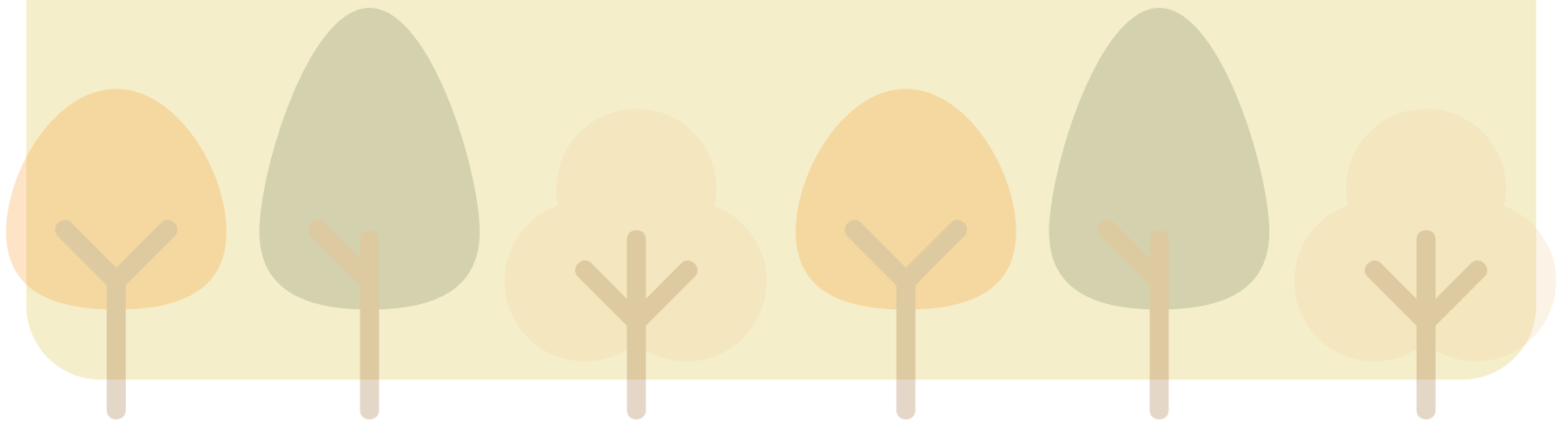


RHYTHMS OF GRACE: A JOURNEY INTO REST

*Let's Celebrate
Autumn*



For everything there is a season
and a time for every matter
under heaven

Ecclesiastes 3:1



30 Autumn Moments

WHAT GOOD GIFTS HAS THIS SEASON BROUGHT?



*Every good and perfect gift is from above, coming down from the Father of the heavenly lights,
who does not change like shifting shadows.*

James 1:17



AUTUMN FOODS

- apples/pears
- plums/damsons
- blackberries
- pumpkins
-
-

- root vegetables
- wholegrains
- nuts
- game
-
-

COOK UP A FEAST

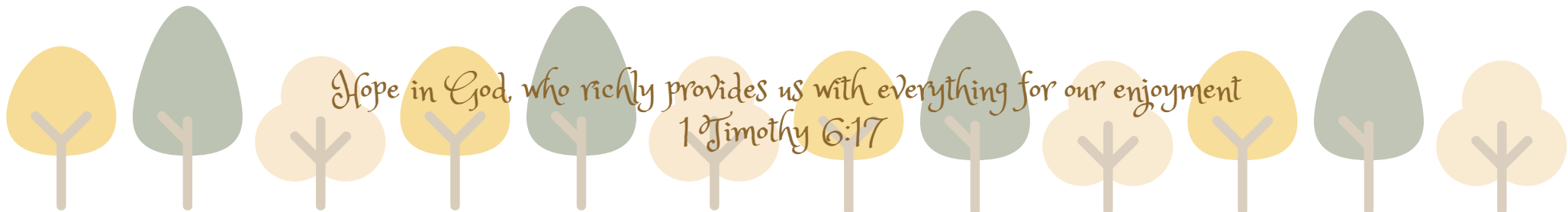
- rustic
- breads
- biscuits
- soups
- stews & casseroles
-
-

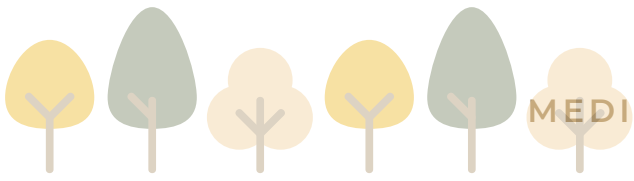
- pies & puddings
- jams, chutneys & pickles
- hot spiced drinks
- hot chocolate
- toffee & fudge
-
-

SHORT ACTIVITIES (UP TO 30 MINUTES)

- Make real hot chocolate & curl up with a good book
- Make a spiced hot drink
- Cosy up in the living room with candles, rugs and fire
- Create the setting, and listen to some music
- Fill hurricane lamps with fat candles, nuts and cones
- Knit or crochet blanket squares for a cosy throw
- Star watch on a clear night
- Plant bulbs for a spring show
- Start a jigsaw

-
-
-
-
-
-
-
-





MEDIUM-LENGTH ACTIVITIES (UNDER AN HOUR)

- Display natural seasonal 'finds'
- Take photos at sunset
- Make some fudge or treacle toffee
- Bake something seasonal: breads/biscuits/cakes
- Go for a rainy-day walk under an umbrella
- Make the most of the daylight, and take a late-afternoon walk
- Go for a bike ride somewhere leafy
- Make a seasonal table decoration
- Capture '7 Autumn Moments' on camera - and send them to Rhythms of Grace
- -----
- -----
- -----
- -----
- -----
- -----
- -----

How abundant are the good things that You have stored up for those who fear You
Psalm 31:19



LONGER ACTIVITIES (ONE HOUR OR MORE)

- Take a trip to do an autumn bird watch
- Attend a local autumn fair or festival
- Make a seasonal 'picnic', & take an autumn drive somewhere leafy
- Meet friends for coffee and cake at a country park
- Visit a lake and watch the birds massing for migration
- Enjoy a long autumn walk
- Invite friends to a seasonal afternoon tea, lunch or dinner
- Have a movie night with good things to eat/share
- Make some seasonal preserves

-
-
-
-
-
-
-
-



Even if something is
left undone, everyone
must take time to sit
still and watch the
leaves turn

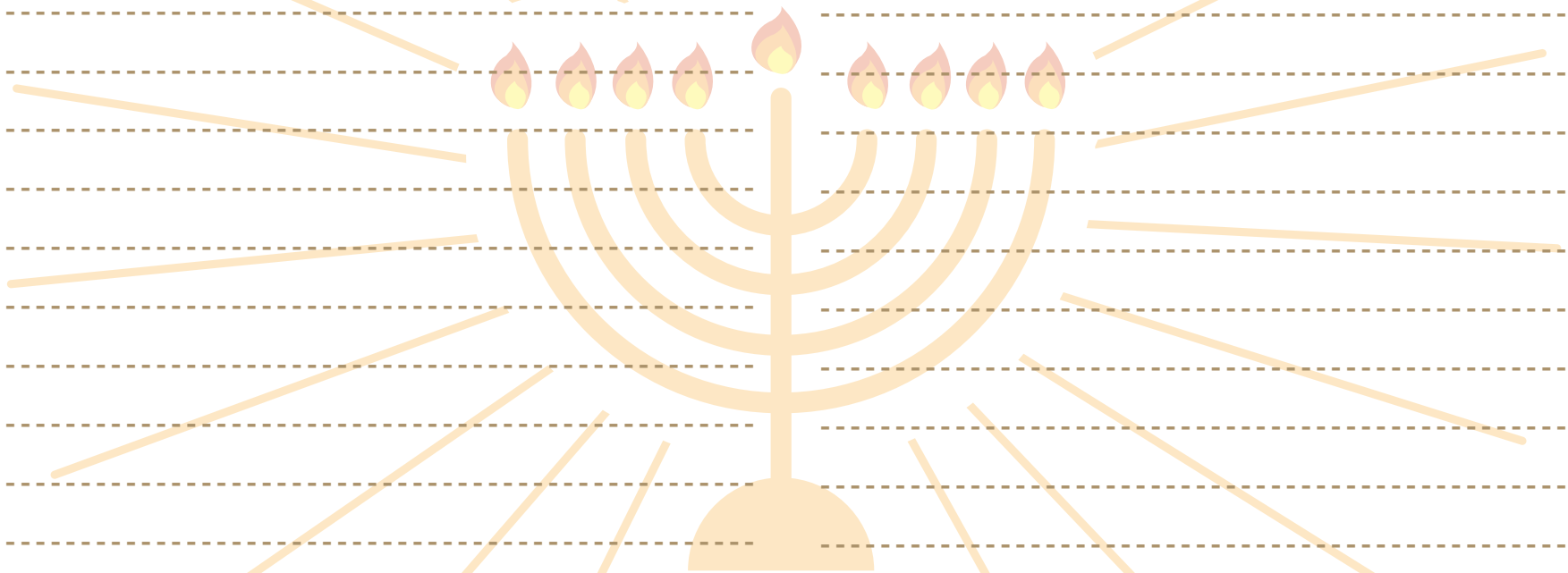
Elizabeth Lawrence



Celebrate God's Abundant Provision

We celebrate your abundant
goodness and joyfully sing
of your righteousness.

Psalm 145:7



SEE 'BREAD FOR THE JOURNEY BLOG' 14TH OCTOBER 2019

FEAST OF TABERNACLES 2

Rest in Jesus' finished work

Through Jesus' death on the cross I have received...

Having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross...

Colossians 2:15

SEE 'BREAD FOR THE JOURNEY BLOG' 17TH OCTOBER 2019





The grass withers, the flower
fades, but the word of our God
will stand forever.

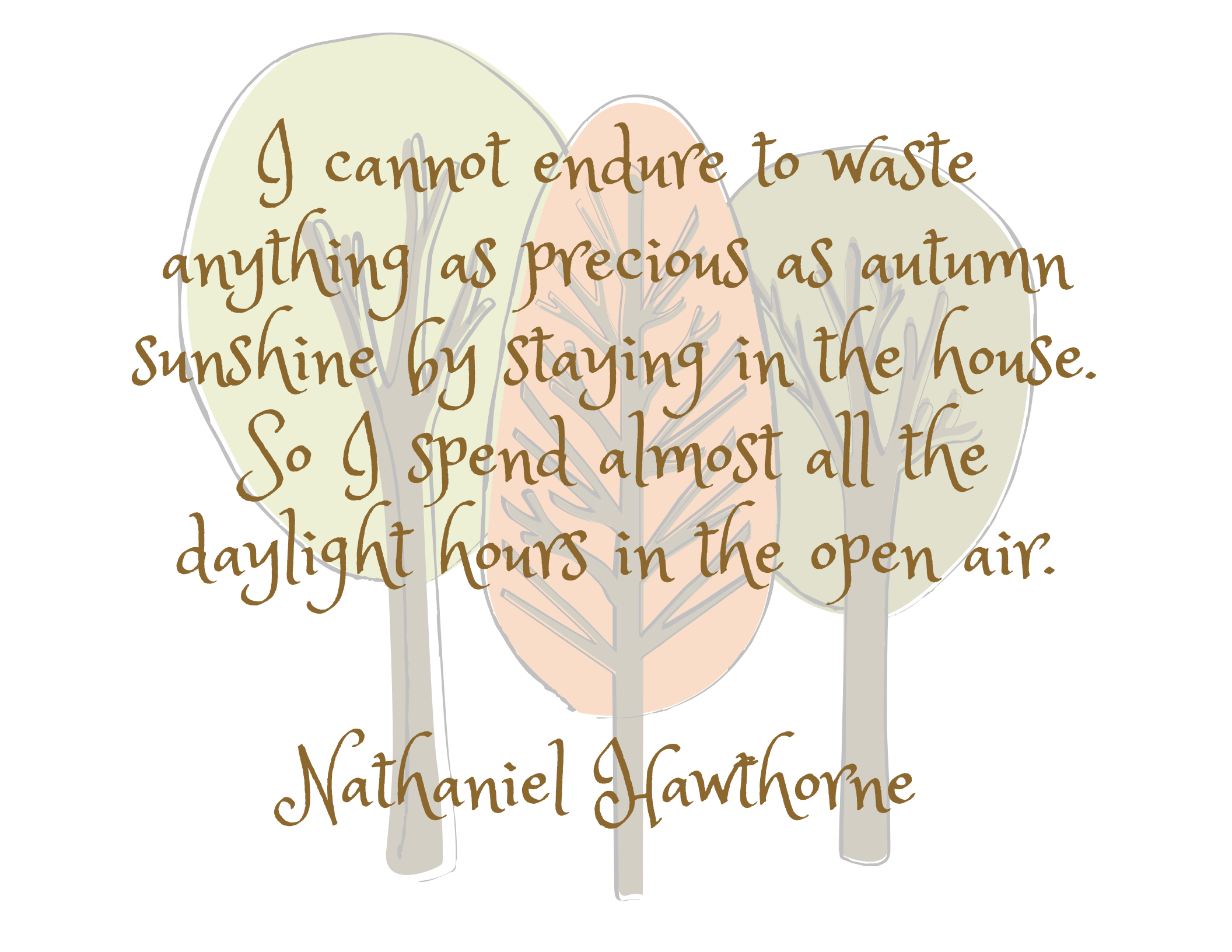


Isaiah 40:8



A series of horizontal dashed lines providing a space for writing reflections.

SEE 'MAKE AN AUTUMN RETREAT' BLOG POST 24TH OCTOBER 2019



I cannot endure to waste
anything as precious as autumn
sunshine by staying in the house.
So I spend almost all the
daylight hours in the open air.

Nathaniel Hawthorne

A stylized illustration of a branch with autumn leaves and a cluster of red berries. The leaves are a warm, golden-brown color, and the berries are a soft, muted red. The branch is a light brown color and curves across the upper part of the image. The text is written in a cursive, green font, overlaid on the branch and leaves.

Season of mists
and mellow fruitfulness...

John Keats

Notes

