



Glastonbury Goddess Temple Madrons



Seasonal Practice
December 2025



Yule Blessing Prayer



Mother of Air,
Whistling winds,
Old Woman of Winter,
We feel your wintry breath,
As we honour you.

Holly Woman
Evergreen Lady,
Wisdom Keeper,
Dreaming in the winter depths,
We embrace the deep Stillness and rest.





SACRED CRAFTING FOR DECEMBER

During December crafting offers us the opportunity to connect to the further change in the season as we enter the darkest part of the year and winter arrives. It offers us the chance to express our connection to the time of going within and dreaming as we prepare to gather with family and friends.

As we continue our crafting cycle, we explore sacred craft projects connected to each of the seasons and Goddesses around the Avalonian wheel. These crafts can also be seasonal offerings for your altar and will help you connect to the energy of each season.

Whilst you are crafting have in mind that there is a deep connection between our creative activities and our spirituality. As we create and make something either on our own or with others we heal, integrate and transform our bodies, mind and soul. As we craft, we express ourselves in a grounded and tangible way. We may find the activity meditative and find it fosters mindfulness as we create, finding a deeper sense of purpose and connection with ourselves and others. Crafting is also a way of caring for ourselves as we connect with our inner world and can have the added benefit of improving our wellbeing and relaxation.

Allow yourself to take these suggestions and explore your connection to Goddess through your creativity. Remember that crafting can be as simple or as complex as suits you, and there is your way of doing this, which is perfect.

Sacred Crafting for December

Here are some suggestions for this month:

Continue to connect with nature outside, what is happening in your land, park or garden? Observe the trees, what animals and small creatures do you notice now?

Perhaps connect with a Holly tree, what does Lady Holly share with you this month?

Create a sacred space inside or out where you can connect deeply to this time of stillness as we approach the Winter Solstice.

Yule Herbal Bags

You will need:

- Pieces of suitably sized scrap fabric,
- A variety of dried fragrant herbs and spices (rosemary, cinnamon stick, dried flowers, barks, roots, allspice, bay leaves, cloves, dried citrus pieces to name a few-there are lots of choices).
- Sewing kit and/or sewing machine (needle and thread, scissors and ribbon or other material for tying).
- Decorative embellishments if required
- Aromatic oils if needed



Method:

Choose your herbs, roots, bark and flowers and dry them yourself or buy dried.

Cut your material to size and create and sew together securely a small fabric bag/pouch, leaving one short end open.

Mix your herbal ingredients together in a bowl and add a few drops of essential oils if using and mix well.

Fill your bag with your chosen aromatic mix -about two-thirds full.

Securely close the opening by tying ribbon or sewing the bag closed.

Decorate your bag if using embellishments.

Pop your bag into your clothes drawers or hang on a decorative tree or give as Yule gifts. Crushing the bag gently or adding a few drops of essential oil will refresh the scent.

Remember to keep all items safely out of the reach of children and pets!



Journaling suggestions

What was revealed to you when crafting your Herbal bag?
How has crafting helped you to connect to Goddess this season?
What fragrance was your favourite, explore the reasons.
Note down in your journal what ideas, goals, projects or dreams and wishes came for you.
What are your intentions for this time of winter dreaming?

