



Autumn reflection

Draw an autumn tree. Let the tree symbolize yourself; for each part of the tree reflect on the following questions. Write your responses on that part of the tree.

- ***the roots:*** who and what has given you nourishment and vitality in your life? who and what "roots" you in your times of significant change?
- ***the trunk:*** what are your strengths? what events have channeled new life into you?
- ***the leaves:*** what is dying in your life now? what do you feel called to let go of?
- ***the bark:*** who or what protects you, comforts you?
- ***the terminal buds on the ends of the branches:*** What is your hope?

Now, let the tree symbolize the community life of SERVICE; for each part of the tree reflect on the following questions.

- ***the roots:*** who and what give the community nourishment and vitality? who and what "roots" can the group count on to "root" itself in times of significant change?
- ***the trunk:*** what are your strengths? what events have channeled new life into you?
- ***the leaves:*** what is dying in your community life now? what do you feel called to let go of?
- ***the bark:*** who or what protects you, comforts you?
- ***the terminal buds on the ends of the branches:*** What is your hope?