



An invitation to gratitude

I have been doing a fair amount of walking of late, mostly through nature. As I do, I'm reminded of the difference between the traditional Scriptural approach to nature and creation versus that of the Celts. The Jewish Scriptures and our Liturgy see nature and creation as praising and glorifying God, whereas the Celts believed, in addition to this, nature and creation primarily speak to human beings, bringing blessings and healing.

The leaves, on fire with color, falling, the changing light as the sun dips low, the shortening days, dark mornings and early dusk – then, finally, the soaked earth after the first rains, stripping the few remaining leaves, the leaf-carpeted paths and roads. These all speak and have a message for me. However, there is another aspect of nature and creation (human nature) that has also been fairly chatty. Presently, I have a number of friends, colleagues and acquaintances who are seriously ill, dying or have passed. As I walk, they too speak to me, as I do, to and for them.

The collective message I have been hearing during my walks is, “Michael, there is change you need to acknowledge and accept. Your days are shortening, the light in your life is shifting, you also are entering a time of ‘Fall,’ letting go, stripping, surrender.” Strangely, this has not been depressing, sad or frightening. There are so many golden, orange and brown and blood red colors in my life that invite me to gratitude, thankfulness and a new, quiet peace and way of life.

As I walk, I talk to the Camino about my friends suffering, dying and deaths,

(and pray for them) but they also talk to me just like the leaves and trees. They remind me of what they loved and enjoyed and urge me to color my life in new and vibrant ways.

Whether you can walk or not, the month of November, kicking off with the great feasts of All Saints and All Souls and ending with Thanksgiving, is a journey in itself, inviting us to listen carefully to its messages and to follow its example.

During this month, as is the ancient tradition, I'll offer Mass for all those who have gone before us on the path and already crossed the Jordan, as well as those who are still struggling and about to cross. Know that I'll remember your family and loved ones as well.

*I wish you a blessed, holy
and reflective month,*

Michael

Your life is a sacred journey.

*It is about change, growth, discovery,
movement and transformation...*

*It is continuously expanding your vision
of what is possible, stretching your soul,
teaching you to see clearly and deeply,
helping you to listen to your intuition.*

— Mother Janet Erskine Stuart

Special November Days

11 / 1 ~ All Saints Day

11 / 2 ~ All Souls Day

11 / 11 ~ Remembrance & Veterans Day

11 / 25 ~ Thanksgiving

New 'Gift Cards' are perfect

With the Christmas season soon upon us, what do you give the person who already has some of Michael's journals or audio recordings, but you're not sure which ones? The perfect solution – our new digital gift cards, available in several denominations. These can be redeemed for any of Michael's journals, CDs or audio downloads – you can't go wrong. Check them out at: <https://hermitfish.com/gift-cards/digital-gift-card>

'Merton' CDs are in stock

Merton's Mirror CD pre-orders have shipped (thanks to everyone who purchased). We ordered some additional stock, so if you're wanting *Merton* on CD, visit:

<https://hermitfish.com/retreats-cd-sets/mertons-mirror>

Supplies of retreat journals are counting down. Remaining titles include *Camino III*, *Cave of the Heart 2* and *3* and *Contemplative Ways of Being 2* and *3*. These are valuable companions to the CDs or downloads. Visit:

<https://hermitfish.com/retreat-journals>

There are still a few of Michael's retreats available on CD. Visit:

<https://hermitfish.com/retreats-cd-sets>

All 13 of Michael's retreats (5 talks each) are available as downloads. Visit:

<https://hermitfish.com/audio-retreats>

Your donation is deductible

Year-end is fast approaching. If you're looking for a tax deduction, donations to Hermit Fish, Michael's 501(c)(3) nonprofit organization, are fully tax deductible. Gifts of any size are greatly appreciated. FID: 82-2489475

Visit: <https://www.hermitfish.com/donate>

Creative and logistical support for Michael, his *Buen Camino* newsletter and HermitFish.com website are provided by Enigma | LA, enigmala.com