

Autumn Leaves 2023

AUTUMN has arrived on the calendar: such changeable weather!

Hasn't time flown since our February meet? It's again for **Coffee Care and Chat at The Yellow House**
Hope you can make it



time
House

Autumn Grief - Like the vivid colours we see in autumn leaves

As we travel through this season – think of the colours we see in Autumn leaves?

- ✚ **Red**: Vibrant; rich; colour of love and passion
- ✚ **Orange**: Warm; comforting; pumpkin soup; Are you someone that people feel comfortable to be around.
- ✚ **Yellow**: Happy; cheerful; Laughter is good medicine.
- ✚ **Purple**: Grief; extreme sadness: We all know this. It's OK.
- ✚ **Brown**: Stable; boring; Brown is there to enhance and show up the bright colours. Some of us are the ones who are in the background showing stability and enabling others in their Compassionate Friends ministry.

Whatever colour you are, be the best 'autumn leaf' you can



The Compassionate Friends Whanganui
March 2023

