

Seasonal Blessings



Joy Lenton

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WORDS OF JOY
PRESS



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Introduction

Dear Reader,

You might be wondering what this book of seasonal blessings is all about. Most of us are familiar with the 'Bless you!' or 'God bless you!' we receive or say to others when they sneeze.

It's thought that it might have originated as a reaction to various late 19th century serious infections, including the bubonic plague, and was seen as a protective prayer against catching it or getting sick to the point of death.

To bless, as we understand and use it today, is to wish others to be the beneficiary of good fortune, good health, and a good and happy life.

Sacred blessings are rather different. They seek to impart a state of spiritual prosperity, well-being and favour, such as receiving grace to help us overcome adversity or live well with challenging circumstances.

The blessings shared here mostly follow that sacred pathway, while they reveal how much the seasons of the year mirror our seasons of life and seasons of the soul in how nature behaves.

All have their particular hardships and joys. They also have their own gifts and surprises. And Intertwined between each one is the pulse of life itself, saturated with grace and awe.

I invite you to pause and appreciate the seasonal variations, note how nature adapts to change, and see how much it can teach you about your own life experiences.

To bless someone, or something, especially in a sacred sense, is a beautiful, powerful, biblical act. It's encouraging and life affirming. May you be blessed by the words and thoughts shared here, my friend, and inspired to bless and be a source of blessing to others.

Seasonal Vignettes

Bless the seasonal moments
which stir renewal within us.

May they capture vignette tales
relating to cycles of our life and faith.

Bless the April showers
which drench dry earth into life.

May they bring vibrancy,
build renewed expectancy and joy,
signal spring has found her voice.

Bless the blush of sunrise
with its echoes of summer's heat.

May the earth go mad and everything
flourish with a riotous carnival of colours.

Bless the golden glow issuing
from a harvest moon.

May it stay luminous, benevolent,
bright and full complete, like a soul circle.

Bless the first snowfall which
brings out the child in us.

May its hushed-blanket feel increase our
innate desire to hunker down, sit by the fire.

Spring



Dawn blessing

Bless the dawn—
the dawn of creation,
the dawn of sentience,
the dawn of creatures
great and small,
the dawn of gardens and plants,
of flowers and waterfalls.

Bless the dawn—
the dawn of mankind,
the dawn of hope
to encourage our hearts,
the dawn of new life,
the dawn of embracing it
with joy, wonder, and love.

Bless the dawn—
the dawn of invention,
the dawn of innovation
through the centuries,
the dawn of creativity,
the dawn of great ideas,
of light igniting for you and me.

Emerging light blessing

Bless the way this season encourages
you to wake and inhale the fresh
breath of a new day.

As you see and sense wintry darkness lifting,
may you open yourself up to the emerging light.

May you welcome this season which bursts
with rich potential as awakening comes.

Let each small sliver of grace
you might encounter during spring's
renaissance bring you renewed hope.

Bless the soul revitalising power
you can receive from the springs
that water your pathway.

Soul peace blessing

Blessings of soul peace to you
as this season seeks to teach you
how to cling to hope when you cannot
see beyond your life, your work,
your daily toil, your home.

If you feel low, dejected, depressed
or at the end of your rope,
may the load be lightened
in the sharing with another.

Bless the sweet fellowship of a supportive
friend or community to enrich and gladden
your heart, and bring some relief in sharing
your deepest feelings and thoughts.

Expectancy blessing

Blessings of youthful vigour
and optimism be yours even if your body
ails and fails you. May you retain an
expectant, open and youthful spirit and heart.

Blessings of dreams that take you
into higher realms of hope and joy.

May you have faith enough to believe
for good things, courage enough to stretch
your imagination, and the ability
to wait for their fruition.

Blessings of peace as you slow down
to appreciate where you are already situated.

May you rest in your achievements so far
and give yourself grace if you think they
are insufficient in any way. Because you
are enough. Right here. Right now.

Summer



Joys of summer blessing

May you open your arms wide to light, to joy,
to the sun's warmth, and receive an abundance.

Bless the joy of summer which releases a sweet
scent, like a rose unfurling to a waiting world.

May the intoxicating fragrances and heady
colours of summer lift and fill your heart.

Bless the food, the heat, the deep watery seas,
the swims, the dips, the pleasures summer gives.

When you see skies mourn in grey robes,
may you remember their blue
threads being summer dressed.

Pause and be thankful blessing

May the long hot days give you reason to
pause and be thankful for where you are.

As you take a break or a lengthier vacation,
may you rest in knowing you are already
deeply loved and approved of
even when you're being unproductive.

In the set apart days, when your usual
routine takes a backseat, may you see
the physical, emotional and spiritual benefits
to be had in pressing pause on busyness.

Let healing light flood and permeate
your mind and heart, and chase
away any dark thoughts.

Look for the rainbow blessing

May rainbow fingers of bright, shimmering
light penetrate every inch of darkness.

May its radiant rays of hope
soften all of life's sharpness.

May your faith become
like a strong and sturdy rope.

May you find it supports you
with the tensile strength of oak.

May you glimpse the sun
and learn to dance in the rain.

May you know that a way has been
paved for you to start again.

Become refreshed blessing

When this season seems endless
and begins to parch both ground and heart,
may you seek out refreshing rivers of soul rain,

May streams of grace, showers of
mercy and love water your days.

May they saturate your soul
with a welcome reviving freshness,
and lift your tired, dried-out
feelings and thoughts.

Let the morning dew soften any hardness
inside. Make time for jumping joyfully
in the puddles, and space for absorbing
liquid love from the heavens.

Autumn



September song blessing

Bless the way September sings a slow end
to summer. Days remain mild, not yet
wearing their wintry clothes,
though subject to chill and cold.

Bless the hint, the suggestion of frostiness
which rimes the edges of early morning leaves,
now crisp and icing-coated on their tips.

Bless the colours of warm ochre and gold,
the sienna-red foliage that lifts saddened hearts
while trees absorb their chlorophyll
in this slow, rhythmic cycle of life.

May we note the slow death taking place
before our eyes, and may the final gasp
of leafy fruitfulness leave us with awe,
as we watch their release and fall.

May we learn how to let go of the old,
the redundant, as we make way for
the new things that will be birthed in us,
hope-filled and glorious.

Sabbath rest blessing

Bless the Sabbath rest.
May it help us relax and reset.
May the setting aside become:

A welcome hush—
ironing out the wrinkles
of our usual hurry and rush.

A holy suspension—
calming our frantic souls
to help make us whole.

A welcome respite—
we savour at the end of the week
as an oasis and pocket of peace.

A drawing closer—
to our Saviour, when busyness ceases
and we breathe in needful soul rest.

Fall Blessing

Bless the leaves sitting ready to be crunched
into ashy dust, become beautifully broken
up, like tiny remnants of cloth.

Bless these cyclical rhythms where growth
yields to letting go. May it be seen in our souls,
where change leads to us becoming whole.

May we see how we're slowly coming
home to ourselves and to our God.

We descend and rise,
get to see between the lines,
while our enlivened soul climbs.

Keeping watch blessing

Bless the pared back branches
that arch toward the sky's great acreage.

May we give thanks when we can sense
the sun's warmth in its lingering rays.

Bless the spent autumnal leaves
which clump and become wedded together.

May we note the squirrels skirting timber
as they collect their bounty for winter.

Bless the prickly, shiny conkers
that remind us of childhood wonders.

May it not take much to draw our
eyes or lift our souls heavenwards.

Bless the art of paying attention
which provides its own reward.

May hope still sing like a
light-winged dove in our hearts.

Bless those who keep watch
on seasons of the year, life and soul.

May it become a form of prayer
to notice all things, everywhere.

Winter



Stillness and hibernation rest blessing

Blessings of stillness, of hibernation
rest and deep, restorative sleep to you.

May you mirror earth's ability to wait patiently
and prepare for fresh rising and growth.

Blessings of slow noticing in the hard,
in times of inactivity or sitting in the dark.

May you begin to increase your awareness
of how faith operates when it is tested.

Bless the ability to become aware
of how much creation has to teach you
about pausing and beginning again.

May hope rise anew in your heart
as you learn to observe signs
of shifting in your soul.

Winter's gifts blessing

Bless the cycles which come and go as
earth's rhythms continue in an unending
diurnal, cyclical and seasonal flow.

Bless the alterations, the surprise of
sensing and seeing change, the gift of
slowing down to appreciate it all.

Bless the gifts of winter: Thanksgiving
and Christmas celebrations, hoar frost
and snow, crunchy walks, ice-bright light,
soft blazing sunsets, bushes
laden with berries, souls at rest.

May the wood crackle in the hearth,
the laughter rise up, and the flames hiss
and spark, for here we find our joy,
our comfort, our sharing with loved ones,
our satisfied and merry hearts.

Bless this shrouded silence blessing

Bless this shrouded silence which speaks of—
a world on pause, dark soil hushed,
a deep humility known only in rest,
in stillness and dependency.

Bless Earth, its inhabitants and animals,
who hunker down, retreat from the cold
outside, retreat into themselves,
their inward thoughts and lives.

Bless our cravings for warmth,
companionship, the flame of hearth
and home, love and light,
in preference to searing chill and cold.

Let us not forget how our own deep,
hidden work of soul and body
sustenance is going on deeper still,
beneath the frozen, solid surfaces.

Bless the deepest longings

Bless the deepest longings
lodged in the human heart—
longings for ultimate peace, ultimate rest,
harmony of mind and heart, and unity of love.

These inner longings point to a purer Truth
still waiting to be fully revealed, to oust the lies
and deceptions which mankind is tainted with.

Bless the way our souls become nurtured by slim
threads of hope which we cling to
with courage that grows stronger over years.

And so we wait, we watch, we cry out
in despair, afraid of the darkness, longing for love
to come to us, longing for our heart's Rescuer.