

Monthly Theme: Inspiration

October 27 & 28: **Hope**

“You shall eat in plenty and be satisfied, and praise the name of the LORD your God, who has dealt wondrously with you. And my people shall never again be put to shame.”

~ Joel 2:26

“Words are events, they do things, change things. They transform both speaker and hearer; they feed energy back and forth and amplify it. They feed understanding or emotion back and forth and amplify it.”
— Ursula K Le Guin



**Invitation
to Hope**

Center with: too often I'm ashamed to speak,
Word of God. So You speak. It pours down
like rain. My eyes see, transformed,
amplified: Hope.

**Breathe
In:**

In stillness

**Breathe
Out:**

I know



Reflection:

How does shame prevent you from speaking?

What other ways do you communicate with God? With others? With yourself?

I will find stillness today in/by: