

PRACTICES WEEK 4 - LOVE

- » Light four candles. Say a prayer. Breathe in love; breathe out love.
- » Handwrite a "love letter" to someone who's made a difference in your life.
- » Conversation starters: What image is for you the perfect illustration of "hate"? Can love overcome hate? What (specifically!) makes you feel loved?
- » More light: Read "In and Out of Time" by Maya Angelou, and "Love (III)" by George Herbert.
- » It is sometimes said that "justice is what love looks like in public." Contribute time, talent, or treasure to a just cause this week – and do it in a spirit of love.
- » With family or friends, try this: take some greeting cards (or index cards), and write one name from the group on the top of each card. Pass them around, so that everyone can write one thing they love about that person (be sure to disguise your handwriting!). Then play a game guessing who wrote what – and put the finished cards in the Christmas tree!
- » Blessed with good news, Mary traveled some distance to go and see Elizabeth. Whom would you go to see? Carve out some time to connect with them this week, and let them know how much you love and appreciate them.