

## **Fruit of the Spirit**

Pentecost 3 (Proper 8C)

Written by Martha Mangan

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Our current observed liturgical season - named "ordinary" times - is the period after Pentecost and before Advent. Actually, maybe it should be renamed "extraordinary" times.

Symbolically, green is the color of this season – the altar hangings and priest's vestments are all green - representing life, hope, growth, and nature.

But it is particularly during this period of our church life, when we are encouraged to seek how the Holy Spirit influences us - and the Church - to become fully the body of Christ in our world as the result of hard work with and careful tending to our gifts, relationships, talents and time.

Today, our Epistle reading from Galatians (Galatians 5:1, 13-25) nudges us to do just that.

And as within most contemplative worship practices, silence is offered for reflection.

So, now I invite you to about 3-4 minutes of stillness, sacred silence and holy, deep listening to ponder how you are being guided by the Holy Spirit into nurturing the fruits of the Holy Spirit - love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control.

I will conclude our reflection time by a simple AMEN.

*--Martha Mangan*