



February 2025 | Volume 30, Issue 2

MONTHLY Newsletter

A PUBLICATION OF OUR SAVIOR LUTHERAN CHURCH

*The Mission of Our Savior:
That all may know Christ,
grow in Christ
and joyfully go with Christ.*

Adopted 11/1998

FROM OUR PASTOR...

Baptism and Grace: A Reflection Through the Lens of the ELCA

Baptism holds a special and sacred place in the life of the Evangelical Lutheran Church in America (ELCA). It is not just a ritual or an event to mark a milestone; it is a profound means by which we encounter God's love and grace. To understand baptism in the ELCA, we must explore both its significance and the incredible gift of grace that underpins it.

Baptism as God's Work, Not Ours

In the ELCA, we believe that baptism is fundamentally about God's action, not ours. It is a means of grace—a way that God comes to us, claims us, and assures us of divine love and forgiveness. Through the waters of baptism, God adopts us into the family of faith, makes us heirs of the promise of eternal life, and joins us to the death and resurrection of Jesus Christ.

Baptism does not depend on our ability to understand it or our actions. Whether a person is baptized as an infant, a child, or an adult, the focus is always on what God is doing. This is why Lutherans baptize infants: even before we can say "yes" to God, God says "yes" to us. Baptism is a powerful reminder that God's love is unearned and unconditional.



The Meaning of Grace in Baptism

Grace is central to Lutheran theology and to our understanding of baptism. Grace is God's free and undeserved favor toward humanity. It is not something we can earn through

good deeds or faithfulness. Instead, it is a gift freely given because of God's boundless love for us.

In baptism, grace is made visible and tangible. When water is poured over us in the name of the Father, Son, and Holy Spirit, we are assured that God's promises are for us personally. This act signifies that our sins are washed away, and we are given a fresh start as beloved children of God. Baptism assures us that God's grace is sufficient for us no matter who we are, where we come from, or what we've done.

Baptism and Our Daily Lives

While baptism happens once in a lifetime, its significance is ongoing. Martin Luther encouraged Christians to "remember your baptism daily." This doesn't mean recalling the specific moment you were baptized but living each day in the confidence that you are a child of God, forgiven and loved.

This daily remembrance calls us to live out our baptismal promises:

- To live among God's faithful people,
- To hear the word of God and share in the Lord's Supper,
- To proclaim the good news of God in Christ through word and deed,
- To serve all people, following the example of Jesus,
- And to strive for justice and peace in all the earth.

These promises shape how we engage with the world. Through baptism, we are empowered by the Holy Spirit to live lives of service, love, and hope. Baptism gives us an identity rooted in Christ and a mission to reflect God's love in our words and actions.

The Community of Faith

Baptism is not a solitary event; it brings us into a community—the Church. When someone is baptized, the congregation promises to support and pray for them. This reflects our belief

(Continued on page 2)

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that faith is nurtured within community. We need one another to grow in faith, to hold each other accountable, and to celebrate the joys and bear the burdens of life together.

The community also plays an important role in teaching about baptism and grace. Through worship, Bible study, and conversations, we deepen our understanding of these gifts and learn how to live them out. The Church is a place where we can be reminded again and again of God's promises when life makes us forget.

Grace as the Foundation of ELCA Teachings

Grace is not only the foundation of baptism but also of all ELCA teachings. It shapes how we approach Scripture, worship, and our relationships with one another and the world. In the ELCA, we emphasize that we are saved by grace through faith, not by works (Ephesians 2:8-9). This means that we do not need to earn God's love; we simply receive it and respond in gratitude.

Grace also informs how we view others. Because we have received God's unmerited love, we are called to extend that love to others. This includes welcoming the stranger, forgiving those who hurt us, and working for justice and peace. Grace transforms not only our relationship with God but also our relationships with one another.

Conclusion

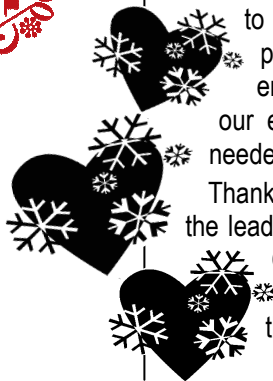
Baptism in the ELCA is a beautiful and powerful expression of God's grace. It is a reminder that we belong to God, that we are loved unconditionally, and that we are called to live out our faith in community and service. Grace is at the heart of baptism, and it is the heartbeat of our lives as followers of Christ.

As we reflect on our baptism and the gift of grace, may we be renewed in our faith and inspired to share God's love with the world. Remember your baptism, rejoice in God's grace, and live as beloved children of God.

In service to Christ,
Pastor Chad

MUSIC FOR FEBRUARY

- February 4 & 5 Connie Webber, organist
- February 8 & 9 Shelly Armstrong, pianist
- February 15 & 16 Connie Webber, organist
- February 22 & 23 Sue Olson, pianist (Sat)
Joyful Noise handbells (Sun)
Connie Webber, organist



GIFTS OF ABUNDANCE

Our Savior Lutheran Church was blessed to complete 2024 with a financial abundance entrusted by the congregation and lifted up to the Lord our God. During our Annual Meeting on Sunday, January 19, the council presented to the congregation how we might **SAVE, SHARE, SPEND** that abundance.

Our insurance provider notified us in December that our insurance rates were rising, which was no surprise. What caught us off guard wasn't the rising out-of-pocket deductible but the newly introduced percentage deductible.

Traditionally, we would pay a small deductible for any claims filed with our insurance provider. This deductible was \$2,500 and will rise to \$7,500 in 2025. Again, rising insurance costs are not unusual. The newly introduced percentage deductible is based on our current assessed building value of \$10 million. We were told our percentage deductible would be 1% of the property-assessed value. This means if we were to have a wind or hail event that damaged our existing roof to the point of replacement, we would be responsible for paying \$100,000 out-of-pocket.

The council evaluated our situation with the changes in our insurance policy and our current financial abundance and decided to start a contingency fund should such an event occur. It is estimated that over one-third of the city of Wayne was affected by last year's hailstorm, so it isn't a matter of if it will happen but rather when it will happen.

While we are not entirely done putting money into a contingency fund, we have an excellent start. The church council was also encouraged to share part of our abundance outside our community. During a council meeting last fall, we welcomed Dave deFreese as a guest speaker. He reviewed the Sustaining Sacred Spaces capital campaign for Nebraska Lutheran Outdoor Ministries, where \$6.5 million is being sought to update camps Carol Joy Holling in Ashland, NE, and Sullivan Hills camp in Lodgepole, NE.

The congregation's leadership agreed to a \$5,000 gift. Ron Carnes encouraged the congregation to match or exceed the allocated gift during our annual meeting, which could raise our gift to \$10,000 or more. In the next few weeks, a tracker will be placed in the narthex to monitor our growth and provide us with continued encouragement as we prepare our extended gift for this much-needed capital campaign.

Thank you for your gifts and offerings to our Lord and for the leadership of this congregation to listen and discern how God is inviting and calling us to respond. We look forward to expanding our opportunities of giving in the future and pray for the Spirit's continued guidance.





Join us for a Soup-er Bowl Sunday Soup Lunch on Sunday, February 9, following worship.

For a free will donation, you can take part in the judging AND get to enjoy a warm lunch. The Fellowship Team will provide cinnamon rolls and relishes.

We are looking for "Soup-er" cooks to enter the contest by making a crockpot of soup to share. Winner of the soup contest will win the first ever traveling trophy! A sign-up sheet to enter the contest will be at the information desk.



LENTEN FISH FRY

The annual Lenten Fish Fry will be held on Friday, March 28, at the Wayne City Auditorium. If you are interested in serving on the fish fry committee or helping with the event, please contact Stuart and Brenda Lubberstedt, Chris and Carol McGuire, or Eric and Kelly Grone.



VISITATION MINISTRY AT OSLC

Our Savior's Visitation Ministry Group meets on the third Wednesday of the month at 1pm in the multi-purpose room. Cards for OSLC homebound and residents of care centers or independent living facilities can be signed at our meetings or before in the church office.

The group discussed having members of the group each take several names of those homebound, in care centers or independent living to visit or call each month. We also discussed having several of us be trained to give communion to these OSLC members.



If you know of someone that would appreciate a visit or call, please contact Sandy Lutt at 402.369.0937 or Rhonda Blecke at 402.833.1313.

An invitation to participate in the Visitation Ministry Group can be found each month in "You Visited Me..." (see page 5)

QUARTERLY MEETING OF THE FOUNDATION

The first-quarter meeting of the Foundation Board of Our Savior Lutheran Church will be held Monday, February 17, at 7pm. Grant applications are available in the church office and should be turned in by Monday, February 10, for consideration.



JOIN OUR CHURCH FAMILY!

Do you or someone you know have an interest in joining the church? We will host a new member orientation this spring for anyone interested in joining the church. Please contact Pr. Chad or the church office to let us know of your interest.

2025 RADIO BROADCASTS



Consider sponsoring a radio broadcast in 2025. We continue to offer the option of having a co-sponsor for the weekend radio broadcast. If you would prefer to be the only sponsor for the weekend; the cost is \$75. If you would like to share the broadcast with another sponsor; the cost would be \$40 for each sponsor. Please contact the church office (kris@oslcwayne.org or 402-375-2899) for more information or to reserve a date. Thanks to all who support this ministry of the church!

Note: The first available dates are March 2, 9, 16 & 30 and April 13 & 20, 2025.



THANK YOU...

Wayne Salvation Army—Thank you for your help with the 2024 Wayne Salvation Army Unit's Red Kettle Campaign. We couldn't have done it without you!

- Carol Ellenbecker
- Phyllis Rahn
- Georgian B.
- Pr. Teresa Bartlett
- Marlin Chin

CIRCLE & MINISTRY GROUP MEETINGS

EXECUTIVE BOARD MEETING

- Tuesday, February 4, 10am

JOY CIRCLE

- Wednesday, February 12, 2pm
Program: Bible Study
Leader: Mary Mohl
Hostess: Sue Olson

CHARITY CIRCLE

- Wednesday, February 19, 7pm
Program: Buckets, Brass & Brownies
Leaders: Joan Baier, Melia Hefti

VISITATION MINISTRY GROUP

- Wednesday, February 19, 1pm

QUILT MINISTRY GROUP

- No Meetings until Spring

All women of the congregation are always welcome and invited to participate.



ALTAR GUILD



Altar Guild workers for February: Denise Broders, Karen Zach, Teri Koenig, Lynette Lentz, Dorothy Wert, Paula Gemelke, Cynthia Miller, Trisha Peters, Peggy Hank, Julie/Jim Hansen, Martina Swanson, Virginia Backstrom, Cheryl Henschke, Marsha Roth, Debbie Bargholz, Rhonda Blecke.

Bread Bakers for February: Karen Zach, Kelly Grone, Sherry Haase, Leslie Johnson. Please check the worship assistant schedule for the date.



GREETINGS!

Today, our purpose statement remains: "As a community of Women created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit, we commit ourselves to grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, promote healing and wholeness in the church, the society and the world."

Today, we say this: Each of you matter. Each of you are a creature of God in God's image. Each of you are loved.

In February we celebrate "Bold Women of Faith". Show your "bold" by attending one or all of the opportunities we offer you at Our Savior Lutheran Church. Be "bold" in attending these small groups with your Christian Sisters of faith as you work, pray and share fellowship.

Joy Circle met on January 8th to make Greeting Cards for the Visitation Ministry Group to send out. We enjoyed a devotion, followed with fellowship and conversation, as we "affirm our gifts" by making cards, that expressed our thoughts and love for our shut-ins.

Visitation Ministry Group was held on January 15th, where ladies come to sign the greeting cards before they are sent to our shut-ins. Those receiving them enjoy seeing members of our church family names on their cards. This is another opportunity to "promote healing and wholeness", as you serve your community and spend time with other Christian women.

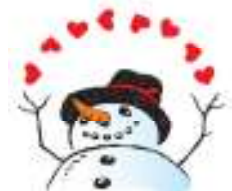
Charity Circle also met in the evening of January 15th. They promoted "ministry and action" by making Valentines and Easter Cards for our homebound and shut-ins. An evening with a devotion, "What is darkness," and fellowship was enjoyed with other Christian women.

These are all small group ministries and are opportunities for ALL Women of Our Savior Lutheran Church to attend (NO membership is required to attend). The following are opportunities to enjoy in the month of February:

- February 12 at 2pm Joy Circle with Mary Mohl as Leader.
- February 19 at 1pm Visitation to gather and sign cards.
- February 19 at 7pm Charity Circle to Polish the Brass items we use for church services.

COME, SHOW YOUR "BOLD"!

Dorothy Wert,
WELCA President





PASTORAL ACTS

✠ A funeral service was held Friday, January 10, at Hasemann Funeral Home for **Connie Meyer**. Connie died January 7, 2025.



WORSHIP SERVICES— at Wayne Countryview & Kinship

Worship with Communion is offered on the first Tuesday of the month—**February 4**.

- Wayne Countryview at 2pm
- Kinship at 3:30pm.

Worship is also offered the third Tuesday of the month at Kinship at 3:30pm.

- **Tuesday, February 18**

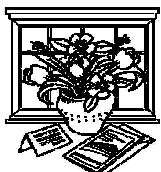
WACAM Worship Services

- **February 10-14**—Radio Devotions
- **February 26**—Devotions at Kinship



IN OUR PRAYERS

We remember in prayer those who were hospitalized in the last month: Pr. Bill Koeber, Jon Haase, Lyndy Labenz, Jim Lutt.



“YOU VISITED ME...”

The Visitation Ministry Group meets to sign and send cards to church members and to share a visit with friends. Please come and be a part of our Visitation Ministry Group. The group will meet on **Wednesday, February 19, at 1pm**.

For more information about this wonderful ministry, please contact Rhonda Blecke, Sandra Lutt or the church office.

OWL'S BIBLE STUDY

The OWL's Bible Study meets on the 1st and 3rd Wednesdays of the month. This study led by Mary Mohl is using the *Books of Faith Series* from Augsburg Fortress to study the New Testament book of Romans. Join them on **February 5 & 19, at 10am** in the multipurpose room.

If you haven't been a part of our Bible Studies in the past, now is a great time to join us as we just began this new course of study. You do not have to be 70 years old to join us; we welcome all ages of people and look forward to growing our group.



KINSHIP BIBLE STUDY

Bible Study at Kinship meets on the 2nd and 4th Thursdays, at 3:30pm. This study led by Sharon Garvin uses Lectionary Bible readings and a resource from the ELCA entitled, *Daily Discipleship*. Join them on **Thursdays, February 13 & 27**. Everyone is welcome.

SLEEPING MAT MINISTRY

Sleeping mats are made from plastic shopping bags. This is a great way to recycle all those plastic grocery bags! (A basket is available in the narthex to collect CLEAN bags.) There are several steps to preparing the bags before the mats can be crocheted...so **there are opportunities for all to participate!** Join us on **Thursday, February 6, and Monday, February 17, from 9–11am**.

Consider being a part of this wonderful ministry; both the VA in Omaha and Orphan Grain Train look forward to receiving the mats!

IRIS PRAYER CHAIN

Our Savior's Prayer Chain is shared via our IRIS (*Immediate Response Information System*)...with each participant being notified of a prayer request by receiving a phone call, email or text. Please let the office know if you would like to be added to our Prayer Chain (402.375.2899 or kris@oslclwayne.org).



- 1 Tyler Daniels
- 3 Matthew Robbins
- 4 Rhett Aschoff
- 6 Jim Lutt, Chloe Nelson
- 7 Kerry Otte, Mary Woehler
- 9 Karen McDonald, Mardelle Wiseman
- 10 Mark Baumann III, Grant Law
- 12 Bryce Wacker
- 14 Richard Johnson
- 15 Casey Koenig,
- 16 Doris Daniels, Mike Hank
- 17 Alexis Legler
- 18 Nancy Breitreutz, Jessica Wieland,
Karlee Prokop
- 19 Bob Burke, Kylie Milligan, Michael Nissen,
Cody Rogers, LeeAnn Westerhaus
- 20 Gunnar Jorgensen, Michele Nelson,
Schuyler Schweers
- 21 Duane Blomenkamp, Elaine Lueders
- 22 Wilma Moore
- 23 Cynthia Miller
- 24 Cheryl Henschke
- 25 Kelly Grone
- 26 Ronnie Doring, Evelyn Eskens, Ron Magnuson
- 27 Mary Mohl
- 28 Chad Sokol

YOU'RE INVITED... TO COFFEE with Council



Coffee with Council is an opportunity to meet with members of the church council for coffee, refreshments and discussion. Join them prior to worship, 9am, **Sunday morning, February 9**, in the church narthex.



DOLLAR DOOR OFFERING —HAVEN HOUSE

Each month our Dollar Door Offering (offering plate in center of the Narthex) goes to support the efforts of a different ministry. The February Dollar Door Offering recipient will be Haven House.

Together our dollars can help them help others!

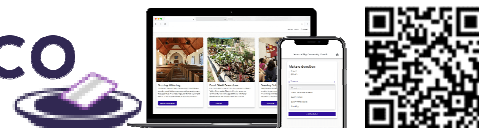
THRIVENT CHOICE DOLLARS

If you're an eligible Thrivent Financial member and have Choice Dollars® available to direct, please consider designating your available funds to Our Savior. For more info or to direct Choice Dollars, call 800-847-4836 and say "Thrivent Choice." Or go to: <http://thrivent.com>.



- 13 Doug & Mary Mohl (43)
- 14 Josh & Martina Swanson (24)
- 17 Pete & Julie Reeg (24)
- 20 Steve & Amy White (10)
- 25 Steve & Lisa Karel (36)
- 28 Dave & Myrna Tuttle (27)

If we have missed your birthday or anniversary, please accept our apology and let the church office know.



You can give electronically to OSLC—just download the Vanco Mobile app OR go to our website at <https://oslcwayne.org/give/>

GENERAL FUND FINANCIAL REPORT

	As of January 15, 2025	Year-to-Date
Beginning balance, 1/1/2025	\$50,000.00	\$50,000.00
Add: Income	26,133.77	26,133.77
Less: Expenses	-30,562.41	-30,562.41
Ending balance, 1/15/2025	\$45,571.36	\$45,571.36

If you have any questions about this report or other church finance matters, please contact Tom Hansen (402-518-0640) or Paula Gemelke (402-369-2176).



COUNCIL CORNER

—Monday, January 13, 2025 Meeting

- New members Tim Hansen, Amber Labenz, and Chris McGuire were welcomed to the council.
- Officers for the 2025 year were elected. President: Kelly Grone, Vice-President: Larry Lueders, Secretary: Mary Mohl, Treasurer: Kim Dunklau.
- Council discussed how to steward the financial abundance given to the congregation through a model called Save, Share, Spend. A presentation will be made at the Annual Meeting.
- The annual Fish Fry will be held on Friday, March 28, 2025 at the City Auditorium.
- On February 9, 2025, we will have a Soup-er Bowl soup cook-off and lunch following worship sponsored by the Fellowship Ministry Team.
- Doug and Mary Mohl, Kathy Becker, and Amber Labenz will represent Our Savior Lutheran Church at the Nebraska Synod Assembly May 31-June 1, 2025.

The next meeting of the Church Council will be **Monday, February 10, 2025.**



CALENDAR ITEMS

Reminder...please contact the church office regarding any meetings or gatherings scheduled; especially those held after office hours, so that they can be added to the master calendar. If no evening activities are listed, the church building is locked at approx. 5pm.

PUBLICATION DEADLINES

For the Weekend Bulletin: by 11am each Thursday.

For the Monthly Newsletter: 20th of the month.

RESOURCES

- Wayne County Family Coalition (402-375-2200)
- Wayne Food Pantry & Backpack Program (402-375-2669 – fpcwayne.org/food-pantry) In order to use the Wayne Food Pantry, please call or email in advance if you need assistance. All inquiries are confidential.
- Wayne Food Truck – Saturday, February 22, at Journey Christian Church



This newsletter is published monthly as an update on the life and activities of

Our Savior Lutheran Church

421 N Pearl Street
(located at the corner of 5th & Main Street)
Wayne, Nebraska 68787
402/375-2899

A congregation of the Evangelical Lutheran Church in America

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Weekly Worship Opportunities:

Saturday Evening: 5:30pm

Sunday Morning: 10am

(streamed live and posted to our Facebook page: Our Savior Lutheran Church, Wayne NE (ELCA) and broadcast live on AM 1590 and FM 98.9)

Sunday School: (N-5th)

Sundays—10am; Fall/Winter/Spring

Confirmation: (6th-8th)

Wednesdays—6pm; Fall/Winter/Spring

- Staff -

Rev. Chad Rademacher
Pastor

Connie Webber
Director of Music

Bridget Vaith
Coordinator of Youth & Family Ministry

Virginia Kniesche
Coordinator of Children's Ministry

Kris Robinson
Administrative Assistant

- Church Council -

Kelly Grone *President*

Larry Lueders *Vice President*

Kim Dunklau *Treasurer*

Mary Mohl *Secretary*

Marion Arneson **Ron Carnes**

Paula Gemelke **Tim Hansen**

Amber Labenz **Chris McGuire**

Our Savior Lutheran Church

5th & Main Street | Wayne, Nebraska 68787
402/375-2899



**The LORD will fulfill his
purpose for me;
your steadfast love, O LORD,
endures forever.
Do not forsake the work
of your hands.**

Psalm 138:8 NRSV

FEBRUARY 2025



Our Savior Lutheran Church
421 N. Pearl Street
Wayne NE 68787

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Giving Thanks For:

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 5:30pm Worship
2  GROUNDHOG DAY 9:00am Fellowship Hour 10:00am Sunday School 10:00am Worship	3 10:30am Staff Meeting 5:30pm Property Team Meeting 5:45pm Executive Committee	4 10:00am Cluster Text Study 10:00am WELCA Executive Board  2:00pm Communion @ Wayne Countryview 3:30pm Communion @ Kinship Pointe	5 10:00am OWL's Bible Study 6:00pm Confirmation 6:00pm Joyful Noise 7:00pm HS Youth Group	6 9:00am Sleeping Mat Ministry 6:00pm Women Who Love to Talk-and Eat	7	8 5:30pm Worship
9 9:00am Coffee with Council 10:00am Sunday School 10:00am Worship  11:15am Souper Bowl Cookoff & Lunch	10 Radio Devotions Foundation Grant Deadline 10:30am Staff Meeting 6:00pm Christian Ed Meeting 6:30pm Fellowship Team Mtg 7:00pm Church Council	11 Radio Devotions 10:00am Cluster Text Study	12 Radio Devotions 10:30am WACAM 2:00pm Joy Circle 6:00pm Confirmation 6:00pm Joyful Noise 7:00pm HS Youth Group	13 Radio Devotions 3:30pm Bible Study @ Kinship	14 Radio Devotions 	15 5:30pm Worship
16 9:00am Fellowship Hour 10:00am Sunday School 10:00am Worship	17  9:00am Sleeping Mat Ministry 10:30am Staff Meeting 5:00pm Worship & Music Ministry Team 7:00pm Foundation Board Meeting	18 10:00am Cluster Text Study 3:30pm Worship @ Kinship Pointe	19 10:00am OWL's Bible Study  1:00pm Visitation Ministry Group 6:00pm Confirmation 6:00pm Joyful Noise 7:00pm Charity Circle 7:00pm HS Youth Group	20 	21	22  Sam Wayne Food Truck @ Journey Christian Church 5:30pm Worship
23 9:00am Fellowship Hour 10:00am Sunday School 10:00am Worship	24 10:30am Staff Meeting	25 10:00am Cluster Text Study	26 3:30pm Devotions @ Kinship 6:00pm Confirmation 6:00pm Joyful Noise 7:00pm HS Youth Group	27 3:30pm Bible Study @ Kinship	28	

PRAYER *Time*

The Lovingkindness Meditation or Metta Prayer

Often times we are asked to pray for someone we don't know. We may know their name or whose relative they are, but we don't know their specific needs or circumstances. Other times we are drawn to prayer following a natural disaster or traumatic event involving many people. Practicing the Lovingkindness Meditation or Metta Prayer, is a powerful way to show loving concern for others.

The Lovingkindness Meditation focuses on generating loving-kindness toward ourselves and others. It helps promote compassion and empathy for our neighbors. It opens us to what is important in life. Those who practice the Lovingkindness Meditation are often able to increase their capacity for forgiveness, for connecting with others, and for self-acceptance. This practice enhances our overall feeling of well-being and allows us to open our hearts to deep feelings of love, forgiveness, and reconciliation.

I base the Lovingkindness Meditation on the following verses from Mark 12: 29-31: "The first of all the commandments is, 'Hear O Israel, The Lord is our God, the Lord is one. You shall love the Lord your God with all your heart, with all your soul, and with all your strength. This is the first commandment. The second is this" 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

To begin, let yourself sit in a comfortable fashion. Let your body rest and be relaxed. Let your heart be soft. Let go of any plans or preoccupations. Take several deep, cleansing breaths.

Begin with yourself because without loving yourself it is almost impossible to love others. Recite inwardly the following traditional phrases directed toward your own well-being. As you repeat these phrases two or three times, picture yourself and hold that image in a heart of lovingkindness.

May I be filled with lovingkindness.
May I be safe from inner and outer dangers.
May I be well in body, mind, and spirit.
May I be at peace and happy.

When you feel you have established some stronger sense of lovingkindness for yourself, you can then expand your meditation to include others. Choose someone in your life who has loved and truly cared for you. **Picture this person** and carefully recite the same phrases two or three times. *Expressing gratitude for our loved ones is a natural form of love.*

May you be filled with lovingkindness.
May you be safe from inner and outer dangers.
May you be well in body, mind, and spirit.
May you be at peace and happy.

When lovingkindness for your loved one has developed, you can gradually begin to include other people in your meditation. **Picturing each beloved person**, recite inwardly the same phrases, evoking a sense of lovingkindness for each person in turn.

Spend time wishing well to other loved ones and a wider circle of friends. Gradually extend your mediation to picture and include neighbors, community members, health care workers or first responders.

Take a few minutes and pray for strangers. Pray for marginalized people, people in war torn countries, people in refugee camps, or homeless families.

Now take time to remember those who are ill, those living with physical pain, or those suffering in any way.

Finally include the difficult people in your life, even your enemies, wishing they too may be filled with lovingkindness and peace. *As you practice this meditation among people, you will come to feel a wonderful connection with them – the power of lovingkindness. It will calm your mind and keep you connected to your heart.*

*(Adapted from **Living with Your Heart Wide Open** by Steve Flowers MFT and Bob Stahl PHD.)*

