



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

GOD'S SPLENDOR AS AUTUMN DAWNS

By Sr. Jayne Helmlinger, CSJ

Reflection

During this week I am using the word AUTUMN as an acronym to reflect on each day's readings. For today, the word is NATURE. For context, the words from earlier in the week are included.

AUTUMN

A: Awe

U: Understanding

T: Trust

U: Underneath

M: Mighty

N: Nature

As this week concludes, I want to focus on the word ***Nature*** since the pictures I've used throughout this week reflect the beauty of God found in the natural world. I find nature a direct avenue to God because it is God's creation that draws me in and deepens and widens my own understanding of the Creator. In

the changing of the leaves, it is so easy to capture the grandeur of God.

The autumn pictures used in my reflections this week provided a springboard for reflecting on this Season of Change – the Season of Autumn. What do the colors of red, green, yellow, orange, brown, and all the shades found within them, speak to you?

I offer the following prayer-poem as an avenue for your own reflection.

Autumn Speaks

*O leaves of red, orange, green, and yellow,
speak to my life as I contemplate your beauty.*

*Red, a color of passion, energy, and love,
may my being sing the praise and glory of God.*

*Orange, a color of warmth, caring, and joy,
may my way of being exude these beautiful attributes this day.*

*Green, a color representing the lushness and vibrancy of nature,
may this source of life-giving nutrients continue to replenish the planet.*

*Yellow, a color of hope, light, and joy, may I radiate a sense of well-being that
points to my deep faith in you, my God.*

*O beauty ever present, ever changing, be an avenue to exploring the richness
and wonders of the Beloved and all that dwells within me.*

*Let my joy join with the joy of all of creation, manifesting the wonder and
awe of God's infinite imagination and splendor.*

*Let my hope flow from this season of transformation as my desire to
continually grow in love for all creatures great and small.*

*Let my light shine like the beauty of the autumn leaves, resounding with a
symphony of color that reveals my desire to be who God created me to be.*

*Let all of creation sing the wonders and glory of God! May our lives be filled
with the wonder and awe of God's beauty, wisdom and grace.*



Mohican State Park, OH
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- How does Autumn speak to you of God's splendor in your life and in the world?
 - What do the colors of Autumn evoke within you? What feelings, images, memories, and hopes do they reveal to you?
 - What prayers spring from your soul as you gaze upon beauty found in the landscapes of Autumn?
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For Prayer

*O God of eternal beauty,
may we care for the planet and all that lives and thrives upon it.
Let us be good stewards of the gifts and resources you've given us
so that future generations may find you
in the hidden treasures of your creation.
Amen.*

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