

All Saints Day - November 1, 2020

Opening

Greet one another and agree on confidentiality and agree to practice sacred listening as everyone shares from their own unique experiences and sacred stories.

Time of Centering

Get comfortable in your seat with your feet flat on the floor with your hands laying on your lap letting go of tension throughout your body. Take a couple of slow, deep, cleansing breaths. Relax your jaw, face and shoulders. Take a few moments in silence to rest your mind and focus on your breath. It is the breath of God within you.

Bring to mind something you are grateful for and allow that gratitude to flow from your heart throughout your body as a prayer of blessing to God.

Take a few moments to briefly share your gratitude with the group.

Spiritual Practice

Lectio Divina means divine reading and is a spiritual practice using scriptures, poems or quotes. **Invite someone to read the quote below from the beautiful words of Barbara Brown Taylor out loud. Listen, using sacred/ Reflective listening, for a word or phrase that touches your heart or stands out for you.**

To be a saint, you don't have to be famous, or perfect, or dead. You just have to be you—the one-of-a-kind, never-to-be-repeated human being whom God created you to be—to love as you are loved, to throw your arms around the world, to shine like the sun. You don't have to do it alone, either. You have all this company—all these saints sitting right here whom you can see for yourself plus those you cannot... all of them egging you on, calling your name, and shouting themselves hoarse with encouragement. Because you are part of them, and they are part of you, and all of us are knit together in the communion of saints—God's handkerchiefs—dropped on the world for the love of Christ.

After a few minutes of quiet, invite someone else from the group to read the quote out loud a second time. Invite a person from the group to read it a third time. Then, if you are comfortable, share with the group what emerged for you through the practice of Lectio Divina.

Discussion based on Sunday's Church at Home Message

This is a quote that Pastor Larry used in Sunday's service-

"One of the saints for me was Earl. He was the Lay Leader at the church I was appointed too while finishing seminary. There was nothing that Earl would not do for Jesus or Jesus' church. He took on any job, including being head cook and bottle washer not to mention being the mentor for the new pastor who didn't know much of anything about the day to day and year to year operation of the church. Into the gap stepped Earl."

Pastor Larry continued on, relating the times and experience of this special man in his life who was a blessing to him, and who taught him how to do the job of running a church, as well as how to catch and clean a fish – the very practical lessons of life. Earl influenced Pastor Larry, and that impact is still felt today many years after their time together.

Take a moment to consider one of the many people who have influenced you in your life. That person may still be living or may have passed on many years ago. Take turns sharing the story of your special person and the gifts that they brought into your life.

Who are you influencing? Is there someone that comes to mind? Are there words of blessing that you want to offer them? Share with other if you wish.

Is there a person you care deeply about? Hold them in your prayerful heart this week. Contact them if you feel moved to reach out. You are blessed. Feel the gift of allowing your blessings to overflow to others. If you feel less than full and overflowing - if you are struggling in some way, share - if you are willing - with the group. How can the group pray for you?

Action Step

You have used the spiritual practice, and considered who has blessed you, and who you wish to bless. Out of your time together, and what you have shared with one another, is there one action step that you feel led to take this week? Take a moment to share your one step for the week with your group.

Prayer

Lift up the requests of the group members, as well as prayers to take your action step as you put your faith into action.

Crossroads Events

Sunday Evenings at the Labyrinth

Each Sunday between November 1 – December 20, from 5:30 – 7:30pm, Crossroads is offering a time to walk the labyrinth. This is a time of deep reflection, of honoring our personal losses, (jobs, relationships, security), as well as our precious friends and family who have passed away. The labyrinth will be lighted with blue lights and hosts will be present to direct you as you step onto the path. The labyrinth is located on Crossroads property behind the fenced play area.

Register <https://www.crossroadsnova.org/labyrinth-on-sunday-evenings>

Annual Thanksgiving Day Run is Virtual!

Keep your tradition streak alive and run with us on Thanksgiving Day or sometime throughout the holiday weekend! You can do so from wherever you will be spending Thanksgiving!

Choose to join us at the traditional time and day - Thanksgiving Day, November 26 at 8:15 AM from your own front door and use our RaceJoy technology to "run together" with friends, and family! Or take advantage of the ability to sleep in on Thanksgiving, and choose to run anytime through the holiday weekend. November 26 - November 29!

We know you struggle every year deciding if you should do the 10k, the 5k or the 2k, well this year, you can do them all! Choose to run our virtual Thanksgiving Feast challenge which offers ALL the distances! This challenge will have you working off your second (and third) helping in no time!

Register [here](#).

Remember this

From the early days of Christianity, there is a sense that the Church universal consists of not only all living saints, but also all who have gone before us. In Hebrews 12 the author encourages early followers of the way of Jesus to remember that a great cloud of witnesses; surrounds us reassuring us, encouraging us forward in our life journey.

You are never alone. When you feel small or without hope, remember that there is a multitude who join their prayers to yours, and together all are lifted.

You Are Loved