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Text-to-Give 616-213-0707

Lovingkindness resources are from Lisa McCrohan, used with permission. For more information: www.lisamccrohan.com



The Embodied Blessing



Wesley Park United Methodist Church

Seventh Sunday of Easter

Benefits of Practicing LK:

- Reduces stress and anxiety
- Lifts our mood
- Calms the nervous system
- Dispels anger and resentment
- Activates empathy
- Reconnects us to one another
- Opens and softens the heart



May 13,
2018

IMPACT Worship & Service

May I be safe.
May I be happy.
May I be healthy.
May I live with ease.
Grab a name tag and a cup of coffee
and let's make a difference in the world!
You are welcome here!

Scripture Focus for the Day
On the third day a wedding took place at Cana in Galilee. Jesus' mother was there, and Jesus and his disciples had also been invited to the wedding. When the wine was gone, Jesus' mother said to him, "They have no more wine." "Woman, why do you involve me?" Jesus replied. "My hour has not yet come." His mother said to the servants, "Do whatever he tells you."



IMPACT Project Focus
Our focus for May is learning and practicing Lovingkindness. We will be making care packages and will be learning the power of compassion toward ourselves and others.

Kids on a Mission

Kids are welcome to stay in worship. A kid-friendly space is provided in the Family Life Center. We also have a staffed nursery.

Kids on a Mission is an age-appropriate space where kids get involved in making a difference in the lives of others. Any who want to be a part of Kids on a Mission can work on the project of the day following the Children's Blessing.

Service Order for May 13, 2018

- ❖ Gathering and Welcome
- ◆ *We Are Family, Blest Be the Ties*
- ❖ Children's Blessing - Kids on a Mission
- ◆ Extravagant Generosity
 - ◆ *A Mother's Prayer*
 - ◆ Prayer
- ◆ Scripture (John 2:1-11), Message
- ❖ Engaging the Gospel
 - ◆ 7-Minute Meditation
 - ◆ Blessing of Hands, Others
- ◆ Prayers and Dreams
- ◆ Blessing
- ◆ *Go In Peace*

Tips for Practicing LK:

1. Sit comfortably & get grounded.
2. Close or soften your eyes.
3. Take a few breaths in and out.
4. Repeat the phrases slowly, imagining yourself safe, happy, healthy, and living with ease.
5. Then move on to each category of people.
6. Check in with your heart-center as you practice.
7. Use your breath as an anchor.
8. Acknowledge what arises with kindness.
9. Practice nonjudgment.
10. Take your time.

Go In Peace, Song of Blessing

Go in peace, go in kindness, go in love, go in faith.
Leave the day, the day behind us, Day is done, go in grace.
Let us go into the dark not afraid, not alone.
Let us hope by some good pleasure safely to arrive at home.
Let us hope by some good pleasure safely to arrive at home.

© Sam Baker

Next Week:

We will enter deeply into prayer, opening our hearts to love ourselves, our neighbors, and all people as we pray: May I be safe. May I be happy. May I be healthy. May I live with ease.

www.lisamccrohan.com

Extravagant Generosity

- Giving is an opportunity, not an obligation.
- Place your Communication Card and any offering in the offering plate during the service.
- Easy online giving: <http://www.easytithes.com/wesleypark>
- Or Text to Give: 616-213-0707