



Harmony Hub Radio

Welcome to Harmony Hub Radio a place to listen, share, reminisce and get inspired.

www.awakeningarts.co.uk

We'd love to hear your thoughts about the show and have you be part of the Harmony Hub Magic. We are really keen to hear about a memorable, favourite song and what it means to you or to hear a recording of you reading a favourite poem. If you have anything you'd like to share or need help to share something, please get in touch with me, Kaye, on 07591157841 or by email at kaye@awakeningarts.co.uk

This week on Harmony Hub Radio, we'll be celebrating Autumn. These are the poems I'll be reading on the show and I'd love it if you'd read along with me.

Nothing Gold Can Stay - Robert Frost

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.

September - Helen hunt Jackson

THE golden-rod is yellow;
The corn is turning brown;
The trees in apple orchards
With fruit are bending down.

The gentian's bluest fringes
Are curling in the sun;
In dusty pods the milkweed
Its hidden silk has spun.

The sedges flaunt their harvest,
In every meadow nook;
And asters by the brook-side
Make asters in the brook,

From dewy lanes at morning
The grapes' sweet odors rise;
At noon the roads all flutter
With yellow butterflies.

By all these lovely tokens
September days are here,
With summer's best of weather,
And autumn's best of cheer.

But none of all this beauty
Which floods the earth and air
Is unto me the secret
Which makes September fair.

'T is a thing which I remember;
To name it thrills me yet:
One day of one September
I never can forget.

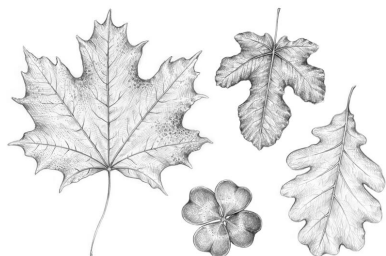
Under the Harvest Moon - Carl Sandburg

Under the harvest moon,
When the soft silver
Drips shimmering
Over the garden nights,
Death, the gray mocker,
Comes and whispers to you
As a beautiful friend
Who remembers.

Under the summer roses
When the flagrant crimson
Lurks in the dusk
Of the wild red leaves,
Love, with little hands,
Comes and touches you
With a thousand memories,
And asks you
Beautiful, unanswerable questions.

Art Activity

This week as our theme is Autumn, we'll be looking at different ways of capturing the golden glow of Autumn. Here are some ideas, but please feel free to find your own ideas, if you don't like the ones I've chosen. You could also look through some of your old photos to copy, draw from memory or imagination.



Here is a simple observational drawing of some leaves. It can be so pleasurable to get lost in the details and texture of leaves with only a pencil.

I love Japanese watercolour painting as they keep things simple, pared down and let the beauty speak for itself. You could imagine or create a spacious scene like this, starting with a line drawing and then just one or two colours to add life.



This painting captures the colours and textures of Autumn really nicely. Do you have a favourite tree or forest that you could get inspiration from? Or maybe you can get inspiration from a photograph, or better still take your own photo and use that as inspiration.

Another Japanese painting which elevates the humble leaf by painting it with all the care and delicacy as if it were a flower.

