

# Women of Faith Resources: October 2020



<https://www.lovethepic.com/image/204865/hello-october-quote-with-falling-autumn-leaves>

## October Quotes

Taken from *2020: A Book of Grace-Filled Days* by Amy Welborn

“Jesus teaches us ... just present our needs to him, confidently – without fear.” (p. 312)

I must “tie my sense of self to the rock of God’s love for me, not what my flawed and weak body tells me.” (p. 319)

St. Teresa of Avila tells us: “We need no wings to go in search of God, but have only to find a place where we can be alone and look upon Him present within us.” (p. 320)

## Featured Reflections on Ruth Bader Ginsburg Quotes

Read the quotes slowly to absorb what your heart needs to hear today.

1. "Reacting in anger or annoyance will not advance one's ability to persuade."
2. "My mother told me to be a lady. And for her, that meant be your own person, be independent."
3. "Fight for the things that you care about, but do it in a way that will lead others to join you."
4. "I'm a very strong believer in listening and learning from others."
5. "In every good marriage, it helps sometimes to be a little deaf."
6. "If you want to be a true professional, do something outside yourself."

7. "Don't be distracted by emotions like anger, envy, or resentment. These just zap energy and waste time."
8. "If you have a caring life partner, you help the other person when that person needs it. I had a life partner who thought my work was as important as his, and I think that made all the difference for me."
9. "You can disagree without being disagreeable."
10. "Women will have achieved true equality when men share with them the responsibility of bringing up the next generation."

## A Prayer for October Days

O God of Creation, you have blessed us with the changing of the seasons.

As we welcome the autumn months,  
may the earlier setting of the sun  
remind us to take time to rest.

May the brilliant colors of the leaves  
remind us of the wonder of your creation.

May the steam of our breath in the cool air  
remind us that it is you who give us the breath of life.

May the harvest from the fields remind us of the abundance we have been given and the bounty we are to share with others.

May the dying of summer's spirit remind us of your great promise that death is temporary and life is eternal.

We praise you for your goodness forever and ever.

*Author Unknown.* From [jesuitresource.org](http://jesuitresource.org).

## Some Practices for October

- Make a fall wreath and give it to a relative or a friend.
- Make a list of people for whom you are thankful. Pray for each one.
- Go kite flying. Enjoy the wonder of it all.
- On a rainy day, take a stroll under your umbrella.
- Volunteer to rake leaves for an elderly neighbor.
- Enjoy some weekend camping before the snow falls.
- Visit a National Park on a free admissions day.
- Light fall scented candles in your home.
- Celebrate Oktoberfest via Zoom.
- Contemplate the trees in autumnal splendor.

## Scripture Quotes on Autumn

As you pray, thank God for autumn especially in New England. Or, as you pray, contemplate autumn scenes in magazines. YouTube has many autumn options.

**Genesis 1:14** *“Then God said, Let there be lights in the expanse of the heavens to separate the day from the night, and let them be for signs and for seasons and for days and years ...”*

This is a favorable time to reflect on the seasons of your own life, especially the autumn seasons.

**Psalms 67:6** *“The earth has yielded its produce; God, our God, blesses us.”*

Imagine harvest time. What do you see? What do you hear? Name your harvesting grace for this season, autumn 2020.

**Galatians 6:9** *“Let us not lose heart in doing good, for in due time we will reap if we do not grow weary.”*

Are there times in your life wherein you felt you did not reap from your hard work, from your service to others? Are there also times wherein you know you did reap grace and blessings from your service to others?

## Spiritual Reading

The following essays, articles, and quotes can nurture our sense of autumn in our daily lives. You are invited to prayerfully reflect on the contents as you read.

[Autumn: Reflections on the Season -- Naming the Days](#) Feature by Frederic and Mary Ann Brussat at [spiritualityandpractice.com](http://spiritualityandpractice.com). Fall offers us ways to balance light and dark, to let go, and to accept that nothing is permanent.

[The Invitations of Autumn: Spiritual Practices for the Season](#) by Christine Valters Paintner, September 16, 2010. Also see [Autumn Equinox: Honoring Harvest and Release](#) for an additional article on autumn published in 2012 by the same author.

## Music for Autumn

The music listed below is calming, creating quiet and peace in our lives. Enjoy it, let it soothe your entire being; let it move you to see all you are and have become.

[Classical Music for Autumn](#) by Halidon Music.

[Mix: Peaceful music, Beautiful music, Autumn, Relaxing music "Flowers in October"](#) by Tim Janis

[Autumn Forest & Relaxing Piano Music.](#) Relaxing music and stunning fall forest. Enjoy the Autumn colors!

## Art for Autumn



*<http://momsaysthink.blogspot.com/2011/10/share-spoon-theme-fall-favorites.html>*

Ah, fall veggies ... What will you prepare for your family or friends with what you see in this photo? An online feast, maybe???



*<https://nashville.citymomsblog.com/pumpkin-carving-young-kids/>*

Oh, the joy of picking out a pumpkin to bring home ... Let yourself go into this scene as you perhaps once did with your own children or grandchildren or with your nieces and nephews.



*<https://chicago.suntimes.com/2020/8/13/21366339/dunkin-pumpkin-spice-coffee-donuts-fall-menu-chai-latte>*

And, of course, D&D will offer pumpkin treats. Today, treat yourself to some down time to sip a favorite drink. Or, remember the times you and a friend enjoyed sipping a drink together. What do you talk about in these quiet moments? How is your relationship or your friendship nurtured in such times?

## Websites for Autumn Days

[New England Fall Foliage | 2020 Forecast](#) If you live in New England or are coming to New England, here are the foliage predictions.

[20 Things to Do this Autumn in East Anglia, England](#) Here are great ideas for wherever we live.

[Activity Village UK](#) This site offers lots of resources and activities for children.

[15 International Fall Traditions You'll Want to Adopt](#)

[Everfest: Faith Festivals in 2020 and 2021](#) You can find a variety of autumn festivals on this site. Many of them have been cancelled due to COVID, but, it is fun to read the abundance of possibilities ... ideas are bountiful like an autumn harvest!



<https://islandsofbrilliance.org/celebrating-fall/>

**We stand together near or from afar. We continue to be masked and/or are quarantined.**

**We pray to stay safe and healthy.**

**Gathered here, online, as Women of Faith, we continue to celebrate all health care workers and we pray for all persons who have contracted, struggled to recover, or passed away from the coronavirus.**

**Women of Faith say to every reader:**

**HAPPY FALL! HAPPY HARVEST! BLESSED DAYS FOR EACH OF YOU!**

*Resources compiled by Sr. Yvette Bellerose, SSA*