



## UMin Spiritual Rhythm of #JPCHopeinAction

### *An Invitation For Our SPU Community*

Week 4 - April 20-24, 2020

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## Journaling as a Spiritual Practice | Seeing Hope in Community

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Dear SPU Community,

Being in this season where Good Friday speaks into Resurrection Sunday we are pointed toward an embrace of death and darkness, yet also beholding space for creation and renewal of life and living. So just as spaces of stretching and darkness allow for creativity to arise, the present health crisis is a time where creative response may be needed within our communities. This creative response may fulfill needs in our community where the parts of our systems and structures have failed and are failing towards the thriving of people and communities right now.

**Can we see hope not just in regards for what may be coming after this crisis?** Can we see a hope that is motivated by how we are creatively responding to present needs and gaps in the here and now? Psalm 27:13 says, *"I will remain confident of this: I will see the goodness of the Lord in the land of the living."* Could the Goodness of the Lord be witnessed as present now among us? Could the land of the living be the here and now?

The hope of who we are as a people, as a community, as a body of believers and friends on this journey, is not what is happening to us, but rather, in the response we give towards each other in the midst. Let's root ourselves in the ways we are creatively being community in the here and now. And then let that creative hope shape our perspective for the way forward.

We invite you to take a moment to see hope in your communities today and throughout the spring quarter. The spiritual practice of journaling, can create space for you to reflect on your community and where you can see or find hope. So, whether it's journaling on your computer or in your notes or voice memos on your phone or maybe you have a pad of paper/journal you might have laying around or even a video journal you might post on insta/fb... find a place to write down or speak your thoughts... you might discover something in you and your community that you hadn't noticed before. As you journal as a spiritual rhythm, pay attention to your lens or worldview... it's not about the word count or how others perceive you, reflect on your community and the communities you are connected to. Here are a couple of questions to get you started: **Where have you seen hope in action today? What is giving you hope today?**

Here is our prayer of blessing for our community: Lord we pray that we would see the goodness of who you are in the land of the living, in our communities of the here and now. May you allow creative hope to shape who we are and who we can be as a community. Amen.

We would love to hear you share your stories of hope. Tag us on insta/fb with **#JPCHopeinAction** CHECK OUT **#JPCHopeinAction** BY FOLLOWING THE JPC - **IG: @spu\_umin** or **fb: @johnperkinscenter**

**Blessings,**

**Caenisha Warren**

Executive Director and Minister of Reconciliation Ministries

John Perkins Center, Seattle Pacific University University Ministries