

Welcome to Fall

small moments · full life

FIRST DAY: SEPTEMBER 22, 2026

LAST DAY: DECEMBER 21, 2026

Mornings cool, leaves begin to turn, and evening arrives earlier. We notice what is changing, prepare for darker days, and begin carrying light more intentionally.

*courage · generosity · gratitude
remembrance · hope · light*

Fall Begins

TUESDAY, SEPTEMBER 22 AT 5:05 PM PACIFIC

The equinox is the instant the Sun crosses the celestial equator moving south. Day and night are nearly equal. From here, daylight keeps shortening toward the winter solstice.

Seasonal Touchpoints

Pick and choose what feels important for you and yours. These are invitations, not a checklist.

SEPTEMBER 22

Autumn Equinox

Worldwide · astronomical marker

balance · noticing · transition

Step outside at sunset and notice one sign of change.

NOVEMBER 1 - 2

Día de los Muertos

Mexico / Mesoamerica · Indigenous and Catholic roots

remembrance · family · honoring ancestors

Set out a family photo, flower, or favorite food and tell a story about the person you remember.

SEPTEMBER 25

Mid-Autumn Festival

China / East Asia · lunar-harvest tradition

reunion · harvest · gratitude

Look at the moon; share a round treat or name one thing you are grateful for.

NOVEMBER 8

Diwali

South Asia · Hindu, Jain, Sikh and some Buddhist traditions

light · renewal · gathering

Light a small lamp at dusk, share something sweet, and welcome light into the home.

SEPTEMBER 25 - OCTOBER 2

Sukkot

Jewish · biblical festival rooted in ancient Israel

shelter · gratitude · hospitality

Share a meal outdoors beneath branches and offer thanks for shelter, harvest, and welcome.

NOVEMBER 11

Martinmas

Christian · St. Martin of Tours; European tradition

generosity · compassion · shared light

Carry a lantern or do one quiet act of generosity.

SEPTEMBER 29

Michaelmas

Christian · feast of St. Michael and All Angels

courage · inner strength

Read Saint George or name something brave you are practicing.

NOVEMBER 26

Thanksgiving

U.S. · Native and European harvest and thanks traditions; civic holiday

gratitude · gathering · sharing

Name a few ordinary things that made life feel full.

OCTOBER 31

Halloween

British Isles · Celtic Samhain and All Hallows' Eve

play · imagination · community

Decorate, dress up, carve a pumpkin, or walk the neighborhood.

NOVEMBER 29

Advent Begins

Western Christianity · church-year tradition

hope · anticipation · light

Light the first candle or begin a simple countdown.

small moments · full life

A fuller life, one small moment at a time.

Dates shown are a selected guide for 2026 and are not all encompassing.