# What to do on Esbat and Sabbat

Witches celebrate roughly 21 times in each year: 8 Sabbats sacred to the Great Horned One, and 13 Full Moon Esbats sacred to the Great Mother Goddess.

4 of the 8 Sabbats are Fire Festivals traditionally performed on these evenings:

Hallowe’en (Samhain) — October 31 (eve before All-Souls)
Candlemas (Brigid’s Day, Imbolc)— February 2
May Eve (Beltane) — April 30 (eve b4 May Day)
Lammas Day (Lughnasadh) — August 2

The other 4 of the 8 Sabbats are Solar Festivals, where dates are determined by the passing of the Sun into particular zodiacal signs:

Spring Equinox (Ostara) — Sun enters Aries (Fire)
Summer Solstice (Midsummer, Litha) — Sun enters Cancer (Water)
Autumn Equinox (Mabon) — Sun enters Libra (Air)
Winter Solstice (Yule) — Sun enters Capricorn (Earth)

Furthermore, the exact time of the Full Moon or Sun entering zodiacal signs can be taken into account. For Esbats, we always celebrate while the Moon is still waxing. Therefore the Esbat is held on the evening before the exact time of the Full Moon, and not after. For Equinoxes, we always celebrate on the evening immediately after the exact time of the Sun’s passing into the zodiacal sign, and not before. All other Sabbats are held on the prescribed date. We do not celebrate on an Eclipse until advanced in training.

Following these rules, exact dates for these Esbat and Solar Festival celebrations for the next few years, for times in Toronto, are provided at the end of this paper.

When practicing alone during these celebrations, this simple and satisfying regimen is suggested:

1. Perform Lesser Banishing Ritual of the Pentagram
2. While inside the Circle thus produced, perform the Self-Blessing Ritual
3. Still while inside the Circle, for Esbats practice the Goddess Healing Meditation
4. Still while inside the Circle, for Sabbats practice crystal gazing or fire gazing
5. Finish by closing the Banishing Ritual of the Pentagram

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