



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.

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

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