

Love of God. Love of Neighbor.

Jonah, Water

For our spiritual practices each week during this Lenten season we invite you to engage with the objects from your Lent in a Bag or using common objects you're likely to have in and around your homes. So for today, we will be using the **glass bottle - but really the water in the bottle** from your bag, if you'd like to grab that now and have it handy that would be great... and really today, you could use any cup or mug that will hold water. You don't need a closed-top lid like this... a couple of the spiritual practices in this week of JONAH - require you to have a closed-top lid - b/c they are invitations to get in touch w/ some strong emotions.. But for today - any vessel will do!

You can find today's spiritual practice in your Bible Guide on page 47 - again in this week of the prophet JONAH - or the fifth card in your Lenten card deck... that has a tiny 4.5 in the right hand corner. (for week 4, day 5).

Each week there are a few spiritual practices that offer you a reflection question - one that gets you to excavate a bit of your internal landscape. An invitation to dig inside yourself to understand what you feel - what feedback your body might be giving you, what you think, what you care about, how you love, what barriers there are, etc.. **in your own life.**

There's also **one spiritual practice each week** that doesn't start with a reflection prompt - but rather an "ACTION" invitation. It's a way to put in motion, give movement to - all the ways you've been reflecting over the last few days... into the world/ your neighborhood/your street/ around you.

And so because today is DAYLIGHT SAVINGS and we'll have an extra hour of light to our day... I thought it might be nice to go through this spiritual practice that asks us as does the book of Jonah, **"TO GET UP! AND CRY OUT!"**

It has been a year ...since our church left the building on Rindge Ave in Cambridge. In many ways - obviously - our hand was forced in this direction...

And maybe I shouldn't say church "left" the building - but faced an opportunity to be what it has always claimed to be Yes perhaps a physical gathering spot for a community of folks - like us - who love God AND also an opportunity for a community of folks- like us - who love GOD - to be the church in our own neighborhoods/ streets/ and homes. LOving God and Loving our neighbor - right where we are.

Behind masks, and grief, and physical distance

Maybe some of us have found this expression of church - on our walks - in silence, and living rooms, in our hearts and in our actions ... through phone calls and emails, and around fire pits, and in backyards, and across electronic bandwidth...

Through YouTube and Zoom. It's been a year of disruption and a year of discovery for church.

Reservoir has a 3-5 vision to build and create beloved community... here and now. To welcome, to participate in giving and receiving love of neighbor... TO WALK with our God.

1. Part of this is to imagine and innovate- church.... To find/create life-giving new ways to experience and be church.
2. How do we embody this?
How do we be the church?

I want to start with a reflection question that I will ask you to respond to in the chat. To get our spiritual practice going, b/c this is a year that has stripped us down to these fundamental questions, and a couple of these are:

Who is God to you?

Who is your neighbor?

I'll give you a second to think about this...

Maybe your response is to one or the other, or both of the prompts... God/neighbor is "a stranger. A foe/are u on my side? A friend! A companion.

Not sure, but one who stands in solidarity. I'm still figuring it out.

One I'd like to get to know more."

* One may be easier to answer than that other.... That's ok - suspend any judgement.

I won't ask you to associate your response - w/ God or Neighbor - just put in your response....regardless of which prompt your answering...

***Chat**

A myriad of responses...

PRACTICE

ACTION

Today as you continue to reflect on these prompts...The spiritual practice is to take a walk if you are able (if you aren't sit w/ God and locate yourself in your neighborhood). Put yourself in the real setting, of where these questions are most live - most impactful - your real life. Take a walk around your neighborhood. Your streets. Allow these questions to keep working on you - who is God? Who is my neighbor? Is there dissonance? Is there connection? What's the invitation there?

Do a couple of things before you walk, (or your visual walk w/ God)...

- 1) Take a moment to honor the ancestral and Traditional lands you stand on - here for me, it is the the Wampanoag, the Massa-adchu-es-set, and several other tribal nations.
Honor the sustenance, the resiliency that is in the earth beneath you..

OBJECT

- 2) Put a dab of water from the bottle on each wrist. A sign and reminder of God's holy presence with you.
- 3) Stretch your arms out wide - a reminder that as far as you stretch, what you touch, who you wave "Hi" too - is the embodiment of God's love. You are the vessel by which the BELOVED COMMUNITY - the kin'dom of God is built ... the loving presence of God is communicated.

AS YOU WALK, BREATHE THIS PRAYER:

INHALE: WIDE

EXHALE: LOVE

As you walk, hold your arms out wide - if you feel like it - praying what comes to mind. Maybe this phrase from Jonah will stir in you, "GET UP, CRY OUT!" .. What do you notice? Where is your attention drawn? Who comes to mind?

To close today, BRING YOUR WRISTS together, praying that mercy, compassion, patience, and faithful love be poured out, saturating the neighborhood around you... by you, through you, with the spirit of God.