

GRACE IN THE WAITING

A Seat at the Table | Fall 2026

From My Table

There is something about fall that reminds us we don't have to rush from one season into the next.

The days begin to shorten, the light changes, and little by little, we find ourselves reaching for the familiar comforts of home again.

Maybe that's one of the gifts of a changing season: the invitation to slow down, look around, and notice what is already here.

*Pull up a chair, stay for a while,
and let's welcome this season together.*

With gratitude,
Shelley

*Pull up a chair.
There's always room at the table.*

Scripture for the Season

"To every thing there is a season, and a time to every purpose under the heaven."

ECCLESIASTES 3:1 (KJV)

A Prayer for Fall

Heavenly Father,
Thank You for the changing seasons and the quiet reminders that each one carries.

Help me to slow down enough to notice the goodness already around me. Let me be grateful for the ordinary days, the people gathered around my table, and the small moments I might otherwise overlook.

As one season gives way to another, help me trust Your timing and find peace in where You have me today.

May my home be a place of welcome, my heart a place of gratitude, and my life a reflection of Your grace.
Amen.

Coastal Comfort Maple Dijon Chicken & Roasted Autumn Vegetables

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 cups butternut squash, cubed
- 2 cups Brussels sprouts, halved
- 1 small sweet potato, cubed
- 1 small red onion, sliced
- 2 tablespoons avocado or olive oil
- 2 tablespoons pure maple syrup
- 2 tablespoons Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

DIRECTIONS

1. Preheat oven to 400°F. Line a large sheet pan with parchment paper.
2. Arrange the chicken and vegetables on the pan.
3. In a small bowl, whisk together the oil, maple syrup, Dijon mustard, garlic, thyme, salt, and pepper.
4. Spoon the mixture over the chicken and vegetables, tossing the vegetables lightly to coat.
5. Roast for 25–30 minutes, or until the chicken reaches 165°F and the vegetables are tender and lightly browned.
6. Let the chicken rest for a few minutes before serving. Spoon any remaining pan juices over the top.

Simple, warm, and made for an ordinary fall evening around the table.

Around the Table

What are you most looking forward to this fall?

Is there a fall tradition you hope to return to this year?

What simple part of your everyday life are you especially grateful for right now?

Where have you noticed God's goodness in an ordinary moment lately?

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Seasonal letters, coastal stories, and quiet reflections.

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