

Monthly Theme: Motivation

November 5 & 6: Freedom

“When Jesus came to the place, he looked up and said to him, “Zacchaeus, hurry and come down; for I must stay at your house today.” So he hurried down and was happy to welcome him. All who saw it began to grumble and said, “He has gone to be the guest of one who is a sinner.””

~ Luke 19:5-7

Help us to reclaim the sound of our truest voice. Guide us toward habits of self-protection in the midst of those who demand a particular way of being or thinking or belong. Let our belonging begin at the site of our truth telling, as we honor our thoughts, needs, and emotions, and liberate others to do likewise.

—Taken from @BlackLiturgies



Invitation to Freedom

Center with: I pretend and diminish myself,
God-Who-Regards. You straighten my stoop,
call me Dignified.

My body is a guesthouse for the Divine.
I encompass holy nourishment.

Breathe In:

I embody holy nourishment

Breathe Out:

I honor the sound of me



Reflection:

How might honoring the sound of you . . . sound?

What kind of habits might protect yourself from what someone else tells you to think or believe? What will motivate you to practice this holy self protection?

I will liberate others to do likewise today by: