

# OCTOBER



**2 FEAST OF THE GUARDIAN ANGELS**  
Dates back to the 4th Century.

**4 SUKKOT BEGINS AT SUNDOWN**  
Feast of the tabernacles.

**IT'S ALSO FEAST OF ST. FRANCIS OF ASSISI**

St. Francis said, "While you are proclaiming peace with your lips, be careful to have it even more fully in your heart."

**9 ST. DENIS' DAY**  
Sacred to France. St. Denis aids those suffering with headache.

**17 APPLE TUESDAY**  
Ralph Waldo Emerson thought of the humble apple as our national fruit and this holiday honoring it began in 1904 as *National Apple Day*. It falls each year on the third Tuesday of October.

**18 ST. LUKE'S DAY**  
Luke is patron saint of artists.

**31 HALLOWEEN**  
Autumn shifts nature's energy below ground and we follow along, in our way. This mysterious night gives us a chance to laugh at death even as it ushers in the mysterious days that follow: *All Hallows (All Saints Day)* on the First of November and *All Souls Day* on November the Second *Dia de los Muertos*. These are the Days of the Dead when we lovingly remember all who came and went before us, continuing all the way to *Martinmas* on the 11th of November. These rich traditions are rooted in Celtic lore, which suggests that at this juncture of the year the veil separating the mystical and earthly worlds is at its most permeable.



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My nephews John and Nick have kids of their own now that they take out in the night for tricks or treats, but back in the late 80s and early 90s, they were the ones getting their faces painted, usually by my sister and me. Poor John, the year he was a mummy, wore Crisco and oatmeal on his face and was bandaged head to toe. They learnt early on that this Halloween stuff was serious business. I'm not sure who had more fun: the kids or the rest of us. May we always carry that spirit. Happy Halloween.

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