

The season's moons

From the September equinox to the December solstice. Two nights a month are worth marking: the new moon, for starting something in private, and the full moon, for reading back what you started and naming what is finished.

NEW MOONS — BEGINNING

IN OHIO	TIME	
Saturday 10 October	11:50 am EDT	
Monday 9 November	2:02 am EST	the first new moon after the clocks change
Tuesday 8 December	7:52 pm EST	falls on the previous day locally — 9 December in Universal Time

FULL MOONS — RELEASING

IN OHIO	TIME	
Saturday 26 September	12:49 pm EDT	Harvest Moon — the full moon nearest the September equinox
Monday 26 October	12:12 am EDT	just after midnight; the evening to mark is Sunday the 25th
Tuesday 24 November	9:53 am EST	
Wednesday 23 December	8:28 pm EST	falls on the previous day locally — 24 December in Universal Time

THE TWO ENDS OF THE SEASON

Season opens	the evening of Tuesday 22 September 2026	September equinox — 23 September 00:05 UT, which is 8:05 pm in Ohio on the 22nd
Season closes	Monday 21 December 2026	December solstice — 21 December 20:50 UT

WHAT IS AND IS NOT BEING CLAIMED

A new moon is the darkest night of the month and a full moon is the only phase visible all night — those are claims about where the Moon is, and they are certain. Pairing the new moon with beginning and the full moon with releasing is current practice and nothing more: no source was reached that fixes who first wrote it down, and none is asserted here. The evidence on the moon and sleep is mixed, and the larger of the two studies found nothing. Nothing on this sheet is a claim about health.

Times from the US Naval Observatory moon-phase and seasons APIs, fetched 17 September 2026, converted to Ohio time under the NIST statement of the US rule — daylight saving ends at 2:00 a.m. on Sunday 1 November 2026. Two of these fall on a different calendar date in Ohio than in Universal Time, and both are in December. agoramores.com — the metaphysical boutique that tells you where it came from. We never track you, and nothing on our pages follows you to another one. This sheet is yours to print, copy and give away.