



Celebrate the Autumn Equinox September 21st

By Diann Neu, dneu@hers.com

Generations before us have been attentive to the seasons changing. The light and the dark in the North and in the South of our Planet are balanced by being of equal length at this time of year. September 21st is the Autumn Equinox in the Northern hemisphere and the Spring Equinox in the Southern hemisphere.

Ancient people celebrated each changing of the seasons, knowing that nature's changes outside corresponded to inner changes as well.

The Autumn Equinox invites us to balance our lives, to begin again as the seasons change, to reflect on the bounty of our hard work, to give thanks for the blessings we have received, and to clean out our clutter to prepare for the coming of winter.

Light Candles

As the nights of autumn grew longer, the Druids, priests of the Celtic people of Ireland and the British Isles, feared that the sun might cease to shine, leaving the Earth to the forces of evil. They believed fire re-energized the sun and drove away evil spirits.

Light candles to bring new balance into life.

Receive the Blessing of Autumn

Come, Spirit of Autumn, and bless me!

As the sun sets in the west, teach me to let go of my stress.
As the trees let go of their leaves, teach me to let go of my baggage.
As the birds wing swiftly southward, teach me to let go of my fears.

Come, Spirit of Autumn, and bless me!

To balance my life.
To embrace my changes.
To begin again.

Come, Spirit of Autumn, and bless the Earth!

Make A Wish for Balance in Life

May autumn lead me into deeper balance.
May autumn lead Earth into deeper balance.
Amen. Blessed be. May it be so.

Contemplative Prayer at WATER, October 10, 2011

WATER offers a regular contemplative prayer opportunity each month. Join us for our upcoming session on Monday, October 10th, 2011 at 7:30 PM. This will be a time for communal meditation, a time of silence and reflection followed by a short discussion. Mary E. Hunt will lead our session this time.

The office will be open at 7 PM for a cup of tea and conversation. Silence will commence promptly at 7:30 PM so please be here by then. We will finish and be on our way by 8:30 PM. You can also join us by telephone.

RSVP by Friday, October 7th, 2011 to water@hers.com or 301.589.2509 so that we can expect you. If you wish to join by phone, please indicate that so we can send you the phone-in number and other information. The phone option is increasingly popular and seems to work quite well so feel free to try it!

Donations are always welcome.

Parking is free in the garage behind the office after 7 PM. The front door of the building has a phone entry system; find "WATER" and dial the office to be buzzed in.

All are welcome. Some of us have been involved in the Engaging Impasse process (www.engagingimpasse.org), which combines meditation with community dialogue. No experience required! Just come with a contemplative spirit. Your presence will enrich us all.

The next WATER meditation will be on Monday, November 7th, 2011 at 7:30 PM. Further meditation Mondays are as follows: December 5th, 2011; January 9th, 2012; February 6th, 2012; March 5th, 2012; April 2nd, 2012; May 7th, 2012; June 4th, 2012; July 9th, 2012.

[Make a secure online donation to WATER](#)

Women's Alliance for Theology, Ethics and Ritual

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