

Sept 1st, 2025



CUUPS QUARTERLY NEWSLETTER

Alban Elfed/Autumnal Equinox

September 21st, 22nd

Dance of colors, a hectic span of closing before quiet times, it is time for moving inward and away. This season begins with richness, gorgeous gold, reds of every hue, time of perfect balance opposite to Vernal Equinox.

Light and dark are equal; however, nights start to get longer. We are entering times of going into ourselves, dreams for next year, descent. All summer long there is activity, going here doing this, now reflection. Earth is ablaze yet underneath sleepiness occurs. The Call ...recoup, recharge earth's abundance, allowing fields of gold to stand fallow after growth with human and animal species. We parallel with each other. Something about this time of year excites many people, maybe it is closure on jobs well done or expectations for more family times maybe it is just in the air. The heat of summer gives way to cool of winter; we now call quiet musing.

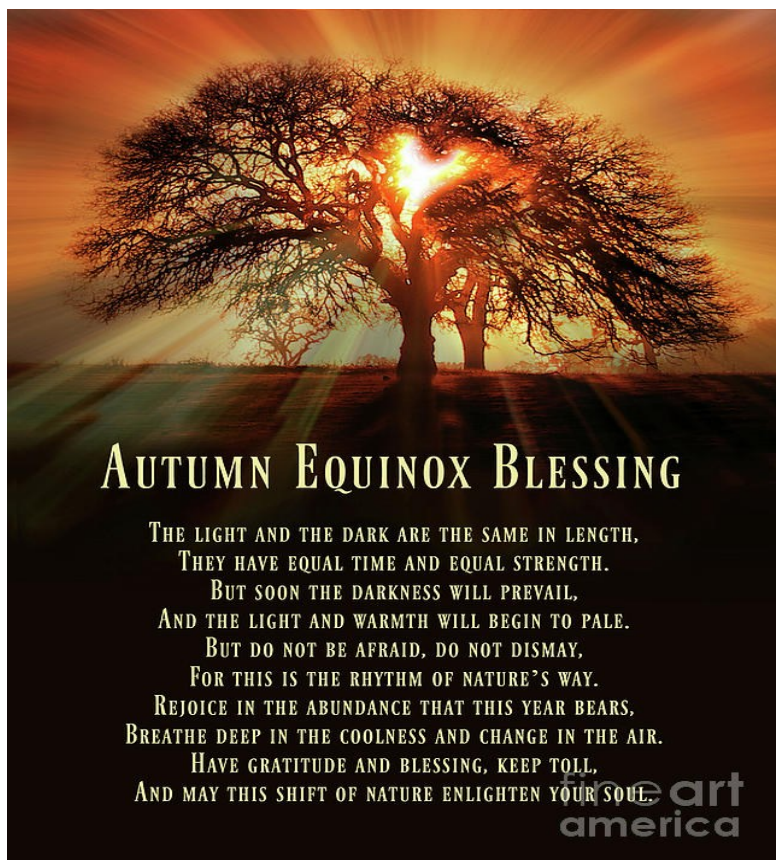
It is the second harvest time. Root type vegetables come to fruition. Apples and pears burst forth as hard flesh squashes. Majority of harvests are gathered at this time, nuts to grapes show up at harvest celebrations. Wine is the product of grape harvest; many berries produce wine for winter consumption. Some traditions state that whatever berries and grapes harvested after Autumnal Equinox refrain from being eaten, they instead go to make winter wine. Wise are our ancestors. At this time of season all autumn crops come forth for storage or preservation, the first frost comes around reminding us of quiet reflection. Times get a bit cold, now we go within.

Once again as we travel through our yearly cycle of harvest and plenty, a mill turns. In between the time of balance for days are warm, there seems to be an illusion haze of summer. It still circles around us, birds still sing, day-by-day you see them flock together ready for departure. Insects still bite however there is coolness, hints of crisp winter air around each corner. The dance of cosmos continues as we go into cycles of quiet with such gentle nuance. Time upon time it has been so, humbled we celebrate Equinox.

Its foods are orchard types, nuts, firm-fleshed squash, root cellar items such as potatoes, late summer cabbages, all herbs for drying and whatever is left of your garden. Another thread woven within the Wheel.

We are in a time of many changes and tests, community is a very big part of holding to what we consider important. Again there comes this balance in our lives of boundaries within and without. Time to go out and see what our land is doing in this time. We here in a tropical climate have different seasons and right now we are in our chaotic time of storms and hot weather. We look forward to our times of quiet also.





AUTUMN EQUINOX BLESSING

THE LIGHT AND THE DARK ARE THE SAME IN LENGTH,
 THEY HAVE EQUAL TIME AND EQUAL STRENGTH.
 BUT SOON THE DARKNESS WILL PREVAIL,
 AND THE LIGHT AND WARMTH WILL BEGIN TO PALE.
 BUT DO NOT BE AFRAID, DO NOT DISMAY,
 FOR THIS IS THE RHYTHM OF NATURE'S WAY.
 REJOICE IN THE ABUNDANCE THAT THIS YEAR BEARS,
 BREATHE DEEP IN THE COOLNESS AND CHANGE IN THE AIR.
 HAVE GRATITUDE AND BLESSING, KEEP TOLL,
 AND MAY THIS SHIFT OF NATURE ENLIGHTEN YOUR SOUL.

fine art
america

This is our quarterly letter so within these pages will be a lot of info, some of it will be covered in our meetings, also calendar will be on our website as will the newsletter for all.

We have had some lovely workshops, presentations and rituals focusing on more community and simpler things. The larger world is presenting us with many trials, we are a family with a beautiful magical place to nurture the soul. The dates are here for you and some plans have not yet been put into motion but are seeds to bloom.

September

Sept 14th, 10am coffee service

@2:00pm Fire cider workshop, a hands on interactive workshop to create your own jar of power for immune help during cold season. There is a charge of \$35.00 to cover costs. This will be something you make and can take home. Ingredients are organically sourced.

Sept 20th, Equinox ritual, hall at 3-7pm. We will have an simple but meaningful ceremony, we will be using a gratitude jar, there will be a craft to learn to make your own incense blend for ritual and holiday and there will be a potluck feast so bring your favorite seasonal dish, Plenty of time for gathering in community. Open to all.

Sept 27 , hall, 1pm we will be going over plans for Samhain and if we are involved with Oct fest with scouts and church. October will be a busy month so lots to plan. Bring your ideas for Samhain.



Prayer to the Ancient Mother

(Author Unknown)

Ancient Mother of Healing and Life
Please send us the blessings of health and vitality
Open us to the gifts of insight and understanding
Teach us to listen to the rhythms of the body
Teach us to use the power tools of self-healing
Help us to use the truths spoke by our bodies
Show us the power of living in harmony with our bodies
Open us to the gifts of stillness and rejuvenation of Spirit
Heal our hearts and minds of fear, that we may enter true health
Oh, Ancient Mother
May we be honoured by your healing gifts.

October

Oct 12th, coffee service 10.am

Oct 18th, 10-1pm, on the grounds, in conjunction with Scouts and congregation to provide Halloween fun for children and families, This is not mandatory but many of our group will be helping out. **It is service to our UU congregation**

Oct 25th meeting, hall, 1pm, going over final plans for Samhain

Oct 26th, 10:30, sanctuary. CUUPS will be providing Sunday service for Samhain and day of the dead. Open to all.

Nov 1, Sat Samhain gathering at 5pm we start promptly at 6pm. Wear garb, bring a chair, we will be outside by the fire pit. Wear comfortable shoes we will be walking from the amphitheater to the labyrinth then to the fire circle. There will be a pot luck feast after in the hall. This is a more adult theme so parents are responsible for children



Picture courtesy of Walter Peterson



November and December

This brings us into the Hustle and bustle of the holidays, the chaos of trying to fit all within time and budgets. Lets take a bit of respite to give gratitude for all that we have done, all the lessons and hardships we fight for each day that bring us into community

Nov 9th, coffee service, 10 Am

Nov 22nd, meeting, hall 1pm. We will be going over our plans to host Merry measure. Soup and Sides plus we will host and artisan day open to artisan to come and sell your items. Church members no charge for a table but we are asking for a 20%donation which we will determine which will go to UU and our fundraiser, this will be held first Sunday in Dec as we choose to do, Important fundraiser for us and bring a bit of holiday fun for all. Also plans for Yule

Nov 27th thanksgiving

December

Dec 7, Merry Measure 9-3 Sunday, hall and lanai, soup and sides, Artisan vendor, fun and frivolity. Baked items for sale. Soup and sides is a very festive lunch consisting of three soups and appropriate sides to go with. There is a charge for this lunch but Cuups members don't pay since we will be busy making merry measure

Dec 20th, Yule, 3-8pm, hall. Feast, music, stories, simple ritual to bring in the light. A fun time to practice song, storytelling and good cheer. All are welcome.

Dec 27, meeting, No meeting, we need a break.

Have a very blessed new years, The next newsletter will be out to keep you informed.

