

THE LOVE LAB

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

4/27/23

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

Visio Divina means "divine seeing." The congregation I serve is committed to exploring this practice. Thus, over the past few months, we've dedicated time to deeply exploring three works of art, to "see" what God shows us: *The Annunciation* (by prominent African American artist Henry Ossawa Tanner), *The Tree of Life* (by Haitian artist Jacques-Richard Chery) and *St. Francis Preaching to the Birds* (by Italian artist Giotto di Bondone). Enjoy a 20-25 minute guided meditation by me this week on any of these three *by clicking on the image below*.



Toronto artist Timothy Schmalz, best known for his sculpture *Homeless Jesus* ([depicting Jesus](#) as a modern homeless man covered and asleep on a public bench), has a new sculpture based Heb. 13:2 which he named "Angels Unawares," and which features a crowd of migrants from various ethnic, racial and religious backgrounds. From the center of the huddled masses emerges a pair of wings, hovering just above the bodies. Read more [HERE](#).

TEN MINUTE TRANSFORMATION
JULY 18-AUG 29, 2023

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

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 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.

In a recent podcast, Alison Cook talked about nine types of intelligence:

1. *Linguistic* - the ability to understand and use language, both in written and spoken words.
2. *Logical-mathematical* - the ability to reason logically and to use mathematical or numeric concepts effectively.
3. *Spatial* - the ability to visualize and manipulate objects in the mind.
4. *Bodily or kinesthetic* - the ability to control one's body movements and handle objects skillfully.
5. *Musical* - the ability to understand and create music.
6. *Interpersonal* - the ability to understand other people, to relate to other people.
7. *Intrapersonal* - the ability to attend to one's inner life.
8. *Naturalistic* - the ability to recognize and understand patterns and relationships in the natural world.
9. *Existential* - the ability to grapple with deep philosophical questions, primarily, about meaning, about purpose, about life, about existence.

Cook argues that each offers a unique way of connecting to and experiencing God. Read/ listen more about what this may mean for you [HERE](#).

Dr. Alison Cook

ABOUT PODCAST BOOKS RESOURCES POSTS

Episode 50: 9 Types of Intelligence, the Trap of Comparison, and How to Connect More Authentically with God

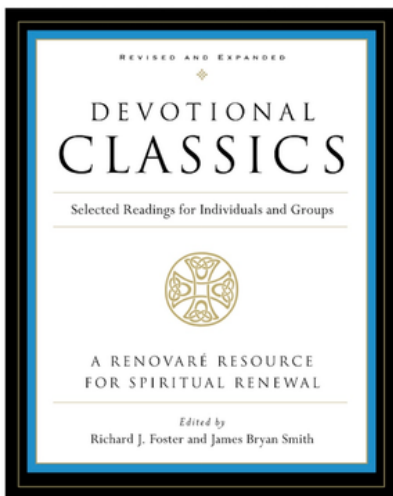
April 20, 2023 by Alison Cook

Research Roundup: 6 Takeaways on the Goodness of Gratitude

More and more scholars are studying the practice of giving thanks. Here's what they have to say.

STEFANI MCDADE | NOVEMBER 23, 2021

It can sound trite and cliché, but practicing gratitude remains one of the surest paths toward lasting joy, peace and centeredness. Several recent studies emphasize this truth. They explore gratitude practices among people stressed by COVID, among aging men and women and those touched by climate change, finding, repeatedly, that gratitude practices matter immensely. Read these studies [HERE](#).



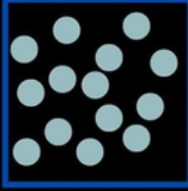
Having read most of the original *Devotional Classics*, I was thrilled when an online group I'm a member of decided to adopt this revised and expanded edition for our next read. Each chapter provides a brief excerpt from an ancient or contemporary Christian "classic," followed by relevant biblical texts and reflection questions. It's a great way to gain exposure to some of the best Christian writing on spirituality across the ages, and from a wide variety of traditions. *Click the image for more information.*

Try this breath prayer this week. Breathe in with the up arrow. Breathe out with the down arrow. You can find reproductions of this breath prayer as a variety of wall hangings, as a sticker, for a phone case or as a mug [HERE](#).



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

GOD'S CHOICE OF DAVID SHOWS THAT GOD CHOOSES AND USES THE FORGOTTEN, MARGINALIZED, INSIGNIFICANT, DISMISSED, AND ORDINARY. GOD CHOOSES AND USES YOU.



chris altrock, d.min.

“

WHAT IS YOUR SENTENCE?


What single sentence describes who you want to be and what you want to do?

What single step could you take today to live into that sentence?

TEN MINUTE TRANSFORMATION
CHRIS ALTROCK, D.MIN.

"Look at the birds," is one of Jesus' antidotes for worry (Matt. 6). They reveal to us that the same Creator who cares so compassionately and completely for them is doing the very same for us.

- chris altrock, d.min.



In God's world
Little is the new Big

God accomplishes the
Massive through the **Miniscule**
the
Heavenly through the **Humble**
the
Significant through the **Small**

TEN MINUTE TRANSFORMATION
CHRIS ALTROCK, D.MIN.