



SoulCare Two: 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.

Gethsemane:

[Takes a deep breath and says],

“JUST BREATHE.”

Presenter: 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]

Yesterday, we noticed our breath to reflect about our connection with the source of life.

Now, we will notice our bodies.

Tanya:

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. Acknowledge your superhero strength...Go ahead, strike a pose. Show off a little.

[Presenters all pose]

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.

Gethsemane: This is your body.

Tanya: It is good.

Amie: Your self-matters too.

Amie: Because our bodies are sacred and so powerful, I invite you to pray with your body.

Amie: We will show you the motions and then invite you to move through it with us once, then together we will all pray with **our bodies 3 times**. Please feel free to stand, sit or move as you are able.

The movements of the prayer will go like this:

1. **Stretch up to the sky as high as is comfortable, open your arms out and palms up, twist your torso back and forth**
2. **Now reach to the ground as far as is comfortable**
3. **Try and touch your toes and hold this for a few seconds**
4. **Slowly come up and give yourself a hug**
5. **Stretch arms out widely with your palms facing forward**
6. **Twist your torso back and forth with your arms stretch wide**

Prayer

God in heaven who dwells here on earth all around us,
Please ground us in this sacred earth,
Pause us in this very moment to honor its original inhabitants,
Let us know we are loved, that we are strong, that we are powerful together in your presence,
So that we can share that love with the world around us.

Gethsemane: This is your body.

Tanya: We are the body of Christ.

Amie: God is the vine and we are the branches individuals linked together abiding in God's presence. Amen.

End