

Ark/Little lights 9 October 2020

Dear Parents and friends,

This last week we've been thinking about Harvest time, a time to gather in, a time of change.

Traditionally Farmers harvest their winter crops and our diets change from summer salads and summer fruits to hot soups and chunky bread, from bikinis to coats, sandals to boots.

A new year for schools, new schools for children, birds flying off to the south, a falling of the leaves and a chill in the air.

God however does not change. He says that he is the same yesterday, today and forever.

Our video talks about the harvest , a time of change and we sing a harvest song.

Do have a look with your child

<https://youtu.be/wJHQzNPYK5I>



Craft



Leaf pictures are so versatile,

There is so much you can do with your child and they are free apart from some paper and glue.

So please let's see some that I can then post in the following weeks.

Also enjoy the colours, immerse yourself in the beauty of Gods colourful creation and the simple pleasure of leaf sticking or dipping them in paint and making patterns.

Nurture your wellbeing

See this [handout from 'Care for the family'](#) about looking after yourselves as parents and grandparents. Simple ideas to help you care for your mental wellbeing.

Take care and speak next week

love to all out families, Catherine, Ark and Little lights