



EMBRACING CHANGE

Linda Fentress, M.Ed
Licensed Professional Clinical Counselor

With every fall in Kentucky, the leaves on the trees begin to change and nature puts on a "new coat" of beautiful amber, yellow and red color.

The fall shows us that everything in life is fluid and changing and in order to move forward, we need to embrace the change. As the days get colder, and the leaves on the trees become fewer, nature welcomes this phase of its own existence.

When we see the despairing look of trees that have lost most of their leaves or dull grey skies, it may seem like everything is dying. Yet without the fall, there would be no spring or summer. In fact, trees shed their leaves to allow some critical processes to happen. By fall, their current leaves may be disease or insect or insect damaged and need to be replaced. Also, trees conserve energy and prepare for greater absorption of water during the fall and winter months by shedding leaves. The fallen leaves become fertilizer for the tree and provide valuable nutrients as they become compost.

Not every change in our lives is positive, and rarely goes smoothly. A period of transition almost always involves pain and crisis. But only when we learn to accept a new phase in our life do we allow change to work for the better. If the change is negative, it can shake our values and views, which may prove vital for our self-growth.

The fall season demonstrates that it is crucial to let go the things that belong to the past. Trees lose their leaves, and it is both sad and beautiful, painful and necessary, morbid and inevitable. Every fall, nature goes through this melancholic transition and says goodbye to the cheerful summer version of itself. Yet, it lets it go without regrets and welcomes the change. This is an important life lesson for us to remember. If we don't let things go and dwell on the past, our personal growth stops and we eventually find ourselves stuck in life.

What changes may God be nudging you to embrace? Perhaps it's time to prepare for new growth, grow your root system deeper, or become more efficient in taking in nutrients and life giving water.

*For everything there is a season.....
Ecclesiastes 3:1-8*