

I saw a quote recently that said “Autumn trees teach us how to let go”.

Recently I heard the sad news of the death of a loved one, someone I deeply cared about, yet over time the relationship changed and our ability to communicate became strained and distant. The fond memories came rushing back and I realized that those memories were the ones I wished to always keep and it was okay if I let go of everything else. Those memories were memories that were kept in my heart and life giving. The others did nothing other than bring me down and sap my energy. So I realized that trees are teaching me something about letting go, just as they emit a hormone when the days grow shorter that tell the tree to excise the leaves so that the tree might conserve its energy in the roots for the winter months. The leaves are “let go”. Indeed, there is a time for everything as it states in the Old Testament Book, Ecclesiastes, Chapter 3: 1-8

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### **NO ONE CAN DETERMINE THE RIGHT TIME TO ACT**

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There is an appointed time for everything,  
and a time for every affair under the heavens.

A time to give birth, and a time to die;  
a time to plant, and a time to uproot the plant.

A time to kill, and a time to heal;  
a time to tear down, and a time to build.

A time to weep, and a time to laugh;  
a time to mourn, and a time to dance.

A time to scatter stones, and a time to gather them;  
a time to embrace, and a time to be far from embraces.

A time to seek, and a time to lose;  
a time to keep, and a time to cast away.

A time to rend, and a time to sew;  
a time to be silent, and a time to speak.

A time to love, and a time to hate;  
a time of war, and a time of peace.

- Taken from the New American Bible

May the peace, the fullness of life, which is God, remain forever in your hearts this Autumn season.

*Harley*