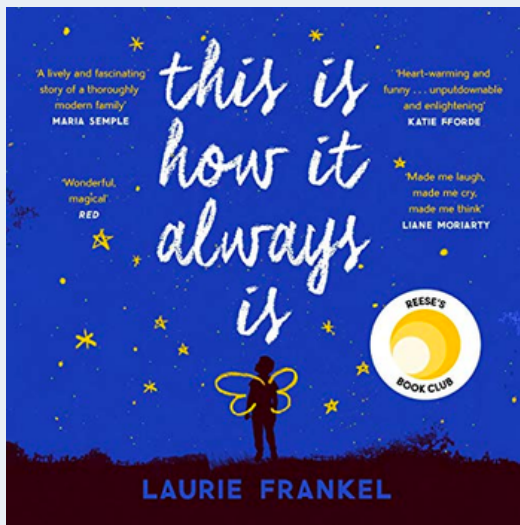


# THE LOVE LAB

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

## July 7, 2023

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



I just finished listening to Laurie Frankel's 2017 book [This Is How It Always Is](#). Drawing on her own experience of being the mother of a transgender child, Frankel uses the fictional story of a family with four boys and a transgender child to explore themes of bias, discrimination, identity and love. In this time when there is so much debate in governments and churches, Frankel humanizes the conversation about transgender individuals. No matter what you think you know, you'll know more, and in a more compassionate way, after reading this book.

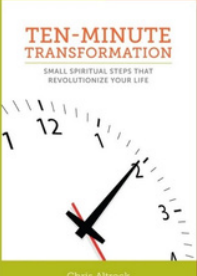
"This is Water" is a new sermon series of mine on the Holy Spirit in Acts (the Spirit is mentioned in Acts more than in any book in the Bible). Listen to/ watch especially #1 and #2 [HERE](#). And catch upcoming guest preachers in the series Kayla Ford and Morgan Proffit-Davis [HERE](#).

## THIS IS WATER

BECOMING AWARE OF THE SPIRIT  
WITHIN US AND ALL AROUND US

A Sermon Series on Acts 1-15

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



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://linktr.ee/chrisatrook>
- EMAIL FOR DISCOUNT / INQUIRY: [chrisatrook@gmail.com](mailto:chrisatrook@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.*

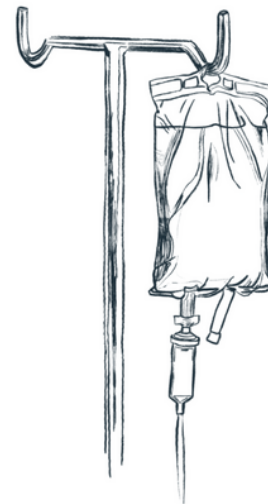
## KATE BOWLER

Author. Professor. Incurable Optimist.

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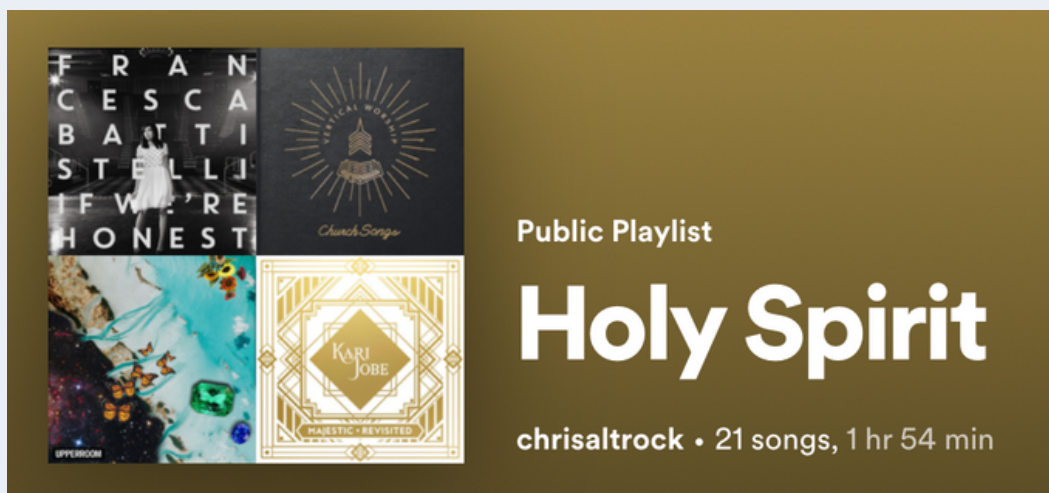
# ILLNESS HAPPENS

for when you've been diagnosed



New York Times Bestselling author and Duke University professor Kate Bowler has some remarkably poignant resources for those who "just got the diagnosis" or haved loved ones do did. Physical illness brings with it a number of unique spiritual and emotional challenges. Read her blessing and find her other resources [HERE](#).





For my sermon series on the Holy Spirit, with input from others, I created this [Spotify Playlist](#). Listen to a few of these songs this week. Invite God to use them to help you attend more and more to the Spirit in your life.

RENOVARÉ PODCAST WITH NATHAN FOSTER · EPISODE 253  
**Audio Retreat with Julian of Norwich — Nathan Foster (Encore Episode)**

Renovaré

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*Renovaré Podcast · Episode 253*

## Audio Retreat with Julian of Norwich — Nathan Foster (Encore Episode)

Nathan Foster on May 26, 2023

Julian of Norwich (14th cent.) once wrote this:

"God wishes to be seen.

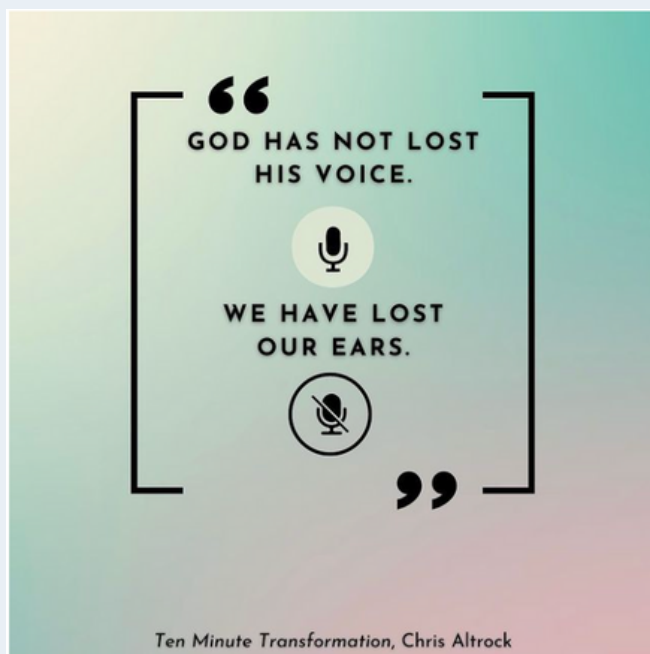
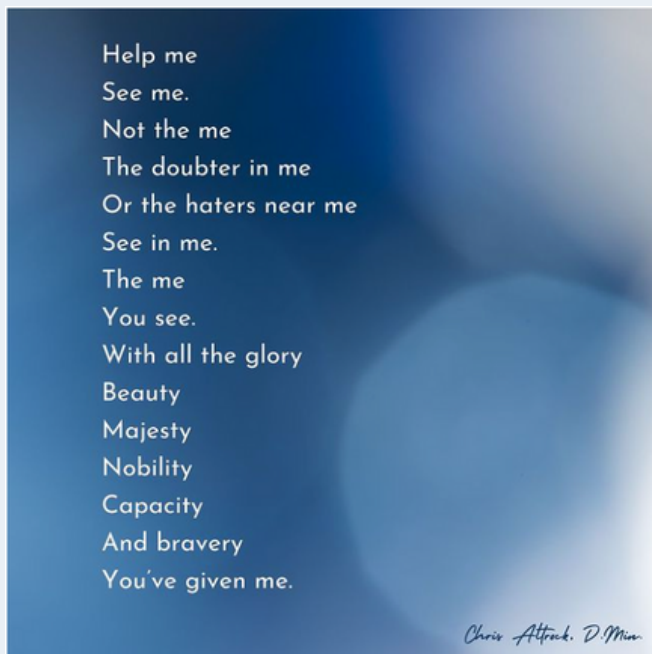
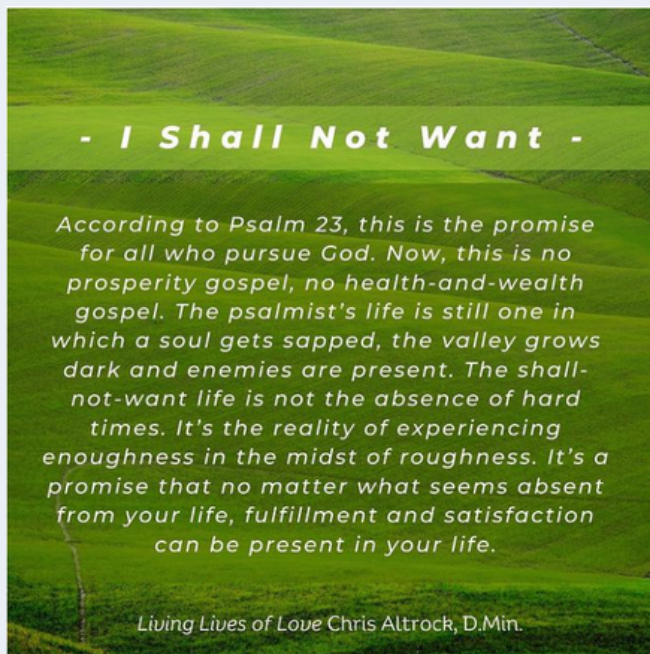
God wishes to be sought.

God wishes to be expected.

God God wishes to be trusted."

Renovaré's Nathan Foster adds one more line -- "And God wishes to be enjoyed" -- and then provides a meaningful 22 minute audio retreat which explores each of these lines. Listen to it [HERE](#).

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



Peace Be Still is a breath prayer designed to bring you peace and calm. Try this brief video format [HERE](#) this week.