



“No spring nor summer beauty
hath such grace
as I have seen
in one autumnal face.”

- John Donne



Upcoming Events

Harvest Arts Festival

Downtown Toms River
will hold its annual
Harvest Festival on
Saturday October 18th.

Halloween Parade

The Halloween Parade
will be Saturday October
25th from 7 – 10 PM.

Clear Day!

The Clear Day will be
November 1st at the
Maris Stella Retreat
Center in LBI. See page
2 for more information.



Turn, Turn, Turn!



One of the privileges we have from living in a temperate environment is that we get to know the seasons of the year. The transition to autumn is particularly profound because we can see and experience the natural expression of change.

As the leaves change color, the nights get cooler, and the days become shorter, we too find ourselves moving into a new season. Autumn shows us the fruits of our labors, where we reap the consequences of our actions. We are once again given the opportunity to reflect on our choices and to learn from our successes and our mistakes.

As The Byrds remind us by way of Ecclesiastes: To everything there is a season, and a time to every purpose under heaven.

This season, be sure to pick some apples, enjoy some cider, and keep a lookout for the Great Pumpkin!



At the
Maris Stella
Retreat Center

Harvey Cedars, NJ

November 1, 2014

8 AM – 6 PM

The Clear Day

During the Harvest we reap the seeds that were sown in the time of planting. Autumn is a time of transition. The air becomes crisp, the days begin to shorten, and we must figuratively and literally take stock of what we have and where we are in order to prepare for the winter.

The Clear Day is an event designed to bring more Grace to the process of transition, both seasonally and personally. It is a day spent in community. It is an opportunity to reorganize what you have been cultivating and to



prepare for the next stage and season.

There will be 3 entrainment sessions and 2 workshops over the course of the day. We encourage everyone to bring a dish to share for a community lunch.

Deepening the work we do in the office, the Clear Day is ultimately about helping you to Discover where you are, Transform to what you need to be, and to Awaken to who you truly are.

We look forward to seeing you there!

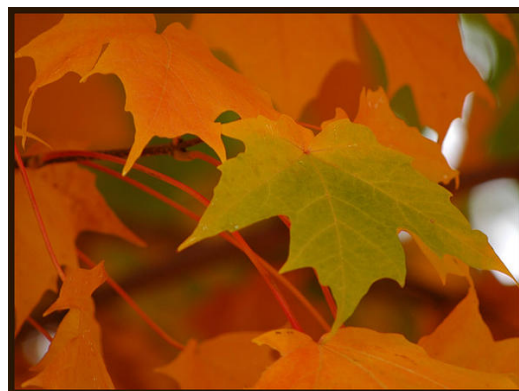
Why do leaves change color?

Trees are able to make the “food” they need from carbon dioxide in the air, water gathered from the ground, and the light of the sun.

This process takes place in the leaves, where cells called chloroplasts contain a special pigment called chlorophyll, which converts the sun’s energy and gives leaves their green color.

As the season moves into autumn, the temperature changes and the amount of sun absorbed per day decreases. This allows the additional pigments that are usually overpowered by the abundance of chlorophyll to be expressed.

Different types of trees have different pigments underlying their green and can turn yellow (xanthophyll), orange (carotenes), and red (anthocyanin).



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