

PRAYER / REFLECTION for OCTOBER 2021



Autumn brings an abundance of colours and textures. The reds, oranges, yellows, golds and rust tones of autumn delight the senses in landscapes and rich sunsets, inspiring poets and visual artists.

After the long, bright sunlit days of summer, autumn brings earlier sunsets and longer shadows. It's an ideal time for thoughtful introspection and shining the light of awareness on our own shadow parts.

Trees willingly and naturally shed their leaves after putting on a radiant show of colours. Is there anything in your life that's ready to be released? Be willing to let go; it will pave the way for new beginnings.

7th Day of Creation – Malcolm Guite

Blessing and rest, delight in everything
Sustained by your strong love
and richly blest,
This is the gift you give,
the day you bring
Blessing and rest.

This is indeed the
'gladness of the best',
From first lines in the east
where linnets sing,
To where the last light
lingers in the west,

You lift the cares
to which I used to cling,
As you yourself descend
to be my guest
And show me how
to find in everything
Blessing and rest.

