



STAR WORDS FOR THE SEASON OF EPIPHANY AND THE YEAR AHEAD

Star Words is a contemporary tradition of passing out intention words on Epiphany. In the common practice, a Star Word is chosen to contemplate and prayerfully consider throughout the coming year. With this mailing, you have received a Star Word for this purpose. For multiple peopled households, please contact Pastor Wendy, seniorpastor@ucw.org for additional Star Words to be sent to you.

After you receive the Star Word, think about where you want to position it so that it becomes part of your daily life. Maybe it is the first word of prayer you offer. Maybe it is on your bathroom mirror to say aloud to greet a new day. Pay attention to how it informs your spirit and pops up in your consciousness. Build a simple daily practice around that word. Two minutes a day can go a long way!

You might start with the practice outlined below before finding a daily rhythm.

- A. Look up the definition of your word, even if it is a word you know well. You may even look into the etymology of the word and how its meaning has changed throughout history. If you drew a non-English word, do as much research as you can into the meaning of the word in its original culture.
- B. Of what does this word remind you? Does it recall any memories or experiences? How might God be speaking to you through this word?
- C. See if you can find your word—or a synonym—in the Bible. What scripture passages can you find? How is the word used in these passages? Are there other scripture passages that remind you of your word?
- D. Write or speak aloud a prayer using your word.

We pray you experience God still speaking in some combination of challenge, inspiration and nurture.