# Igh SEPTEMBER PLAYEST

### PRAYER FOCUS

As we enter a new school year during an ongoing pandemic, it is helpful for all of us to have prayer practices that may be done when we are in new circumstances, when we are anxious, when life is changing daily. For the fall, we will be focusing on breath prayers which center us, calm us and remind us of God's presence in us.

A breath prayer appears as early as the 3rd century and was first known as the Jesus prayer drawing from Mark 10:47. The breath prayer unites prayer with the body and may be done anywhere. This prayer practice is a way to destress and deepen our connection to God.

Resources on breath prayer
RESOURCE #1
RESOURCE #2

#### LITURGICAL SEASON

We continue in the days of the church year called ordinary time- days that are lived in the daily rhythms of Jesus. Our focus for LGK this year is to discover, at whatever age we are, those daily components of a faith filled life centered on Jesus - worship, learning/work, play, rest and prayer.

# MADE IN THE IMAGE OF GOD

**CREATE**: No two of us are alike just like no fingerprint is alike. God's fingerprint is on and in each of us. Create art using your fingerprints. Supplies needed: washable stamp pad, colored markers

**LISTEN**: One of our favorite children's books on being made in the image of God is Matthew Paul Turner's book, When God Made You. Watch and listen to a reading of it here.

**BUILD**: God sculpted people out of dust and his breath, use Legos to create a self portrait with inspiration from two Australian creators. Supplies needed: Legos including base plate, mirror

**PLAY**: Each of us if different from one another to be part of God's amazing story; try this online game of spot the differences from the Smithsonian as a way to discuss how each person in your family is unique.

### **RESERVOIR FAMILY QUESTION**

Watch for daily Reservoir family discussion questions on **FACEBOOK**.

# LGK REACHES OUT

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:10

For the month of September LGK families can help with missions both globally and locally.

During September and October, we will be collecting snacks for Shepherd's Door, shelter for women and children and part of Portland Rescue Mission.

Drop off **Cheez Its, animal crackers, fruit snacks or fish crackers** in the labeled bucket outside of the entrance on Sunset Drive.

On 9/19 at 6:30 p.m. our LGPC families will gather in the parking lot to pack hygiene and school kits that will be distributed in Haiti in the aftermath of the last month's devastating earthquake.