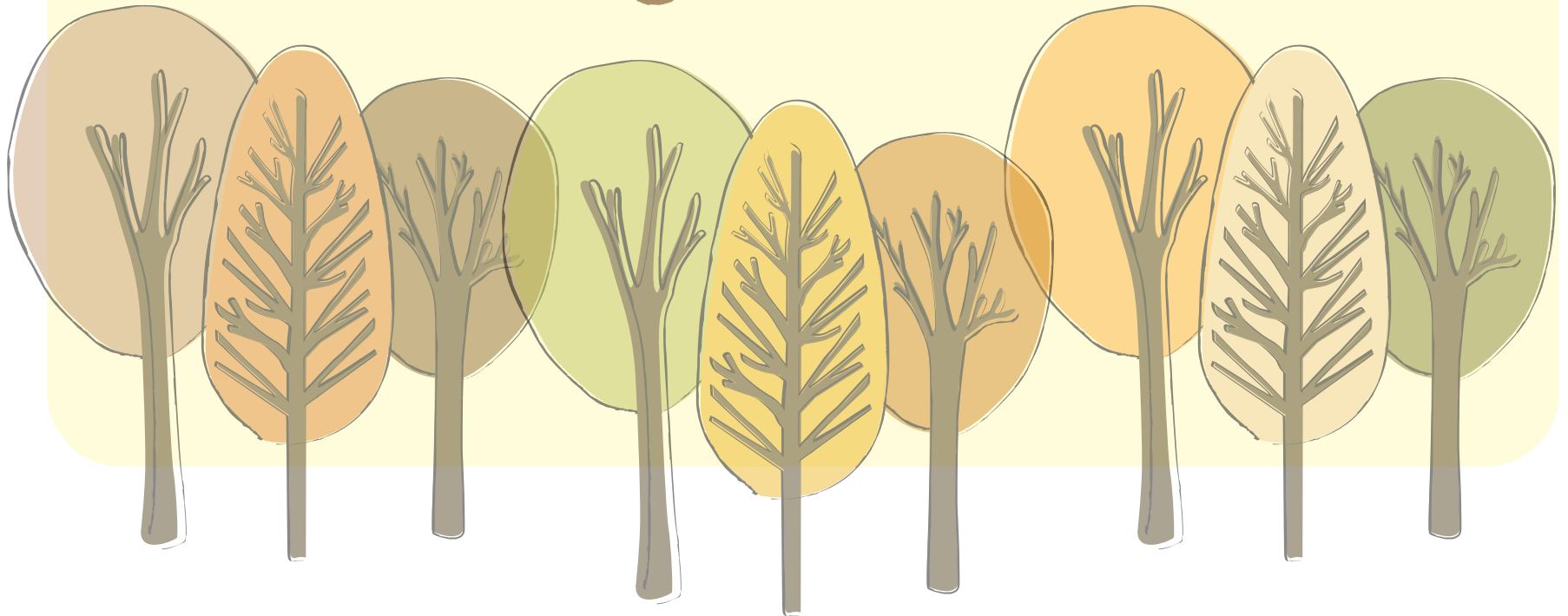


RHYTHMS OF GRACE: A JOURNEY INTO REST

Let's Celebrate
Autumn



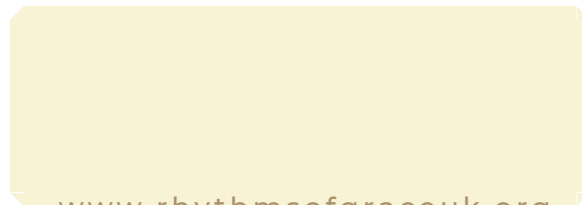
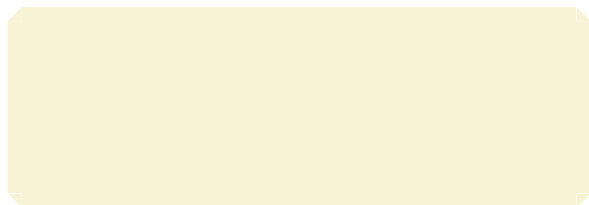
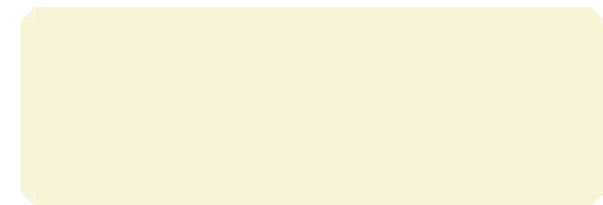
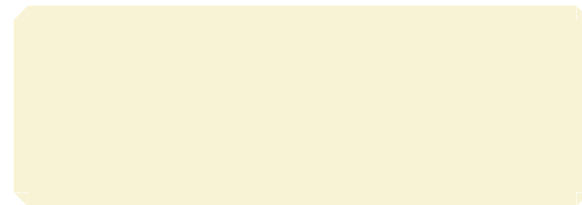
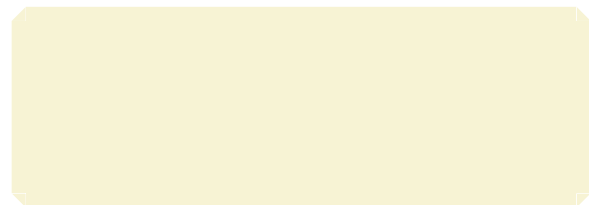


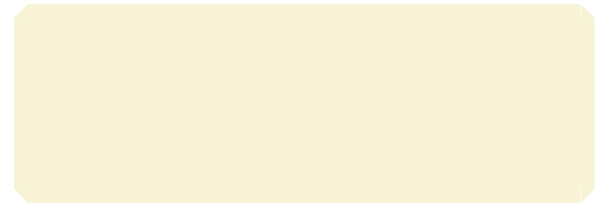
For everything there is a season
and a time for every matter
under heaven

Ecclesiastes 3:1



30 Autumn Celebrations

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
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- root vegetables
- wholegrains
- nuts
- game
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COOK UP A FEAST

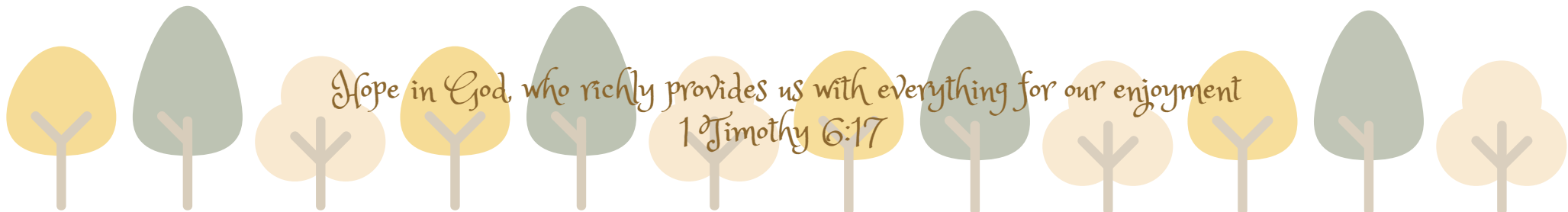
- rustic
- breads
- biscuits
- soups
- stews & casseroles
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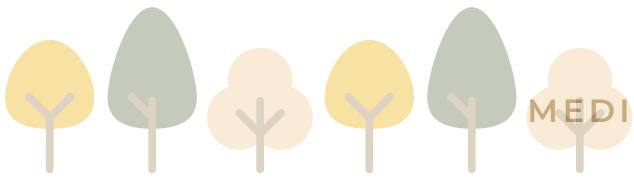
- pies & puddings
- jams, chutneys & pickles
- hot spiced drinks
- hot chocolate
- toffee & fudge
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-

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

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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
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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

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*Give thanks to the Lord, for He is good; His love endures forever.
Psalm 107:1*

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

Elizabeth Lawrence





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



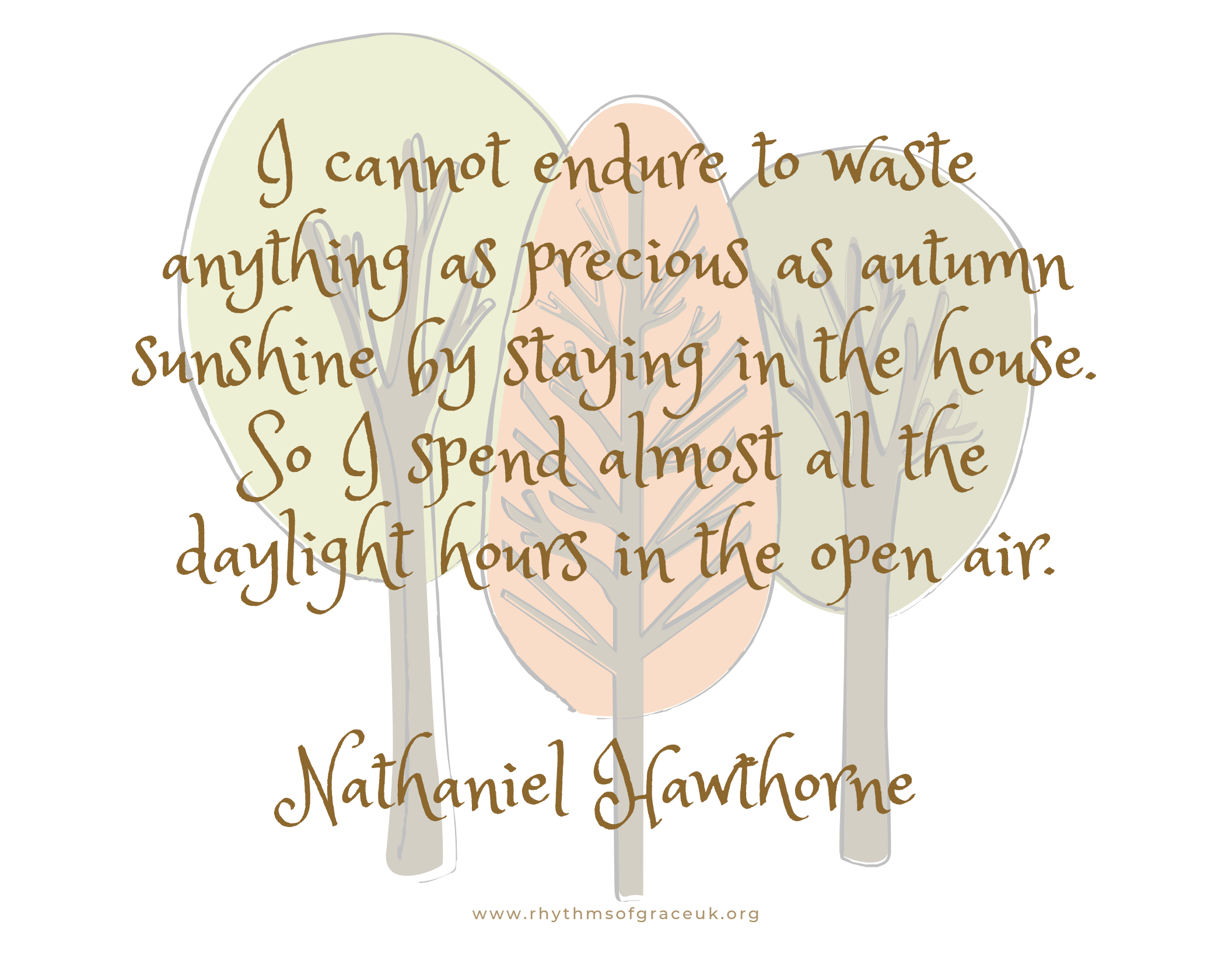
Isaiah 40:8



Reflections



A series of horizontal dashed lines for writing reflections.



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

An illustration of a branch with several autumn leaves in shades of orange and yellow, and a cluster of four red berries hanging from the end. The text is overlaid on the branch.

Season of mists
and mellow fruitfulness...

John Keats

Notes

