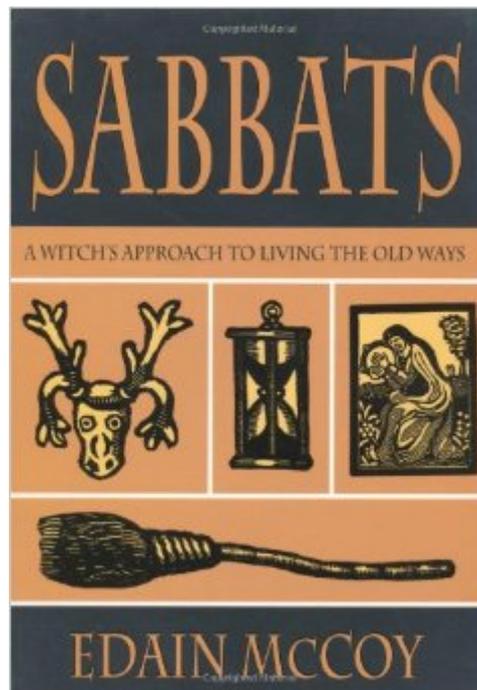


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# Sabbats: A Witch's Approach To Living The Old Ways (Llewellyn's World Religion And Magick)



## Synopsis

First and foremost, Witchcraft or Wicca is a religion. In *The Sabbats*, Edain McCoy reveals the eight major holidays of this faith and the many ways in which they are celebrated. There are two basic types of holidays. The first come at the Solstices and Equinoxes. The others divide the time between those dates in two, resulting in eight major holidays or Sabbats with approximately the same amount of days between them. The balance, here, gives the appearance of spokes in a wheel, so this cycle is commonly called the Wheel of the Year. The holidays represent two things. First, the harvest cycle. Each holiday represents a time in the growth of crops. From planting to growth, from harvesting to letting the lands lie fallow in the cold winter, the festivals follow the agricultural cycles of ancient times. However, they also represent the eternal love of the God and Goddess, following the God's birth from the Goddess and his death before she gives birth to him again. This also follows the pattern of the Sun which moves from warm and high in the sky to cold and low in the sky. The book is filled with ways you can follow the Wheel of the Year, whether you work with a coven, with your family, or by yourself. You will learn the secrets of ritual construction and handicrafts appropriate to each of the festivals. You will also learn recipes for traditional foods for each holiday and even songs appropriate to the Sabbats. This is a wonderful, joyous book filled with color, information, and wisdom. If you are involved with Paganism in any way, this book is a must for your studies and practices. This book functions as both a resource and as a practical manual for the celebration of the holidays. Get your copy today.

## Book Information

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## Customer Reviews

The Sabbats are pagan and witches' most important celebrations. Pagan tribes and witches' covens celebrate the Sabbats according to local tradition. It is difficult for novices and solitary practitioners to learn Sabbat history and rituals. Ms. McCoy's excellent book fills this void. The author addresses the Sabbats from a broad pagan perspective. She discusses the history of each Sabbat, and relates each Sabbat to ethnic celebrations held globally. Ms. McCoy provides both solitary and group rituals for each Sabbat, and explains each ritual's meaning. She describes activities, recipes, and crafts for each Sabbat, and describes natural items appropriate to each Sabbat's celebration. Ms. McCoy provides several useful appendices. Appendix I describes how one can construct their own rituals. Appendix II describes elements of spell construction. Appendix III is a \*very\* comprehensive glossary which itself is a valuable reference. Appendix VI lists items (e.g., activities, foods, plants, and symbols) appropriate to each Sabbat. I recommend this book as a companion volume to Ms. McCoy's excellent beginner's book "Inside A Witches' Coven". Together, these two books provide good insight into what beginners should expect if they choose to join a pagan tribe or witches' coven.

This book contains lots of material on the sabbats, complete with recipes, fun crafts for the pagan family, and sabbat rituals for both coven and solitary. If you're past the 101 stage, just ignore those sections of the book, or read them anyway like I did, just to see Edain's point of view. It's an excellent book, for those wanting more background info on the sabbats, but most of it can be found in other books as well. Despite that I knew most of it already, I still found something I could use and didn't know about, plus it contains a wonderful story/guided meditation that, just by reading it made me feel warm and happy. I look forward to read other books by Edain:o)

My husband and I are very pleased with this book as a "family title". It includes all kinds of crafty celebration ideas, recipes, rituals for the major Sabbats (or Pagan Holidays). It offers several pages on the origins of the traditional celebrations and the historical significance of each. This goes much more in depth than most Pagan/Wiccan books that only mention Sabbats in passing. The activities are group/family oriented and give the reader a few ideas for new (and also steadfastly traditional) ways to celebrate our holidays of the year. Well written and enjoyable for everyone!

I have owned this book for years and find myself referencing it on a nearly ritualistic basis (no pun intended). McCoy does a magnificent job covering all 8 Sabbats, including the origins, histories

(pagan or otherwise), the symbolism of each, deity relationships, and even ways to celebrate each holiday (menus, recipes, craft ideas/instructions, etc). And she does it without the mundane, "this-is-the-most-serious-thing-you'll-read" voice that so many Pagan guides can't seem to avoid. It's easy to flip through to find the correct Sabbat, and just as easy to skim the chapter for the exact item you're looking for (recipes, craft instructions, symbols, etc). Even after years of owning this book and re-reading it again and again, I still find myself referencing it for celebrating the Sabbats more than any other book I own. The absolute best.

If you know mythological, cultural and general history, you will not get confused by her disregard for verifiable historical facts. For beginners, I suggest Scott Cunningham's Solitary Practitioner (both books), the Farrar's Witches Bible Complete, the Campanelli's Wheel of the Year, or Raymond Buckland's big blue witchcraft step-by step instructional (his wiccan history is fairly accurate too!). Also reading the Witches God/Goddess by the Farrar's is also a good suggestion for the cyclical nature of Wicca. Reading a book from the mythology or anthropology section of .com is preferable for an educational background. However, if you leave out the poor history, Ms.McCoy's ritual ideas and recipes are pretty good. I have her Maiden, Mother, Crone book and the meditations are excellent. Make wise and informed choices and always consider the source of the material you're reading (an old history student's mantra). Blessed Be, Denise

I am in the process of buying all of the books mentioned in a book called The Well Read Witch. This book is one of the books listed as a must-read for Witches. I wholeheartedly agree with that and list the reasons why this is such a good book in my review. This book is full of lots of ideas on how to celebrate each Sabbat. I can't imagine someone not finding at least one idea they like a lot for each Sabbat! I like the way she includes recipes in most of her books! My coven uses this book as a starting point in planning our Sabbat rituals! As always, her writing style is readable and enjoyable. Edain McCoy is a very reassuring writer for a new Witch to read who might still have some lingering fears or misconceptions about The Craft.

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