



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

**4/20/23**

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

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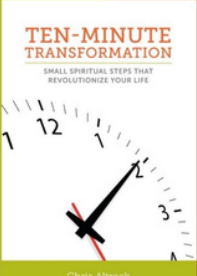
*A new version of the Serenity Prayer was recently penned by Jesuit author James Martin. Hear a musical rendition [HERE](#). Try praying this several times this week.*

*God, grant me the serenity  
to accept the people I cannot change,  
which is pretty much everyone,  
since I'm clearly not you, God.  
At least not the last time I checked.  
And while you're at it, God,  
please give me the courage  
to change what I need to change about myself,  
which is frankly a lot, since, once again,  
I'm not you, which means I'm not perfect.*

*It's better for me to focus on changing myself  
than to worry about changing other people,  
who, as you'll no doubt remember me saying,  
I can't change anyway.*

*Finally, give me the wisdom to just shut up  
whenever I think that I'm clearly smarter  
than everyone else in the room,  
that no one knows what they're talking about except me,  
or that I alone have all the answers.*

**TEN MINUTE TRANSFORMATION**  
JULY 18-AUG 29, 2023



**TEN-MINUTE TRANSFORMATION**  
SMALL SPIRITUAL STEPS THAT REVOLUTIONIZE YOUR LIFE

Chris Altrock

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

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](mailto:chrisatrock@gmail.com)

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 will 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.

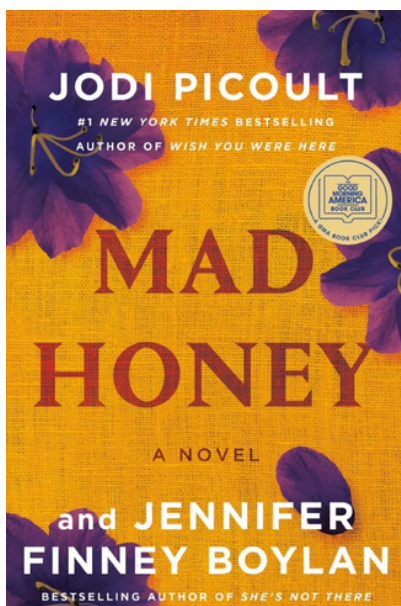
The risen Christ is a wounded Christ--he lives eternally with the wounds inflicted upon him by the nails and the spear. As a result, he is eternally able to speak to our wounds. Learn more through this 25 minute sermon from Easter Sunday ([video](#) or [manuscript](#)).



**RESURRECTING WOUNDS**

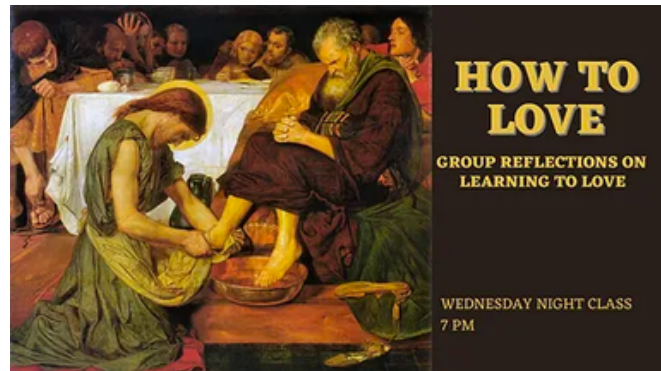
JOHN 20:24-28  
CHRIS ALTROCK  
EASTER SUNDAY, 4/9/23

Stamford  
CHURCH OF CHRIST



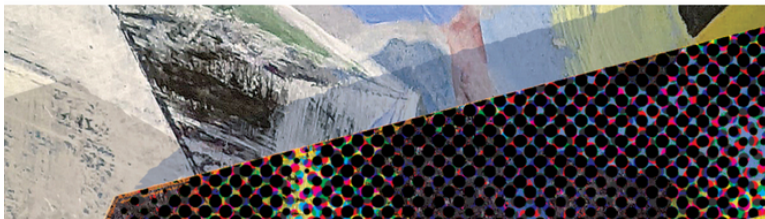
Jodi Picoult does a remarkable job taking up social issues through compelling and informative fictional narratives. I recently finished [Mad Honey](#) in which she and trans author Jennifer Finney Boylan explore the life of a trans teenager. It's worth your investment of time to read or listen. You'll come away with a greater grasp of some of what life is like for a community being targeted socially, politically and religiously.

Colleague and friend Dale Pauls is one of the wisest humans I know. In his recently completed five-part series *How to Love* he explores what it looks like to love in the midst of real life. You can find video and notes [HERE](#). You'll find Session 1 very helpful, as it articulates a framework for thinking about what love looks like. You'll find particular challenge in Session 5, "Loving Those Who Discriminate Against Others."



FULLER MAGAZINE: ISSUE 22

The Paradox of Both/And



Brad Strawn is chief of spiritual formation and integration, dean of the chapel, Evelyn and Frank Freed Professor of the Integration of Psychology and Theology, and chair of integration at Fuller Seminar. In [this article](#), he explains how adopting "both/ and" thinking about ourselves, others and God can prompt healthy growth.

John Ortberg's recently completed (and free!) video series [Home](#) contains 9 brief sessions (about 12 minutes each) on 8 practices drawn from Dallas Willard's *Spirit of the Disciplines*. It's a helpful summary (with high production quality) of fundamental spiritual practices for living lives of love.



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

