



Ostara: Rituals, Recipes & Lore for the Spring Equinox

Kerri Connor

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Celebrate the season of returning sunlight and the bursting forth of the birds, bees, and trees

Ostara—also known as the Spring Equinox—is a time of renewal, a time to plant seeds as the earth once again comes to life. This guide to the history and modern celebrations of Ostara shows you how to perform rituals and work magic to renew your power and passion for living and growing. Rituals Recipes Lore Spells Divination Crafts Correspondences Invocations Prayers Meditations

Llewellyn's Sabbat Essentials explore the old and new ways of celebrating the seasonal rites that are the cornerstones of the witch's year.

Ostara: Rituals, Recipes & Lore for the Spring Equinox Details

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From Reader Review Ostara: Rituals, Recipes & Lore for the Spring Equinox for online ebook

Tammy says

Ostara Rituals Recipes Lore for the Spring Equinox Paperback and Beltane Rituals Recipes and Lore for May Day are part of Llewellyn Publications new Sabbat Essentials series. They are the Martha Stewart of sabbat books, containing histories, modern celebrations, ritual ideas, divinations and spells, recipes, decorations, and correspondences. Each book is written by a different author, so each brings something a little different to the table, but they conform to Llewellyn's format.

The illustrations in both books are absolutely gorgeous. The ritual ideas are sparse, but good, in that they have ideas for solitaires and groups. The recipes seem pretty tasty and definitely suit the sabbats.

I think these books are good for beginners looking for an overview and for old-timers who are looking for something a bit more to spice up their celebrations. My one caution is that I feel as if the spirituality of the sabbats is missing from these books--and maybe it has to be, as they're targeted toward the entire neo-pagan community and not limited to one path. If you aren't familiar with a spiritual path you shouldn't count on this series to give you that familiarity.

(Provided by publisher)

Taryn says

I feel like this would be a good book for beginners (or maybe people who prefer owning reference books). Otherwise, I can find nearly all the info/ideas online for free.

Amanda says

Spring 2018:

I love, love, love discovering this new set of Wheel of the Year books exist. I'm going to be picking these up one at a time, per holiday, as the year goes on and adding them all to my collection.

I was incredibly quite pleased the whole first third of the book is broken up into Old Ways and New. I love that the Old Ways section is, indeed, delved research into the references of spiritual practices for any people or rites related to this holy day through centuries. I love the clarity of some things not having an answer, or us still not being certain.

The invocation page was fun, as well, though I do wish there were some more crafts and recipes than those listed.

MeriBeth says

Part of Llewellyn's Sabbat Essentials series, *Ostara* focuses on the early spring festival of renewal and regeneration. First, however, you must slog your way through a general history of the wheel of the year and how this wheel effects modern neo-pagans throughout the year and the differences between the Northern and Southern Hemisphere versions of it. This information, very introductory and likely common knowledge to any neo-pagan reading the book, drags the text down right from the start. I was bored with it before I even got to the paragraphs telling me what kind of information I would find in the book I was about to read.

Ostara then proceeds to tell us the history of the holiday initially by repeating several paragraphs of material from the introduction before moving on into a scholarly discussion of the background and development of Ostara as a pagan holiday. For a supposedly ancient holiday, the fact that this is an ancient celebration is repeated several times, it seems strange that all the written information or references to it begin in the 8th century in illuminated manuscripts with no references discovered in any ancient sites or more ancient texts of which we have fragments or whole manuscripts. Then, in a dramatic shift, the author turns around and says it was all Gerald Gardner's idea. Excuse my sarcasm, but I'm beginning to think anything with neo-pagan festivals is solely Gerald Gardner's idea or, if writers can't come up with something to say 'yes, that's where it started' in archaeology, they blame him for inventing it. Three paragraphs later, once again Ostara is an ancient festival from Ireland. Yes, if you can't tell, I got rather frustrated rather fast with the almost schizophrenic shifts back and forth on the history of the holiday especially when the author attempted to link Ostara to all sorts of other ancient fertility rites which conveniently happened in the early to mid-spring.

After the historic ramble comes a ramble on the status of the holiday among modern neo-pagan groups and, strangely enough, the general public. A long discourse follows basically connecting all sorts of modern events, holidays, illness and cures to the return of spring. After reading this book, I have to wonder if when they get around to a book on Lammas the eventual author will try to make football into a modern harvest rite! Needless to say, my enthusiasm for this book bombed out long before I reached the spell section which also underwhelmed me with long lengthy explanations and bits of modern poetry as "spells" for things you might want to do in the spring – cleansing, mediation, renewal, attracting love, divination – though for some reason the Ostara rituals were tucked away at the very end of the book and were quite lengthy even for a solitary. In reading them, they seemed familiar and I wonder if they were adapted from something previously published elsewhere. The best part was the recipes and crafts section. The recipes were healthy and sounded delicious though many of the ingredients were not available currently for me so I was unable to try them out. The crafts were simple for the most part and suitable for someone to do with their children.

In the end, this book had its highs and lows for me. I believe it is best suited for someone new to the neo-pagan movement or who is just started to develop a library of material of their own. It is very introductory, if lengthy and repetitive in many places. Much of the material could have been edited to eliminate the repetition and contradictions in the text. Still, for what it is, it's not the worst book out there nor is it the best.

Book received from NetGalley in exchange for an honest review.

NaomiRuth says

Twas alright. I loved the chapter on the history of Ostara. I felt like the chapter on rituals was unnecessarily repetitive, but maybe that's because I'm not Wiccan? Anyway. Had some useful/helpful content, so glad I

read it.

Cissa says

While mostly aimed at Wiccans- as are the books in this series I've read thus far- this book does have many ideas for celebrating the Spring Equinox, especially the recipes and crafts.

The themes of the holiday, in this book, are balance and new beginnings- two concepts that have a lot of resonance. Integrating them into a yearly celebration makes sense; I will be curious to find out of the Autumn Equinox features balance and endings.

It, like the other books, has a lot of materiel from which one can pick and choose what is most pertinent, and what resounds best with one's own holiday traditions.

Loran (Algonquiins) says

I feel very disappointed by this book. I picked it up hoping for a very detailed and rich book about the Ostara holiday with lots of crafts, recipes, spells, etc. There aren't many books solely dedicated to just Ostara so I thought this would be excellent. It was however very small, lacked a lot of inspiration, and felt thrown together. I'm still giving this book 3 stars because the recipes and crafts included were very good and I enjoyed reading the book! ... I just don't think there was enough included and it was TOO short. The old and new ways/lore section was pretty bland, the ritual walkthrough didn't feel like a Wiccan walkthrough at all and isn't something I would use ever, and there were basically no spells appropriate for the holiday included.

For being a new series supposedly dedicated to the Sabbats I was disappointed and I'm left wondering if I should bother reading the rest of the series at this point.

Jillyn says

Ostara is the first of the Llewellyn's Sabbat Essentials that I received to review. This reference book is in a very easy navigate format, with just six simple chapters: Old Ways, New Ways, Spells & Divination, Recipes & Crafts, Prayers & Invocations, and Rituals of Celebration.

The first section, "Old Ways", explains the historical context and more anciently tied traditions of the sabbat. The section of "New Ways" offers more modern day ways to connect to the holiday, like gardening or taking walks or meditation. Things that you can do in your daily life, without a lot of difficulty or struggle. It also suggests places to visit and places to go so you're out in the wonderful springtime.

The "Spells & Divination" chapter contains just that- spells and divination tips and ideas. Some of these include a spell to assist in difficult changes, and a Spring is in the Air Love Attraction Spell. These are written in step by step format, and include lists of the things you will need to follow them. There are also prayers and words to say included. These serve as good jumping off points for beginners to the path. This is expanded on within the "Prayers and Invocations" section as well.

The "Recipes and Crafts" section, again, includes just what you'd think. Some of the recipes included in this book are Mint Lamb Chops and Hot Cross buns. They're short and relatively simple recipes, with the steps written in more of a paragraph format as opposed to a step-by-step list. There are desserts, drinks, and meals for both vegetarians and meat eaters alike. Crafts include Eggshell Plant Pots and Painted Garden Stones. These are largely family friendly and relatively easy crafts that are a fun way to spend the day. I'm not the craftiest person, so I was happy to see that these are things that (I think) I can actually do.

The last chapter, "Rituals of Celebration" includes a ritual for a solitary practitioner, one designed for two people, and one designed for a group.

All in all, I think this is a great place to start as a beginner, or a relatively quick way to brush up on things if you're not in the regular study habit. Reading this book made me request the next book in the series.

I was provided a copy of this book in exchange for my honest review. This review can also be found on my blog, Bitches n Prose.

Tara says

This is definitely one of the better books in this series. The author focuses a lot on general themes and different ideas for how you can incorporate them into your life at this time, but leaves a lot of space for personalization. Everything reads more like a suggestion than a "it must be done this way to be correct" ultimatum. I left with a pretty good understanding of the holiday and what it means and not just a few really specific practices that I'm not sure how to adapt like I have with some of the other books.

Jessica Del Fino says

Thank you to Netgalley for the Advanced Reading copy!

Ostara, Rituals, Recipes and Lore for the Spring Equinox, is just what is says. The beginning of the book contains a brief history of the Old Ways and the Wheel of the year and how it is broken down to mark the eight sabbats in Natures annual cycle. Very informative to those who may just be starting on this journey and are not very familiar with the Wheel or sabbats yet. The New Ways chapter will be very familiar to most, as it contains suggestions to celebrate the coming of Spring which we already do.

Ostara is about rebirth, and the book deals mainly with blessings, spells and meditations for renewal and balance, and accepting change. The final chapters focus on rituals and blessings, and contains lists of keywords, definitions, names, tools and acts of service, as well as further reading suggestions. As I was preparing for Yule while reading it, I am now looking forward to using the meditations and recipes in the book to welcome Spring!

Chloe says

The series has a great basis to it, a basic summary of every Sabbat and practices that are common as well as some brief history, some recipes and some eclectic magic thrown in.

Something that irritated me was that many of the ideas for crafts and recipes were not very specific or broad, and felt a little rushed or just like modern pinterest ideas. The ritual was very basic, with little specification to Ostara, and more focused on the idea of rebirth rather than the changes in nature, animals and the world around us. It felt disjointed at times and I had trouble with chapters being out of order.

Ex. You are given a prayer to read, but then the prayer is supposed to be said after a ritual, which is not mentioned until the chapter later.

Above all, it's a cute book with some basic information but nothing about Ostara that is powerful enough to make an impact or inspire a Wiccan, Witch or anybody reading who has a basic knowledge already of the Sabbat. I was hoping for more detail in such a specifically aimed book, If you're on a budget I wouldn't buy it, but if you prefer a traditional book as a resource it's good staple information with not much else.

Adrian Brown says

I'm making my way through this series of 8 books in time for each celebration/holiday. I'm enjoying the series and this one also does not disappoint.

As I have read half of the books now, I skip the intro (it says the same thing, verbatim, minus like one or two sentences about the respective holiday), but I enjoy the varied histories from multiple geographies found in the old/new ways chapters. The craft/recipes chapters are full of simple projects and the recipes are easy to follow. The ritual chapter (in each book (so far)) gives a simple ritual as a starting point for a solitary witch, a duo, and a large group/coven. The part I enjoy most in each book are the lists of correspondences (associated symbols/meanings/associations) at the end, but I'm a nerd-witch that way. I see this series as a great beginners/median-level resource that I will enjoy for a few rounds of the wheel and then pass on to another witch blossoming with curiosity about our ever-changing relationship to Mother Earth.

Rae Sengele says

Of the Llewellyn's Sabbat Essentials books that I've read so far, I liked the Ostara book the best. I love that the book isn't entirely wiccan and that the author addressed the whole Eostre problem from a historical stand point rather than stating it as fact. I also loved that she explained a lot of the correspondences, especially the deities, and why they correspond with the sabbat rather than just listing them and asking the reader to just take their word.

I will say, however, this book (like the rest in this series) is geared towards beginners, so there won't be a lot of new information for more advanced practitioners, except maybe some new ideas for meals or meditations. With this in mind, I really do wish the series would include some more subtle rituals that learning pagans could do if either they're living situation doesn't permit elaborate rituals/spell work or they just want to ease into it.

Beginner and discreet/subtle rituals/spell work is something that I have long felt is really missing in the pagan literature that is available, and a series geared towards beginners should be a perfect place for it. I just think it's a missed opportunity.

Rabbit {Paint me like one of your 19th century gothic heroines!} says

Disclaimer: This ARC was given to me for free in exchange for an honest review from Netgalley.

I really liked the fact that this was not just a Wiccan book, and that it focused on Neo-Paganism views on the holiday as well.

I liked how some of the recipes were vegetarian friendly.

There was a little bit of everything for everyone.

I wish there was a bit more advanced information, I felt like I didn't learn anything I didn't read before or researched before.

I recommend this as a good starting place for new neo-pagans, since it feels like a compilation of information in one book.

Also, the cover is cute. It really stands out among other witchy books.

Cait (lil_ms.bookworm) says

Of all the Sabbat essentials books, this one was probably the most enjoyable to read. It was well-researched, grammatically sound, and inspired my plans for the upcoming sabbat immensely. It also included vegan/vegetarian recipes in the section pertaining to food to be eaten during Ostara, which I greatly appreciated, because those alternatives were severely lacking in the rest of the collection I have read thus far. This book made me really excited for Ostara, so I believe it has done it's job.
