CROWN & STONE

MONTHLY NEWSLETTER

AUGUST 2026



RITUALS • COMMUNITY • HEALING • CONNECTION

THE ENERGY OF THE MONTH

LUGHNASADH

Lughnasadh (LOO-nah-sah) marks the beginning of the first harvest on the Wheel of the Year. Traditionally, it is a celebration of gratitude, perseverance, and the fruits of our labor. Spiritually, it invites us to recognize how far we've come, honor the work we've done, and continue showing up for what we are cultivating in our lives.

SYMBOLS OF THE SEASON

COLORS

Gold
Amber
Green
Rust

HERBS

Sunflower
Calendula
Chamomile
Rosemary

CRYSTALS

Citrine
Carnelian
Tiger's Eye
Amber

SYMBOLS

Wheat
Bread
Corn
Sunflowers
Bees

JOURNAL PROMPT

What have I cultivated this year that deserves to be celebrated?

The harvest asks us to pause—not because the work is finished, but because gratitude is part of the work.

AUGUST EVENTS



THROUGH THE LIONS GATE

August 8th @ 7:30pm

$35

Through the Lion's Gate is a restorative sound bath with a small manifestation ritual to begin the evening. Guests will receive an intentional elixir, then settle into sound, rest, and energetic alignment.

Location: Crown and Stone



SISTER CIRCLE

August 31st • 6 PM

FREE

August Sister Circle will be a cozy Practical Magic movie night together. We'll have the projector out, popcorn ready, and gather for an easy, fun evening of sisterhood, connection, and a little bit of witchy nostalgia.

Location: Crown and Stone

MORE DETAILS & REGISTRATION AT
CROWNANDSTONE.COM

COMMUNITY SPOTLIGHT



MEET SARAH MULVANEY

LMT, PSYCHIC MEDIUM & INTUITIVE READER

My bodywork offerings include relaxation massage, deep tissue massage, and energy work, all designed to help you restore from the inside out. My intuitive practice includes psychic mediumship and oracle readings, offering messages, guidance, and connection through tarot and oracle cards.

I'm also a lover of herbs and have a passion for self-study, especially when it comes to their many self-care and medicinal benefits.

OFFERING THIS MONTH

Book and receive

$10 off

your first 90-minute massage or your first 1-hour reading.

CONNECT WITH SARAH MULVANEY

@sacred_insights_with_sarah

RITUAL OF THE MONTH

COURAGE ALTAR



YOU'LL NEED:

A candle

A small bowl, plate, or cloth

Citrus, sunflower, or gold ribbon

Carnelian, citrine, or any stone that feels supportive

A written intention

Anything that feels like sunlight, strength, sweetness, courage, or confidence to you

PRACTICE:

1. Gather your items and create a small altar in a place that feels warm, visible, or meaningful.
2. Place your candle at the center as a symbol of your inner light.
3. Add citrus, flowers, or stones as offerings for courage, sweetness, and abundance.
4. Write one thing you are ready to call in or one part of yourself you are ready to stop hiding.
5. Light your candle and place your hand over your heart.
6. Speak aloud: "I allow my light to take up space."
7. Leave your altar for the month, returning to it when you need courage, clarity, or confidence.

JOURNAL PROMPT:

What action feels aligned, even if it asks me to be brave?

SEASONAL NOURISHMENT

GOLDEN PEACH HONEY ELIXIR



INGREDIENTS

- 1 ripe peach, sliced
- 1 cup cold water or coconut water
- 1 tablespoon honey
- Squeeze of lemon
- Tiny pinch of sea salt
- Fresh mint or basil
- Ice, optional

INSTRUCTIONS

1. Muddle peach slices with honey and lemon.
2. Add water or coconut water and a tiny pinch of sea salt.
3. Stir well, add ice if desired, and garnish with mint or basil.
4. Sip slowly and enjoy.

SEASONAL SIP

A golden late-summer elixir to support hydration, sweetness, and radiance while inviting courage, joy, and heart-led abundance.

FROM THE SHOP

THIS MONTH'S PICKS



BONE WALL DECOR

Blending nature, folklore, and artistry, The Huntress creates one-of-a-kind wall décor using ethically sourced bones and carefully curated vintage elements. Every piece carries its own story, inviting a sense of wonder and connection to the natural world.



ALTAR BROOM

Handcrafted by Sarah of Crown & Stone, these one-of-a-kind altar brooms symbolize protection, cleansing, and new beginnings. A meaningful addition to any sacred space or home.



DRUM BAGS

Created by local artisan Lora of Our Expression, these handcrafted drum bags provide a beautiful way to store, protect, and travel with your frame drum. Thoughtful craftsmanship makes each one truly one of a kind.



RITUAL OILS

Thoughtfully crafted to support intention and ritual, our oils can be used to anoint candles, crystals, tools, or yourself. Each blend is created to bring greater presence and meaning to your spiritual practice.

COME VISIT US IN THE SHOP

THE ASTROLOGY OF THE MONTH

AUGUST COSMIC WEATHER

August is one of the most transformative months of 2026. As eclipse season opens, we're invited to release old identities and step boldly into a more authentic version of ourselves. The Lunar Nodes have shifted into Leo and Aquarius, beginning an 18-month journey that asks us to balance courageous self-expression with meaningful contribution to the collective.

This month reminds us that every ending creates space for a new beginning. Stay curious, trust what is unfolding, and don't let fear keep you from becoming who you're meant to be.

WHAT AUGUST MAY BRING UP

- Fear of being seen or fully expressing yourself
- Old beliefs or identities ready to be released
- Unexpected endings that create new opportunities
- Emotional needs you've been avoiding
- Resistance before major growth
- Questions about your purpose and direction

WHAT AUGUST SUPPORTS

- Authentic self-expression
- Courage and bold action
- New beginnings and fresh opportunities
- Creative breakthroughs
- Community and collaboration
- Trusting your intuition and inner wisdom

AUGUST COSMIC TOUCHPOINTS

New Moon Solar Eclipse in LEO
August 12th - A potent portal for new beginnings. Notice where life is inviting you to step into greater confidence and authenticity.

Virgo Season Begins
August 22nd - Ground your inspiration into daily practice. Small, intentional actions become the bridge between vision and reality.

Mercury Cazimi
August 27th - Expect moments of clarity, meaningful conversations, and insights that illuminate your next steps.

Full Moon Lunar Eclipse in Pisces
August 28th - A deeply emotional release. Old patterns, relationships, or beliefs may naturally fall away to make room for healing and spiritual growth.

North Node in Aquarius / South Node in Leo
This new 18-month cycle asks us to release ego-driven validation and courageously share our unique gifts in service of something greater.

JOURNAL PROMPT

What part of myself is ready to be fully seen, and what must I release to become the person I'm meant to be?



BOOK WITH TAYLOR

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

@shamamataylor
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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.

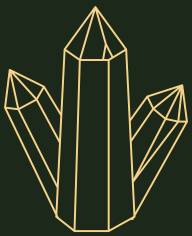
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Food Donations Accepted

✨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