



WICCAN SABBATS and ESBATS

Wicca’s liturgical calendar is called the Wheel of the Year. It’s comprised of eight solar holidays called Sabbats (shown on the illustration above) and twelve (sometimes thirteen) full Moons, called Esbats.

These holy days honor our Goddess and God. The same respect shown to other religious calendars is due to Wicca’s. It is as important to Wiccans to meet and celebrate at the appropriate times as it is to followers of other faiths. If outside sponsors are not available within a day or two of a Sabbat, inmates need time to make proper observations on their own (preferably as a group). Although it is most common for Wiccans in the same vicinity to gather to celebrate the Sabbats and Esbats, Solitary practice is recognized in Wicca. There are a variety of ways to observe the holy days, most importantly, staying in touch with the natural cycles these holidays represent is the essence of our faith, and should be facilitated whenever possible.

It is usual for Wiccans to share “Cakes and Ale” in a Circle (even though the Cakes may be crackers or cookies, and the Ale is sometimes juice or water), and to share a feast at Sabbats. Sabbat feasts normally feature seasonal foods, because Sabbats are celebrations of the cycle of the seasons. Sabbats are solar holy days, so it’s appropriate to celebrate them during the day; Esbats are lunar, and ideally are celebrated when and where the full Moon is visible. Meetings on the new Moon often focus on studies, but magic and divination is not uncommon. Wiccans are expected to keep a record of their Sabbat and Esbat rites (and the magic they do at Esbats) in a journal called a Book of Shadows. The “BOS” is a holy book, and should be treated as a sacred item.

SUGGESTIONS FOR THE SABBATS

The start of the year begins at Samhain (pronounced saw-win, not sam-hain) and celebrated on 31 October or 1 November, invite your ancestors’ spirits to share their wisdom, offer thanks for their gifts and presence. A time to show gratitude to those around you. Keep in mind that Samhain is the year’s last harvest, a spiritual family reunion, and the Wiccan New Year.

At Yule, the Winter Solstice (21-23 December; it varies from year to year), The Oak (Summer) and Holly (Winter) Kings’ battle ends. Oak will win, for the days get longer after Yule. Enjoy a hot cocoa or hot apple cider beverage during this cozy dark time of the year.

For Bride (pronounced breed) or Imbolc, observed on 1 or 2 February, when Spring begins, the return to the light! Maybe a time for some Spring cleaning, physical space and spiritual. Work on breaking leftover bad habits and letting go of unhelpful attitudes.

At Ostara, the Spring Equinox (21-23 March; it varies from year to year), find a shadow to stand in – and then step/jump out of the shadow into the light. Celebrate the newness of the year.

For Beltane, sometimes called May Day and celebrated on 1 May, choose a color of the rainbow and focus on bringing its creative energy into your life.

At Litha (pronounced lee-ha, not lith-uh), the Summer Solstice (21-23 June; it varies from year to year), it's time for another Kings' Battle. This time, Holly wins, for the days start getting shorter now. Honor the sun and summer with lemonade and ice cream.

For Lammas, the year's first harvest, and celebrated on 1 or 2 August, consider what you can harvest. What good habits are you making? Do you have new friends or resources? Count your achievements, big or small.

Mabon (pronounced may-bonn), the Autumn Equinox (21-23 September; it varies from year to year), is sometimes called the Wiccan Thanksgiving. We offer thanks to the Gods for their presence in our lives. Think about how you can share your personal harvests with others.

The Druid calendar celebrates similar dates with the names; Samhuinn, Alban Arthan, Imbolc, Alban Eilir, Bealtaine, Alban Hefin, Lughnasadh, and Alban Elfed.

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THE NEW AND FULL MOONS DATES of 2025 to 2026
(based on Arizona – Mountain Standard Time)

MONTH	NEW MOON	FULL MOON ESBAT
November	11/19/2025 at 2347	11/5/2025 at 0619
December	12/19/2025 at 1843	12/4/2025 at 1614
January		1/3/2026 at 0304
February	1/18/2026 at 1253	2/1/2026 at 1510
March	2/17/2026 at 0503	3/3/2026 at 0439
April	3/18/2026 at 1826	4/1/2026 at 1913
May	4/17/2026 at 0454	5/1/2026 at 1024
June	5/6/2026 at 1303	6/29/2026 at 1455
July	6/14/2026 at 1956	7/29/2026 at 0737
August	7/14/2026 at 0245	8/27/2026 at 2119
September	8/12/2026 at 1037	9/26/2026 at 0950
October	9/10/2026 at 2027	10/25/2026 at 2113
	10/10/2026 at 0850	

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