

SPIRITUALITY REPORT

September 16, 2023

After a taking the summer off for some well-earned rest, many of our CCW groups are gathering back together. As you reconvene, embrace the changing of the Autumn colors and consider a spiritual renewal. Below are some resources to help carry you through this beautiful season.

AUTUMN RESOURCE LINKS:

- [How Autumn Can Enhance Your Spiritual Retreat](#) — by Ignatian Spirituality
- [Fall in Love with Catholic Books This Autumn \(Plus Ideas for Kids\)](#) — by Blessed is She
- [The Ultimate Fall Bucket List For Catholic Women](#) — by Amanda Zurface
- [Autumn is a Time of Great Celebration in the Church](#) — by the Catholic Herald

Autumn teaches us the beauty of letting go and transformation.

AUTUMN PRAYER

O God of Creation, you have blessed us with the changing of the seasons. As we embrace these autumn months, May the earlier setting of the sun remind us to take time to rest. May the crunch of the leaves beneath our feet remind us of the brevity of this earthly life. May the steam of our breath in the cool air remind us that it is you who give us your breath of life. May the scurrying of the squirrels and the migration of the birds remind us that you call us to follow your will. We praise you for your goodness forever and ever. Amen.

