



PATHWAYS

spirit vibes

*insights, events
and inspiration
for the spiritual
journey*

OCT
2026

Spirit Vibes is
PATHWAYS'
quarterly newsletter
designed to inform,
inspire, and publicize
the ways it is working
to deepen
relationships with
humanity, creation,
and the Divine.
Let's journey!



PATHWAYS
A CENTER FOR SPIRITUAL RENEWAL

The Invitations of Autumn: Spiritual Practices for the Season

by Christine Valters Paintner

Autumn is a time of transition, of the earth's turning, with the balance of light and dark in the northern hemisphere tilting toward the dark season and the invitation to release the excess we carry and rest into growing Mystery. At the heart of autumn's gifts are the twin energies of relinquishing and harvesting. It is a season of paradox that invites us to gather in the harvest, to name and celebrate the fruits of the seeds we planted months ago. At the same time we are invited to consider what we are called to release and surrender.

The season of autumn calls us to honor the full spectrum of human experience, to not push away the sorrow and grief, to not fill the waiting with distractions. Fall thrusts us into the messiness of life and challenges us not to turn away. This is sometimes the relinquishment demanded of us.



But equally, this season calls us to the harvest. Seeds planted long ago create a bounty and fullness in our lives. Autumn invites us to remember the places in life where we had a dream that once felt tiny and has now grown and ripened into fullness. We move toward our own ripening and in that journey we let go of what no longer serves us. Fall urges us on to our own completion and sweetness.

This season reminds us that the journey of relinquishing all we hold dear is also the journey of harvesting. Somehow these two come together year after year. In holding them in tension we are reminded that in our letting go we also find abundance. What are you holding onto too tightly these autumn days that can be gently let go of in the season ahead?

Suggested Practice for Autumn:

Walking is a form of prayer. Each morning I head to a nearby park and practice being absolutely present to the world. Here I listen for the wisdom that the seasons offer my life. Pilgrimage is an ancient spiritual practice that recognizes that walking out in the world calls us to wider horizons, even if that journey is only a few miles.

Consider making time for your own contemplative walk and bring yourself fully present to each step and breath. Ask yourself the questions: How do I walk in this world? How do I want to walk in this world? Allow your body to guide you into a response. Does the way you walk and move through life reflect your most authentic self? If not, how might the season guide you in the act of letting go of what no longer serves you?



Gather objects along the way -- a brilliant leaf that tumbles in front of you, a stone that feels solid and cool, a broken branch laying on the ground as an offering. Bring them home and lay them in a sacred space, an honoring of the gifts of this season. Continue to listen for their call to you as the autumn unfolds. Let them become a guide for the days ahead.

upcoming offerings

Beyond Stereotypes

A Basic Introduction to Judaism

NOV 2, 10, & 16 6pm

a virtual offering

What are common misconceptions about Jewish life and tradition, and how is Judaism practiced today?

This three-session introductory course led by Andrea Gorton (reformed Jew and current orthodox conversion congregant) offers a welcoming exploration of Judaism through the lens of understanding rather than stereotypes. Participants will gain a basic familiarity with Jewish beliefs, practices, values, and community life. No prior knowledge is required.

Session 1 (Nov 2): Dispelling Myths about Judaism

Session 2 (Nov 10): Pillars of Judaism

Session 3 (Nov 16): Community & Life Events

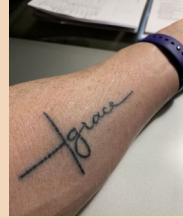
This is a free Zoom offering. Join us for these weekly one hour conversations as we grow in knowledge and understanding.

Healing through Ink

NOV 21 9am

location: Katie's Cup

Licensed therapist and business owner Sarah Blackburn leads a culturally relevant conversation on tattoos as a means of healing. The stories we carry are important, as is the grace we can offer to ourselves and others.



- learn about tattoo art as a healing mechanism
- explore biblical references
- gain insight on today's modern belief system
- hear about transformative therapy care using tattoos

This event will be held at Katie's Cup, 502 7th Street, Rockford. \$15 registration fee. Please join us for this insightful morning.

Register for these offerings at seekthepath.org.

Personal Reflections

Testimony from a recent PATHWAYS attendee:

Risking Love (September 2026)

"Thank you for bringing Risking Love to PATHWAYS. I so needed the visualization of being a sieve rather than a vase. Meet it and then let it pass through. Also the concept of love as a series of actions for ourselves and others. I often forget the part for ourselves. Ken is so gifted, I felt I was in the presence of an angel as words and music flowed through him. I believe the combination of Rosemerry and Ken was a catalyst for what was experienced."

—Mary Solon —Goers

images from
Sacred Circles
(July 2026)



WAYPOSTS

Are you currently receiving our WAYPOSTS daily readings? Distributed five mornings per week (Mon-Fri), these devotionals feature a variety of voices and reflections offering markers, guides, and other signposts for the spiritual journey. Visit seekthepath.org/resources to get signed up.

PATHWAYS TEAM

Bill Blackburn (Chair), Lee Blackburn,
Anna Borchers, Kris Campbell,
Deacon Jennifer Fox, Karen Glavin
Deacon Laura Gorton, Pastor Molly Hunter

PATHWAYS

A CENTER FOR SPIRITUAL RENEWAL

a ministry of Christ Lutheran Church



425 Riverside Road
Belvidere, IL 61008
Phone: 815-885-2522

seekthepath.org



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