

# AUTUMN – a Time for Quiet Reflection

**GATHERING** *We pray in gratitude to our God who journeys with us through all the seasons of our lives.*

*Let us reflect on the word of God...*

*To everything there is a season and a time for every purpose under heaven  
A time to be born and a time to die. A time to plant and a time to uproot. Ecc1 3:1-2*

**LISTENING** Nature, as always, provides the best life advice. Autumn simply drops its leaves and, without anxiety, stands steady and exposed while it attends to the inner work of nourishing its roots and trunk.

*Spend some time quietly reflecting on what I can let go of and discover, too, what needs more nourishment in my life right now.*

*All created things give us ideas and glimpses of the beauty of the infinitely beautiful Creator.*

*Julian Tenison Woods 1881*

Autumn calls us to be still; to listen deeply to God.

When we contemplate, we are listening to our lives with God and noticing God ever present with us. We can give thanks for God's goodness to us.



*Take time this Autumn to find a quiet place to sit and take in the beauty of our natural world. Where do I feel God's presence in creation today?*

*Perhaps you may like to write your reflections in a journal.*

*Sister Mary Cresp rsj wrote: Mary MacKillop learnt to be open at all times to what God wanted to do in her – she called that 'doing God's Will'. It meant letting go of personal hopes and ambitions, entrusting them into God's hands. We open ourselves to the present moment with all its challenges, joys, frustrations, encounters and much more. We are called to ask ourselves, "what is God asking of me right now?"*

*You may wish to continue to journal your reflections here*

*God's presence seems to follow me everywhere which makes everything I do or wish to do a prayer ~ Mary MacKillop 1870*

## Wonder and Awe

It has been proven that finding opportunities which generate awe and wonder can trigger a great mental shift within us. These experiences are potentially an essential tool to improve our health and wellbeing. Awe forces us to broaden our perspective so that we break free of the ruminative cycle of thinking. When you are in the presence of something vast and indescribable, you feel smaller, and so does your negative chatter.

**RESPONDING:** Share about any awe-filled experiences you've had.

As we take the time to contemplate God's goodness to us, let us pray Sr Patricia Stevenson's reflection, WONDER inspired by Psalm 8 from *Psalms and Other Songs from a Pierced Heart*

*God, creator, the whole world breathes your name.*

*Your goodness reaches out beyond the stars.*

*The joyful babble of babies*

*has the power to move the hardest hearts.*

*We see your artwork in the gallery of the universe*

*To see the stars and planets in their mystery*

*is to wonder at the littleness of us humans.*

*You care for us in a special way,*

*You have called us to stewardship of the earth.*

*To be co-creators and guardians of the universe*

*is a life time responsibility.*

*Let us honour your life-giving name.*

AND as we anticipate the Feast of the Sacred Heart, which this year falls on the first public holiday to celebrate **Matariki** in Aotearoa, let us once again be reminded of God's generous love for us. Filled with appreciation and awe at the wonder of creation encourages us to be filled with light and be signs of God's love in our world. We pray together in thanksgiving:



**SIRACH 43: 1-2**

*How wonderful is the vault of the clear night sky  
and how magnificent are the stars in their glory.*

*As the sun rises, it proclaims its greatness;*

*A reflection of the glory of its Maker*

**LISTENING:** Matariki i te po by Maisie Rika

<https://www.youtube.com/watch?v=r4xOSP5lz7g>

*As Josephite companions we walk into a future with grateful hearts for what has been  
given to us, full of hope for what will unfold.*

*Josephite Companions Discovery Booklet*