



## Healthy Reflections – Body, Mind & Spirit September 2015

Ahhh, fall – a season when we naturally see God’s goodness surrounding us.

We see His grace and provision reflected in the bountiful harvest, in the vibrant colours of the marketplace, and in the liveliness of our fellowship and gathering together. We cannot help but sing our praises and our gratitude!

This year at W-K we are reflecting on moving forward in our ministry and mission – we hear anew what it means *to learn and live the way of Jesus*. We remain faithful, and at the same time, like the seasons, we accept and change gradually and gracefully. Change is natural and healthy and vital to life – change is an integral and necessary process in all of God’s good creation.

I share, with permission, the following reflection written by Tammy Crabbe, Marketing Coordinator of the Five Oaks Education & Retreat Centre (from their September 2015 Newsletter)... May you find Shalom – peace, hope and wholeness - in these words.



### The Seasons Are A-Changin’

Autumn is fast approaching, bringing great opportunities to reflect, give thanks and transform. It’s the season that encourages us to find balance between light and darkness, to let go and accept the impermanence of things and to count our blessings.

There’s a natural rhythm of transition in seasonal changes that gently nudges change within us. It’s a season to take stock of the seeds we planted, what we’ve reaped and what direction we must now take.

We give thanks and express gratitude for all the blessings in our lives, knowing that we are always well provided for and never walk our path alone.

As day and night become equal lengths and leaves fall gracefully to the ground with little resistance, we are reminded that everything changes and nothing is permanent. We witness the beauty and ease of nature’s transformation and begin to trust that by allowing the natural cycle of life to flow freely we too can reap these incredible rewards. There is nothing that needs to happen or be forced; it’s simply a time to just be.

Like the trees that release their precious leaves, we start to shed all that no longer serves us, letting go of all our burdens. We curl up in a cozy warm spot and create space for reflection on all that is and graciously ask the Spirit to lead the way forward. And as we settle in for our winter hibernation, we become excited about the new possibilities that lie ahead of us. We welcome change with ease and grace.