

## Mid-Winter Prayer and Care Connection

The Room for the Inner Way and MSPC Membership Committee are happy to announce our first Mid-Winter Prayer and Care Connection. We invite all members to consider connecting with someone in our church community through prayer and reflection, and then sending your prayers and care to that special someone.

This is a call and invitation back to the “good ol’ days.” Rather than computers, Zoom meetings, emails or text messages you are invited to spend some time in prayer, pick up pen and paper, and use ‘snail’ mail to connect with someone in a meaningful and heartfelt way!

### HOW IT WORKS

Lori Sweet and Jonelle Darr will collect names of people who wish to participate. You will then receive the name of another participant who will be placed in your care (it’s a secret at this point). Your job is to hold this person in your thoughts and prayers for three days by placing your person’s name someplace you will see daily. You may light a candle or just spend a minute or two each day sending them love, prayers, and holding them in the light of Christ. Even if you do not personally know the person you received, trust that (just like your star word) you have been matched with the right person and the Spirit will guide you to complete your mission.

During these three days listen to your heart and watch for clues about how you can be a witness to this person. Pay attention to your intuition and the thoughts that come to you. Trust in God and let the Holy Spirit guide you in sending a letter of care or a small gift. Remember, this is, most importantly, an act of kindness and love so don’t over think it and just follow your heart.

At the end of the third day, you then:

1. **Prayer** - Handwrite a prayer on behalf of your person. This can be a simple prayer asking God to watch over this person, help them in the new year, guide them through challenges, etc. Handwrite it on something you have on hand - a card, postcard, paper, index card. You may also include a scripture or poem; but what is most important is that you create a personalized prayer just for them and that it is handwritten. Make it simple and heartfelt.
2. **Care** - Find a small gift you will send to your person. It should NOT cost you anything. It should be something you already have and are prepared to gift forward, something found, something thrifted, or something hand-made by you. Examples: a pack of flower seeds, a postcard with a peaceful image, a bookmark, a small handmade collage with inspirational words, a special bead, a pressed flower, a unique seashell, or a small item you are ready to part with. Again, let your heart and the Spirit guide you. Do not overthink this.
3. **Connect** – Include your name and personal note. Often small gift exchanges ask the giver to remain anonymous, but, in this case, our goal is to help us to connect with each other. Therefore, we want you to include your name and contact information. You also can include a photo of yourself, a personal note, or a letter sharing something about yourself. Again, this does not need to be long or complicated. Just share what feels doable, loving, and kind.

4. **Mail your package** - On the outside of the envelope, write "Prayer and Care," then mail your package to your person. (If you need assistance to mail your package let Lori Sweet know.)

Please note: Most likely you will NOT be paired with the same person whose name you have. Everyone will be given someone else participating; but the person you have probably will not be the person who has your name. This allows for us to connect with two people, rather than one.

When you receive YOUR Prayer and Care Connection Package:

1. **Receiving Your Care Package** - When you receive your "Prayer and Care Connection Package," don't open it right away. Rather, find a special time to open it when you can sit quietly and receive the prayer and blessings from your special someone. Reflect on what it feels like to both give and receive.
2. **Options** - Light a candle. Say your own prayer asking to fully receive your gift. Open it and explore the contents. Sit in reflection for a few minutes. Put it some place you will see it each day for at least three days. Open your heart and allow the prayer to work on and in you. Let God's love and the love we have for each other surround you. Like your star word, let the meaning and message of your Prayer and Care package come to you over time.

## HOW TO PARTICIPATE

By Tuesday, February 2<sup>nd</sup>, send your:

1. Name
2. Email address (or phone number if email is unavailable) and your
3. Mailing address  
to either Lori Sweet at [LoriSweetStudios@gmail.com](mailto:LoriSweetStudios@gmail.com) or Jonelle Darr [Jonelle.Darr@outlook.com](mailto:Jonelle.Darr@outlook.com).  
You will receive your person's information no later than Saturday, February 6<sup>th</sup> by email (or phone.)

Complete your three days and mail your package/envelope no later than Sunday, February 14<sup>th</sup> and then wait to receive your own package.

On Sunday, February 28<sup>th</sup>, Lori Sweet will host a Zoom meeting at 4 pm (no longer than one hour) for any participants who want to share their experience of giving or receiving and what they learned or what it meant to them. It will be a fun and informal time to connect, visit, and share with each other. Details about the ZOOM meeting and access information will be sent to participants.

## LEARN MORE

To learn more, visit the church website for a PDF of these directions and to view a short invitational video from Lori Sweet. Please contact Lori Sweet or Jonelle Darr with any questions.