

### *Food for Thought: Autumn Leaves*

Soon we will begin to see the colors of autumn—the oranges, reds, and yellows. This gift of color is something for which I thank the Lord. He didn't have to send us this beauty to soften the transition from summer to winter, but He chose to.

Fall color is interesting too in that these exquisite hues were there in the leaves all along—even during the summer—but we couldn't see them. Chlorophyll, the substance that enables trees to make their food, is green, and its powerful green pigment dominates the color of the leaves, covering up the oranges, reds, and yellows. In autumn, however, chlorophyll production winds down (and will finally stop) as the tree approaches winter. With the chlorophyll out of the way, we can see the yellows, oranges, and reds that were actually there in the leaves all along.

People are like that too. They often have good qualities--patience, kindness, depth, diligence, humility, etc.—which we fail to see. A crisis (or just some simple noticing on our part) will often reveal to us good qualities in people which were there all along.

Finally, it is with the best timing that God blesses us with the colors of autumn. He knew the time of year when we would need it to brighten our days. May you also brighten the days of the people around you.

--Sally Mahoney nee McKenney