

●●● Feral Fae Newsletter



Imbolc is a traditional Celtic festival that marks the midway point between winter and spring. It is a time when we celebrate the lengthening of the days and the return of the sun. This is a good time to start deep cleaning our hearths to prepare for spring.

Imbolc we can start seeing the different signs of spring coming. For example, the days are getting longer, the birds are starting to sing again, and the trees are beginning to bud.

Another way to explain Imbolc is to talk about the different traditions and customs associated with the festival. One of the most popular traditions is to make a Brigid's Cross, which is a symbol of protection and good luck. You can make one with some straw or rushes and show your child how to weave it together.

Overall, Imbolc is a fun and meaningful festival that can be enjoyed by people of all ages. By explaining it to your children, you can help them connect with nature and appreciate the changing seasons.

[Imbolc Correspondences](#)

[Candle Activity](#)

[Altar](#)

[Decorations + Ideas](#)

[Imbolc Activity Bucket List](#)

[Snake Craft](#)

[Coloring Pages](#)



Imbolc Correspondences

Sabbat: Imbolc Other names: Candlemas,

Flowers and Herbs:

rosemary, chamomile, basil,
bay, jasmine, lavender, acorns,
blackberry, angelica, daffodil,
snowdrops, violet



Foods:

Nuts and seeds, Breads, Muffins, Scones,
Peppers, Onions, Leeks, Pork, Potatoes,
Shallots, Garlic, Olives, Lamb, Peas,
Milk, Honey, Cheese, Blackberries

Animals:

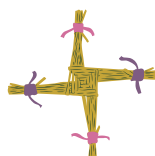


Colors:



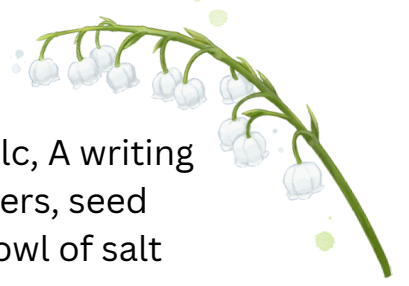
Other Symbols:

corn dollies, Brigid cross,
horse shoes, white candles and flowers,
snowflakes, seed packets,
bread, cauldron,



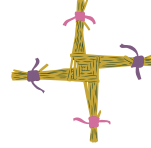
Crystals:

Amethyst, Bloodstone, Onyx, Turquoise, Garnet, Ruby



Altar ideas:

A Jar of Melted Snow Water, Coloring Pages, A Book related to Imbolc, A writing utensil they can charge in their altar, a battery candle, white flowers, seed packets, corn dollies, broom for spring cleaning, brigids cross, a bowl of salt with lavender, rosemary , and bay leaves, a fairy statue



Make a St. Brigid's Cross for your Altar:

Making a Brigid's Cross is a traditional Irish craft that is often done on the feast day of St. Brigid, which falls on February 1st. To make a Brigid's Cross, you will need a bundle of rushes or straw, a pair of scissors, and some string or twine.

Begin by selecting three or four rushes of equal length. Fold each one in half, so that the two ends meet in the middle, forming a loop. Place one loop on top of the other, so that they cross in the middle. Take another loop and place it on top of the first two, perpendicular to them. You should now have a cross shape.

Next, take a fourth loop and weave it over and under the other loops, starting at the top of the cross and working your way clockwise around the spokes. Keep the loops tightly packed together as you work, so that the cross stays in shape.

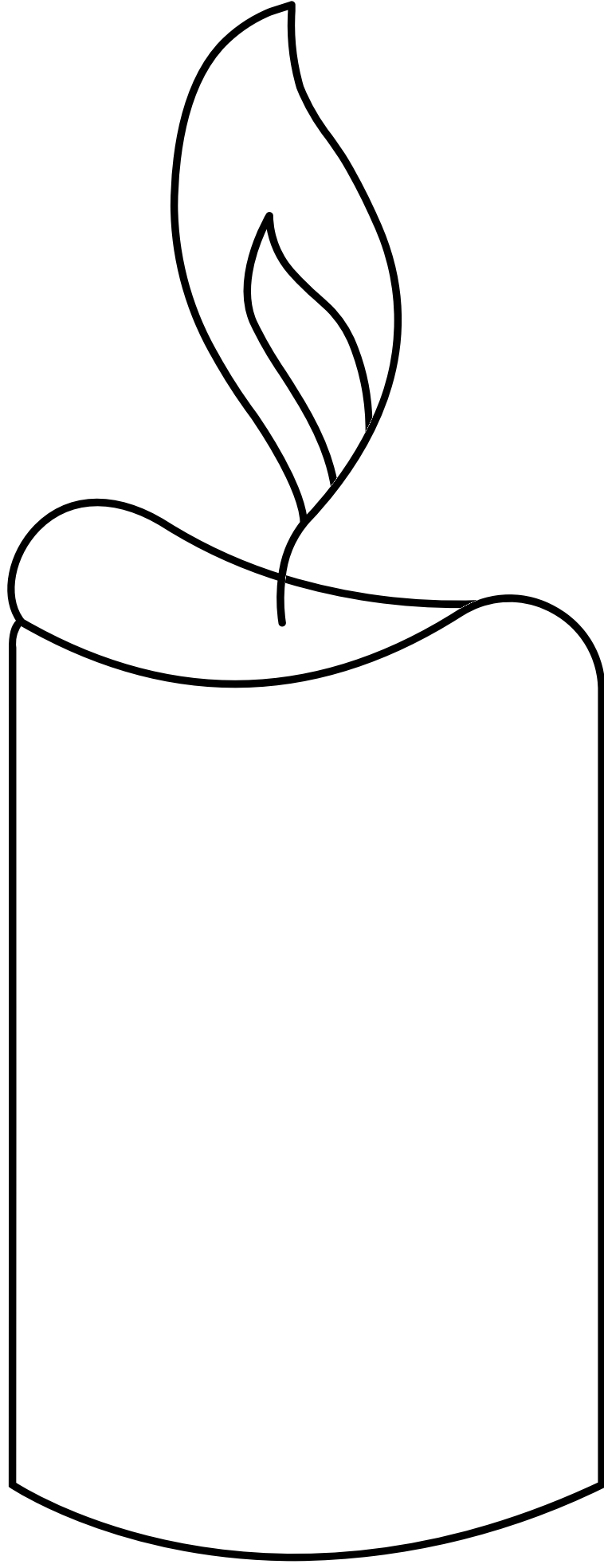
When you reach the end of the fourth loop, tuck the end under one of the other loops, and tie a piece of string or twine around the middle of the cross to hold it all together. You can then trim the ends of the rushes to create a neat finish.

Once you have made your Brigid's Cross, you can hang it up in your home for good luck and protection, or give it as a gift to someone special. It is a beautiful and meaningful tradition that has been passed down through generations, and is sure to bring joy and warmth to anyone who participates in it.

Make a bed for St. Brigid

Brigid is one of the most beloved saints in Ireland. She is known for her many miracles and for being a patron of the arts, poetry, and healing. One of the most popular traditions associated with St. Brigid is the making of a bed for her on the eve of her feast day, which falls on February 1st. This tradition has been passed down for centuries, and is still observed by many people today. The bed is usually made from rushes or straw, and is decorated with ribbons, flowers, and other items. It is said that St. Brigid visits the homes where her bed is made, and blesses those who show her hospitality. The making of St. Brigid's bed is a beautiful way to honor this beloved saint, and to keep alive the ancient traditions of Ireland.

Draw pictures or write in the candle all of the things you would like to do in the Spring. Cut it out and place it on your altar.



IMBOLC ACTIVITY BUCKET LIST

15 THINGS I SHOULD DO THIS SABBAT



- CREATE 2 ITEMS FOR YOUR ALTAR
- MAKE A FAE LANTERN
- MAKE A DOLL
- LEARN ABOUT A NEW HERB
- MAKE A WINTER SOUP AND HOMEMADE BREAD
- WRITE A POEM AND LEAVE IT AS AN OFFERING TO THE FAE
- PICK OUT WHAT SEEDS YOU WOULD LIKE TO PLANT
- MAKE A NATURAL CLEANING PRODUCT
- CREATE YOUR OWN MILK BATH MIXTURE
- HAVE A MOVIE MARATHON DAY AND DRINK A WARM TEA WITH HONEY
- VISIT A LOCAL LIBRARY AND CHECK OUT A NEW BOOK
- BAKE COOKIES AND DRINK A GLASS OF MILK
- PAINT A POT AND PLANT A SEED. KEEP IT INSIDE FOR NOW.
- CARVE A CANDLE AND CREATE A CANDLE DRESSING TOGETHER
- CLEANSE YOUR HEARTH

The Correspondence between Serpents and Imbolc

Serpents are associated with Imbolc because it's the time when animals that hibernate start to move around. Unlike some other hibernating animals, snakes don't hibernate, but instead, they go into a similar state known as brumation. Their movements and metabolism slow down, and they sleep for long periods.

In late winter, as snakes start to become restless, they may even appear in your dreams. Our bodies respond to the rhythms of nature, so we, too, start to come out of hibernation around this time, which is why people experience cabin fever in February.

Snakes have become a modern symbol of healing, as seen in the medical symbol of a snake on a stick. The ancient Greeks believed that snakes were sacred beings with healing powers, and serpents are closely associated with the legends and myths of Brigid. Ancient temples dedicated to Brigid kept sacred snakes for healing rituals.

The snake is a potent symbol of transformation, and Brigid also represents transformation. Although a snake's most well-known correspondence with transformation is the shedding of its skin, the transformation of coming out of hibernation is equally powerful.

Craft: paper plate snake

Materials: paper plate, paint or markers, scissors, googly eyes (optional), twine or string

1. Draw a spiral shape onto a paper plate with a marker.
2. Use assorted colors of craft paint to make stripes and dots on the entire surface of the paper plate. At this time you can also paint the plate and allow it to dry.
3. Once the paint is dry, cut along the spiral line from the outside to the center of the paper plate.
4. Glue two googly eyes on the center of the plate snake to make the face.
5. With the tip of the scissors, poke a small hole above the snake's eyes.
6. Thread your twine or yarn through the hole and double knot it at the back of the snake's head.
7. Lift up the twine to make the snake slither and move.

Hearth and home, home and hearth,
welcoming close our family and friends.
Home and hearth, hearth and home,
the light returns as winter ends.

