**What is this day?**

**It is the day of Autumn Equinox.**

**What is the meaning of this day?**

**It is the time of balancing.**

**What are the elements that balance at this time?**

**Tonight the light and the darkness are equals.**

**After this day of balancing, which will prevail?**

**From this day forward, darkness will prevail over light.**

**How do we recognize ourselves on this day?**

**We turn away from light. We embrace the darkness. We find the darkness within ourselves.**

**Who helps us?**

**Our goddess helps us.**

**What is our Goddess?**

**She is the brightness and the shade, the ash and the fire, the evening and the morning.**

**Who is our Goddess?**

**She is the Virgin of Light, the Crone of Darkness, the Mother of Time.**

**Where is our Goddess?**

**She is in our hearts in all seasons of the turning year.**

**Who is our Goddess?**

**Behold, she is ourselves.**