

September 21, 2023

FALL EQUINOX

Fall Equinox takes place **Saturday, September 23** this year. The Equinox is when the sun is directly above the equator, making daytime and night-time of equal length. It therefore marks a balance.

This is the time when summer gives way to autumn and is an occasion to have gratitude to Mother Earth for her gifts and bounty. Harvests are reaped and people feast on the bounty.

It marks an important shift in the seasonal cycle as the Earth begins to shut down. We now prepare for the slumber of winter. The light wanes, the leaves turn colour, then fall, and a natural death occurs. For people, it is a time to turn inward, and prepare for the dark days until the Winter Solstice which will mark the shortest day.



This year, CUPW encourages its members to underscore the Fall Equinox by reflecting on the beauty of the natural world, but also to take stock of all that is at risk of being lost through our society's malfunction: a healthy planet and climate, social justice and fairness for all people, and the totalizing threat to the natural world including the water, plants, earth and the animals. This is a time to reaffirm our commitment to making change, fighting for social justice, and creating community.

CUPW wishes its members a Happy Fall Equinox!

In Solidarity,

Coleen Jones
2nd National Vice-President

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