

Ordinary Time, Fall 2025

Reflection

The liturgical season of Ordinary Time continues, but the meteorological season has changed. We've moved from Summer to Fall in the northern hemisphere, and, while Ordinary Time is meant to be a season for prayer and contemplation and summer is often a time for vacation and restoration, Fall, in many ways, is a time for reactivating our lives. We re-enter work full-force. Schools re-open. Meetings that were canceled for the Summer, resume. Activists schedule an abundance of marches, rallies, demonstrations, and vigils. Getting a jump-start on the new season, the Season of Creation began on September 1st. Both Campaign Nonviolence and Catholic Global Days of Action began on the eve of Fall, September 21st. The United Nations started a new cycle with a week of meetings of the General Assembly complete with dignitaries from most of its member nations, heightened security, closed-off streets, and chaotic traffic. Before we know it, our calendars are full. Not much time for prayer and contemplation.

Ironically, nature is moving in the opposite direction and may have much to teach us. It's harvest time because most crops have completed their production, and it's time to rest both the plants and the soil. Trees begin to drop their leaves. Bears fatten up for a Winter of hibernation. Squirrels gather nuts for the coming cold. Many birds migrate to warmer climes. Nature is winding down.

Can we learn the balance that was the theme of the Summer reflection? Can we learn the lesson of nature at the same time that we dive into the activism of Fall? As noted this Summer, we need both prayer and action. Each sustains the other. Read on for a prayer and suggested actions that may just help us all to do both well.

Prayer taken from "Autumn Psalm of Contentment" by Edward Hays in *Prayers for a Planetary Pilgrim*

O sacred season of Autumn, be my teacher, for I wish to learn the virtue of contentment...

I live in a society that is ever-restless, always eager for more mountains to climb,
seeking happiness through more and more possessions.

As a child of my culture, I am seldom truly at peace with what I have.

Teach me to take stock of what I have given and received;
may I know that it's enough, that my striving can cease in the abundance of God's
grace.

May I know the contentment that allows the totality of my energies to come to full flower.

May I know that like you I am rich beyond measure.

As you, O Autumn, take pleasure in your great bounty,
let me also take delight in the abundance of the simple things of life which are the true
source of joy.

With golden glow of peaceful contentment, may I truly appreciate this autumn day.



Suggested Actions

- ❖ As life winds up, take time to wind down: Get out into nature. Enjoy the mild temperature—no longer very hot, not yet very cold. Take pleasure in the colored leaves. Notice the squirrels scurrying about as they prepare for Winter. If you're in a different part of the country where these things aren't happening, relish whatever your environment is offering you.
- ❖ Take time also to pray, to reflect, to meditate.
- ❖ Do join with others to engage in actions that move us closer to a more just and peaceful world.

- ❖ Share your gifts with those who need a little company, friendship, encouragement, or support.
- ❖ Check out the Upcoming Events page at this website for more things you can do, and also visit these other Pax Christi websites for more ways to pray, study, and act: www.paxchristinys.org and www.nypaxchristi.org.
- ❖ Share this reflection with others.