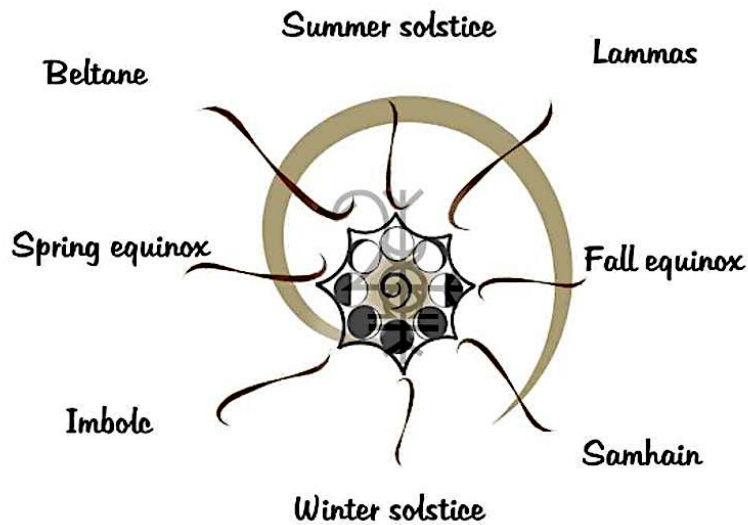
Ingredients

½ stale baguette or ciabatta loaf
4 tablespoon olive oil
3 small peaches pitted and cubed
½ cup cherry tomatoes halved
2 tablespoon freshly chopped basil
⅓ cup thinly sliced red onion
1 ½ tablespoon white balsamic vinegar
Salt and pepper to taste

Instructions

1. Preheat the oven to 425 degrees
2. Cut/tear the loaf into small cubes. Toss together the bread cubes with 2 tablespoon olive oil in a bowl and a light sprinkling of salt and pepper. Spread onto a baking sheet and roast until crisp, about 5-7 minutes.
3. Prepare and cut the peaches (small cubes), tomatoes (halved), basil (chopped into ribbons) and red onion (very thinly sliced).
4. In a bowl, combine the peaches, tomatoes, basil, red onion. Add 2 tablespoon olive oil and 1 ½ tablespoon white balsamic vinegar. Add salt and pepper to taste.
5. Add the bread cubes to the bowl and toss to combine.
- 6.

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 Lammas/Lughnasadh

August 2.2025

Gather @ 11:00am