



SoulCare: Moment to Pause and Process *Power and Impact*

Opening Statement:

Welcome to SoulCare, a moment to pause and process, sponsored by the National Benevolent Association. We invite you to join us for a few minutes to practice the art of pausing and being present in the moment. We hope these practices can also be taken home with you and used in your context, meetings, and worship life.

Presenter B:

[Takes a deep breath and says],
JUST BREATHE."

Again, as you breathe, place your feet flat on the floor and straighten your back if you are able. Breathe with the intent of slowing down your heart rate and allow your mind to catch up with the moment.

[Pauses 15 seconds]

Previously, we paused to reconnect ourselves to the breath of Life.

Now, we will move to acknowledge our power and our impact...

Do you know you have power? You are powerful. Your presence is an artistic illumination of God. When was the last time you noticed yourself?

Look at your hands. Notice the texture. Notice how they have changed over the years. Take one of your hands and gently rub the inner part of your arms. You can even use your nails to gently move over your skin. Locate your muscles, in your arms, in your shoulders, in your legs. Notice where there is tension.

If you are feeling tension in your arms, squeeze the muscle and gently massage. If the tension is in your neck or shoulders, gently roll your shoulders forward and backward.



If the tension is felt in your legs, feel free to stand and stretch, or in a seated position, lift your legs slowly and gently up and down.

Presenter A: This is your body.

Presenter B: It is good.

Presenter C: You are seen.

Presenter A: Do you know that you have power? You are powerful. Just like the people of Jericho, your voice matters. When they shouted, the walls came down. When you speak, you are heard. Whether in a whisper, or talking to a friend, or shouting at the top of your lungs...God always hears. And we need to hear your voice today.

Let's begin by warming up our voices!

Now let's say our names!

When I say, "Who Are We?" you say, "Disciples of Christ!"

Now, I want us to chant, follow my lead...

We Are One!

Presenter A: This is your voice.

Presenter B: It is good.

Presenter C: You are heard.

Presenter C: Do you know that you have power? You are powerful. Just like the people of Jericho, when they marched, the walls came tumbling down. When you move, you literally impact/shift the atmosphere. Whether it's an ant, sound wave, or a molecule. You are felt. And we are going to feel that today.

[Stomping Exercise]

Twist quickly from left to right,



Tap your hands on your legs,
Now stomp one foot at a time.

[Presenter starts slow and progresses faster.]

[Presenters to stop first and wait for the audience to stop and get quiet.]

Presenter A: This is your impact.

Presenter B: It is good.

Presenter C: You are felt.

Presenter A: We are powerful.

Presenter B: We are seen.

Presenter C: We are heard and felt.

All: We are One!

Closing Statement:

"This SoulCare moment was brought to you by the National Benevolent Association. Visit nbacares.org for more resources and ideas for SoulCare to continue these moments of pause and process."