

MEANING

- “The Christmas season.”
- One of the four ‘lesser sabbats’ (a festival, ‘sabbats’ mark a seasonal turning point) in the Wheel of the Year.
- First of the eight sections of the Wheel of the Year and celebrates the changing of seasons.
- Symbolized by the rebirth of the sun and foretells the return of fertile seasons.

WHEN

- Celebrated on the shortest day of the year, between December 19-23.
- Occurs on the winter solstice (shortest day and longest night).
- Please note: Precise celebration dates can vary based on tradition and the related agricultural milestones of the local region. Celebrations may occur on the astrologically precise quarter and cross-quarter days, the nearest full or new moon or the nearest weekend.

COMMON PRACTICES

- Offerings, tree decorating, decorating the home with sprigs and wreaths (of holly, ivy, mistletoe, yew, and pine), sharing a feast and gift giving are common.
- Meditating in the darkness, lighting candles, and singing songs to welcome the “birth” of the sun.
- Burning of a Yule log with a small portion saved for next year’s fire.

QUESTIONS/COMMENTS?

Email: inclusion@msu.edu



Yule

Old Norse

Yool



- When appropriate, reasonable accommodations should be discussed in advance between students and instructors.

FOR MORE INFO VISIT:

provost.msu.edu

Type of Calendar:

Wheel of the Year
(solar)

