

## “CONNECTING” Resources

*“From our very first breath, we are in relationship.” - Richard Wagamese*

As human beings, we are meant to live in connection to God, to one another and creation. This truth echoes throughout scripture, is supported by scientific research, and rings true to our lived experience.

Studies show that people who experience meaningful connections with others are less likely to experience mental health challenges and experience stronger feelings of belonging and happiness.

We invite you to take 15 minutes a day this week (or this Lent) and find a new way to connect meaningfully with someone around you. This is a useful spiritual practice and also good self-care.

### Some Things to Try

Reach out to someone in your life who you haven't seen in awhile (Perhaps a phone call, an e-mail, or even a beautiful card made by Bev Wilson - free for the taking from the basket on Kim's front porch)

Invite someone from Cap for a walk this week

Consider joining a Four-mation Group and/or a Micro-Church (e-mail Kim for ideas)

Try this “Relationship Examen” from Rob DesCotes to reflect on how you are “rightly related” to others in your life.

An Examen of Relationships	HIGHER THAN I
<p>As you seek to be rightly related to all things, take time to consider all the relationships in your life that this presently applies to. In this examen we ask God to first show us His pleasure in terms of the consolations we feel about certain relationships in our lives. Some of the facets we examine can include our relationship:</p> <p>to God,... to the church,... to those who love you,... to those who don't,... to yourself,... to your gifts,... to your shortcomings,... to your appetites,... to your sexuality,...to your spirituality,...to your work,...to rest,... to money,... to security,... to the future,... to your past,... to your desires,... to your fears,... to your dreams,... to your responsibilities,...to your life story so far,... to this present moment,... and so on.</p> <p>You could add to this list anything else the Holy Spirit brings to mind regarding the consolations you experience in your present relationships.</p> <p>In these same areas of your life, consider the relationships where you experience desolation. Ask the Holy Spirit to reveal to you places of disconnection in these same relationships:</p> <p>to God,... to the church,... to those who love you,... to those who don't,... to yourself,... and so on.</p>	<p>You could as well add to this list any other areas the Holy Spirit brings to mind regarding the desolations you experience in your present relationships.</p> <p>Now ask Jesus, in whom all things are held together, to show you what righteousness means as applied to all the relationships of your life. Invite Him to adjust, wherever necessary, any places of disconnection, i.e. any inordinate relationship that He has revealed to you.</p> <p>And finally, be prepared to participate with the correctives and promptings of the Holy Spirit in seeking, finding and living in right relationship to all areas of your life. The apostle Paul tells that, as much as is possible, we should seek to be at peace with all things (Rom. 12:18).</p> <p>If we continually bring our relationships to Jesus for correction, He promises that He will lead us to righteousness in all matters. In Him, all things will come to fit together as they should.</p>