I have come that they might have life and have it more abundantly." (John 10:10)

Trees full of beautiful color
and then…
freely letting go
Returning to only the essentials for winter.

We, too, are invited to let go
of all that is not
essential for this season of life.

In letting go of unnecessary things, expectations, and activities,
we open ourselves
to re-energize and to re-create our forward journey,
to be re-birthed anew in God’s Love and Joy!

“Let us love one another with God, in God and for God.” Venerable Cornelia Connelly

Whatever gets in the way,
whatever weighs us down,
no matter how beautiful, valuable, or memorable,
let it go…as the trees teach us each autumn.

With only the essentials,
be free to more fully receive God’s Love
and then, as lightly as leaves falling,
to abundantly share Love in our world.

Our prayer:

“May my life become one simple act of love.” Venerable Cornelia Connelly

Offered by Cathi Duffy, Holy Child Associate