

Guidelines for Writers of Online Weekly Reflections

See samples at <http://www.united-church.ca/exploring/prayers/reflections>

Writer's Guidelines

- Each reflection and prayer should be no more than 200 words in total (not including the scripture passage).
- Choose a scripture verse to base your reflection on. Keep this **very short too**. The selected verse does not have to be lectionary based. Use the NRSV Bible. (You can copy the passage from <http://www.devotions.net/bible/00bible.htm>.)
- Include the citation for the verse or part of the verse you are reflecting on, e.g., "In the beginning was the word..." John 1:1
- Use inclusive language for your reflection.
- Consider using language suited to the season or special Sunday you're writing for, e.g., an Easter reflection might use the expression "Alleluia" "Alleluia."
- Remember that the readers may not be members of the United Church, or of any church.
- End with a **short** prayer after the reflection.
- Writer's names will be included at the end of the reflection unless the writer prefers to remain anonymous.

Example

November 2-8

...live in peace; and the God of love and peace will be with you.

2 Corinthians 13:11

The reality for many of us is that we live with some amount of chaos in our lives. During these times, God's peace may feel unattainable, even impossible. How do we live in peace when "all hell is breaking loose" around us? How does one seek out peace in the midst of domestic violence? Where is God's peace in poverty and hunger? How does one feel God's peace in the midst of illness, addictions, or loneliness? And should we attain God's peace, how do we go about sharing that peace?

I believe that peace begins with each one of us and that when we have God's peace in our hearts, God's peace in our words, and God's peace in our actions, we will be able to begin to live in peace and then gradually learn to share that peace.

Prayer

On this Peace Sunday, may we begin our journey toward peace with compassion and prayers for those known and unknown to us. May we find the courage to speak up for the disadvantaged and the motivation to take action to break down unjust systems. And may the God of love and peace be with us all. Amen.