

OCTOBER 2026

With the days noticeably shorter than just a few weeks ago and the chill in the air prompting us to put away summer clothing and bring out our warmer wear, Autumn is once again with us.

The season marches on with leaves on the trees changing to vibrant colours, ready to fall, although the unusually hot spell this year caused stress to some trees resulting in early and possibly later colour change.

Trees need to let go of their leaves to conserve energy for the coming wintry weather; the fallen leaves break down adding necessary nourishment to the soil in preparation for future growth, and so the cyclical motion continues.

Autumn is a good time for us to let go of whatever we are clinging on to that may be holding us back from moving forward in our Christian journey. Pain, stress, grief, anger, hurt – and more – are often far easier to conceal than to face. But we cannot hide anything from our Loving and all-seeing God. Whilst the world around us is busy, God remains unchanged. With Divine patience, He waits for us to let go of our burdens, giving them to Him and trusting that He in His infinite Grace and Mercy will take them away.

1 Peter 5:7

Cast all your anxiety on him, because he cares for you.

Loving God, We thank you for our many Blessings, those we know and those we have yet to see.

We come before you in humility, to let go of all that is holding us back from following you more closely. Forgive us our frailties Lord and grant us strength and courage.

We pray for areas of increasing conflicts around the world, resulting in countless numbers of people displaced, hungry and lonely; for those who have nothing to keep them warm in the coming months and for all the lives lost.

We pray for all who share Your Good News everywhere, even in the face of extreme adversity.

We pray too for all involved in the current situation in France – the demonstrations fuelling a growing anger and violence. We pray for positive and honest dialogue, that a peaceful resolution may be agreed. In Jesus' name. Amen

Revd Tish Bird