

HaPpY HaPpY St. PaTrIcK's DaY!

*Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. Romans 8:26*

Dear Friends,

The sunshine of this day is so energizing! What did you do in it today? Let us know at [peace@explorepeace.org](mailto:peace@explorepeace.org). We will share some of your stories tomorrow.

Thanks to those who are commenting and offering needs/ideas to sustain us in these times. Yesterday, I received a call from someone offering to visit over the phone with folks...just chatting and getting to know people who might be isolated in these days. I also received a request to help folks access prayer practices for these times. We will keep interacting and make sure that all of us are cared for during this time.

Prayer Practices:

Remember the verse of the day from Romans 8:26 (see above). Here is what it sounds like from the version of the Bible called, "The Message": *Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans.*

First, no matter how long it has been since you prayed—a few minutes ago—or so many months/years you cannot really remember, God welcomes your conversation anytime you engage God in prayer. And if all you can do is sigh...or groan... God's got you.

Some more ideas to enhance your practice...

- A. Think of praying as having a conversation with God...as if God were your Mom or best friend, or favorite wise person. Talk about anything and everything.
- B. Have ongoing prayers...as the news unfolds, as the toilet paper roll inventory goes down because someone used 5 rolls to create a fort, have a running conversation with God. And yes, expletives work too. God gets you. The whole of you. If you want to talk to God like God is a fragile grandparent, then do it. If you want to talk to God as if God was your bestie, do it. God knows everything about you...so don't hold back.
- C. Make a list of things that ...
  - give you joy
  - hurt your heart
  - scare the @\$% out of you
  - you love to taste
  - paralyze you with fear
  - friends you are grateful for
  - favorite places you have visited
  - things you want to mend/forgive

places and people you want to care for (those who work in nursing homes/hospitals—not just docs/nurses, trauma teams, but the ones who take your insurance information, clean the rooms, empty the trash, fix burnt out light bulbs, etc.

people who are not getting paid when they have to quarantine

single parents scared about getting sick and what will happen to their littles...

the old person on your street who is frail

have your family brainstorm other lists...

D. Need to get something off your chest...to let go of a grudge or some @#\$\$% that happened? Give it to God. You can do it silently, or outloud, or by writing it down and sending it through the shredder, or writing it down and burning it in the fireplace, or digging a hole and putting a pebble...or rotten food in for each transgression you want to share and then bury it. Take care of you. Make it right with God.

E. Listen to music and have that communicate your prayer...

F. However you engage God in conversation, do it with authenticity...exposing your vulnerability. It will change you in soul fulfilling ways.

Questions? Ideas? You may contact me directly at [karen.locken@explorepeace.org](mailto:karen.locken@explorepeace.org)

Melissa Hathaway has chosen another excellent music piece for today...that is a prayer as well...Enjoy!

[Lauren Daigle - Rescue \(Official Lyric Video\) - YouTube](#)

And CeLeBrAtE GrEeN—either by helping the Environment in some new way, or wearing it...or eating/drinking it.

Take care out there...

The Peace Team

P.S. Based on the call yesterday, we are forming calling teams to contact folks in our Peace community to check in. That will help us discern who might be interested in being a part of a conversation circle or a prayer circle. Interested in calling? Contact Pastor Doug at [doug.locken@explorepeace.org](mailto:doug.locken@explorepeace.org).