

# Women of Faith Resources: November 2021



## Introduction

Autumn is a wonderful time to reflect on life, on the changing seasons, and on the splendor of New England colors. I always look forward to this multicolored season of oranges, reds, yellows, and browns. This is a season of transformations. We are invited to look back at how we have lived autumn over the years. What immediately comes to mind for you? Name one experience of transformation; one experience of autumnal splendor; one spiritual experience of autumn. (Take a moment to let that happen before continuing to read the sections of this reflection.)

## A Few Quotes from Literature on Autumn

Let these quotes reach into your heart and soul.

“Every leaf speaks bliss to me, fluttering from the autumn tree.” — Emily Brontë

“The leaves are changing; I feel poetry in the air.” — Laura Jaworski

“Upon the earth I rest, like the trees of autumn on a bed of leafy gold, nourished by roots of old.”  
— Atalina Wright, *Unbound*

“Love the trees until their leaves fall off, then encourage them to try again next year. — Chad Sugg

“The leaves as they spark into wild color just before they die are the world's oldest performance art, and everything we see is celebrating one last violently hued hurrah before the black and white silence of winter.” — Shauna Niequist, *Bittersweet: Thoughts on Change, Grace, and Learning the Hard Way*

“Give me juicy autumnal fruit, ripe and red from the orchard ... Give me the splendid silent sun.” -- Walt Whitman, *The Complete Poems*

# Our Virtue for Autumn: Harvesting

What is a spiritual harvest and how can I have it? Visit [Spiritual Harvest](http://gotquestions.org) at gotquestions.org for this reflection.

## Scriptures on Autumn

Now, reflect on Scripture quotes from the Contemporary English Version:

*Isaiah 9:3* “You have multiplied the nation; you have increased its joy; they rejoice before you as with joy at the harvest, as they are glad when they divide the spoil.”

*Matthew 9:37-38* “Jesus said to his disciples: ‘A large crop is in the fields, but there are only a few workers. Ask the Lord in charge of the harvest to send out workers to bring it in.’”

*2 Corinthians 9:10* “God gives seed to farmers and provides everyone with food. He will increase what you have, so that you can give even more to those in need.”

## Autumn in our Daily Lives

We seek to live autumn in our daily lives:

- Name fundamental rituals that play a part in your autumn days.
- Find time to be with nature a few times during the weeks of autumn.
- Visit a farm stand that sells autumn vegetables.
- Peruse magazines or search online for recipes of typical foods for autumn meals.
- Contemplate colored leaves, autumn flowers or other autumn sites in your neighborhood.
- Tune in to daily news in a relaxed way rather than in a compulsive way.
- Be faithful to or, if necessary, polish up your exercise routine.
- Walk or bike on trails or on a route where trees are really showing their autumn colors.
- Find autumn poetry online that nurtures your autumn spirit.
- Play in the fallen leaves with your children, grandchildren, or neighbors’ children.
- Press leaves with a child and then glue them on drawing paper or cut out autumn pictures for a collage.
- Spend as much time as you can in crisp, cool, autumn air.

## Spiritual Reading

The following articles can nurture an experience of autumn.

Frederic and Mary Brussat write about how “Fall is a season for balancing light and dark, letting go, and accepting the impermanence of things.” Read the full article at [Autumn: Reflections on the Season](#).

[Reflecting on Spirituality and the Good Life as Autumn Leaves Fall](#) by Bernadine Racoma.

[How Autumn Can Enhance Your Spiritual Retreat](#) by Vinita Hampton Wright.

[Autumn Reflections: Layers of Awareness](#) by Susanna Bertelsen

*Titles and authors to explore online or in your favorite bookstore to deepen an understanding of autumn in your life:* Go online and type in *books on autumn* in the search box. You will find several options.

## Music that Nurtures the Experience of Autumn

[Classical Music for Autumn](#): Enjoy hymns and falling leaves while listening to this classical music. This is a lovely playlist pinned by HalidonMusic.

[Classical Pieces Inspired by Autumn](#) at ClassicFM.com

[The 14 Best Songs About Fall to Add to Your Autumn Playlist](#) at purewow.com

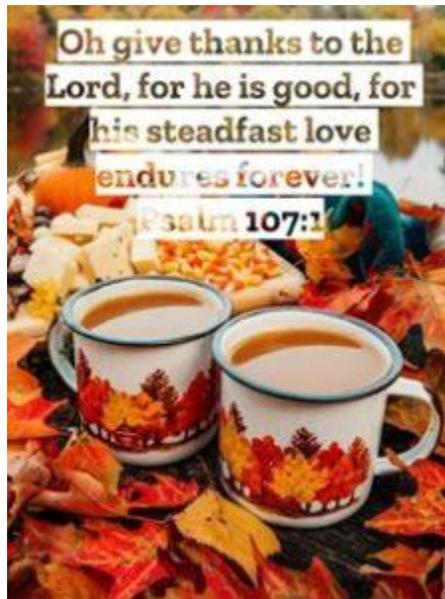
[Orange, Yellow, Red and Brown: Seasons Songs for Kid - Kids Color Songs](#) - by The Learning Station

## Art that Depicts the Experience of Autumn



*Goodbye, summer 2021 – we hardly knew you...*  
<https://metro.co.uk/2021/09/20/when-does-autumn-2021-start-2-15287005/>

Hmmm. What is this little guy thinking? Get into the mind of this squirrel and let thoughts about autumn fill your heart.



<https://co.pinterest.com/pin/19703317109816362/>

And, for what do you give thanks to God as you live autumn days?



<https://www.guideposts.org/better-living/positive-living/why-fall-is-the-most-positive-season>

Go to the link under the photo for an article on autumn, the most positive time of the year. How is autumn a positive month or not for you?

## Websites on Autumn

For information and reflection on autumn, visit the following websites:

[Autumn facts and worksheets](#) at [kidskonnnect.com](http://kidskonnnect.com).

Xavier.edu offers [prayer and reflection for autumn](#).

Visit [faithandworship.com](#) for [autumn prayers for faith and worship](#)

Here is a [prayer service](#) from The Catholic Health Association

See [autumn in different destinations](#) at [momondo.com](#).

Learn about [fall traditions and celebrations around the world](#) at [incultureparent.com](#)

[50 Fun Things to do in the Fall, Regardless of COVID](#) at [cnn.com](#)



<https://www.pinterest.com/pin/533676624564519137/>

**We wish all our readers a Blessed Autumn! Stay well!**

*Resources compiled by Sr. Yvette Bellerose, SSA*