

Self-Love and Love of Neighbour  
Barbara Holmes

For this week's prayer practice, please view Dr. Holmes' video, and then prepare for a time of contemplation (a "quiet sit"). You may choose to focus on one of the two practices she discusses in the video:

Self-Love

*Ponder how this pandemic time has given you an opportunity to care for yourself in ways you would not have "had time" or inclination for before. What do "the cool still waters of self-care" look like for you? What grace is God offering you in this time that you might not have noticed before?*

Love of Neighbour

*Ponder the imaginative journey Dr. Holmes invites us to take in this video, telling the truth about where "things are not working" in our social contract. As Holy Week approaches, she invites us to re-imagine:*

- 1. Our political system, so that it is responsive to all people (haves and have-nots) and respectful of global neighbours.*
- 2. Our health system, so that it is comprehensive in scope and not profit-driven.*
- 3. Our educational system, so that it is shaped by innovation, improvisation, technology and practicality.*

*If you are not in the habit of using your imagination in service of these goals, perhaps because you know "too little" OR "too much" about one or more of these areas, consider suspending your disbelief, and asking God to give you the grace of holy imagining, for the sake of human community.*

*How can the practice of social renewal become a regular part of your life of faith? What are the gifts or graces you would need to ask God for?*