

JANUARY 2019

Thank you Lord for all the joys of the last year! Thanks for the love I've shared and received, the opportunities I've embrace and even the challenges I've faced. As I head into another year, thanks for all the exciting adventure, experiences and friendships which lie ahead.

Grounded in Love

Beginning the Day Grounded in Love

Loving, Triune God —

CREATOR of the HUMMM of life – pulsating stars, breaking waves, laughing children –

Lover . . .

REDEEMER of our world– overcoming death, transforming our pain, modeling resurrection

– Beloved . . .

EMPOWERER of all that was, and is, and is to come – advocating for us, and with us, and within us – Love . . . – the splendor of your glory grounds me. Alleluia.

With each breath I take, with each inhalation and exhalation, you enliven me:

- **YH** (*Yah*) *in-breath*
- **WH** (*Weh*) *out-breath*
- **Je** (*Je-*) *in-breath*
- **sus** (*-sus*) *out-breath*
- **Spir** (*Spir-*) *in-breath*
- **it** (*-it*) *out-breath*

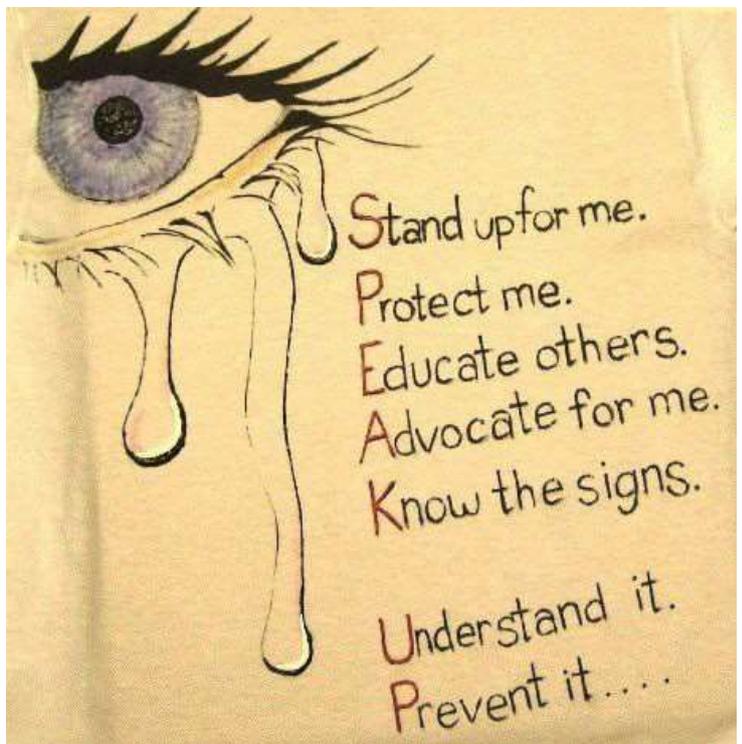
I am your child; grounded in your Love.
Alleluia.

With my first breath, I said your Holy Name.

With my last breath, I'll say your Holy Name.

With each breath in-between, help me recall who and whose I am.

In all the challenges, joys, and opportunities this day will bring, help me to remember that you are God – and I am not. Awaken my Soul, the eternal part of me:



Give me discernment to assess unfolding events through the lens of Jesus' teaching and example.

Give me eyes to see and ears to hear, that I might be fully present to each moment.

Loving God, my Parent in Heaven, I pray all these things in the name of your Son, Jesus the Christ, and by the power of the Holy Spirit. Amen.

The Reverend Valerie Minton Webster

***United Nations Commission on the Status of Women
The Episcopal Church Representative to UNCSW***