

ASCENDING LIFE CANADA

Spiritual Resource Journal Sept/Oct 2016

PRAYERS FOR AUTUMN DAYS

God of seasons, there is a time for everything. There is a time for dying and a time for rising. We need courage to enter into the transformation process.



God of Autumn, the trees are saying goodbye to their green, letting go of what has been. We too, have our moments of surrender, with all our insecurity and risk. Help us to let go, when we need to do so.

God of fallen leaves laying in colored patterns on the ground, our lives have their own patterns. As we see the pattern of our own growth, what we learn from them.

God of misty days, harvest moons, there is always a dimension of mystery and wonder in our lives. We always need to recognize your power-filled presence. May we gain strength from the wonder of God!

God of harvest wagons and fields of ripened grains, many gifts of growth lie within the season of our surrender. We must wait for harvest of faith and hope. Grant us the patience when we do not see the blessings.

God of geese going south for another season, your wisdom enables us to know what needs to be left and what needs to be carried to the future. We yearn for insight and wisdom.

God of flowers touched with frost and windows wearing white designs, may your love keep our hearts from growing cold in the empty season.

God of life, you believe in us, you enrich us, you entrust us with the freedom to choose life.

For all of this we are grateful.

AUTUMN WONDERMENT

Autumn is a unique and beautiful season. We enjoy its bright, sunny, blue-sky filled days, with cool breezes and a nip in the air offering a hint of the bite of winter yet to come. We delight in the colors of the trees, with leaves turning from green to yellow, gold, to red, orange and then to brown.



Autumn, a time for taking stock. Pope Francis urges us to be faithful the foundation of our authentic teachings by having hearts open to accepting, serving, loving others as our sisters and brothers in Christ. In this way we will be true companions to our neighbors as they travel over mountain tops of joy and through the valleys of suffering that are part of everyone's journey through the season of life.

May this season of autumn grant you a harvest of nourishment with the Spirit!

Autumn, a season of transition, reminds us that our lives are constantly in flux, bringing us to a deeper awareness that we live in a continual cycle of living and rising.

In many ways, autumn is a time of new beginnings. May this season offer you a new beginning or your own! Listen for the invitation to open up yourself to the surprises God has waiting for you, as you release the mask that hinders you.

Let us be open to the surprises of God throughout our lives and therefore open to change, open to discover more dimensions to the sacred.

Autumn gifts reflect the balance between two energies, the invitation to relinquish and to harvest. To release what no longer serves us or gets in the way of being present to the holiness of the moment. Autumn also invites us to gather in the harvest, to name and celebrate the fruit of the seeds of dreams we planted months ago.

Let us be reminded that in our letting go, we also find abundance.

SUGGESTED PRACTICE FOR AUTUMN

Consider waking as a form of prayer. Practice being absolutely present in the world. Listen for the wisdom the season offers, recognizing that walking out in the world calls us to widen our horizons, even if that journey is a kilometer or two. Ask yourself...

How do I walk in the world?

How do I want to walk in the world?

Does the way you walk and move through life reflect your most authentic self?

If not, how might the season guide you in the act of letting go of what no longer serves you or your relationship with God? Consider the things, habits, beliefs, and attitudes that we are called to let go of in the coming days.



A PRAYER FOR THE YEAR OF MERCY

God of Mercy, as you have forgiven us, so you send us forth to bear your message of mercy to all.

Give us willing feet and gentle hands. Bless us with listening ears and searching eyes. Endow us with understanding minds. Ordain us with compassionate heart.

In our acts and in our words, make us vessels of your mercy to reach out to the broken on behalf of the father who wipes away our debts, as lovingly as he wipes away our tears and calls his children home.

Help us be your people in body and spirit, and so make every year a year of mercy. Amen

LORD, Jesus Christ, you have taught us to be merciful like the heavenly Father, and have told us that whoever sees you sees Him. Show us your face and we will be saved.

Let us hear, if addressed to each one of us the words that you spoke to the Samaritan woman: "if you knew the gift of God!" You are the visible face of the invisible Father, of the God who manifests his power above all by forgiveness and mercy; let the Church be your visible face in the world, its Lord risen and glorified.

Send your spirit and consecrate every one of us with its anointing, so that the Jubilee of Mercy may be a year of grace from the Lord, and your Church, with renewed enthusiasm, may bring good news to the poor, proclaim liberty to captives and the oppressed, and restore sight to the blind.

We ask this through the intercession of Mary, Mother of Mercy, you who live and reign with the Father and the Holy Spirit for ever and ever. Amen