CROWN & STONE

MONTHLY NEWSLETTER

SEPTEMBER 2026



RITUALS • COMMUNITY • HEALING • CONNECTION

THE ENERGY OF THE MONTH

FALL EQUINOX

September invites us into the season of harvest, balance, and gratitude. The Fall Equinox marks a turning point — a moment to gather what has grown, honor what has been created, and begin the gentle transition inward. This is a time to appreciate what is already here and decide what is worth carrying with us into the quieter months ahead.

WHAT THIS ENERGY MAY BRING UP

- A need to slow down
- Reflecting on how far you've come
- Noticing what feels complete
- A desire to simplify
- Sensitivity to seasonal change
- Reconsidering where energy goes

WHAT THIS ENERGY SUPPORTS

- Gratitude and appreciation
- Honoring what has grown
- Balance and recalibration
- Clearing and releasing
- Gathering what matters
- Preparing to turn inward

JOURNAL PROMPT

Draw a line down the middle of a page. On one side write "What is taking from me?" and on the other "What is nourishing me?" Notice where you may want to rebalance.

Step outside around sunset and simply notice the changing light, temperature, sounds, and season.

UPCOMING EVENTS



THE WITCH'S BROOM

$88

September 12th @ 3pm

A cozy fall evening of broom making, ritual, and harvest snacks. Come craft your own witch's broom and welcome the season with creativity, intention, and a little autumn magic.

Location: Crown and Stone



EQUINOX: A GONG IMMERSION

$35

September 22nd @ 6pm

A deep Fall Equinox gong immersion using powerful layers of sound and vibration to support energetic clearing, release, and transition as we move into a new season.

Location: Crown and Stone



SISTER CIRCLE

FREE

September 25th @ 6pm

This month's Sister Circle invites us into creativity, intuition, and sound. Together, we'll explore intuitive drawing and coloring with Mika Besinger of Pendragon Studios, accompanied by the meditative sounds of the kalimba.

Location: Crown and Stone

COMMUNITY SPOTLIGHT



MEET MIKA BESINGER

I am an artist, and musician. I create a lot of nature inspired art, and love to do personalized pieces as well. I specialize in pyrography (wood-burning, or fire art), and music with a few different instruments. I truly believe being creative is one of the most fulfilling ways to connect to your soul, and to the world around you.

I'm welcoming a new chapter in my life currently, diving deep into intuitive art for myself and my community. Letting my intuition guide different meaningful pieces of art, along with useful tools such as talisman, charms, or even guide self intuitive drawings. I'm honored to be able to share my gifts with you all!

UPCOMING SHOWS

Frontier Days Charlotte
Sept 11-13

Painting + Live Kalimba
Sept 17

CONNECT WITH PENDRAGON STUDIOS

Reach out if you're interested in intuitive art, or a personalized art piece

pendragon.studios.llc@gmail.com

pendragonstudiosllc.com



RITUAL OF THE MONTH

EQUINOX CLEARING SALT

YOU'LL NEED:

1 cup sea salt, Epsom salt, or salt of choice
An assortment of flowers, herbs, and botanicals that are of significant to your practice and intention.
A small jar or bowl

TO MAKE IT:

First, decide how you want to use your clearing salt. Choose Epsom salt for a bath or shower ritual, or sea salt if you plan to use it for home or doorway protection. Mix/Stir your chosen salt with the herbs slowly, thinking about what you're ready to clear, release, or make space around as the season changes.

TO USE IT:

Use your clearing salt in the way that matches your intention: add a handful to a bath, sprinkle a small amount onto the shower floor, or place a small bowl near your doorway for the week of the Equinox.

INTENTION:

I clear what has completed this season and make space for what comes next.





MAPLE VANILLA PEARS

with oat crumble

INGREDIENTS

3 ripe pears, halved and cored
4 tablespoons maple syrup
2 tablespoon melted butter
2 teaspoon vanilla extract
1 teaspoon cinnamon
Pinch of ginger or cardamom
Pinch of sea salt

OAT CRUMBLE

1/2 cup rolled oats
1 tablespoon melted butter
1 tablespoon maple syrup
1/2 teaspoon cinnamon
Pinch of sea salt



INSTRUCTIONS

1. Heat oven to 375°F.
2. Place pears cut-side up in a baking dish.
3. Mix maple syrup, butter, vanilla, cinnamon, ginger, and sea salt. Spoon over the pears. (reserve ⅓ for drizzling once baked)
4. Mix the oat crumble ingredients and sprinkle over each pear.
5. Bake for 25–30 minutes, until the pears are tender and the topping is lightly golden.
6. Serve warm on their own or with a drizzle of the leftover syrup mixture, vanilla yogurt, ice cream, or whipped cream

FROM THE SHOP

THIS MONTH'S PICKS



CRYSTAL ATHAMES

Crystal athames are beautiful ritual tools traditionally used to direct energy, set intention, and create sacred space. Each one is unique, making them a meaningful addition to an altar, ritual practice, or magical collection.



BLIND DATE WITH A DEITY

Blind Date with a Deity boxes invite a little mystery into your spiritual practice. Each box centers around a surprise deity —such as Freya or Tara—with thoughtfully chosen items to help you discover, connect with, and learn about their energy.



DRIED SAGE BUNDLES

Dried hanging sage bundles bring a beautiful, earthy touch to your space while honoring sage as a plant traditionally used in cleansing and ritual. Hang them as décor, keep them near your altar, or incorporate them into your personal practice.



LAPIS LAZULI RUNES

Crystal rune sets bring ancient divination into a beautiful, tactile form. Each symbol can be drawn for guidance, reflection, or intention-setting, making them a meaningful tool for both seasoned readers and those just beginning to explore the runes.

COME VISIT US IN THE SHOP

THE ASTROLOGY OF THE MONTH

SEPTEMBER COSMIC WEATHER

September begins with a breath of fresh air. Cosmically, we all need a moment to unwind, and reground ourselves after the intensity of August, and the eclipses. The eclipse energy stays active for a short time longer, and the further we get away from the Lunar Eclipse/Full Moon that took place, we will begin to regain our senses while the dust settles.

September is delivering us a chance to regain our focus and attention on the details that make us feel rooted and ready. In true Virgo fashion, we are ready to "do" what needs to be done.

WHAT SEPTEMBER MAY BRING UP	WHAT SEPTEMBER SUPPORTS
Awareness of what wasn't in alignment for you	Setting intentions for the next six months
Deeper understanding of your desires	Lead with self-awareness and less insecurity
Clarity that wasn't previously available	Not forcing anything but staying curious instead
A chance to revisit ideas or thoughts	The practice of non-attachment
An old wound around being accepted as you are	Leaning into ease and joy

SEPTEMBER COSMIC TOUCHPOINTS

1st Quarter Moon in Gemini	September 4th - A grounded, big picture opportunity to look back at August's eclipse season with more clarity and less emotion.
Venus Enters Scorpio, Mercury enters Libra & Uranus Retrograde	September 10th - A big day in the sky, Venus moves into the emotional depths of Scorpio; expect pleasure, love and beauty to crave meaning, and purpose. Mercury seeks balance and diplomacy in the way we communicate as it moves into Libra. And Uranus RX invites us to revisit mental shifts, and communication insights that we have experienced since Uranus moved into Gemini.
New Moon in Virgo	September 10th - Refresh yourself and set intentions! What needs to happen to create real shifts in your life over the next six months? Get organized, and make a list.
Chiron Retrograde in Aries	September 17th- Chiron leaves Taurus and retrogrades back into Aries. This will activate a familiar wound of healing around thoughts, feelings and emotions concerning who you truly want to be and how you show up in the world that requires one more layer of healing.
Sun Enters Libra	September 22nd- The Sun enters the air sign of Libra bringing us into a more balanced and beautiful time all around. With Libra's ruler Venus in Scorpio, we will want to experience depth to all the things we love but in a light-hearted, sensual way.
Full Moon in Aries	September 26th- The Full Moon rises in the fiery sign of Aries and will reignite our passions and help us to take action where we wish to see growth in our lives.



BOOK WITH TAYLOR

If you'd like to learn how these transits move through your own chart, book a reading with Taylor Crofton.

@shamamataylor
860.637.2641
www.taylorcrofton.com
taylor@taylorcrofton.com

Cosmically yours,
Taylor

CROWN & STONE

THANK YOU FOR BEING PART OF OUR CIRCLE.

WE CAN'T WAIT TO SEE YOU AT OUR NEXT GATHERING.

814 N Washington Ave, Lansing, MI

crownandstone.com

@crownandstonecenter

facebook.com/crownandstone

sarah@crownandstone.com



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.

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!

Crown & Stone