

Women of Faith Resources: October 2021



Quotes for October

"October is the opal month of the year. It is the month of glory, of ripeness. It is the picture-month." ~ Henry Ward Beecher

"Life starts all over again when it gets crisp in the fall." ~ F. Scott Fitzgerald, *The Great Gatsby*

"October had tremendous possibility. The summer's oppressive heat was a distant memory, and the golden leaves promised a world full of beautiful adventures. They made me believe in miracles." ~ Sarah Guillory, *Reclaimed*

Our Virtue for October: Simplicity

In today's world, to live simply requires pushing back from commercialism, from the ads we see and hear that beckon us to have more, buy more, and want more. The more we consider simplicity in our lives, we know that is what God desires for us. Simple living is essential for us to experience God in the everyday, in small, undistracted, slowed down moments. Granted, life is more complicated than not, so, a simple approach to daily situations is often difficult and mind-boggling, if not impossible. In our comings and goings, we can be overcome by loud music, racing cars, screaming, and horn tooting. Highway driving or inner-city driving is no longer simple. People seem to be rushing, are impatient, do not wait well in traffic, and often seem to be creeping up too close to our bumpers. (Or am I, Sr. Yvette, getting too old to drive!)

Some synonyms or qualifiers of simplicity: integrity, candor, naturalness, straightforwardness, and unassuming,

Scriptures on Simplicity

As we pray with these Scriptures, we place ourselves into the Scripture passage. We are encouraged to go to the Biblical citations to read them in context.

Psalm 19:7 “The law of the LORD is perfect, reviving the soul; the decrees of the LORD are sure, making wise the simple.”

We are invited to ponder this Psalm verse. Does it ring true to us, or do we regard it as burdensome?

Matthew 18:3 “Truly I tell you, unless you change and become like little children, you will never enter the kingdom of Heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. And whoever welcomes one such child in my name welcomes me.”

All of us have watched children and seen simplicity in action by the choices they make, the games they invent, the stories they make-up, the songs they compose, the conversations they have with one another, and the ways they ask for what they want or need. They go right to the core of the matter, straightforwardly, and intentionally. We might even admit they learn about convoluted ways of thinking and acting from adults.

What other biblical citations do you know on simple or simplicity?

Simplicity in Our Daily Lives

As we move into October, we seek ways to live with simplicity in our daily lives:

- Shop for quality over quantity.
- Declutter spaces that have things we no longer need nor value.
- Take time to slow down and revel in what we enjoy.
- At the end of the day, consider if we were over-occupied by some things that were truly unimportant.
- Keep our schedules simple to be less stressed and more productive.
- Spend less time online or TV and engage ourselves in something we really enjoy doing.
- Spend time in nature.
- Go through our wardrobes and keep what we feel great in; dispose of what is only taking up room.
- Combine errands in one trip and time will be saved.
- Donate things that we have in our homes or garages that we do not need but someone else would cherish.
- Simplify our nutrition by adding more fruits and vegetables, if not already doing so.
- Plan a staycation to explore what we have never seen in our own area.
- ... and what else might we decide, try out, or enjoy with someone else to simplify our lives?

Spiritual Reading

The following articles can nurture our sense of simplicity in our daily life. We are invited to reflect on the contents as we read.

[*The Discipline of Simplicity* by Richard J. Foster.](#) The author presents simplicity as an inward reality that results in an outward style.

[*Spirituality Is About Consciousness* by Deepak Chopra.](#) Chopra asserts that simplicity is “one of the spirit’s most powerful qualities.”

[*Spiritual Simplicity* by Andrew Huff.](#) Huff helps us to see that we are called to live in the world in a worshipful way. Simple material living enhances worshipful living.

Titles and Authors to explore online or in our favorite bookstores to deepen an understanding of simplicity or simple living:

Why Living a Simple Life Is Better for You: An Easy Guide to Help You Change the Way You Think About Your Life by Rachel Stone (September 25, 2021)

Minimalist Moms: Living and Parenting with Simplicity by Diane Boden (March 16, 2021)

Other authors on simplicity are: Emily Darnell, Julia Watkins, and Kate Humble.

Music that Nurtures Simplicity

The music listed below can guide and enhance our experience of simplicity.

[Music Is Pleased With Simplicity | Nature And Water Sound Music Meditation Music](#)

[Music Relaxing and the Simplicity of Nature Nature](#)

[Enchanting Autumn Forests with Beautiful Piano Music](#)

[Fall Time Around Disneyland Ambience | Autumn Disneyland & DCA Halloween Ambience & Music](#) Also, we can find events for children by typing into a browser: *Halloween Events for Children*

Art that Depicts Simplicity

We are invited to spend time in prayer as we gaze on the artwork below. We Let the images enter our hearts to guide our daily lived experiences of simplicity.



<https://medium.com/carl-pullein/why-you-should-be-focused-on-simplicity-not-more-features-and-complexity-6fa2c42d61c>

What does this photo say to you about simplicity? What are you symbolically stacking up? Name one “something” you could let go of today because it is no longer needed.



<https://uxmag.com/articles/what-is-simplicity-theory-why-people-prefer-simple-experiences>

We need not focus on the question on this image. But we can focus on the simplicity of the vase. We also can look around our living space for our “simplicity treasures.” We are invited to contemplate one of them and let it speak to us.



https://best-wallpaper.net/Feather-grass-bokeh_wallpapers.html

Even a feather on the breath of God can look withered. Contemplate the image and the previous thought as applied to your life.

Websites on Simplicity

[Understanding Simplicity in Art](#) at hubpages.com

[The Art of Simplicity](#) at nosidebar.com

[Practice Simplicity](#) at fullforlife.com

[Ideas to Simplify Your Life](#) at zenhabits.net.

[Simple Living Tips for 2022](#) at antimaximalist.com



Greetings and BLESSINGS from all of us at Gatherings for Women of Faith SSA to all of you: STAY WELL.

Resources compiled by Sr. Yvette Bellerose, SSA