



NEA NEWSLETTER



OCTOBER NEWS

from: **How Beautiful The Beloved**

by Gregory Orr,

Humble dazzle
Of autumn:
These leaves
On the ground—
Each one a page
In the Book,
A poem that says:
I lived.

I was
A small part
Of the whole
Story—this
Is my song,
This is my glory.



Autumn

By Rainer Maria Rilke

The leaves are falling, falling as from far off,
as though far gardens withered in the skies;
they are falling with denying gestures.

And in the nights the heavy earth is falling
from all the stars down into loneliness.

We are all falling. This hand falls.
And look at others; it is in them all.

And yet there is One who holds this falling
endlessly gently in his hands.

Song for Autumn By Mary Oliver



In the deep fall don't you imagine the leaves dream now
comfortable it will be to touch the earth instead of the
nothingness of air and the endless freshets of wind?

And don't you think the trees themselves,
especially those with mossy hollows
Are beginning to think of the birds that will come
— six, a dozen — to sleep inside their bodies?

And don't you hear the goldenrod whispering goodbye,
the everlasting being crowned with the first tuffets of snow?

The pond vanishes, and the white field over which
the fox runs so quickly brings out
its blue shadows. And the wind pumps its bellows.
And at evening especially,
the piled firewood shifts a little,
longing to be on its way.



At our Zoom Meeting our Facilitator reminded us about celebrating nature which we have just done during The Season of Creation.

National Tree Day was Friday **7 October** and gave us another reason to celebrate nature! I hope the attached will remind us of the important role of trees in our lives.

Ellen



The Benefit of Trees

Trees support the lives of many plants, insects, birds, mammals and decomposers. They provide shelter, shade, food, resting and nesting spaces and are places from which to hunt or capture prey.

Leaves and Fruit

Their leaves are food for herbivorous insects and when trees mature, bigger creatures such as birds and mammals are able to enjoy their delicious fruits, nuts and seeds.



Fallen Branches

Decayed and fallen branches are habitats for earthworms, beetles, woodlice and other creepy crawlies. Dead leaves keep a whole ecosystem of decomposers busy breaking them down and returning their nutrients to the soil. These include fungi and bacteria as well as tiny creepy crawlies.

Symbiosis:

any of several living arrangements between members of two different species – both benefit!



Ivy: Ivy often uses a tree for support as it climbs upwards looking for enough light to be able to develop flowers and berries. It only uses the tree as support, it doesn't suck any nourishment out of the tree or harm it in any way. As the trunk gets covered in ivy, this increases enormously the value of the tree for wildlife. Robins can nest in the ivy. Spiders, and smaller insects of all sorts live and feed among the ivy leaves. Clusters of snails or ladybirds can hibernate there for the

winter because ivy is an evergreen plant and has leaves all through the winter.

In fact, ivy does most of its growing when there are no leaves on the tree – a full canopy of leaves keeps it in check. So as a tree nears the end of its days its leaf canopy declines with old age and more light gets through to the ivy. It can grow more strongly then, leading some people to think that the ivy is killing the tree. It's not, it is just availing of the increased amount of light as the trees weakens naturally with old age.

An ivy-covered tree is much more valuable for biodiversity than one with a clean trunk.

Daylight Saving Time - Anon

The time has come - to turn our clocks back.

An extra hour of sleep - who doesn't like that?!

A tradition that started many moons ago –

first introduced by Benjamin Franklin, don't you know!

Where every tick and every tock

depends where the sun meets the clock.



Seriously- Daylight Saving Time

So why did this all start? How did this tale come to be?

Some countries want more sunlight at night -- you know, to see!

About 70 countries in the world use it today

- but the longest observer is Canada, Eh!



Now winter, darkness and cold but afterward –
we'll change again - this time to spring forward.
March brings warmer days and stronger rays, a sign.
I hope you are enjoying my Daylight Saving Rhyme.
As our lesson comes to an end, something you can
take away
A better understanding of clock ticks and power of a
sun ray.

Seasons of Splendour [L Milton Hankins](#) (October 23, 2022)

May Mother Nature receive her due
For seasons of splendour each in kind
Contrasts noted in colour and format
Starting with spring, her minuses few,
Then, summer in her brightest blues we find
Until autumn shows us nature's palette
Of crimson, yellow, orange, and gold
All the vibrant colours we know are refined
Only to find themselves in a burning vat
As winter approaches, oh, so awfully cold
Now, ponder that.



*Thank you to everyone who sent cards,
Masses and messages for my jubilee
which was officially August 22nd but
because of holidays, retreats etc the
celebration had to be postponed until
18th October. The sisters from Ealing, and
of course Rosemary from Upminster, all
came and we had a very enjoyable time
together. Dorothy*

