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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 27,  
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!

## 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.

### Scripture Focus for the Day

For out of Zion shall go forth instruction, and the word of the Lord from Jerusalem. He shall judge between the nations, and shall arbitrate for many peoples; they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more.

Isaiah 2:1-5



### 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 27, 2018

- ❖ Gathering and Welcome
- ❖ Chain Breaker
- ❖ Children's Blessing - Kids on a Mission
- ❖ Even If
- ❖ Extravagant Generosity
  - ◆ Bring Offering & Care Items Forward
  - ❖ Give Me Your Eyes
  - ◆ Prayer
- ❖ Scripture (Isaiah 2:1-5), Message
- ❖ Engaging the Gospel
  - ◆ Care Packages
- ❖ Blessing
- ❖ Go In Peace

### 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.easytithes.com/wesleypark>
- Or Text to Give: 616-213-0707