

A reflection for October

What colour is autumn? Do you picture reds, browns, oranges and yellows of leaves turning? Is it dark purple brambles, red hips, and red & green apples? What about amazing autumn evening light, turning everything gold, and sunrises and sunsets that take the breath away? Is it the colours of fields – golden stubble and bales, brown of newly sown crops, green of carrot tops? Or grey looming skies, white clouds blown past, or clear dark nights sprinkled with stars?

What colour is autumn for you?

And what do those colours mean to you? Do colours shape your moods? Do colours trigger feelings? Could those colours shape your prayers?

Prayer is communication with God: communication with the God who is the source of life and colour throughout creation; communication with a God who knows and loves you, whatever the colours of your mood; communication that is two-way, as we offer our hopes and fears to God, and God responds.

Just as the colours of autumn can speak to us beyond words, so prayer can be much more than words. Perhaps this autumn we can let our prayer be in colour. May we know God in colours and moods of creation, and may we share our colours and moods with God.