

## **Fall Song by Mary Oliver**

*Another year gone, leaving everywhere  
its rich spiced residues: vines, leaves,  
  
the uneaten fruits crumbling damply  
in the shadows, unmaterring back  
  
from the particular island  
of this summer, this NOW, that now is nowhere  
  
except underfoot, moldering  
in that black subterranean castle  
  
of unobservable mysteries — roots and sealed seeds  
and the wanderings of water. This  
  
I try to remember when time's measure  
painfully chafes, for instance when autumn  
  
flares out at the last, boisterous and like us longing  
to stay — how everything lives, shifting  
  
from one bright vision to another, forever  
in these momentary pastures.*



## **An Autumn Prayer Walk**

Distance 1.7 Km (1 mile) · Time: 35 to 45min

This season of Autumn is one of changing colours. As you walk this route, take time to marvel at the beauty of God's creation. Use your senses to look, smell and listen to the signs of Autumn — of changing leaves, crisp air, of the fruits of Creation.

*On this route we shall pray for all associated with the Health Centre, Rosevale Nursing Home, Wigginton School, Wigginton Park and our local community.*

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### **A prayer for Autumn**

*O God of Creation,  
you have blessed us with the changing of the seasons.*

*As we welcome the autumn months,  
may the earlier setting of the sun  
remind us to take time to rest.*

*May the brilliant colours of the leaves  
remind us of the wonder of your creation.*

*May the steam of our breath in the cool air  
remind us that it is you who give us the breath of life.*

*May the harvest from the fields remind us  
of the abundance we have been given  
and bounty we are to share with others.*

*May the dying of summer's spirit remind us of your great promise  
that death is temporary  
and life is eternal.*

*We praise you for your goodness forever and ever.*

Author Unknown

### Start at the Haxby and Wigginton Methodist Church

Turn left from the church drive and head towards the Health Centre.

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#### As you pass the Health Centre...

Pray for the staff and patients

*Loving God, we pray for all who walk through these doors – staff, patients, people picking up prescriptions.*

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Continue walking up Mill Lane to Rosedale Nursing Home, which is on the left hand side.

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#### As you pass Rosedale Nursing Home...

Pray for the staff, residents and families of residents

*Lord, we pray for all those who work and live here and for their families. We give thanks for all those in the Autumn days of their lives.*

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Continue walking up Mill Lane and cross over the road to Wigginton Duck Pond.

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#### Pause at the duckpond...

Take time to notice the trees, the sky: to breathe deeply

*When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have set in place, what is mankind that You are mindful of them, human beings that You care for them? — Psalms 8:3-4*

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Head up Westfield Lane to Wigginton School, then turn left onto Greenshaw Drive.

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#### As you pass Wigginton school...

Pray for all the staff, pupils and families

Continue walking along Greenshaw Drive towards St Nicholas Church. Take time to notice the trees, and the changing colours as you walk.

*The earth is the Lord's, and everything in it, the world, and all who live in it. — Psalms 24:1*

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Turn right down Churchfield Snicket (Signposted Churchfield Open Space)

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#### As you pass the park and dog walking area...

Give thanks for recreation

Continue down the snicket, then take the first left, and continue to the end of the road. Turn left onto Greenshaw Drive. Turn right onto Westfield Road.

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#### As you walk down Westfield Road...

Pray for the residents of Haxby and Wigginton

*Lord, we pray for all who live in our town. Bless each person and enfold them in your loving care.*

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At the end of Westfield Road turn left and return to Haxby and Wigginton Methodist Church.