



# MONTHLY NEWSLETTER

BY AUTUMN O'LEARY

## MID-YEAR REFLECTION & REALIGNMENT

Can you believe we're halfway through 2025? Time is wild — one minute we're lighting intention candles in January, and the next we're here in June, sun-kissed and wondering where the days went. This month, we're leaning into the power of the pause. June is your chance to take a breath, shake off what's feeling heavy, and realign with what truly lights you up. It's not about pressure or perfection — it's about reconnecting with your "why," your joy, and the version of you who feels most you.

*Ask yourself:*

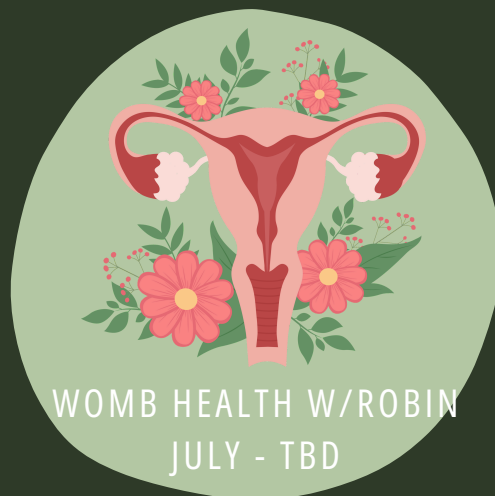
- *What have I created or moved through so far this year?*
- *What feels good and grounded — and what feels off?*
- *What do I want to bring with me into the second half of the year?*

Think of it like cleaning out your spiritual closet. Keep the gems, toss the clutter, and maybe try on a new vibe while you're at it. Whether you're blooming, resting, rising, or still figuring it all out — you're exactly where you're meant to be. June is your soft reset. Your invitation to realign with clarity, playfulness, and heart.

## UPCOMING CIRCLE EVENTS



OUTDOOR FIRE CEREMONY W/AUTUMN  
JUNE 18TH @ 6 PM



WOMB HEALTH W/ROBIN  
JULY - TBD



# JUNE SPOTLIGHT



## ABOUT AUTUMN

Autumn is a heart-centered human who brings a unique blend of grounded wisdom and spiritual depth to everything she does. With six years of nursing experience — from Medical-Surgical to Cardiac, and now working as a Dialysis Nurse — she has walked alongside others through profound moments of healing and transformation. Her path has also led her to the sacred practices of Peruvian shamanism, where she serves as a Fire Keeper and shamanic practitioner, holding space for others to reconnect with their truth. Autumn plays a behind-the-scenes role in helping support Sarah and the Sister Circle community, and she looks forward to deepening her work with Crown & Stone in the months to come. She lives with her boyfriend John in the home they bought together in Linden, where they share life with their two cats, Luna and Sola. She loves to crochet, read, write, and sip coffee (preferably with a side of chocolate). A true Aries, Autumn carries the spark of passion, courage, and initiation — and she is honored to bring that fiery spirit to this month's outdoor fire ceremony.



## FIRE CEREMONY NIGHT

This month's Sister Circle invites you to gather in sacred community for an evening of deep reflection and realignment around the fire. Held beneath the open sky, this outdoor ceremony offers a soulful space to pause and take inventory - to acknowledge where we've been, where we are, and where we're being called next. As we move through the midpoint of the year, the fire becomes our mirror and our medicine, illuminating what is ready to be released and what desires to be reclaimed. Together, we will connect with the wisdom of the flame, letting it support us in clearing what no longer resonates and making space for greater clarity, alignment, and purpose. This is a time to ground into your truth, honor your inner voice, and realign with your path - all within the supportive embrace of nature and sisterhood.



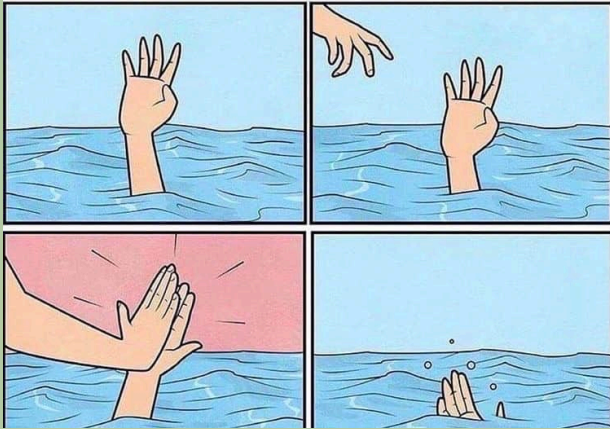
Crown & Stone

# AFFIRMATION OF THE MONTH



I honor how far I've come, and I realign with where I'm going. I trust my timing, my truth, and the unfolding of my path.

When you ask the universe for some help,  
but the universe knows you gotta go  
through some shit to evolve.



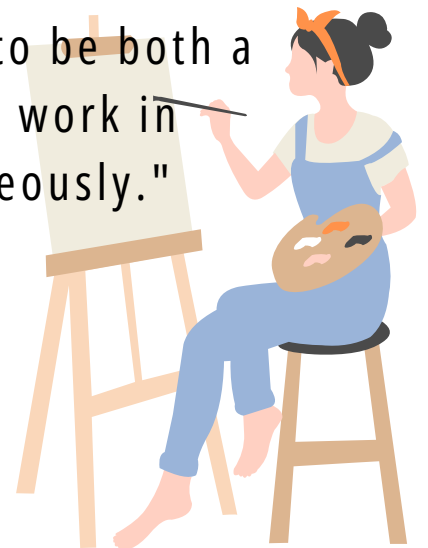
[INSTAGRAM.COM/SPIRITUAL.MEME.LORD/](https://www.instagram.com/spiritual.meme.lord/)

# MEME OF THE MONTH

# QUOTE OF THE MONTH

"You are allowed to be both a masterpiece and a work in progress simultaneously."

~ Sophia Bush



# JUNE ASTROLOGY

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## June 1 – Venus Conjunct Chiron in Aries

This heartfelt transit brings love and vulnerability to the forefront. Venus meets Chiron, the wounded healer, in bold Aries — calling us to reflect on how we show up in love and how past hurts may still be echoing. A powerful day for self-compassion, release, and saying yes to the version of you that's learning to love from the scar, not the wound.

**Vibe:** Tender truths + fierce self-love

**Watch for:** Old relationship wounds surfacing for healing

## June 9 – Jupiter Enters Cancer

Jupiter's year-long journey through Cancer begins, encouraging us to grow through connection, healing, and the sacredness of home. This energy says: your softness is strength. Plant roots. Water them with love. Let emotional intelligence be your compass.

**Vibe:** Emotional growth, spiritual nurturing, family-centered expansion

**Watch for:** Emotional dependency, over-protectiveness, clinging to comfort

## June 6 – Venus Enters Taurus

Venus in her home sign brings ease, beauty, and pleasure. This is a time to root into what feels good — the five senses are fully lit. Relationships crave depth and loyalty. The universe hands you permission to slow down, savor, and surround yourself with what truly nourishes

**Vibe:** Cozy, grounded, romantic goddess energy

**Watch for:** Possessiveness, overindulgence, resistance to change

## June 11 – Full Moon in Sagittarius

This fiery Full Moon is your call to adventure. Something wants to be released so your path can open wider. It's a great night for ritual, reflection, or even a spontaneous road trip (mental or physical). Let the truth set you free — and laugh along the way.

**Vibe:** Liberating, visionary, truth-seeking

**Watch for:** Restlessness, spiritual bypassing, overcommitting

## June 8 – Mercury Conjunct Jupiter in Gemini

This is the cosmic TED Talk energy. Minds are sharp and words come quickly — maybe too quickly. Inspiration is high, but be mindful of exaggeration or saying yes to everything. Use this boost for brainstorming, writing, and speaking truth out loud.

**Vibe:** Big ideas, big convos, big breakthroughs

**Watch for:** Talking too much, information overload, scattered focus

## June 17 – Mars Enters Virgo

Mars in Virgo wants to get it done — and done well. This is great energy for organizing, health goals, or taking methodical action toward a long-term vision. Just don't lose the forest for the trees. Progress > perfection.

**Vibe:** Productive, precise, purpose-driven

**Watch for:** Perfectionism, burnout, being overly critical (of self or others)

## June 8 – Mercury Enters Cancer

Mercury in Cancer speaks in feelings more than facts. Conversations lean heart-centered, and we're more reflective. This is a great time to journal, write letters, and tend to your inner child. Your words have the power to comfort — use them wisely.

**Vibe:** Intuitive, nostalgic, emotionally attuned

**Watch for:** Passive-aggressive communication or taking things too personally

## June 21 – Sun Enters Cancer

The Solstice marks a potent seasonal shift and a return to emotional, intuitive waters. This is the halfway point of the year — a beautiful time to check in with your inner world and recalibrate. What do you need to feel safe, seen, and supported?

**Vibe:** Sacred pause, nurturing, inward glow

**Watch for:** Moodiness, introversion turning to isolation





# CONTINUED...

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## June 24 – Sun Conjunct Jupiter in Cancer

A beautiful day for feeling grateful, loved, and aligned. Joy, insight, and connection are amplified under this golden, generous light. Let your heart lead the way — this is prime manifestation energy when your dreams are rooted in truth.

**Vibe:** Heart-wide-open, emotionally expansive, soul-soothing  
**Watch for:** Emotional overwhelm, giving too much

## June 25 – New Moon in Cancer

This New Moon asks: where do you belong? What kind of emotional foundation are you building? Set intentions around home, healing, and self-trust. A beautiful night to connect with your ancestors, your body, or your bathtub. Rest is revolutionary.

**Vibe:** Sacred new beginnings, emotional reset, soul nesting  
**Watch for:** Over-sensitivity, retreating too deeply into your shell



## June 26 – Mercury Enters Leo

After the introspective waters of Cancer, Mercury in Leo says: speak from the heart and don't be afraid to take up space. Great for storytelling, public speaking, or bringing flair to any message. Just make sure you're connecting — not performing.

**Vibe:** Bold, expressive, creative communication  
**Watch for:** Ego-centered convos, drama for attention





# RECIPE OF THE MONTH

BY SARAH BROWN

## CAMPFIRE FOIL PACKS

### INGREDIENTS

- 12 oz smoked sausage, sliced
- 1 lb baby potatoes, halved
- 1 red pepper, diced
- 1 bunch asparagus tops
- 1/2 red onion – chopped
- 2 tbsp olive oil or butter
- 1 tsp garlic powder
- 1 tsp italian seasoning,
- 1 tsp seasoning of choice
- Salt & pepper to taste



Tip: These packets can be prepped ahead of time and kept in a cooler—great for retreats, camping, or summer get-togethers.

### INSTRUCTIONS

- Toss everything in a bowl.
- Divide into 4 foil packs.
- Seal and cook over campfire coals or grill for 20–25 min, flipping once.
- Open carefully & enjoy!

### **Ritual Touch**

**As you prepare, set an intention for warmth, grounding, and connection. Cooking over open fire activates the root chakra and invites presence—every slice and stir becomes a sacred gesture.**





# MAY RECAP

## ABOUT SARAH

Hi, I'm Sarah Brown — a proud mom to two young children (ages 3 and 6) and wife to an incredibly supportive husband.



I earned my culinary degree from the Culinary Institute of Michigan and spent over 15 years in the culinary and hospitality industry. I developed a deep love for creating meaningful experiences that bring people together through food, celebration, and connection. Hospitality taught me that true nourishment goes beyond a meal — it's about feeding the heart and spirit as well as the body.

As my journey evolved, so did my calling. I was called to a more spiritual path rooted in healing, transformation, and community. I immersed myself in the study of Peruvian Shamanism, earned certification in Transpersonal Coaching, took Leadership Training, and expanded my understanding of Energy Work and sacred ceremony. Each step added a new layer to my life's work — a weaving of tradition, intuition, and compassionate leadership.

Today, I'm excited to bring these passions together in a new way. We're opening a healing center in Lansing, Michigan — a welcoming sanctuary dedicated to growth, creativity, nourishment, and connection. Our intention for this space is to create a sanctuary where individuals can reconnect with themselves and each other through holistic services, workshops, and sacred community gatherings.

Every step — from the kitchens I worked in, to the circles I've sat in, to the moments of deep transformation — has led to this vision. I'm honored to share this work and believe with all my heart that when we come together in authenticity and love, healing naturally follows.



## 1 YEAR CELEBRATION

We marked a full year of Sister Circle gatherings with an unforgettable evening of magic, creativity, and connection! 🌙✨

As everyone arrived, the land buzzed with joy and creative energy. There were stations for flower crown making, face painting, and spell jar crafting, inviting each woman to weave her own magic. A beautiful food spread kept everyone nourished (including the best carrot cake cupcakes), while our photoshoot area lit up with laughter, props, and costumes as Marissa captured the spirit of the evening through her lens.

Once our creative hearts were full, we gathered in ceremony. Sarah guided us on a journey to connect deeply with the intentions we had placed in our spell jars. From there, we moved into collective magic — each sister added a heartfelt offering to the Mother Jar and shared words of power, love, and vision for the path ahead.

It was a night of celebration, sacred connection, and shared empowerment. We rooted into all we've created and opened our hearts to all that's still unfolding. 🌿

**Visit [CrownAndStone.com](https://CrownAndStone.com)  
to learn more!**



# 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!

