



September 21<sup>st</sup>, 2022

Dear Friends,

Fall arrives on Thursday, September 22, this year. That's when the sun will cross Earth's celestial equator while heading southward. This time of year is seen as a period of transition in many cultures, as the northern hemisphere progresses toward the winter solstice and the southern hemisphere looks forward to the summer season. Throughout history, the autumnal equinox has brought with it unique traditions and fascinating folklore.

In Greek mythology, the autumn equinox marks the return of Persephone to the underworld, after walking the Earth for half the year as the goddess of spring growth.

In China, the Moon Festival celebrates the harvest during the 15th full moon of the Chinese Year, which falls around the autumn equinox. In Japan, Buddhists observe *higan*, a memorial service when people visit family graves to comfort their ancestors' spirits.

The arrival of the autumn equinox is also evidenced in the animal kingdom, especially in the migratory flight of many species of birds. It is during this time that the Arctic Tern makes its annual 11,000-mile trip south and the Bar-Headed Goose soars to heights above 28,000 feet (that's more than five miles up!) as they skim over the Himalayas on their way to warmer climes.

As humans, we have our own seasonal rituals, including preparing our lawns and gardens for the change in seasons, pulling out our winter clothing from storage, and enjoying body-warming and soul-stirring soups and stews.

The arrival of autumn is indeed a time of change. We hope the return of cooler weather, longer nights and the anticipation of the upcoming holiday season finds you happy and healthy.

Warm regards,



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