

# Autumn Blessings



We are filled with gratitude and wonder  
as we behold the radiant splendour of golden red and yellow leaves  
breaking free to make their silent decent  
into the womb of the earth,  
nurturing a new cycle of life.



Autumn, season of surrender,  
you call us to yield, to let go, to turn loose  
all that holds us bound – fear, anxiety, resentment, apathy,  
indifference, old patterns of thinking,  
allowing freedom and peace  
to flow into our hearts and minds.

Autumn, season of much bounty,  
you invite us to treasure the giftedness of each new day  
and to give and to share generously  
the goodness of our own lives with others.



Autumn, season of stillness and inner reflection,  
you encourage us to slow down  
and gather all the aspects of our lives  
that have blessed us with  
love, hope, peace strength and courage,  
remembering people and places  
that have sheltered and protected us.



Autumn, season of flexibility,  
you inspire us to treasure the little things of life,  
taking nothing for granted,  
a radiant smile, a wave of recognition  
a beautiful sunrise, a moment of fun and laughter.



*God of Abundance,  
bless us with hope to carry us forward.  
Bless us with courage to face the complexities of life.  
Bless us with trust to sustain us on the journey. Amen.*

