

Monthly Theme: Inspiration October 31 & November 1: Hope

“Then afterward I will pour out my spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, and your young men shall see visions. Even on the male and female slaves, in those days, I will pour out my spirit.”

~ Joel 2:28, 29

“Consider how the infant and the mother are linked: the milk comes before the baby cries. Consider the fact that women who live together tend to get onto the same menstrual cycle. We entrain one another all the time...Listening is not a reaction, it is a connection. Listening to a conversation or a story, we don't so much respond as join in — become part of the action.”

—Ursula K Le Guin

For more information on Internal Family Systems visit ifs-institute.com



Invitation
to Hope



Reflection:

Activity listening, embodying communication, accesses the true self. What do you notice about what's truly YOU?

What might joining in another's story, the conversation, look like? How does this stance change how you listen? with God? with others? within yourself?



Action...

- Options: 1) Text a friend/gratitude buddy. 2) Share with the River Church App (CR365 Group). 3) Email infoCR365@riverchurchmovement.com. 4) Write in a journal.