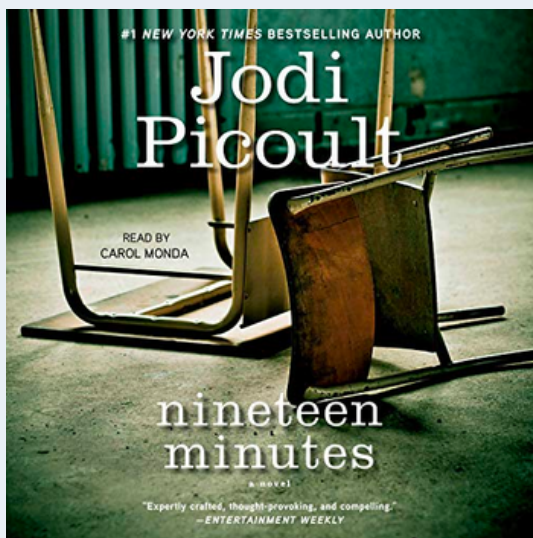


THE LOVE LAB

this week's creations to help you live a life of love
chris altrock: creator/ curator

June 15, 2023

sent about every other week, love lab aims to equip you to live a life of love--for God and for neighbor.

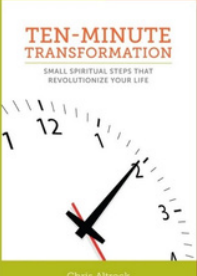


Each day 12 children die from gun violence in America. Another 32 are shot and injured. Since Columbine in 1999, more than 330,000 students in the U.S. have experienced gun violence at school. Though dated (2008) Jodi Picoult's book *Nineteen Minutes*, which I finished a couple of weeks ago, provides a helpful window into school shootings--their causes and their impacts. Picoult excels at using fictional narratives as windows into true-to-life contemporary social issues. I highly recommend *Nineteen Minutes*.

Is there really anyone up there in charge? Is there truly a "big plan" at work in the world? This recent sermon series of mine uses the enthronement psalms to explore the truth that "God reigns" and what it means to live "as if" we really believed God reigns. Manuscripts from the 6-part series can be read [HERE](#). Videos can be watched [HERE](#). I especially invite you to read/ watch #3 and #4 -- they explore the issue of injustice in the world and God's role and ours in addressing injustice.



TEN MINUTE TRANSFORMATION
JULY 18-AUG 29, 2023



TEN-MINUTE TRANSFORMATION
 SMALL SPIRITUAL STEPS THAT REVOLUTIONIZE YOUR LIFE
 Chris Altrock

IN THIS ONLINE GROUP, YOU'LL EXPLORE 12 SPIRITUAL DISCIPLINES THAT TAKE 10 MINUTES / DAY.

REQUIREMENTS:

1. ATTEND MOST OF THE 7 ZOOM SESSIONS TUES. 7 PM EST.
2. PURCHASE A COPY OF THE BOOK (UNLESS ALREADY OWNED).
3. READ A BRIEF CHAPTER AND PRACTICE ITS 10 MINUTE HABIT EACH DAY.

COST: \$50 + BOOK PURCHASE:

- DISCOUNTS ON REQUEST
- SCC MEMBERS FREE

REGISTER:

- PAY FEE: PURCHASE BOOK HERE: <https://lnktr.ee/chrisatrock>
- EMAIL FOR DISCOUNT / INQUIRY: chrisatrock@gmail.com

LGBTQ+ SAFE SPACE
 CHRIS AND HIS CHURCH ARE OPEN AND AFFIRMING

Ten Minute Transformation is my next online digital formation group. We'll meet 7 times via Zoom (Tuesdays, 7 PM EST) July 18- Aug. 29. We'll experience 12 spiritual practices that take 10 minutes or less and which prompt significant spiritual growth over the summer. Purchase the book (unless you already own a copy) / pay the \$50 registration fee (fee waived for Stamford Church of Christ members) [HERE](#). *NOTE: This group is a safe space for LGBTQ+ friends and allies.*

Holocaust and Genocide studies provide historical examples of "systematic othering, which grows out of a posture of "ideology over people." In a recent class at the Stamford Church of Christ, Dr. Charles Rix presented information on systematic othering, what he calls "the normalization of inequality in social, religious, political or educational settings" in which "individuals or groups are intentionally excluded based on their identity as a human being, not their behavior." He makes application to other forms of othering, including the othering of the LGBTQ+ community. Read the notes [HERE](#) (Class 2) and watch the class [HERE](#) (Class 2).



Spiritual Sanctuary



Spiritual Sanctuary

Welcome to Spiritual Sanctuary. This is a small collection of exercises to help you reflect and pray on your mental health journey.

 [A Reflection on Psalm 23](#) 

 [Mental Health Examen](#) 

 [Gifts](#) 

Pray As You Go is an online spiritual resource created by the Jesuits. Recently, they created some helpful guided examens/ reflections related to mental health and called them Spiritual Sanctuary. One is a *Mental Health Examen*. This 24 minute exercise leads you gently to reflect on your mental health in ways that are healing and insightful. You can access it [HERE](#). Another is a *guided reflection on Ps. 23*. For 15 minutes you are immersed in the comfort of this remarkable psalm. You can access it [HERE](#).

SEASON 10 | EPISODE 13

Life Worth Living

with Miroslav Volf


What makes a *good* life? How would you answer that question? Not just life in the abstract... but what makes YOUR life good? Professor Miroslav Volf teaches a popular class at Yale University which guides students through these kinds of questions and might help us all think a little more deeply about what our lives are adding up to be.



Kate Bowler hosts a phenomenal podcast called "Everything Happens." This recent episode interviews Miroslav Volf of Yale Divinity School about his popular class "Life Worth Living" (I'm currently reading his book by the same title and will review it in an upcoming Love Lab). Listen to this 44 minute episode [HERE](#).

These images from my social media posts from the last week can inspire and encourage you this week ...

Lord,
today may love alone be



my inhale and my exhale,
my tick and my tock,
my footstep and my heartbeat,
my do and my don't,
my will and my won't.

Chris Altmock, D.Min.



*If my interpretation of Scripture
leads to anything but love,
Jesus' Great Commandments
compel me to reinvestigate until it
leads to nothing but love.*

LIVING A LIFE OF LOVE CHRIS ALTMOCK, D.MIN.

SUMMER RULE OF LIFE CHECK-IN


The start of summer is a good time to evaluate your rule of life, the handful of practices you choose in order to partner with the Spirit so you might grow in love of God and neighbor.

- **(heart):** What can I do this summer to nurture a healthy emotional life?
- **(strength):** What can I do this summer to tend to/ care for/ strengthen my body?
- **(soul):** What prayer practices might allow me to best connect to God this summer?

- **(mind):** What am I doing this summer to grow in my understanding of God or neighbor?
- **(neighbor):** What might I do, read, attend or participate in this summer to serve/ advocate for my neighbor (esp. those who experience life differently than I do)?

chris altmock, d.min.

*O Lord, in your heart
you carry me constantly.
And so into your hands
I commit myself completely.*



LIVING A LIFE OF LOVE CHRIS ALTMOCK, D.MIN.