



# MONTHLY NEWSLETTER

BY AUTUMN O'LEARY

## Bringing the Unseen into Form



There is a distinct shift that happens when an idea moves from the realm of the mind into the physical world. For a long time, a vision exists only as something ethereal, a spark of what if, a collection of dreams, or a mental blueprint. It is light and fluid. It carries no weight. But eventually, we reach a point where we begin the work of making those visions heavy and real.

This transition can feel surprisingly demanding. Unlike the fluidity of a thought, the physical world has gravity. It requires patience, steady hands, and a willingness to work with the beautiful resistance of reality. We often praise the spark of inspiration, but there is a deeper and more quiet magic in the endurance required to actually build it. This is the magic of the fixed season, the ability to stay the course when the initial excitement has settled into the rhythm of daily effort.

When we move from vision to vessel, we are essentially practicing the art of grounding. We are asking our ideas to take up space, to have texture, and to endure. It is the moment the daydream gets its hands dirty. It is the gritty, wonderful process of translating a whisper of the soul into something you can actually touch.

This process often mirrors our own internal growth. Just as we shape the world around us, the act of creating something permanent shapes us in return. It asks us to trade urgency for consistency. It reminds us that a foundation is not built in a single moment of intensity, but through the cumulative power of showing up day after day and laying one stone upon another. There is a cosmic humor in how the universe tests our devotion by making the path feel slow. It asks if we love the vision enough to walk it through the mundane steps of manifestation.

In this space of becoming, there is an invitation to look at the vessels you are currently creating in your own life. Perhaps it is a project, a relationship, or a new way of being. Notice the difference between the lightness of the initial idea and the grounding weight of the reality as it begins to form. There is a profound honesty in things that have been made real through time and effort. They possess a soul that a mere thought cannot hold.

As the season turns toward stability and growth, we might pause to honor the transition. Not every idea is meant to become permanent, but those that do require our presence and our persistence. There is a sacredness in the doing, in the dust, the effort, and the slow reveal of what was once only a dream. It is where the spirit finally finds its home in the physical realm.

***What visions are you currently calling down into the physical world?  
Can you find the beauty in the slow and steady weight of their  
arrival?***

# UPCOMING CIRCLE EVENTS



SISTER CIRCLE 2 YEAR  
ANNIVERSARY  
MAY 29<sup>TH</sup> @ 6PM



SINGING SISTERHOOD CIRCLE  
JUNE 26<sup>TH</sup> @ 6PM

# AFFIRMATION OF THE MONTH



My presence is the bridge  
between my spirit and the soil.



[HTTPS://I.IMGUR.COM/LF6Q0DV.JPEG](https://i.imgur.com/LF6Q0DV.jpeg)

# MEME OF THE MONTH

# QUOTE OF THE MONTH

"Ideas are like  
seeds; they need the  
weight of the soil to  
actually grow."

~Proverb



# MAY ASTROLOGY



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## May 1 - Full Moon in Scorpio

This is an intense peak of emotional honesty and deep transformation. The Scorpio Full Moon shines a light into the shadows, pulling hidden truths, buried desires, and old attachments to the surface to be seen and released. It is a time of "shedding the skin," where the focus is on psychological depth and the courage to look at what is no longer serving your evolution. You may feel a strong pull toward intimacy, mystery, and the truth that exists beneath the social mask.

This culmination point is not about surface-level fixes; it is about profound alchemy. It asks you to confront the power dynamics in your life and your relationship with control. By allowing the old version of yourself to fall away, you create the fertile ground necessary for new life. There is a raw, magnetic energy available now that rewards those willing to be completely honest with themselves.

**Ritual idea:** Write down a fear, a secret, or an old pattern you are ready to transmute. Safely burn the paper, visualizing the energy being released back into the earth as compost for your future growth.

**Vibe:** Emotional alchemy + deep truth

**Watch for:** Holding onto grudges or obsessive thoughts

## Mercury conjunct Chiron

Healing becomes a dialogue. Conversations may center around old wounds or insecurities, but the energy is supportive of finding a new way to speak your truth. It is a moment where vulnerability acts as a bridge to understanding, allowing for a softening of the mental armor we often carry.

**Vibe:** Healing words + mental breakthroughs

**Watch for:** Over-identifying with past pain

## April 13 - Mars conjunct Neptune

The mental pace slows down significantly as thoughts become more deliberate, rhythmic, and grounded in the physical world. Focus shifts away from abstract theories and toward practical, real-world solutions that yield tangible, lasting value. This is a time for building mental endurance rather than chasing quick wins; communication becomes steadier and more reliable, favoring quality over quantity and common sense over erratic speculation. You may find yourself wanting to simplify your surroundings and your schedules to better appreciate the sensory details of your daily life. It is an excellent period for financial planning, organizing your environment, and having the "tough" conversations that require a calm, unwavering presence.

**Vibe:** Grounded thinking + practical focus

**Watch for:** Mental stubbornness or resistance to change

## May 6 - Pluto Retrograde

The journey turns inward to examine the foundations of power and the mechanics of your own personal transformation. This isn't a time for rapid external expansion or forcing new structures into existence, but rather a season for reviewing the internal shifts and psychological excavations that have occurred over the last several months. You are being asked to refine how you handle your own influence, looking closely at where you may have given your sovereignty away and where you are finally ready to reclaim it. It is a slow, quiet process of deconstruction, allowing you to see which parts of your inner architecture are built on truth and which were built on old survival strategies that no longer serve the person you are becoming.

By slowing down the outward momentum, this retrograde offers the rare opportunity to sit with your shadow and understand its role in your growth. It invites a deep cleaning of the psyche, where you can observe the subtle ways you negotiate for control or security. This period rewards those who are willing to be radically honest about their motives, as the real work happens in the private spaces of the soul. As you sift through the layers of your subconscious, you are not just looking for what is broken; you are looking for the raw, unyielding power that has always been yours, waiting to be integrated in a more conscious and sustainable way.

**Vibe:** Internalized power + soul searching

**Watch for:** Power struggles or self-sabotage

## May 14 - Sun conjunct Mercury

A moment of high mental clarity and "aha" moments. The light of the Sun illuminates the mind, making this a brilliant time for sharing ideas, writing, or making important decisions. Your self-expression is in high alignment with your logic, helping you project your message with confidence and warmth.

**Vibe:** Radiant communication + mental spark

**Watch for:** Over-intellectualizing emotional matters

## May 16 - Mars conjunct Chiron

Action meets the wound, creating a potent moment where your drive is tempered by a deep awareness of your own vulnerability. You may feel a push to address areas where you've felt ineffective or hesitant, proving that true strength comes from acting even when you feel imperfect. By acknowledging your tender spots, you transform perceived weaknesses into the fuel for your most authentic actions.

**Vibe:** Courageous healing + active recovery

**Watch for:** Reactive defensiveness or frustration with the pace of healing

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## May 16 - New Moon in Taurus

This is a fertile time to plant seeds of stability and physical manifestation. The Taurus New Moon invites you to get quiet and consider what you want to build for the long term. It is a moment to honor the earth, your body, and your senses, grounding your intentions in the reality of the material world. There is a peaceful, patient energy here that reminds you that the best things in life require a solid foundation and consistent nourishment.

Focus on what makes you feel secure and supported. This isn't about rushing toward a goal; it's about the slow, sensory pleasure of creation. Whether it's a financial goal, a physical project, or a commitment to your own well-being, this moon provides the endurance needed to see it through. It is a call to return to the basics and find magic in the tangible.

**Ritual idea:** Plant literal seeds in a pot or garden, or hold a stone in your hand while visualizing your most "solid" goal becoming a reality. Feel the weight and presence of that goal as if it is already here.

**Vibe:** Manifestation + physical grounding  
**Watch for:** Stagnation or over-indulgence

## May 17 - Mercury enters Gemini

The mind catches fire with curiosity and speed. Communication becomes light, fast, and multi-faceted. This energy favors networking, learning new skills, and exploring a variety of perspectives at once. It is a time for social connection and the playful exchange of information.

**Vibe:** Intellectual curiosity + social buzz  
**Watch for:** Scattered energy or surface-level chatter

## May 18 - Mercury conjunct Uranus

Expect the unexpected in your thoughts and conversations. Brilliant, lightning-bolt insights can arrive out of nowhere, breaking through old mental ruts. This is a highly innovative energy that favors "thinking outside the box" and trying completely new approaches to communication.

**Vibe:** Sudden insights + radical ideas  
**Watch for:** Nervous tension or erratic speech

## Mars enters Taurus

The drive for action becomes steady, persistent, and focused on tangible results. Energy is best used for tasks that require stamina rather than speed. You may feel a stronger desire to protect what you have built and to move with a deliberate, "unshakable" pace.

**Vibe:** Persistent drive + physical stamina  
**Watch for:** Passive-aggression or stubbornness

## May 19 - Venus enters Cancer

Affection and values turn toward the heart and home, initiating a period where emotional security becomes the primary lens through which you view your relationships. You may find yourself less interested in surface-level socializing and more drawn to the comfort of your inner circle, seeking out spaces that feel safe, nurturing, and familiar. There is a deep desire to care for others and to be cared for in return, creating a "nesting" energy that prioritizes emotional safety over excitement. This shift encourages you to listen to your intuition regarding who you let into your private world and to honor the traditions that make you feel truly at home. It is a beautiful time to soften your exterior, focus on self-care, and cultivate a sense of belonging within your own skin and your most intimate partnerships.

**Vibe:** Nurturing love + emotional connection  
**Watch for:** Over-sensitivity or emotional withdrawal



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## May 21 - Sun enters Gemini

The collective focus shifts toward versatility, communication, and the rapid-fire exchange of ideas as we move into the vibrant season of the Twins. Life begins to feel faster and more social, with a renewed emphasis on variety, local community, and the simple joy of asking "why?" You are invited to step out of the heavy, grounded energy of the previous weeks and into a space of intellectual play, where curiosity is your compass and every conversation holds the potential for a new perspective. It is a season for gathering information, staying flexible, and enjoying the many different threads of interest moving through your world simultaneously. This transit encourages you to remain open-minded and light on your feet, reminding you that there is magic in the details and that every person you meet has a story worth hearing.

**Vibe:** Bright curiosity + social expansion

**Watch for:** Inconsistency or distraction

## May 22 - Sun conjunct Uranus

This is a day for personal breakthroughs and expressing your unique individuality in ways that may surprise even yourself. You may feel a powerful, electric urge to break free from tired traditions, stagnant routines, or the expectations of others to finally claim your own path. Authentic self-expression is favored over following the status quo, and "eureka" moments are likely to strike when you allow yourself to step outside of your usual comfort zone. This energy acts as a cosmic wake-up call, urging you to embrace the parts of your personality that feel unconventional or "too much" for the world around you. It is a time to trust your most radical impulses and to recognize that real growth often requires a sudden, startling shift in how you view your place in the universe.

**Vibe:** Authentic rebellion + sudden change

**Watch for:** Disruptive behavior or restlessness



## May 31 - Full Moon in Sagittarius

The month closes with a burst of expansive, truth-seeking energy. The Sagittarius Full Moon illuminates the "big picture," asking you to look beyond the details of your daily life and consider your broader philosophy. It is a time of adventure, optimism, and the search for meaning. You may feel a desire to break free from restrictions and explore new horizons, whether through travel, study, or a shift in perspective.

This culmination brings a sense of release and celebration. It asks you to look at where you have been playing it too safe and where your beliefs may be limiting your growth. There is an infectious, joyful quality to this moon that encourages you to speak your truth boldly and to trust in the abundance of the universe. It is the bridge between the grounded work you've done this month and the wide-open possibilities of the future.

Ritual idea: Step outside and look at the horizon. List three "big" dreams that feel slightly out of reach, then take one small, symbolic action to show the universe you are ready to move toward them.

**Vibe:** Expansive vision + bold truth

**Watch for:** Exaggeration or overlooking the details





# RECIPE OF THE MONTH

BY SARAH BROWN

## BELTANE HONEY CAKES

### Ingredients:

- 1 ½ cups flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ½ cup softened butter
- ½ cup honey
- ¼ cup brown sugar
- 2 eggs
- ½ cup milk
- 1 tsp vanilla
- Zest of 1 lemon, optional
- Glaze:
  - ¼ cup honey
  - 1 tbsp lemon juice

### Procedure:

- Preheat oven to 350°F and grease a muffin tin or mini bundt pan.
- In one bowl, whisk together flour, baking powder, baking soda, salt, cinnamon, and nutmeg.
- In another bowl, cream butter, honey, and brown sugar. Add eggs, milk, vanilla, and lemon zest. Mix until combined.
- Add dry ingredients to wet ingredients and mix gently.
- Fill each muffin cup about  $\frac{3}{4}$  full and bake for 16–20 minutes, or until golden and a toothpick comes out clean.
- Stir honey and lemon juice together, then drizzle over the warm cakes.

May invites us to welcome sweetness, beauty, and new growth.

As you make these Beltane Honey Cakes, let the honey represent what you're calling in this season — joy, connection, creativity, abundance, or renewal.

Ask yourself: What sweetness am I ready to receive?



# APRIL RECAP



## HERBAL ENERGETICS NIGHT

Participants joined Laurie for an evening of connection with the subtle power of plants. We explored the properties, energetics, and spiritual aspects of a selection of herbs, learning how they supported our mind, body, and spirit.

Participants had the chance to experience the herbs firsthand, sipping teas, feeling their essence, and engaging in hands-on activities that brought the plants' energy to life. The evening also included a guided plant meditation, which offered a quiet space to connect deeply with the spirit of the herbs and our own inner wisdom. Laurie brought a variety of teas for tasting and exploration, making the event a rich and sensory journey into the world of herbal energetics.



## ABOUT LAURIE

Laurie Matheny is a yoga teacher, herbal enthusiast, and community guide who creates spaces for people to slow down and reconnect. Inspired by nature and simple, intentional living, she blends movement and plant-based practices to support balance, while also working behind the scenes to support other space holders in sharing their offerings.





THE  
FAIRY REALM

A SOUND JOURNEY

Step into a whimsical, light-filled soundscape where gentle tones and ethereal frequencies guide you beyond the ordinary.

This immersive experience invites you to explore your inner landscapes through sounds inspired by fairies, nature, and soft, magical realms—bringing a sense of wonder, calm, and subtle awakening.

MAY 20, 2026 | 6:00 PM

60-Minute Sound Bath • \$35 per person



✦ Come as you are. Rest, receive, and journey inward. ✦



# Sister Circle

*2-Year Anniversary*



Friday, May 29, 2026 | 6:00–9:00

\$25/person

Join us for a joyful evening as we celebrate two years of Sister Circle at Crown & Stone — two years of gathering, sharing, healing, creating, laughing, witnessing, and building community together.


This special evening will include a potluck meal, opening circle, Maypole ritual, wand-making, optional fairy hair, and time for connection, reflection, and celebration.

*Please bring:*

A dish to pass

Water

Anything you'd like for comfort while sitting



If cost is a barrier, please reach out privately — we're happy to work with you.



Crown and Stone Presents...

# Once in a Blue Moon

A SACRED EVENING UNDER THE BLUE MOON IN SAGITTARIUS



Join us under the rare Blue Moon in Sagittarius for an evening of perception shifts, aligned thinking, and connection with your higher self.



Together, we'll reflect on the meaning of this uncommon moon, explore the symbolism of altars, and create your own mini altar to take home.



With Sagittarius inviting a wider view and the upcoming Gemini New Moon supporting fresh ideas, this gathering is designed to help you see differently, think more clearly, and create with intention.



RARE BLUE MOON  
IN SAGITTARIUS



CURATED MINI ALTAR  
TO TAKE HOME



ELEVATED GRAZING  
TABLE & REFRESHMENTS



REFLECTION, SYMBOLISM &  
INTENTIONAL CREATION



May 31st, 2026

3:00 PM - 5:00 PM

# 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.**





## SOMETHING EXCITING IS HAPPENING BEHIND THE SCENES AT CROWN & STONE

Over the next couple of months we'll be making some big upgrades to the space. We're installing a fully licensed kitchen (something I've been dreaming about for a long time!) and adding another bathroom to make the space more comfortable and supportive for all the experiences we're creating here.

Because of this, we'll be slowing down our event calendar for a short while this spring so we can focus on building a strong foundation and bringing these pieces to life. There may be a little sawdust and construction chaos, but we're so excited for what's taking shape.

Beginning in May/June, we'll also be opening room rental opportunities for practitioners and facilitators who feel aligned with the space and want to host sessions, workshops, or gatherings at Crown & Stone.

Our official Grand Opening celebration will take place this fall, once everything is fully complete and ready to be shared with the community. If you're a practitioner looking for a beautiful space to offer your work, feel free to reach out — I'd love to connect.

Thank you for growing with us. 🌱 ✨

# 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!

