



MONTHLY NEWSLETTER

BY AUTUMN O'LEARY

HONORING THE MOTHER WITHIN

May invites us to celebrate the nurturing energy that lives within and around us. With Mother's Day at its heart, this month becomes a powerful reminder to honor the caregivers, nurturers, and life-givers—not just in our families, but in our communities and within ourselves. Whether you are a mother, have a mother, grieve a mother, or mother in other ways—through friendship, service, creativity, or healing—this is a time to reflect on what it means to care deeply and to be cared for.

We each carry the mother archetype within us: the part that soothes, supports, and believes in new life. As we move through this blooming season, may we remember to tend to ourselves with that same tenderness. May we give ourselves permission to rest, to receive, and to grow. This month, let's honor the women who have held us, and let's honor the ways we hold ourselves.

UPCOMING CIRCLE EVENTS



SISTER CIRCLE 1 YEAR ANNIVERSARY
MAY 27TH @ 5:30 PM



OUTDOOR FIRE CEREMONY
JUNE 18TH @ 6 PM



CELEBRATING 1 YEAR OF SISTER CIRCLE

This May marks one year of Sister Circle—a sacred space where women have gathered to share, heal, and grow together. What began as a small seed has blossomed into a beautiful community rooted in connection, presence, and intention.

Over the past year, we've held space for transformation, explored meaningful themes, and supported one another through both joy and challenge. Each circle has been a reminder of the power of sisterhood and the deep healing it brings.

As we celebrate this milestone, we also step into a new chapter. Beginning this May, Sister Circle will move to its new home at Crown & Stone in Lansing. We are deeply grateful to The Williamston Pub and to Leigh for so generously opening her space to us over the past year, nurturing the early seeds of our community. We honor her with heartfelt thanks as we say goodbye.

Our vision for Crown & Stone is to create a dynamic, sacred environment where a variety of healing modalities come together, offering support for the whole self—body, mind, and spirit.

Here's to one year of magic—and to the unfolding of many more beautiful chapters ahead. We can't wait to welcome you into this next season of Sister Circle at Crown & Stone.

Crown & Stone

Where growth takes root, and transformation begins.



OUR NEW HOME

814 N Washington Ave Lansing, MI



CROWN & STONE PRESENTS

27
MAY
5:30 PM

SISTER CIRCLE 1 YEAR ANNIVERSARY

Spell Crafting
Drum Circle
Flower Crowns
Face Paintings
Fairy Goddess Mini
Sessions

814 N WASHINGTON LANSING, MI

SLIDING SCALE:

\$15 ~ Needs Support

\$25 ~ Covers Your Spot

\$35 ~ Pays It Forward

NO QUESTIONS ASKED



MAY SPOTLIGHT



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

One year of Sister Circle magic — and we're just getting started! Join us for a night of enchantment as we celebrate everything we've created together and everything still to come.

Sarah will guide us through a group spell crafting ritual, where you'll make your own spell jar packed with wishes, dreams, and community intentions. Then we'll raise our energy with a drum circle, letting the beat carry our joy into the night.

There will be a creative corner for flower crowns and face painting — because what's a celebration without a little extra sparkle? And to capture the magic, Marissa Hoard will be there for a playful photoshoot. Dress up, glitter up, and show off your fairy queen, wild goddess, or cosmic dreamer energy — whatever feels most you.

It's going to be a night of connection, celebration, and pure sisterhood magic. We can't wait to dance into this next chapter together at Crown & Stone!

**Visit CrownAndStone.com
to learn more!**

AFFIRMATION OF THE MONTH



I am held. I am whole. I am
worthy of care.

When you know ur an infinite, radiant,
powerful being made of light and star stuff,
and petty shit don't bother you no mo



INSTAGRAM.COM/SPIRITUAL.MEME.LORD/

MEME OF THE MONTH

QUOTE OF THE MONTH

"Tend to your inner garden with
the same love you would offer to
another. You are worthy of that
care."

– Unknown



MAY ASTROLOGY

ASTRO-SEEK.COM

May 2 - Venus Conjunct Neptune in Aries

This is your chance to get extra dreamy! Venus (love, beauty) and Neptune (dreams) are teaming up in fiery Aries, blending romance with a dash of fantasy. Whether you're swooning over someone special or getting lost in your artistic creativity, this transit inspires big, beautiful visions. Just don't get too caught up in the daydreams—keep your feet on the ground for the best results!

Vibe: Dreamy love, sparkly creativity.

Watch for: Getting a little carried away in the clouds.

May 12 - Full Moon in Scorpio

Hold onto your emotions—it's a full moon in Scorpio! Time to go deep, let go, and purge anything that's no longer serving you. This full moon invites transformation, so let's make space for something new. Get ready for a powerful emotional release that'll have you feeling lighter and more empowered.

Vibe: Deep, transformative release.

Watch for: Intense emotions and power struggles—let it go, let it flow!

May 4 - Pluto Goes Retrograde in Aquarius

Time for a cosmic rewind! Pluto's going retrograde, and it's taking us on a deep dive into the stuff we've been avoiding—especially in groups, technology, and big-picture goals. This is a time to reflect on your inner power and maybe tweak your approach to how you share that power with others. It's like a cosmic makeover for your personal evolution!

Vibe: Inner transformation, revisiting power dynamics.

Watch for: Feeling like things are moving backwards—but trust, it's a growth spurt!

May 17 - Sun Conjunct Uranus in Taurus

Hold onto your hats—this transit is all about surprises! The Sun and Uranus are teaming up to bring shocking revelations or sudden bursts of creativity. Expect the unexpected—whether it's a plot twist in your personal life or a major lightbulb moment that changes your perspective. It's an exciting time to break free from the ordinary!

Vibe: Shock and awe, electric insights.

Watch for: Resistance to change—sometimes, freedom feels like chaos!

May 7 - Mercury Conjunct Chiron in Aries

Let's talk about those tender spots—this Mercury-Chiron meetup is all about healing through conversation. Whether it's speaking your truth or receiving some much-needed healing advice, this transit brings words that cut deep... in a good way. It's the perfect moment to open up and share what's been on your heart.

Vibe: Speaking from the heart, healing through words.

Watch for: Vulnerability—sometimes the best medicine is a little emotional honesty.

May 20 - Sun Enters Gemini

Gemini season is here, bringing curiosity and conversation to the forefront! This is your cue to get chatty, try new things, and embrace your inner social butterfly. You'll be craving new experiences and fresh perspectives. Time to explore, learn, and maybe even pick up a new hobby or two!

Vibe: Fun, curious, talkative energy.

Watch for: Scattered focus—stay curious, but try not to spread yourself too thin!

May 10 - Mercury Enters Taurus

Mercury is slowing down and getting grounded in Taurus—time to take a breather and think things through before taking action. This is the perfect vibe for deep, focused thinking about what you value, your finances, or ways to create more stability. No rush—slow and steady wins the mental race.

Vibe: Chill vibes, grounded thinking.

Watch for: Getting stuck in overthinking or being too stubborn.

May 24 - Mercury Conjunct Uranus in Taurus

Get ready for a mental breakthrough! Mercury and Uranus are teaming up for some next-level thinking. Expect sudden ideas, flashes of genius, or unexpected insights. It's the perfect time to challenge your old beliefs and consider something totally new. Who knew your mind could be this electric?

Vibe: Sudden genius, exciting mental shifts.

Watch for: Nervous energy—embrace the change, but give yourself space to adjust.



CONTINUED...

ASTRO-SEEK.COM

May 25 – Saturn Enters Aries

Saturn in Aries is all about taking responsibility for your personal power and going after what you want with bold action! This transit kicks off a new cycle where it's time to get serious about your goals, set boundaries, and start building the foundation for your future—one courageous step at a time.

Vibe: Bold responsibility, new beginnings.

Watch for: Impatience—Rome wasn't built in a day, but you're on your way!

May 27 – New Moon in Gemini

New moon vibes in Gemini! This is the perfect time to set fresh intentions for communication, learning, and social connections. Whether you're launching a new project, writing a blog, or planning a trip, this moon is all about starting something that feeds your curiosity and opens you up to new experiences.

Vibe: Fresh starts, mental clarity.

Watch for: Distraction—get clear on what you want to focus on!



May 26 – Mercury Enters Gemini

Mercury's at home in Gemini, and things are about to get chatty! Get ready for lively conversations, new ideas, and a mental refresh. Whether you're learning something new or having a burst of creativity, this is the time to let your mind roam free and embrace all the curiosity that Gemini has to offer.

Vibe: Fast-paced thinking, intellectual fun.

Watch for: Overthinking or jumping from one idea to the next without finishing—focus!

May 30 – Sun Conjunct Mercury in Gemini

Clear your calendar for an insight-packed day! The Sun and Mercury come together for a burst of mental clarity, so it's a great time to have those "aha" moments or have deep, meaningful conversations. Your words are especially powerful right now, so speak your truth with confidence.

Vibe: Mental clarity, communication magic.

Watch for: Overthinking or too much talk without action—balance the two!





RECIPE OF THE MONTH

BY SARAH BROWN

STRAWBERRY SPINACH SALAD

INGREDIENTS

- 5oz Baby Spinach
- 1½ cups fresh strawberries, sliced
- ½ cup crumbled feta cheese
- ½ cup candied pecans or walnuts
- 3 tablespoons balsamic glaze
- 1 ripe avocado, sliced
- Grilled chicken or shrimp for extra protein

INSTRUCTIONS


- Arrange the baby spinach evenly across a large serving platter or Individual plates.
- Top spinach with fresh sliced strawberries
- Sprinkle the crumbled feta cheese and candied nuts over the top.
- Add sliced avocado and protein of choice
- Drizzle the balsamic glaze in thin lines over the salad just before serving.





APRIL RECAP

ABOUT ELENA



Elena Alawa, DO, Board-certified physician in internal medicine, functional medicine and hormone specialist endorsed by the Menopause Association. Passionate about elevating women's and men's health care through hormone balance.



ELENA
ALAWA



HORMONES: WHAT THEY ARE & WHY YOU SHOULD CARE

This month's Sister Circle invited us into an empowering exploration of one of the most influential—yet often misunderstood—aspects of our health: hormones. From mood and energy to sleep, metabolism, and reproductive health, our hormones play a vital role in how we moved through the world. Whether participants were navigating PMS, perimenopause, menopause, or simply curious about how to feel more balanced and in tune with their bodies, the evening was for them.

We were honored to welcome Dr. Elena Alawa, DO, a board-certified physician in Internal and Functional Medicine and certified Hormone Specialist. With warmth and wisdom, she helped us demystify hormone health, shared practical insights, and offered supportive tools to reconnect with our bodies. Attendees experienced heartfelt connection, learning, and maybe a few “aha” moments as we gathered in sacred sisterhood.

UPCOMING EVENTS

MAY10 EMPOWERED WELLNESS: BODY, MIND & SOUL, A FREE MOTHER'S DAY EVENT!

COME EXPERIENCE A DAY OF SELF-CARE, LEARNING, AND CONNECTION WITH A DISTINGUISHED PANEL OF WOMEN HEALERS DEDICATED TO ELEVATING YOUR HEALTH AND WELL-BEING.

1675 WATERTOWER PL, SUITE 700
EAST LANSING, MI 48823

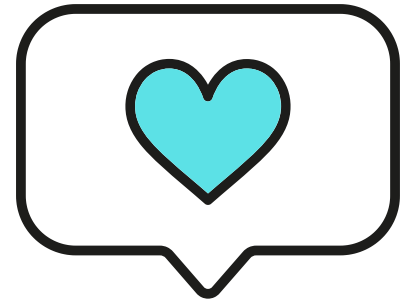
@9AM - 3PM

Visit
truehealthsolutionsclinic.com
to learn more!



A Message From Autumn...

As Crown & Stone steps into a new season, I wanted to take a moment to share a message from my heart.



Over the past year, I've had the deep honor of working alongside Sarah, the visionary creator of Crown & Stone, and this beautiful community — tending the energy behind the scenes through marketing, creating handouts and the monthly newsletter, planning and organizing events, and offering support wherever it's needed. Helping weave the dreams and visions of Crown & Stone into tangible form has been one of the great joys of my path.

Beyond the work, my greatest honor has been in holding space — honoring each woman who steps into our circle, witnessing her journey, and standing in awe of the transformations that unfold when we gather in sisterhood. It is sacred work to create spaces where women feel seen, supported, and free to be their most authentic selves.

Crown & Stone has always been more than just a place. It is a living tapestry — woven from intention, healing, artistry, and deep connection. It is a place where we are invited to come home to ourselves, to awaken our inner wisdom, and to remember that we were never meant to walk this path alone.

My own journey has been shaped by my calling to nursing and Peruvian Shamanism — but through it all, the guiding force has been love: love for other humans, for the world, for spirit, and for the sacred interconnectedness that binds us all together.

As we move into this next chapter, I'm excited to continue supporting the magic, the community, and the unfolding stories of Crown & Stone. I am deeply grateful to walk this path with one of my truest friends, Sarah, and with you.

With love,
Autumn 





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!

