

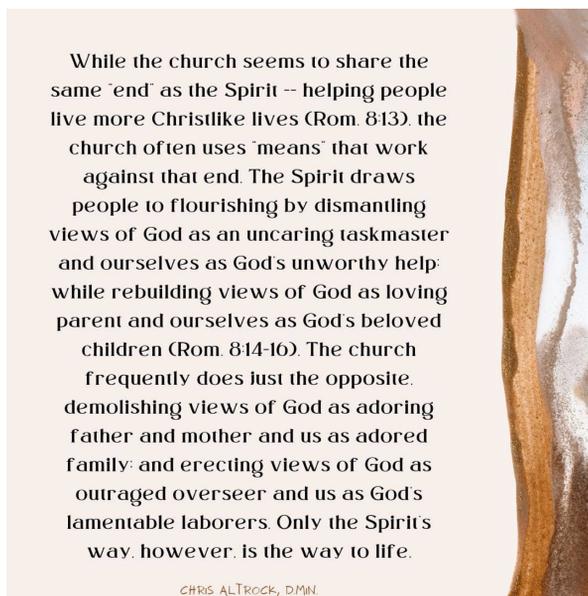
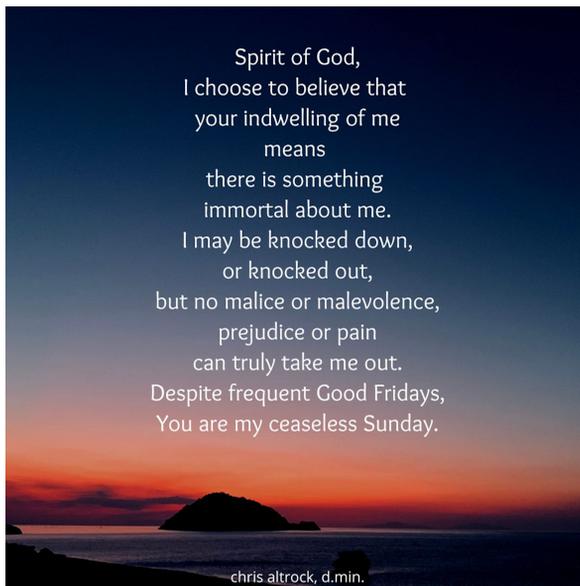


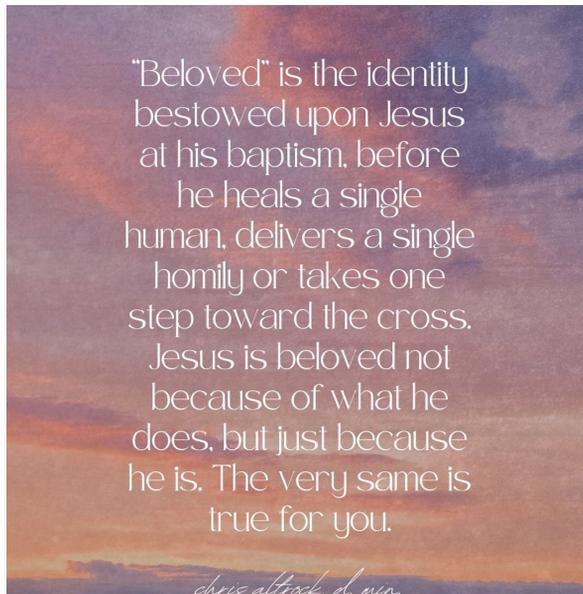
this week's creations to help you live a life of love  
chris altrock: creator/ curator

**Thursday, Feb. 2, 2023**

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

These posts from my social media accounts over the past week may inspire you:





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***"Full and unhindered participation by women in every level and aspect of church life is one of the practical and theological implications of identifying love of neighbor as the center of the way of Christ (along with love of God) and of prioritizing movement toward that center as the goal of the way of Christ."*** (Chris Altrick)



Part of living a life of love is abolishing barriers that keep some--in this case, women--from serving fully and unreservedly in the church. [This 31 minute video](#) with slides from last Sunday (1/29/23) provides a biblical overview explaining why, in our congregation, the Stamford Church of Christ, women preach, teach, lead ministry and serve as elders. (You'll find more on this topic on our church [website](#)).



Black History Month

February is Black History Month, an opportunity to broaden our worldviews, perspectives, experiences and hearts. The Strand Bookstore in New York City provides [this helpful list of books](#) to consider reading this February (with 2.5 million books in stock it is the largest independent bookstore in NYC and just an hour away from my home).

# Finding a Way to Pray (Pt 2)

This micro-series by Chris explores simple and practical ways to flourish in prayer, a vital piece of loving God as well as others.

**Way #2: Read (aloud or silently) or write one pre-written prayer/day, at the start, middle or end of your day.** This could be done once each day, once every other day, or once a handful of days each week, depending on your needs, energy, etc. Easy choices include the Lord's Prayer (Matt. 6:9-13) a Pauline prayer (e.g., Eph. 3:14-21) or a short Psalm (like Ps. 13, 23, or 121). Alternatively, consider a contemporary prayer from a resource like [Every Moment Holy](#). Stick with the same prayer over several days/ weeks/months until it no longer seems to speak for you.

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↑ **Let it be** ↓ **with me** ↑ **according** ↓ **to your word**  
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Breath Prayer / Meditation based on Mary's words to the angel Gabriel at the Annunciation (Lk. 1:38 NRSVue). Breathe in with the up arrow. Breathe out with the down arrow. Created by Chris Albreck

"Let It Be With Me" is a new meditation in the Five Minute Meditation series which helps you feel centered and grounded and empowers you to a place of acceptance with what is by means of a breath prayer based Mary's words to Gabriel. Experience it [here](#), enjoy more in this series [here](#), and even purchase a poster, tote or mug with the prayer [here](#).

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