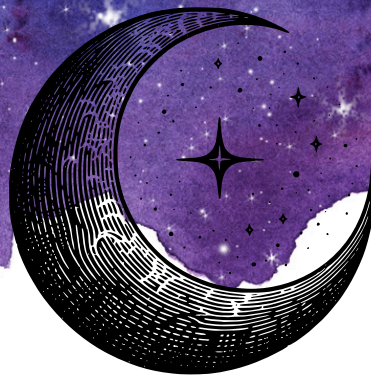




# MONTHLY NEWSLETTER

BY AUTUMN O'LEARY



## THE LONG NIGHT: WISDOM IN THE DARKNESS

December invites us into the most intimate part of the year - a time when the world grows quiet, the nights lengthen, and everything feels just a little closer to the realm of the unseen. The Winter Solstice, the longest night, is more than an astronomical moment. It's a mirror. A threshold. A soft doorway into the deeper layers of ourselves.

Darkness, in many traditions, is not synonymous with fear or negativity. It is the realm of the hidden, the intuitive, the unspoken truths that surface only when external noise fades. In the quiet depths of winter, we are offered a rare gift: the chance to hear ourselves more clearly.

This season encourages an honest inward gaze. Without the bright distractions of busy days and long sunlight, we are invited to notice what has been simmering beneath the surface - the feelings we've quieted, the insights we've postponed, the parts of ourselves that have been waiting for our attention.

## **The Long Night becomes a teacher in its own right, showing us that:**

✦ **Stillness is not stagnation; it is integration.**

The mind and heart need space to synthesize everything we've moved through this year.

✦ **Darkness reveals clarity.**

When we step away from external brightness, the subtle inner light becomes easier to see.

✦ **Quiet is a form of wisdom.**

The intuition that whispers in winter is often more truthful than the certainty we chase in summer.

✦ **Not knowing is a sacred place.**

There is power in allowing ourselves to be between chapters, without rushing to define the next one.

The Long Night reminds us that darkness is not something to escape - it is something to explore. It can hold us, teach us, soften us, and reorient us toward what actually matters. It creates the conditions for profound self-awareness, spiritual recalibration, and a quiet kind of courage.

As the Solstice arrives and the wheel turns once more, may we approach the darkness with reverence. May we trust the insights that arise in the stillness. And may we recognize that sometimes the greatest illumination comes not from seeking more light, but from learning to see more clearly in the dark.

**This month offers a powerful opening to reflect on the deeper patterns shaping our inner world:**

*What truths emerge when I stop trying to hold everything together?*

*What emotions or realizations surface when I give myself permission to slow down?*

*Where has my spirit been calling for rest, acknowledgment, or change?*



# UPCOMING CIRCLE EVENTS





# COLLECTIVE SPOTLIGHT

## THE HEART OF OUR COMMUNITY

This December, our spotlight turns toward the true source of magic within our community: the women who gather, connect, and co-create this space together. Instead of highlighting one individual, we honor the collective - the luminous group of souls who come with open hearts, curious minds, and a willingness to grow both personally and alongside one another.

Every month, you bring your stories, your laughter, your vulnerability, your wisdom, and your presence. You show up for yourselves and for each other, forming a community rooted in compassion, authenticity, and genuine connection. It's your energy that transforms each gathering into something meaningful. It's your participation that turns a simple room into a sanctuary. And it's your willingness to be seen, heard, held, and inspired that makes this community feel alive.



## SISTERHOOD SOLSTICE FEAST NIGHT

To honor this collective spirit, our December gathering will be a Sisterhood Solstice Feast Night - a warm, nourishing evening that celebrates the women who make this community what it is. As the year finds its close and the light begins its slow return, we'll come together for a cozy holiday-style potluck, each of us bringing something that feels like "home," alongside the main dishes provided. We'll share food, reflect on the journey we've walked, acknowledge the ways we've supported one another throughout the seasons, and enjoy a simple seasonal craft that adds a touch of creativity and fun to the night. This gathering is a remembering: that community is nourishment, that connection is medicine, and that we rise brighter when we rise together.





# AFFIRMATION OF THE MONTH



The darkness enfolds me in truth, and  
my inner light awakens from within.



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## MEME OF THE MONTH

# QUOTE OF THE MONTH

"Darkness is not the absence of light;  
it is the womb that births the sun."

~ John O'Donohue



# DECEMBER ASTROLOGY

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## December 4 - Full Moon in Gemini

The Gemini Full Moon illuminates the mind like a lantern held up to a branching path. Thoughts scatter, insights spark, and conversations feel charged with meaning. But beneath the mental buzz, this lunation asks for something deeper: truthful expression. Not the polished version, not the agreeable version - the soul-forward truth that rises when you finally stop rehearsing and speak from the heart. This moon exposes the inner dialogue that tries to keep you small, and invites you to rewrite the narrative with clarity and compassion.

In the light of this airy moon, information surfaces that was previously tangled or hidden. You may feel called to connect, share, or ask questions that have been lingering. Listen for the whisper beneath the noise - the message that's been trying to reach you.

**Vibe:** Illuminated truth + soul-level clarity

**Watch for:** Overthinking, scattered energy, impulsive words

### Reflection Questions:

- What truth have I been circling around but not yet naming?
- Where do I need to communicate with more honesty - with myself or others?
- What mental stories feel outdated and ready to release?

### Suggested Ritual:

Write down the thoughts that keep looping. Burn or bury the ones you are ready to let go of, and speak aloud one new truth you're ready to step into.

## December 10 - Neptune goes direct

As Neptune stations direct at the final degree of Pisces, the fog begins to thin - but only just enough for intuition to come back online in a gentler, clearer way. This moment is a threshold between dissolving the old dream and preparing for a new one. The veil feels thin, the heart more porous, and your emotional instincts more trustworthy than logic. This is a soft reawakening of vision, imagination, and your spiritual senses. You may notice old fantasies or illusions drifting away, not with grief, but with a quiet acceptance that they no longer fit who you're becoming. Insights may arrive through symbols, dream imagery, or sudden emotional clarity, guiding you toward a deeper truth that words can't fully hold. Let yourself move slowly as your inner world recalibrates - clarity doesn't always land as a bold revelation, but as a gentle knowing that settles into your body before it reaches your mind.

**Vibe:** Soft clarity + intuitive realignment

**Watch for:** Emotional sensitivity, disillusionment, escapist tendencies

## December 11 - Mercury conjunct Lillith

Mercury meets Lilith in deep Scorpio, stirring the truths we usually whisper or hide. Thoughts become raw, instinctual, and unfiltered. This energy exposes shadow beliefs - the ones written beneath the surface of your conscious mind. Conversations may venture into territory that feels taboo, intimate, or charged, but the intention is liberation, not chaos.

This transit invites you to reclaim your voice from any place it was silenced, shamed, or made smaller. You may suddenly understand the root of a fear, the source of a story you've been carrying, or the reason certain patterns keep repeating. Trust what rises. It's meant to be acknowledged rather than banished.

**Vibe:** Deep truth + unapologetic self-expression

**Watch for:** Sharp words, emotional triggers, pushing too hard for answers

## Mercury enters Sagittarius

After passing through Scorpio's underworld, Mercury bursts into Sagittarius with fire, optimism, and renewed direction. Thoughts expand. Ideas ignite. Conversations become bigger, more philosophical, more future-minded. This is the mental exhale after a deep dive into shadow territory.

This transit opens the mind to new possibilities, new beliefs, and fresh meaning. You may feel drawn to share your story, teach, learn, dream, or plan. Allow curiosity to widen your path. Let your words travel farther than they did before.

**Vibe:** Inspiration + expanded perspective

**Watch for:** Overpromising, speaking before thinking, preachy tones

## December 15 - Mars enters Capricorn

Mars moves into disciplined Capricorn, shifting action from impulsive to intentional. This is "slow burn" determination - grounded, steady, strategic. You may feel a renewed sense of direction, purpose, and the desire to build something real. Mars in Capricorn pushes you to commit, structure your goals, and take responsibility for your energy and ambition.

This is excellent for long-term projects, boundaries, and any place in your life that needs solid leadership from you. Move with both patience and power.

**Vibe:** Determined action + mature confidence

**Watch for:** Rigidity, workaholic tendencies, suppressing emotions for productivity





# CONTINUED...

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## December 20 - New Moon in Sagittarius

This New Moon opens a doorway into possibility, expansion, and soul-led vision. Sagittarius invites you to dream boldly - not from ego, but from your inner compass. This lunation is a reminder that direction matters more than speed, and belief is the fire that carries you forward.

Under this New Moon, you're invited to plant intentions rooted in truth, adventure, and purpose. Let yourself imagine the life you haven't yet allowed yourself to desire. Call in experiences that stretch you, awaken you, and reconnect you with meaning. This moon asks you to say yes to the inner voice that's been quietly urging change.

**Vibe:** Hope, expansion, aligned intention

**Watch for:** Impatience, avoidance of details, running from discomfort

### Reflection Questions:

- What future vision is calling me - even if it scares me?
- Where am I ready to move beyond old limits or beliefs?
- What truths about my path am I now willing to claim?
- What would I choose if I trusted the adventure ahead?

### Suggested Ritual:

Write your intentions as statements of belief - not just desire. Speak them aloud. Light a candle and imagine the flame carrying your vision upward into the unseen realms.

## Lilith enters Sagittarius

Lilith stepping into Sagittarius awakens the untamed, boundary-breaking side of truth. This is the fire of spiritual rebellion - not rebellion for its own sake, but for self-sovereignty. You may feel a deeper desire to express your unfiltered beliefs, claim your freedom, or break away from narratives that were never yours to carry.

This is a season of reclaiming the wildness of your worldview: your personal myth, your meaning-making, your inner fire. Allow yourself to explore what liberation looks like in body, mind, and spirit.

**Vibe:** Fierce independence + liberated beliefs

**Watch for:** Dogmatic thinking, impulsive choices, rejecting guidance too quickly

## December 21 - Sun enters Capricorn

The Sun's move into Capricorn marks the Winter Solstice - the moment the light begins to return. This is a shift into responsibility, structure, and long-term devotion, but also a sacred pause. It's a time to honor the wisdom of rest before movement, stillness before building.

Capricorn teaches that your dreams become real through commitment, boundaries, and grounded effort. But it also reminds you that nothing grows without rhythm. Let this solstice be a moment to regroup, clarify your priorities, and choose what truly deserves your energy in the year ahead.

**Vibe:** Sacred discipline + quiet renewal

**Watch for:** Pressure, perfectionism, taking on too much too soon

## December 24 - Venus enters Capricorn

Venus in Capricorn brings maturity, steadiness, and devotion to love, self-worth, and relationships. This is an energy of showing up — not with grand gestures, but through consistency, care, and aligned boundaries. Relationships stabilize, values clarify, and desires become more grounded.

In love and self-love, this transit asks: What am I truly committed to? What do I want to build? Where am I ready to choose quality over immediacy, depth over intensity?

**Vibe:** Steady devotion + clear values

**Watch for:** Emotional reserve, fear of vulnerability, guardedness





# RECIPE OF THE MONTH

BY SARAH BROWN

## YULE HEARTH STEW

### Ingredients:

- 1 lb stew beef
- 3 cups beef broth
- 3 carrots, chopped
- 2 potatoes, cubed
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 cup mushrooms, sliced
- 1 tsp rosemary
- 1 tsp thyme
- Salt & pepper, to taste
- splash of red wine,
- 1-2 handfuls of chopped kale added at the end

### Procedure:

- Prep – Add all ingredients except kale to your slow cooker.
- Cook – Cook on LOW for 6-8 hours or HIGH for 3-4 hours, until vegetables are tender and meat is soft.
- Finish – Stir in kale during the final 10 minutes of cooking.
- Serve – Ladle into bowls and finish with cracked pepper, flaky salt, or a drizzle of olive oil. Serve with crusty bread

### RITUAL TOUCH

As you add each ingredient to the pot, pause for a moment and consider what you're calling into your winter season:

Potatoes for grounding

Carrots for clarity

Broth for nourishment


Herbs for protection and peace





# NOVEMBER RECAP

## ABOUT ROWENIA



Rowenia is a certified Level 1 Geo Love Healing Practitioner and is currently completing her Level 2 certification, with plans to begin Level 3 in later half of 2026. Through her training, she has witnessed both significant and subtle releases during certification healings and feels deeply called to continue helping others on their healing journey to achieve these beautiful breakthroughs. Her intention is to guide others toward greater peace, joy, and alignment in their lives. As a channeler, Rowenia brings through gentle yet powerful energies that support transformation and self-discovery. Once she completes her Level 2 certification, she plans to begin offering both group and individual Geo Love Healing sessions to those ready to release what no longer serves and welcome in more love and harmony.



## GEO LOVE HEALING NIGHT

Last month, we were honored to experience a special Geo Love Group Healing led by Rowenia. Geo Love Healing, developed by Oliver Nino (The Spiritual Activator), was a modality that used sacred geometry - the divine patterns found throughout nature and the universe - to bring healing at a deep energetic level. These geometric frequencies spoke the language of the universe itself, working with light and consciousness to help shift and re-pattern the core energy within us. You could think of it as an energetic "update" for the body and soul. Together, we opened to the intelligence of the universe and allowed its sacred patterns to guide us toward greater harmony, balance, and renewal.



# Food Donations Accepted

✧ GIVE BACK THIS SEASON ✧

Join us in spreading  
warmth and kindness!

We're collecting non-perishable food items  
and monetary donations to support local  
charities in our community.

Every contribution—big or small—helps  
make a difference for families in need.



**Drop donations off at Crown & Stone  
during any event or visit this month.**





Crown and Stone Presents

# SHIFT

## A NEW YEAR SOUND EXPERIENCE



Come and release the rush of the season and return to a grounded sense of ease.

Through resonant sound and intentional rest, you'll shift your energy into renewal and alignment for the year ahead.

**FRIDAY JANUARY 9TH @ 6PM!**

Register:

[www.crownandstone.com/collective-classes](http://www.crownandstone.com/collective-classes)



CROWN AND STONE PRESENTS...

# FIRE & CLAY

Step into a sacred circle where  
fire, breath, and creativity meet. We'll release what's  
ready to fall away, journey inward for guidance, and anchor  
that wisdom into a clay medallion crafted with intention,

This experience is warm, grounding and restorative-an  
invitation to reconnect with yourself and carry home a  
talisman for the year ahead.



CROWN & STONE  
814 N WASHINGTON AVE  
OLD TOWN LANSING, MICHIGAN  
SUNDAY, JANUARY 18TH  
2:00PM-4:00PM





# DO YOU...



Do you have a fresh, intriguing, or enjoyable topic that you'd like to share?



Would you like to practice your public speaking skills in front of a group of encouraging women?



Want the opportunity to collaborate on a supportive team?

## THEN BE OUR NEXT SISTER CIRCLE GUEST!

