

Saintly Nature Walk



Use the beauty of the month of October to prepare for the celebration of All Saints Day on November 1. Plan some family time outside where you can enjoy the brilliant colors of autumn. (If you live where the leaves do not change colors, you can find autumn pictures of deciduous trees on the Internet or at a public library.)

God gives us the leaves to remind us that our goal in life is to constantly change and grow so that we will be at our most glorious and beautiful appearance in God's eyes at the moment of our death.

Question for Reflection

- Why are the leaves on the trees changing color?

Discuss how the process of death is bringing about the color change.

Question for Reflection

- How can death be a beautiful thing?

As you continue your walk, enjoy the sound of the leaves crunching under your feet. Draw attention to all of the leaves on the ground.

Question for Reflection

- What would happen to these leaves if they stayed on the ground for the next couple of years?

Discuss the process of decomposition. Discuss how this process provides nutrition for the next generation of leaves and forest plants.

Saints are like leaves that fall to the ground and provide spiritual nourishment for the next generation of believers.

Gather some leaves or pictures of leaves to decorate your kitchen or dining room table and use the following prayer to bless your food when you gather for meals:

God of all life, you bless us with the beauty of your creation and all that it tells us about you. May the food we share nurture us to be your saints, that all may come to know the beauty of your love for them. We make this in the name of God our Creator, Jesus our Lord, and the Holy Spirit who sustains us. Amen.