

Ordinary Time, Fall 2026

Reflection

Change. The season of Fall can be seen as a season of change. In the north, leaves change color and literally fall. The heat of summer is replaced by cooler temperatures. Daylight hours no longer exceed nighttime hours, but actually reverse themselves. Students change grades and courses. Some may even change schools and schedules. Adults may also experience some changes at work. Activities likely change; meetings and actions that were canceled in summer resume in the Fall. Perhaps other things change, as well.



But do we change? Should we change? The liturgical season of Ordinary Time continues, but that doesn't mean that we should necessarily stay the same. Are there things that we might change within ourselves? It's not the official time for New Year resolutions, but, since so many things start up again in the Fall, it's often more a New Year than January 1st. Our Jewish brothers and sisters actually do celebrate the New Year at this time. So what might each of us resolve anew in this new meteorological season?

Is this a time to increase our prayer time? What about our time to read and study more scripture or spiritual writings? How about self-care—more sleep or exercise or a better diet? Is self-improvement what's needed—maybe better anger control or the like? Are we able to devote a bit more time to speaking out on issues of peace and justice that concern us, for example on immigration; the environment; hunger and homelessness; assaults on free speech and freedom of the press; the death penalty; gun violence; wars and conflicts in places like Gaza and the West Bank, Sudan, and Iran; gang violence ruling Haiti; life-threatening embargos on Cuba; and more. Tragically, the list seems endless.

Let's finish out Ordinary Time 2026 with good change, and let's hold onto what's already worth saving.

A Prayer for Navigating Life's Changing Seasons



Dear God,

Life's seasons change, just as the world around me does. As I navigate these shifting seasons, help me find balance and harmony in the face of change. Grant me the wisdom to know when to sow, when to reap, and when to rest. May I embrace the beauty of each season and see the lessons it brings. Thank you for the cyclical nature of life and its ever-changing grace.
Amen.

<https://strengtheninprayer.com/prayers-about-change/>

Suggested Actions

- ❖ Many of us don't like change. Remember God does not change, but remember, too, that change can be nourishing. Reflect on changes in your past that enriched your life, and thank God for them.

- ❖ Knowing that change can be good, consider what changes you'd like to make. Pray about them. Talk about them with someone you trust. Then, select just one to work on.
- ❖ Perhaps help someone else who trusts you to make a desirable change. Encourage them. Support them.
- ❖ Check out Pax Christi's upcoming events and opportunities to help change some of the things in our country and our world—or maybe in our Church—that could benefit from change.