



National **Benevolent** Association  
CALLED TOGETHER | CALLED TO CARE

## **SoulCare One: Moment for Pause and Process**

### **Daily Opening Statement:**

Welcome to SoulCare, a moment to pause and process, sponsored by the National Benevolent Association. Each day 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.

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### **Gethsemane:**

**[Takes deep breath and says,] “JUST BREATHE.”**

**[Pauses 30 seconds]**

I invite you to place your feet flat on the floor, straighten your back, open the airway in your body, and breathe.

As you breathe, try to gradually slow your breath and notice your heart rate relax. Because in the midst of coming together to make decisions about the future of the church, we know first, we must abide in the presence of God... the breath that sustains us, and the wind that guides us, and the source that connects us.

So ...JUST BREATHE.

**[Pauses 30 seconds]**

### **Tanya:**

Even super heroes rest and take off their capes sometimes, to replenish their energy and restore before the next call.

So we pause...to slow down our racing minds.

We pause...to honor whatever emotion is coming up for us

We pause...to allow our souls to catch up to the moment.

We pause...as a practice of accepting our limits, recognizing we don't have to figure it out in this very moment, or all by ourselves.

We pause...to make room for the spirit to mediate all that was said and point our hearts in the right direction.

**[Takes deep breath and says,]**

“So, JUST BREATHE.”

**[Pause 60 Seconds] – Hector Will Hold Time Sign in Front Row**

**Amie:**

As we breath in, abide to the source of life  
Breath in God's spirit,  
breath out the fruit of joy, light heartedness and laughter (go ahead smile...)

As we breath in, abide to the source of love  
Breath in God's love,  
breath out the fruit of kindness, goodness and respect

As we breath in, abide to the source of possibilities

Breath in God's creativity,  
breathe out the fruit of unity, connectivity, and togetherness

And as you breath, receive with joy the fruit of your salvation again, and again, and again...

... feel it fortify your body.

**Gethsemane:**

**[Begin Body Stretch Exercises]**

Feel the breath of life flow through your body. Notice the oxygen nourishing your brain. Notice the oxygen reaching your vital organs and limbs.

**[Begin Stretches]**

We invite you to please stand as you are able.

**Tanya: [to lead stretches]**

Squeeze your palms like you have an orange in your hand, and release.

Press your toes toward the bottom of your shoes like you are popping the soles out; now release and press the ball of your foot to the floor.

As we close, feel free to move as you please, stretching every bit of stiffness out of your body, while breathing the freedom of the spirit in.

**[Improvised Stretching Until We Reach]**

**Amie:**

Just BREATHE.

##### End