

High Street Church – COVID-19 Prayer and Meditation Team

Thank you for volunteering to be a part of High Street’s Prayer and Meditation Team. Our mission is to “hold in love” those who have fallen ill, those who have lost jobs, those who are experiencing distress, and all those in our church, community, and world who are in need.

You are encouraged to use the following meditation (“In This Love”) by the Rev. Dr. Rebecca Parker as a tool in focusing your prayer and meditation time.

In This Love

<i>breathing in</i>	There is a love
<i>breathing out</i>	holding me.
<i>breathing in</i>	There is a love
<i>breathing out</i>	holding all I love.
<i>breathing in</i>	There is a love
<i>breathing out</i>	holding all.
<i>breathing in</i>	I rest
<i>breathing out</i>	in this love.

After the meditation, name each of those in need, followed by the words “In this love.”

_____, in this love.

_____, in this love.