

## Reasons why Fall is the best time for reflection and discovery

What does Autumn mean to you?

As an adult, Autumn, for me, has been a very stressful time in my life, a season that has been very difficult for me. I have to tell my story so you know where I am coming from.

It was the time that my children one by one left home to pursue their lives as an adult. With three children this took some time. One by one they left, which left me with a very heavy heart. As mothers I am sure you must know how this feels, like an empty hole that needs to be filled.

This all happens in September; to me this is the month that everything changes. Not only in my life but also outside in God's creation.

We moved to a new home away from my parents in the Fall.

My mother passed away in September. Then ten years later my father passed away in September. We buried him the same day my mother passed away, ten years later.

So each year as summer passes by and Fall comes, I have asked God why do I have to feel so down and out?

It took a long time for me to realize that Autumn stands as an epiphany to the truth that all things are passing and even in the passing there is beauty. It holds the platters of death and life.

When we are able to let go of what is keeping us from living in the moment, we can learn that nothing lasts forever: Autumn teaches us humility.

We learn to honour the dying. Everything is moving, flowing on into something new.

This is an important Autumn lesson – when certain things fall away, there are other things that can be seen more clearly.

Autumn is a wondrous metaphor for the transformation that takes place in the human heart each season. When we notice a slight change of light outside our windows, we know the dark season is near.

Everything is being prepared for winter. Autumn calls us in from Summer's playground and asks significant questions about our own harvest.

What do we need to gather into our spiritual barns?

What in our lives needs to fall away like autumn leaves, so another life waiting in the wings can have its turn to live?

Autumn speaks of connection and yearning, wisdom and aging, transformation and surrender, emerging shadows and most of all mystery.

This season touches our longing for home, for completion. We are invited to let go, to yield ... yes, to die.

We are encouraged to let things move on in our lives. Let them flow on into some new life form just as the earth is modeling these changes for us.

It has taken a long time for me to let go of what was keeping me chained to the past and what Autumn brings for me. I have come to realize that the season of Autumn will not stay with me forever.

Each season's entrance and departure is part of the gracious turning of the circle of life.

Autumn will return to the land and to the circle of life. The wheel keeps turning.