



By Pat Haggerty

Fall, in many parts of our country, is a season of transformation. Nature has gifted us with a colorful palette to savor and enjoy. Like Joseph, and his coat of many colors, the earth is cloaked in an assortment of reds, yellows and golds. We marvel at the beauty of God's creation as we look to the leaves of ever-changing hue. One might say that nature has been transformed. It is a beautiful thing!

How do we go about getting a season of transformation in our own lives? Can we be transformed? What does that mean for us?

In the process of our own spiritual growth, transformation can mean that we deepen our own understanding of who we are in God's plan. As with the changing leaves, we can change our hearts and turn closer to God. We do not become dry and brittle like the leaves dotting the ground. Instead, we become vibrant with life. We bring color and joy to those around us.

Transformation is sometimes the result of a life-changing experience, the impact of someone on our lives, or even the effect of a piece of music or art that has moved us. Transformation may be the result of the Holy Spirit and God's grace as it moves within us.

Transformation is often brought about by our prayer-life. How do we pray? It is different for each of us. For some it is a formulaic prayer that we have engaged in for years. For others, it is simply a "conversation" with God. For some, it is working that is a prayer. The Benedictines have as their motto, "Ora et labora." Perhaps work itself can be a prayer---or, we can pray while

working. Singing is a prayer too. "He who sings, prays twice."

Both in the readings for the 29th and 30th Sundays in Ordinary Times, we hear about prayer. In Luke's gospel on the 29th Sunday, Jesus is telling his disciples about the necessity of praying without becoming weary. On the 30th

Sunday, Luke shares the parable of the two people who went up to the temple to pray.

May these readings be a reminder to us of the importance of prayer in our lives. Our prayers can be interwoven in our daily lives in a very seamless manner. Let us challenge ourselves to create a beautiful tapestry of prayer that connects us to our Heavenly Father. Can this tapestry transform us? I believe it can.