

AUTUMN PSALM OF CONTENTMENT

O sacred season of Autumn, be my teacher,
for I wish to learn the virtue of contentment.
As I gaze upon your full-colored beauty,
I sense all about you
an at-homeness with your amber riches.

You are the season of retirement,
of full barns and harvested fields.
The cycle of growth has ceased,
and the busy work of giving life
is now completed.
I sense in you no regrets;
you've lived a full life.

I live in a society that is ever-restless,
always eager for more mountains to climb,
seeking happiness through more and more possessions.
As a child of my culture,
I am seldom truly at peace with what I have.
Teach me to take stock of what I have given and received;
may I know that it's enough,
that my striving can cease
in the abundance of God's grace.
May I know the contentment
that allows the totality of my energies
to come to full flower.
May I know that, like you, I am rich beyond measure.

As you, O Autumn, take pleasure in your great bounty,
let me also take delight
in the abundance of the simple things of life
which are the true source of joy.
With the golden glow of peaceful contentment
may I truly appreciate this autumn day.