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Lovingkindness resources are from Lisa McCrohan, used with permission. For more information: [www.lisamccrohan.com](http://www.lisamccrohan.com)



The Embodied Blessing



# Wesley Park United Methodist Church

Day of Pentecost

## *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 20,  
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**  
Let mutual love continue.  
Do not neglect to show hospitality to strangers,  
for by doing that some have entertained angels without knowing it.  
Hebrews 13:1



**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 20, 2018

- ❖ Gathering and Welcome
- ❖ Chain Breaker
- ❖ Children's Blessing - Kids on a Mission
- ❖ Al Pittenger, *Even If*
- ❖ Extravagant Generosity
  - ◆ Bring Offering & Care Items Forward
  - ❖ Give Me Your Eyes
  - ◆ Prayer
- ❖ Scripture (Hebrews 13:1), Message
- ❖ Engaging the Gospel
  - ◆ 26-Minute Meditation
- ❖ Captivate Us
- ❖ 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.

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### 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](http://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.easytithe.com/wesleypark>
- Or Text to Give: 616-213-0707