

Breathe Together in Community

1



Pick a poem.

2



Pick a date.

3

Gather a group of people (can be online or socially distanced); stretch yourself to reach outside traditional Christian groups or networks.



4



During the gathering, read the poem slowly 5 times.

5

After each reading, hold a space of silence, share a prompt, and invite people to pay attention to the inner voice emerging within them.

Prompts could include: "What word shimmered for you?" "How do you experience the poet?" "What feelings are surfacing?" "Do you sense an invitation for your life today?"



6



Gather again in a month.