

# *The Artful Season*

OCTOBER 2026

## Companion Leaf

---

BEFORE THE LEAVES ARE GONE

A gentle invitation to notice what is here

### **This Month's Creative Practice**

**Letting go is not the end of the story.**

There is a season for releasing what has run its course,  
and a season of rest that follows. We don't have to rush toward either one.

**There is still time to notice what is here.**



*You don't have to hold onto something  
to cherish it.*

©2026 Karen Armstrong

