



# MONTHLY NEWSLETTER

BY AUTUMN O'LEARY



## ROOTS & RENEWAL

November arrives like a soft breath, wrapping the world in quiet reflection and gentle stillness. The brilliant fire of autumn fades, leaving bare branches and the subtle, sacred beauty beneath the surface. The Earth herself draws inward, tending to her roots, preparing for rest, reflection, and renewal. This month invites us to do the same - to slow down, honor ourselves, and nurture the hidden parts of our hearts, bodies, and spirits. Even in stillness, growth is happening.

Renewal is often imagined as bursting light or outward movement, but the truest transformation begins in the dark, fertile soil of our own becoming. When we pause to listen to our inner rhythms, we remember that rest is sacred, release is powerful, and the quiet spaces within us are rich with possibility. November is an invitation to return home to ourselves, to tend our inner gardens, and to trust the cycles of life that unfold naturally when we honor them.

Like trees whose roots reach deep into the earth, we are supported by what lies beneath the surface - by our values, our relationships, our intuition, and the sacred currents that guide us. By caring for these foundations, we strengthen our ability to rise and bloom when the next season calls us forward. Renewal is not always about new beginnings; sometimes it is about reclaiming what has been quietly thriving inside us all along.

### **As you move through this month, consider:**

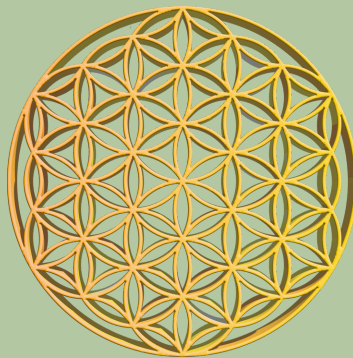
*What nourishes me when the world feels heavy or uncertain?*

*In what ways am I being called to rest, release, or return to my own heart?*

*How can I tend my inner roots so that new growth, clarity, and joy can flourish?*

*What whispers from my intuition am I ready to hear and honor?*

# UPCOMING CIRCLE EVENTS



GEO LOVE HEALING W/ ROWENIA  
NOVEMBER 12<sup>TH</sup> @ 6PM



SISTERHOOD SOLSTICE FEAST  
DECEMBER 21<sup>ST</sup> @ 3PM




# NOVEMBER SPOTLIGHT



ROWENIA  
BRAUN

## 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

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

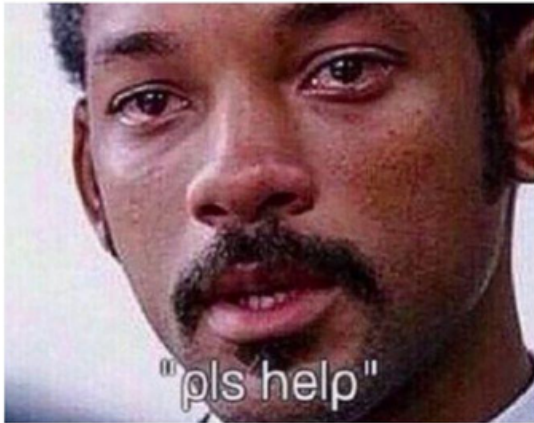


# AFFIRMATION OF THE MONTH



"I am deeply rooted, held by the Earth,  
and supported by unseen currents of  
love."

When you've meditated, rolled around in the  
grass butt naked and drank ten litres of beet  
juice but you're still not grounded



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# MEME OF THE MONTH

# QUOTE OF THE MONTH

"She was like a tree in  
winter: stripped bare  
but deeply rooted,  
waiting for the right  
season to bloom."

~ Unknown



# NOVEMBER ASTROLOGY

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## November 4 - Mars enters Sagittarius

Mars blazes into Sagittarius, turning drive into exploration and frustration into fuel for freedom. Motivation soars - we crave truth, expansion, and the next great adventure. It's a burst of optimism after slower months, propelling us toward movement, growth, and bold choices.

**Vibe:** Courageous leaps + contagious enthusiasm

**Watch for:** Overcommitment, recklessness, or speaking faster than you think

## November 9 - Mercury retrograde in Sagittarius

Mercury's retrograde in Sagittarius scrambles plans and perspectives, asking us to rethink what we believe and how we share it. Miscommunication can open doors to deeper truth - if we slow down and listen. Curiosity revisits old ideas with new meaning.

**Vibe:** Reflective exploration + revised philosophies

**Watch for:** Preaching, assumptions, or overlooking details in pursuit of the big picture

## November 5- Full Moon in Taurus

The Taurus Full Moon roots us in what's real. It's a sensual pause - a reminder to touch, taste, and tend what's been growing beneath steady effort. Emotional clarity arrives through the body; security, pleasure, and gratitude become sacred acts.

**Vibe:** Embodied ease + grounding grace

**Watch for:** Clinging to comfort, stubbornness, or attachment to "how it's always been"

## November 11 - Jupiter retrograde in Cancer

Jupiter turns inward in nurturing Cancer, expanding the emotional realm through introspection. Growth comes from tending the heart, revisiting family roots, and redefining what "home" means. Inner comfort becomes the foundation for outer success.

**Vibe:** Emotional wisdom + heart-centered reflection

**Watch for:** Over-nurturing, nostalgia loops, or avoiding growth for safety

## November 6 - Venus enters Scorpio

Venus dives into Scorpio's deep waters, where love is magnetic, truth is intoxicating, and beauty hides in shadow. Relationships intensify - craving emotional nakedness and honest connection. What's unspoken begins to pulse louder than words.

**Vibe:** Emotional alchemy + soul-deep intimacy

**Watch for:** Jealousy, power games, or obsession disguised as devotion

## November 12 - Mercury conjunct Mars

Words catch fire as Mercury meets Mars. Thoughts accelerate, tongues sharpen, and conviction ignites conversation. When guided by awareness, this is brilliant focus - when unchecked, it's verbal combustion.

**Vibe:** Bold expression + mental momentum

**Watch for:** Arguments, impatience, or speaking without empathy

## November 8 - Uranus leaves Gemini (R)

Uranus briefly retreats from Gemini, pausing its revolution of mind and message. Thoughts may scatter, tech glitches ease, and mental breakthroughs slow just enough for integration. Use the lull to anchor new ideas before the next wave of innovation.

**Vibe:** Quiet clarity + recalibrated perspective

**Watch for:** Restlessness, distraction, or overanalyzing the pause

## November 18 - Sun conjunct Lilith

The Sun merges with Lilith, illuminating what's been suppressed - the wild, honest, untamed self. Power rises where shame once lived. This is reclamation through truth: the part of you that refuses to be silenced wants the mic.

**Vibe:** Radical authenticity + embodied empowerment

**Watch for:** Ego clashes, projection, or mistaking rebellion for freedom



# CONTINUED...

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## November 19 - Mercury leaves Sagittarius (R)

As Mercury backtracks out of Sagittarius, messages turn inward and quieter. It's a final review before new understanding lands. Don't rush to conclusions - clarity is still gestating in the dark. Answers emerge slowly, asking for patience and trust in timing.

**Vibe:** Quiet reflection + listening between thoughts

**Watch for:** Mental fog, hesitation, or trying to define what's still unfolding

## Nov 22 - Sun enters Sagittarius

The Sun bursts into Sagittarius, chasing expansion, laughter, and meaning. After Scorpio's intensity, this shift feels like sunlight after storm clouds - adventure calls, and wisdom follows curiosity. Perspective widens, reminding us life is a journey of continual becoming.

**Vibe:** Lighthearted freedom + renewed optimism

**Watch for:** Escapism, restlessness, or speaking truth without tact

## November 20 - New Moon in Scorpio

The Scorpio New Moon beckons renewal through release. Transformation starts in silence - death and rebirth in miniature. Shed the skin of old stories and plant the seeds of deeper truth. This lunar reset invites a soulful clean slate where mystery becomes medicine.

**Vibe:** Emotional rebirth + sacred surrender

**Watch for:** Control issues, fear of change, or mistrusting the unknown

## November 25 - Mercury conjunct Venus

Mercury and Venus blend words with warmth, thought with beauty. Communication softens, artistic flow returns, and heartfelt dialogue heals. This is a lovely day for connection and creation alike. Conversations begun now can restore harmony where distance once lingered

**Vibe:** Sweet expression + inspired collaboration

**Watch for:** Flattery masking discomfort, or avoiding deeper talks for harmony's sake

## November 20 - Sun conjunct Mercury

As Sun and Mercury unite in Scorpio, illumination meets insight. Hidden thoughts crystallize, words gain weight, and communication carries soul. What's been unclear suddenly makes emotional sense. This is revelation through vulnerability - speaking what once stayed unspoken.

**Vibe:** Revealed truth + empowered expression

**Watch for:** Overexposure, emotional intensity, or forcing understanding too soon

## November 28 - Saturn direct in Pices

Saturn stations direct, steadying the emotional seas of Pisces. Structure begins forming around dreams that once felt abstract. Spiritual work gains grounding - what was felt can now be built. This is commitment with compassion, where imagination meets reality.

**Vibe:** Disciplined faith + creative flow with boundaries

**Watch for:** Draining obligations, pessimism, or fear of stepping fully into purpose

## November 21 - Mercury conjunct Lilith

Speech turns fearless. Mercury meets Lilith and the tongue becomes a weapon or a wand. This transit liberates the voice of truth, especially the parts long silenced or deemed "too much." When used with care, your words become spells of reclamation.

**Vibe:** Raw honesty + magnetic storytelling

**Watch for:** Sharp words, defensiveness, or misusing truth as armor

## November 28 - Venus conjunct Lilith

Desire and shadow entwine as Venus meets Lilith. This is potent feminine energy - raw, magnetic, unapologetic. It invites us to love our whole selves, even the parts once shamed. Through this union, sensual truth becomes a catalyst for liberation.

**Vibe:** Sensual liberation + emotional sovereignty

**Watch for:** Manipulation, testing loyalty, or confusing intensity with intimacy



# CONTINUED...

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## November 29 - Mercury direct

Mercury stations direct, bringing clarity to the chaos. What was misunderstood gains meaning, and communication begins to flow again - more honest, more grounded, more aligned. This is the time to integrate what the retrograde revealed and move forward with renewed understanding.

**Vibe:** Mental clarity + forward motion

**Watch for:** Jumping ahead too quickly - let the dust settle first

## November 30 - Venus enters Sagittarius

Venus lifts from Scorpio's depths into Sagittarius' open skies. Relationships crave adventure, truth, and laughter again. It's a breath of fresh air - love as learning, connection as freedom. Hearts open wider when curiosity leads the way.

**Vibe:** Joyful expansion + honest affection

**Watch for:** Restlessness, blunt honesty, or commitment aversion





# RECIPE OF THE MONTH

BY SARAH BROWN

## FRESH PUMPKIN PIE

### Ingredients:

- ♥ For the Pumpkin Purée
  - 1 small pie pumpkin (2½–3 lbs), halved and seeds removed
  - Drizzle of olive oil
- 🌿 For the Crust
  - 1 ¼ cups all-purpose flour
  - ½ tsp salt
  - ½ cup cold butter, cubed
  - 3–4 Tbsp ice water
- 🍁 For the Filling
  - 1 ½ cups fresh pumpkin purée
  - 14 oz can sweet condensed milk
  - 2 eggs
  - 1 ½–2 tsp pumpkin pie spice
  - 1 tsp vanilla extract
  - Pinch of salt

### Procedure:

**Roast pumpkin:** Bake at 400°F for 40 min, scoop, and purée.

**Make crust:** Mix flour, salt & butter; add ice water until dough forms. Roll into a 9" pie dish.

**Make filling:** Whisk pumpkin, condensed milk, eggs, vanilla, spice & salt until smooth.

**Bake:** Pour into crust. Bake 15 min at 425°F, then 40–50 min at 350°F, until set. Cool before serving.

### 🌿 RITUAL TOUCH

As you begin your pumpkin pie, hold the fresh pie pumpkin and honor where it came from — its journey from seed to harvest to your hands. Give thanks for its path, and carry the intention of nourishment through each step,



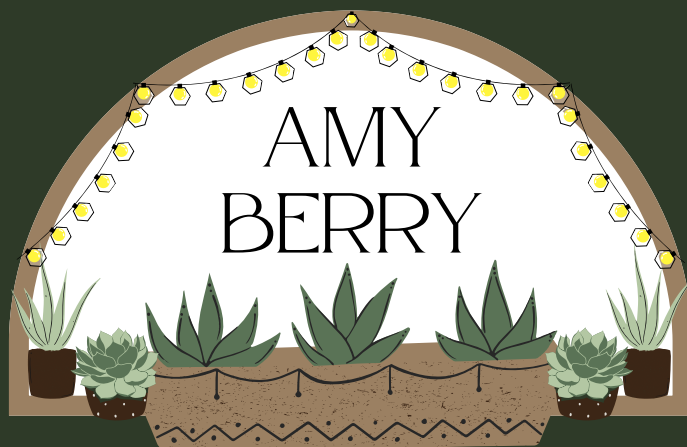
# OCTOBER RECAP

## MOVEMENT MEDICINE NIGHT

Amy Berry is the Owner, Studio Director, and Instructor at Fusion Dance Center. She has been dancing her whole life and studied a variety of styles including acro, hip hop, jazz, tap, Latin, Middle Eastern/Bellydance, Bollywood, and other International/Cultural forms. She has been teaching dance and dance fitness since 2009, emphasizing musicality, personal expression, and mind/body/soul connection. She is also a Zumba Fitness instructor.

As Owner, Director, and Instructor at Fusion Dance Center, Amy is passionate about creating an inclusive, supportive environment where dancers of all ages can thrive. She is particularly focused on the importance of mental wellness in the dance world and is certified in Mental Wellness Dance Education and Youth Mental Health Wellness, implementing mindfulness practices in her teachings.

Outside of dance, Amy has studied many realms of spirituality and has developed a passion for Shamanic Energy Practices, having taken Level I and Level II trainings from Naughty Shaman Dharma School. She is now incorporating these practices with her dance trainings and through this hopes to create an even deeper connection between mind, body, and spirit to help others embody their full potential.



## ABOUT AMY

This October, we welcomed Amy as our guest speaker for Sister Circle. She guided us through an evening of movement, reflection, and self-empowerment. Movement carried meaning and power, and the night taught us how to connect our intuitive power to embodied practices. We were the first to experience this workshop, which combined the themes and symbology of the Shamanic Medicine Wheel with movement practices to embark on a Movement Medicine Journey. Together, we learned how to connect with the body, clear the mind, and listen to our spirit's whispers through movement. By listening to how the body speaks and integrating movement with spiritual work, we released emotions, sparked creativity and insights, and connected to deeper healing and self-awareness. No experience was necessary to participate in this practice -just an open mind, a willingness to experience something new, and something to journal with as we reflected on our movement journey.



# 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.**



# Beneath the Winter Moon

A Full Moon Retreat of Cacao, Angelic Healing & Integration

Join us for a tender afternoon of rest and renewal beneath the glow of the winter moon. We'll begin with a heart-opening cacao ceremony and angelic healing through IET, followed by a nourishing plated meal to ground and restore.

Our gathering will close with an oracle card pull and guided reflection — a gentle space for integration, sharing, and receiving the wisdom of the day before turning inward for the season ahead.

DECEMBER 6<sup>TH</sup>  
2:00PM-5:00PM

CROWN AND STONE  
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# REBEL YOGA AT CROWN & STONE



ALIGN & SHINE  
9:00-9:45 AM

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SOUL FLOW  
10:00-10:45 AM

Monthly Saturday Yoga Classes  
\$13 Drop-in or  
5 Classes for \$55



# 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!

