

# *Ode to October*

*Change,*

*Reflection,*

*Welcoming  
Wonder*

*Presented by Stop Breathe Believe® & Dianne Morris Jones*

Behold the colors! Change can be beautiful and complicated! We can readily welcome the change of the autumn crisp air from the harsh summer heat and high temperatures. And we can be resistant to change as well.

This month as we reflect on the beauty of the changing leaves, may we pause and reflect on the areas of change that we invite in, those we feel comfortable with, AND the areas of change that we are challenged by.

What if, as we notice the beautiful changing leaves, we take a moment to pause – notice the change, reflect on what change might look like for us...and welcome in the wonder. The wonder of NOT knowing, the wonder of not being sure, the wonder of the ambiguity of it all. How might we respond in this time – a season of reflection and pausing?

May we allow the images of leaves and thoughts of October throughout the month to remind us to contemplate the idea of change, pause and reflect, and then ultimately invite wonder into our everyday by accentuating the pause of the day, the hour, the moment.

The complete blog can be found at [www.diannemorrisjones.com/blog](http://www.diannemorrisjones.com/blog).

She's vibrant and diverse  
as a meadow resplendent  
with wildflowers;  
complex as a teen  
yet to come of age;  
content like a  
plump pumpkin.  
She regrets not the  
loss of long days,  
the turning of the skies  
from blue to grey,  
or the slow  
creep to wintry days.  
She does not  
lament losing leaves,  
as they shift from green  
to red, yellow, and orange  
and then to deathly brown.  
She cherishes the now,  
not dreading the coming  
of windy winter,  
nor overlooking the  
brilliance of today.  
If we are attentive to  
the tenth month, she  
leads us into learning  
and nurtures us  
to a newness.  
O, October  
lend us  
your dream  
your might  
your beam  
your delight.

# Ode to October

by Roger C. Jones





## ***Day 1***

“I’m so glad I live in a world where there are Octobers.”

– L. M. Montgomery,  
*Anne of Green Gables*

Photo taken in West Des Moines, Iowa.



## *Day 2*

“Autumn is a second  
spring when every  
leaf is a flower.”

– Albert Camus

Photo taken in West Des Moines, Iowa.



## ***Day 3***

“October is a  
hallelujah!  
Reverberating in my  
body year round...”

– John Nichols

Photo taken in Providence, Rhode Island.



## *Day 4*

“Autumn passes and one remembers one’s reverence.”

– Yoko Ono

Photo taken in West Des Moines, Iowa.



## ***Day 5***

“October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book.”

– John Sinor

Photo taken in West Des Moines, Iowa.





## ***Day 6***

“I sit beside the fire and think  
Of all that I have seen  
Of meadow flowers and butterflies  
In summers that have been  
Of yellow leaves and gossamer  
In autumns that there were  
With morning mist and silver sun  
And wind upon my hair.”

– J.R.R. Tolkien

Photo taken at Harpers Ferry National Park, West Virginia.



## ***Day 7***

“October is the opal month of the year. It is the month of glory, of ripeness. It is the picture-month.”

– Henry Ward Beecher

Photo taken in Joshua Tree, California.



## ***Day 8***

“I would rather sit on a pumpkin,  
and have it all to myself, than be  
crowded on a velvet cushion.”

– Henry David Thoreau

Photo taken at Brenton Arboretum, Waukee, Iowa.



## ***Day 9***

“There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October.”

– Nathaniel Hawthorne

Photo taken in West Des Moines, Iowa.



## ***Day 10***

“Love the trees until their leaves fall off, then encourage them to try again next year.”

– Chad Sugg

Photo taken at Brenton Arboretum, Waukee, Iowa.



## ***Day 11***

“Life starts all over again  
when it gets crisp in the fall.”

– F. Scott Fitzgerald, *The  
Great Gatsby*

Photo taken in West Des Moines, Iowa.



## Day 12

"Use what you have, use what the world gives you. Use the first day of fall: bright flame before winter's deadness; harvest; orange, gold, amber; cool nights and the smell of fire. Our tree-lined streets are set ablaze, our kitchens filled with the smells of nostalgia: apples bubbling into sauce, roasting squash, cinnamon, nutmeg, cider, warmth itself. The leaves as they spark into wild color just before they die are the world's oldest performance art, and everything we see is celebrating one last violently hued hurrah before the black and white silence of winter."

— Shauna Niequist, *Bittersweet: Thoughts on Change, Grace, and Learning the Hard Way*

Photo taken at Brenton Arboretum, Waukee, Iowa.



## ***Day 13***

“The trees are in their autumn  
beauty,  
The woodland paths are dry,  
Under the October twilight the  
water  
Mirrors a still sky.”

– William Butler Yeats

Photo taken in Des Moines, Iowa.





## ***Day 14***

"That country where it is always turning late in the year. That country where the hills are fog and the rivers are mist; where noons go quickly, dusks and twilights linger, and midnights stay. That country composed in the main of cellars, sub-cellars, coal-bins, closets, attics, and pantries faced away from the sun. That country whose people are autumn people, thinking only autumn thoughts. Whose people passing at night on the empty walks sound like rain."

— Ray Bradbury, *The October Country*

Photo taken in Walnut Woods, West Des Moines, Iowa.



## *Day 15*

“It must be October, the trees are falling away and showing their true colors.”

– Charmaine J. Forde

Photo taken in Yellow River State Forest, Iowa.



## ***Day 16***

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves."

— Joe L. Wheeler

Photo taken in Hudson Highlands State Park,  
Beacon, New York.



## ***Day 17***

“October carries more gold in its pocket than all the other seasons.”

– Jim Bishop

Photo taken in Providence, Rhode Island.



## ***Day 18***

“Listen!  
The wind is rising, and the air  
is wild with  
Leaves,  
We have had our summer  
evenings, now  
For October eves!”

– Humbert Wolfe

Photo taken in our previous back yard in West Des Moines, Iowa



## *Day 19*

"The white towers and golden domes of the church gleamed in the sapphire sky. The luxuriant autumn asleep till morning. The silence of the earth seemed to merge with the silence of the heavens and the mystery of the earth touched the mystery of the stars."

— Fyodor Dostoyevsky

Photo taken in Des Moines, Iowa.



## ***Day 20***

“October is a symphony  
of permanence and  
change.”

– Bonaro W. Overstreet

Photo taken at Dinosaur State Park, Texas.



## ***Day 21***

"October, baptize me with leaves!  
Swaddle me in corduroy and nurse  
me with split pea soup. October,  
tuck tiny candy bars in my pockets  
and carve my smile into a thousand  
pumpkins. O autumn! O teakettle! O  
grace!"

— Rainbow Rowell, *Attachments*

Photo taken in West Des Moines, Iowa.





## *Day 22*

"A wind has blown the rain away and blown the sky away and all the leaves away, and the trees stand. I think, I too, have known autumn too long."

— E.E. Cummings



## ***Day 23***

"At no other time (than autumn) does the earth let itself be inhaled in one smell, the ripe earth; in a smell that is in no way inferior to the smell of the sea, bitter where it borders on taste, and more honeysweet where you feel it touching the first sounds. Containing depth within itself, darkness, something of the grave almost."

— Rainer Maria Rilke, *Letters on Cézanne*

Photo taken in West Des Moines, Iowa.



## ***Day 24***

“In the entire circle of the year there are no days so delightful as those of a fine October.”

– Alexander Smith

Photo taken in West Des Moines, Iowa.



## ***Day 25***

"The leaves fall, the wind blows, and the farm country slowly changes from the summer cottons into its winter wools."

– Henry Beston

Photo taken in West Des Moines, Iowa.



## ***Day 26***

"It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!"

— Winnie the Pooh, *Pooh's Grand Adventure*

Photo taken in Providence, Rhode Island.



## ***Day 27***

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

— John Donne, *The Autumnal*

Photo taken at Camp Allen, Novasota, Texas.



## ***Day 28***

“Most traditional human cultures have seen the hours of the days in the same way as they have encountered the seasons of the year: not as clear lines drawn across our experience, but as an advancing quality, a presence, a visitation, and an emergence of something growing inside us as much as it is growing in the outer world. A season or an hour of the day is a visitation whose return is not always assured. Every spring following a long winter feels as miraculous as if we are seeing it for the first time. Out of the dead garden rises abundance beyond a winter eye's comprehension...

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...The hours and the seasons are sometimes a flowering, sometimes a disappearance, and often an indistinguishable transience between the two, but all the hours of the day and the seasons of the year enunciate some quality in the world that has its own time and place. To make friends with the hours is to come to know all the hidden correspondences inside our own bodies that match the richness and movement of life we see around us. The tragedy of constant scheduling in our work is its mechanical effect on the hours, and subsequently on our bodies, reducing the spectrum of our individual character and color to a gray sameness. Every hour left to itself has its mood and difference, a quality that should change us and re-create us according to its effect upon us.”

– David Whyte

Previous slide photo taken in Walnut Woods, West Des Moines, Iowa.





## ***Day 29***

“Autumn leaves don’t fall,  
they fly. They take their  
time and wander on this  
their only time to soar.”

– Delia Owens, *Where the  
Crawdads Sing*

Photo taken in Hudson Highlands State Park,  
Beacon, New York.



## ***Day 30***

"I hope I can be the autumn leaf,  
who looked at the sky and lived. And  
when it was time to leave, gracefully  
it knew life was a gift."

– Dodinsky

Photo taken in West Des Moines, Iowa.



## *Day 31*

"Halloween is not only about putting on a costume, but it's about finding the imagination and costume within ourselves."

— Elvis Duran

Photo taken in Dallas, Texas.