

Hey Beloved,

Good to be with you today. I'm Trecia and I'll be inviting you into a moment of spiritual practice

For our spiritual practices each week during the Lenten season we invite you to engage with the objects from your Lent in a Bag or using common objects you're likely to have in and around your homes to help you reflect and engage. For today, we will be using the matches from your bag, if you'd like to grab them now and have them handy.

In reflecting on this week's spiritual practice (***which can be found on page 6 of your bible guide or the 3rd card in your Lenten card deck***) I was thinking of the beginning of my week which was pretty hopeful. I had a moment where I thought, it just may be safe to take a deep breath....The craziest of the craziest is now behind..... Then Texas happened and I could feel my energy dwindle and blood boil with each moments' and days' rise of competing occurrences of failed leadership and preventable horror. I am also troubled by the stories of rising violence against our Asian brothers and sisters. I started the week so hopeful and by the end of the week I was exhausted.

I'm still reeling from the week and I can't seem to balance my great need for rest and fasting from the misery of the world against the pull to keep moving and take part in the change I so desperately long to see on the earth...and I think God is with me in both my need for rest and my push to keep moving. So that's me...

So what about you? What makes you want to roar, shout, push and crush today?

Feel free to post your answers in the chat, post to everyone to share with all or limit posts to for privacy by posting to the hosts only.

Grab your Matches.

Strike a match, to express your holy flame of anger... and as you Blow out each match, draw your attention to God who is with you and your anger in this moment

and pray the Hebrew name for God, spelled YHWH (YahWaH). Do this as many times as you need.

We will light the match, Inhale: Yah Blow out the match Exhale: Weh

Pray God's assuring words ...

"Seek me and Live", Seek me and Live..."