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"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." – Philippians 4:6

Carotid Artery

Dear friend:

Will you, pray with me.

First of all, place the two fingertips of your right hand on your neck just below your jawbone. You're touching your Carotid Artery. You can feel your pulse. Your pulse connects you directly to your heart, the pumping station of the life blood that turns everything about you into action. If Jesus touched his Carotid Artery, he'd have felt his pulse too. What dynamic beings the two of you are! Nothing could stop him, or you either.

Next, rub your palms together quickly. Feel the heat. It's your activity that makes this heat. You have a fire for life. You're an active Christian. Your enthusiasm for the things of God, makes you want to do for the people of God. Who are those people? They're those you know and those you don't. I am so grateful to know you. You're somebody with whom to be reckoned.

Then, place your hands on your heart. The heart is the romantic repository of all life's feelings, even though we know medically it's a pumping station. Even in the dark times, your heart has a resilience for life. What a great image the heart is for all that is hopeful, peaceful, joyful, loving and kind.

Now, hold your head high as if a string were attached to the top, and pulling you upward to the clouds. Praying doesn't have to be done with your head down. Feel as tall as you want. You are looking down on all that is happening, seeing the to and fro, the inside and out, the general and the specific. Your wisdom is connected to God's truth. Don't hesitate to make that truth your truth.

Again, rub your hands together briskly, and immediately turn your palms upward. You'll feel a coolness. You are interacting with your surroundings. Such a simple act. This is just the beginning of who you can be.

Breathe deeply in and deeply out. Breathe deeply in and deeply out. Breathe deeply in and deeply out. The world comes into you, and you give yourself to the world. For you, that's God's world – all there is. You are in unison with God and all there is – Amen.

Much love to you and your whole family.

Until next time.

Peter

PS: For inspiring this Letter of Hope, much thanks to Brooks Applegate, Community Minister, Fort Myers Congregational United Church of Christ, Fort Myers, Florida.

*"Our relationship with God and each other strengthens us, and helps make the world a better place.
We welcome and include **everyone** into congregational life."*

