

Welcome to St James Episcopal Church...

We're glad that you chose to worship with us today!

- Masks are optional for all church activities, including worship. Distancing is still a safer practice.
- Communion is provided for those who would like to consume bread and/or wine as directed. You may participate in spiritual communion if you prefer to not receive either physical element. (*This is sacramentally appropriate any time receiving bread and/or wine is not a possibility for any reason. The bread and wine are the outward and visible signs of the inward and spiritual grace in the communion sacrament.*)

This Worship service will be live streamed on YouTube. If you have privacy concerns for yourself or your child(ren), please let Amma Diane or an usher know so we may accommodate you. Our current and previous videos may be viewed online live or any time after : go.mysjec.com/youtube



10AM Worship with Communion – December 4, 2022

Second Sunday of Advent



Today's Worship leadership includes...

<i>Ministers</i>	Members of the Congregation
<i>Readers</i>	1 — Dave Dillman
	2 — Bob Feller
	3 — Pat Hanson
<i>Eucharistic Minister</i>	Marian Doszkewycz
<i>Rector (Pastor)</i>	The Rev'd Diane M Murray (Amma Diane)
<i>Worship Coordinator</i>	Tony Karl
<i>Pianist</i>	Barb Cook

We are an inclusive community of faith that welcomes and celebrates diversity in age, race, nation of origin, citizenship status, gender identity, sexual orientation, social status, political view, background, ability level, marital status, and anything else that makes us unique. Whatever your reason for coming, we are glad you are here!

St James Episcopal Church, 434 North 8th Street, Manitowoc, WI 54220

mysjec.com — info@mysjec.com — Church Office: 920.684.8256

Amma Diane: 920.860.5152 (cell/text) — dianemarie.murray@gmail.com

If you would like to know more about the life, mission, or ministries of St James Episcopal Church, please talk to any member of our Vestry (church council):

Rector (Pastor): The Rev'd Diane M Murray *Wardens:* Chris Dee Eggert-Rosenthal & Mary Green

Vestrypersons: Nick Doszkewycz, Joan Estes, & Tony Karl

Clerk: Tony Karl *Treasurer:* Linda Molitor

All the words you will need are in this bulletin: Text that the people say is prefaced with "People" or "All" and is in a **bold font**. All song lyrics are also in this bulletin.

Wi-Fi access: Look for our networks beginning with **CBCI-77B0** and enter password **build7443guitar**; we encourage you to share pictures and posts on social media.

Worship/Liturgy Sources: Our worship is based on the *Book of Common Prayer* (BCP--the red hardcover book in the pew rack), the *Book of Occasional Services*, the *Enriching Our Worship series*—the primary liturgical resources authorized by General Convention of The Episcopal Church—supplemented by occasional other resources. You may find additional prayers in the BCP on pages 832-834 helpful for personal devotion before, during, and after worship (especially prayers 64-69 and 57-61). If you'd like a BCP for your own use at home, the church can provide one for you—please talk to Amma Diane.

Children: Children of all ages are welcome in worship! Activity bags are available in the back of the church. A changing station is available in the restroom in the atrium just outside the sanctuary.

Hearing Loop: Our Hearing Loop system enables people with hearing loss to better hear sounds through our sound system. If you can set your hearing aid to a T or M/T setting, audio from our sound system will be received directly by your device (70% of aids have this feature). If your aid does not have this option, or you do not wear a hearing aid, there are a few portable headsets available in the back of the church.



Please share your prayer requests with us: All are invited to share their prayer requests so that the entire congregation may join in lifting up your needs and thanksgivings. Please add requests to the Prayers of the People clipboard (you can simply use first names on requests... God knows our needs). If you'd like a prayer lifted up for multiple weeks, please fill out a prayer request slip found at the back of the church.

We worship with our bodies: You'll notice that some of us may sit, stand, and kneel at various points in the service. Some of us may make the sign of the cross or bow now and then. Some may clap, raise their hands, or tap their feet. All of these movements are traditions from various parts of our Christian heritage—none are required, none are frowned upon. All are welcome to express whatever movements they might find meaningful in worship. Some instructions are printed throughout this bulletin—you may also observe what others do. None of these movements are a requirement: if you prefer not to use them, don't worry about it—God doesn't.

Restrooms/Layout/Accessibility: A handicapped-accessible restroom is located in the atrium just outside the sanctuary (next to the elevator.) Another restroom is located on the lower level. The atrium gives access to the lower level and upper level by stairs or elevator. The worship space and chapel are located on the upper level. The offices, fellowship hall, library, and classrooms are located on the lower level and marked by signs.

Welcome!

All who are able, please stand.

♪ **People, Look East**

People, look east. The time is near of the crowning of the year.

Make your house fair as you are able; trim the hearth and set the table.

People, look east and sing today: Love, the Guest, is on the way.

Furrows, be glad. Though earth is bare, one more seed is planted there.

Give up your strength the seed to nourish, that in course the flower may flourish.

People, look east and sing today: Love, the Rose, is on the way.

Birds, though you long have ceased to build, guard the nest that must be filled.

Even the hour when wings are frozen God for fledging time has chosen.

People, look east and sing today: Love, the Bird, is on the way.

Stars, keep the watch. When night is dim one more light the bowl shall brim,
shining beyond the frosty weather, bright as sun and moon together.

People, look east and sing today: Love, the Star, is on the way.

Angels, announce with shouts of mirth Christ who brings new life to earth.

Set every peak and valley humming with the word, the Lord is coming.

People, look east and sing today: Love, the Lord, is on the way.

Words: Eleanor Farjeon, 1928. ©1960 D Higham Assoc. All rights reserved. Music: *BESANÇON*, French folk melody.

Celebrant Blessed are you, holy and living One.

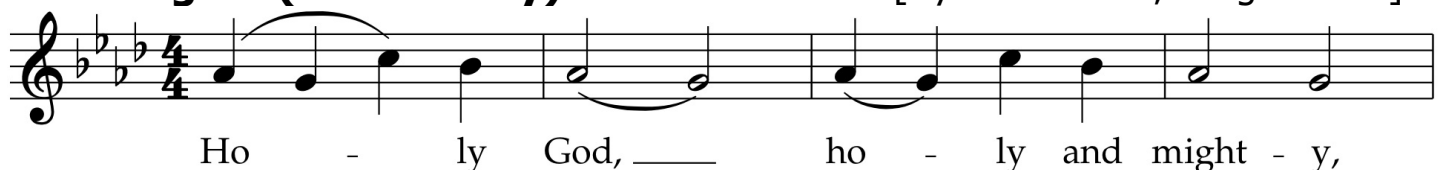
People **You come to your people and set them free. AMEN!**

Celebrant Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord.

People **AMEN!**

♪ **Trisagion (Thrice-Holy)**

[Hymnal #S102; sung 3 times]



Trisagion, from the Greek meaning "thrice holy". Setting: version *Hymnal 1982*, after Alexander Archangelsky (1846-1924).

Celebrant God be with you.

People **And also with you.**

Celebrant Let us pray. Merciful God, who sent your messengers the prophets to preach repentance and prepare the way for our salvation: Give us grace to heed their warnings and forsake our sins, that we may greet with joy the coming of Jesus Christ our Redeemer; who lives and reigns with you and the Holy Spirit, one God, now and for ever.

People **AMEN!**

Please be seated.

First Lesson

Reader 1 A reading of Isaiah chapter 11, verses 1 through 10.

A shoot shall come out from the stump of Jesse, and a branch shall grow out of his roots. The spirit of the Lord shall rest on him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. His delight shall be in the fear of the Lord. He shall not judge by what his eyes see, or decide by what his ears hear; but with righteousness he shall judge the poor, and decide with equity for the meek of the earth; he shall strike the earth with the rod of his mouth, and with the breath of his lips he shall kill the wicked. Righteousness shall be the belt around his waist, and faithfulness the belt around his loins. The wolf shall live with the lamb, the leopard shall lie down with the kid, the calf and the lion and the fatling together, and a little child shall lead them. The cow and the bear shall graze, their young shall lie down together; and the lion shall eat straw like the ox. The nursing child shall play over the hole of the asp, and the weaned child shall put its hand on the adder's den. They will not hurt or destroy on all my holy mountain; for the earth will be full of the knowledge of the Lord as the waters cover the sea. On that day the root of Jesse shall stand as a signal to the peoples; the nations shall inquire of him, and his dwelling shall be glorious.

Reader 1 Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

Unison Reading

Reader 1 Let us read in unison Psalm 72, verses 1 through 7 and 18 through 19.

All Give the King your justice, O God, and your righteousness to the King's heir to rule your people righteously and the poor with justice, that the mountains may bring prosperity to the people, and the little hills bring righteousness. To defend the needy among the people; and rescue the poor while crushing the oppressor. To live as long as the sun and moon endure, from one generation to another. To come down like rain upon the mown field, like showers that water the earth. In this time shall the righteous shall flourish; and there shall be abundance of peace till the moon shall be no more.

Blessed be the Lord GOD, the God of Israel, who alone does wondrous deeds! And blessed be God's glorious Name for ever! and may all the earth be filled with glory. Amen. Amen.

New Testament

Reader 2 A reading of Romans chapter 15, verses 4 through 13.

Whatever was written in former days was written for our instruction, so that by steadfastness and by the encouragement of the scriptures we might have hope. May the God of steadfastness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus, so that together you may with one voice glorify the God and Father of our Lord Jesus Christ. Welcome one another, therefore, just as Christ has welcomed you, for the glory of God. For I tell you that Christ has become a servant of the circumcised on behalf of the truth of God in order that he might confirm the promises given to the patriarchs, and in order that the Gentiles might glorify God for his mercy. As it is written, "Therefore I will confess you among the Gentiles, and sing praises to your name"; and again he says, "Rejoice, O Gentiles, with his people"; and again, "Praise the Lord, all you Gentiles, and let all the peoples praise him"; and again Isaiah says, "The root of Jesse shall come, the one who rises to rule the Gentiles; in him the Gentiles shall hope." May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

Reader 2 Hear what the Spirit is saying to God's people.

People Thanks be to God.

All who are able, please stand.

Gospel

Matthew 3. 1-12

Celebrant The Holy Gospel of our Lord Jesus Christ according to Matthew.

People **Glory to you, Lord Christ.**

Celebrant In those days John the Baptist appeared in the wilderness of Judea, proclaiming, "Repent, for the kingdom of heaven has come near." This is the one of whom the prophet Isaiah spoke when he said, "The voice of one crying out in the wilderness: 'Prepare the way of the Lord, make his paths straight.'" Now John wore clothing of camel's hair with a leather belt around his waist, and his food was locusts and wild honey. Then the people of Jerusalem and all Judea were going out to him, and all the region along the Jordan, and they were baptized by him in the river Jordan, confessing their sins. But when he saw many Pharisees and Sadducees coming for baptism, he said to them, "You brood of vipers! Who warned you to flee from the wrath to come? Bear fruit worthy of repentance. Do not presume to say to yourselves, 'We have Abraham as our ancestor'; for I tell you, God is able from these stones to raise up children to Abraham. Even now the ax is lying at the root of the trees; every tree therefore that does not bear good fruit is cut down and thrown into the fire. 'I baptize you with water for repentance, but one who is more powerful than I is coming after me; I am not worthy to carry his sandals. He will baptize you with the Holy Spirit and fire. His winnowing fork is in his hand, and he will clear his threshing floor and will gather his wheat into the granary; but the chaff he will burn with unquenchable fire.'"

Celebrant The Gospel of the Lord.

People **Praise to you, Lord Christ.**

Please be seated.

Sermon

Amma Diane

All who are able, please stand.

Nicene Creed

Celebrant Let us join in the words of the Nicene Creed.

All We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate of the Holy Spirit and the Virgin Mary and became truly human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father, who with the Father and the Son is worshiped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. AMEN!

Prayers of the People

This musical response is sung once after each petition



Je - sus, come - to - us, lead us to your light.

Reader 3 Stirred to keep watch and keep awake, that we may see the coming of the Lord, let us call all of God's people to watchful and wakeful prayer.

For the holy churches of God in every place, especially for Michael our Presiding Bishop, for Matt our Bishop, for Diane our Rector, for all lay leaders and clergy, and for the unity of all, we pray:

All ♪ **Jesus, come to us, lead us to your light.**

Reader 3 O God, the days are surely coming when all your promises will be fulfilled. We pray for the church, that we might fulfill our promises to you, and be forgiven for all our failures. Come, Lord God.

All ♪ **Jesus, come to us, lead us to your light.**

Reader 3 In your time, O Lord, a righteous branch sprang up and you brought justice and righteousness in every land. We pray for our nation and all nations, that your peace would be manifest in every corner of the earth. Come, Lord God.

All **♪ Jesus, come to us, lead us to your light.**

Reader 3 You bring your people safety and comfort. We pray for the sick, the suffering, and those in distress of any kind, that you would heal all injuries, comfort all grief, and settle all wrongs. Come, Lord God.

All **♪ Jesus, come to us, lead us to your light.**

Reader 3 Your great works of redemption, O God, span the ages. We pray for those who rejoice this week that they might be filled with joy and gladness. Come, Lord God.

All **♪ Jesus, come to us, lead us to your light.**

Reader 3 We thank you for your presence with us, and we pray that you might be always present with those whom we love but see no longer. Come, Lord God.

All **♪ Jesus, come to us, lead us to your light.**

Reader 3 We lift up the special needs and concerns of this congregation, including those on our prayer lists and those we remember now silently or aloud...

The people offer additional prayers at this time.

...Come, Lord God.

All **♪ Jesus, come to us, lead us to your light.**

Reader 3 Come, Lord God: change us and we shall be changed. Come, increase our awareness of your presence, strengthen our love for you, and fill our hearts with holiness. Come, awaken us to be ready and watchful for your coming. Come, Lord God: change us and we shall be changed; through him who lives and reigns with you and the Holy Spirit, one God, now and forever.

All **AMEN!**

Reader 3 Let us confess our sins to God.

All **God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. AMEN!**

Celebrant Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.

All **AMEN!**

Please be seated. Those with birthdays or anniversaries, please come forward at this time. If you would like a prayer for healing, travel, or any other needs, please let Amma Diane know.

Celebrant Let us join in prayer for all those who have celebrated or will be celebrating their birthdays.

All O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their life; through Jesus Christ our Lord. AMEN!

Celebrant Let us join in prayer for all those who have celebrated or will be celebrating their anniversaries.

All O God, you teach us through the example of Jesus that love is the fulfilment of the Law; help those couples celebrating anniversaries to persevere in love, to grow in mutual understanding, and to deepen their trust in each other; that in wisdom, patience and courage, their life together may be a source of happiness to all with whom they share it. AMEN!

Celebrant To all of you celebrating milestones: May the blessing of God Almighty, Father, Son, and Holy Spirit, be upon you to guide and protect you and all those you love, today and always!

All AMEN!

All who are able, please stand.

Passing the Peace

Celebrant The peace of Christ be always with you.

People And also with you.

We share God's love with others from a distance with verbal greetings, waving, peace sign, etc. Please be seated.

Announcements *All giving announcements: please use a mic for our friends online.*

Celebrating Our Mission, Service, & Ministries *Congregational sharing.*

Offering Our Gifts & Our Selves

Gifts and offerings may be mailed to the church, dropped off in the mail slot, or sent through your bank. There are online giving options on our web site mySJEC.com/donate. We are grateful for your continued financial support of our ministry and mission.

Celebrant Inspire us to always share your love through action, O God:

People Strengthen us to always be an inviting safe community for all.

All who are able, please stand.

♪ When John the Baptist Preached



1 When John the Bap - tist preached for all to hear,
2 A - mong the crowds that day were migh - ty men
3 O God, we harm cre - a - tion by our greed;
4 And Lord, you call for change in your church, too,



he said, "Re-pent! The king - dom has come near!"
who proud - ly traced their line to Ab - ra - ham.
we ov - er - look our neigh - bors in their need.
for ev - en here we've wan - dered far from you.



His rough, pro - phet - ic man - ner caused sur - prise,
But John pro - claimed that they should change their ways—
We let our lives be ruled by hate and fear;
Re - new in us a vis - ion of your Way,



but peo - ple heard his words and were bap - tized.
for trees that don't bear fruit are set a - blaze.
your call to change is one we need to hear:
and give us strength and cour - age to o - bey.



Pre - pare the Lord's own way! Make his paths straight!



It's time to change! We can no long - er wait!

Invitation to Communion

from the Iona Community, Scotland

Celebrant The table of bread and wine is now to be made ready. It is the table of company with Jesus, and all who love him. It is the table of sharing with the poor of the world, with whom Jesus identified himself. It is the table of communion with the earth, in which Christ became incarnate. So come to this table, you who have much faith and you who would like to have more; you who have been here often and you who have not been for a long time; you who have tried to follow Jesus, and you who have failed; come.

Great Thanksgiving

Eucharistic Prayer 3

Celebrant God be with you.

All **And also with you.**

Celebrant Lift up your hearts.

All **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

All **It is right to give our thanks and praise.**

Celebrant All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; you brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; and so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:

♪ **Holy, Holy, Holy Lord** *Setting: from A Community Mass, Richard Proulx (b. 1937).* [Hymnal #S125]

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest. Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest. Hosanna in the highest.

Celebrant Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering. Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said: "Take... Eat... this is my Body, broken for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said: "Drink this, all of you: this cup is the new Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me."

And so, remembering all that was done for us: the cross, the tomb, the resurrection, the ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

All **Dying, you destroyed our death. Rising, you restored our life. Christ Jesus, come in glory!**

Celebrant Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope, justice and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with all your people into the joy of our true eternal home. Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.

All **Blessed are you now and for ever. AMEN!**

Celebrant As our Savior Christ has taught us, we now pray,

All **Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. AMEN!**

Breaking Bread

Celebrant We break this bread to share in the Body of Christ.

All **We who are many are one body, for we all share in the one bread.**

♪ Lamb of God

Setting: from *New Plainsong*, David Hurd (b 1950). [Hymnal #S161]

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: grant us peace.

Celebrant The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

At this time, the Celebrant will extend the invitation to communion to all present and give instructions as needed. Visitors are welcome to receive communion or a blessing.

All who are able, please stand.

Celebrant Let us pray.

All Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. AMEN!

Prayer for our Time of Transition

by Linda C Smith-Criddle

Celebrant Let us join in prayer for our time of transition.

All Assist us, Lord, in living hopefully into the future. In the face of change, help us to set unnecessary fears aside and to recognize our potential for creative response. Help us to develop a reasonable optimism, when confronted by "the new" and to guard us against our own defensiveness. Be with us as we remember and celebrate former times, and keep us from unreasonable yearning for them, which takes us from the work you have set before us in our time. All this we ask in the name of your Child, our savior, Jesus Christ. AMEN!

Seasonal Blessing for Advent

Celebrant May Almighty God, by whose providence our Savior Christ came among us in great humility, sanctify you with the light of his blessing and set you free from all sin.

All AMEN!

Celebrant May he whose second Coming in power and great glory we await, make you steadfast in faith, joyful in hope, and constant in love.

All AMEN!

Celebrant May you, who rejoice in the first Advent of our Redeemer, at his second Advent be rewarded with unending life.

All AMEN!

Celebrant And may the blessing of God Almighty, Father, Son, and Holy Spirit, be upon you and remain with you for ever.

All AMEN!

♪ **Come, Thou Long-Expected Jesus**

Come, thou long-expected Jesus, born to set thy people free;
from our fears and sins release us; let us find our rest in thee.
Israel's strength and consolation, hope of all the earth thou art;
dear desire of every nation, joy of every longing heart.

Born thy people to deliver, born a child and yet a king,
born to reign in us forever, now thy gracious kingdom bring.
By thine own eternal Spirit rule in all our hearts alone;
by thine all-sufficient merit raise us to thy glorious throne.

Words: Charley Wesley, 1744. Music: *HYFRYDOL*, RH Prichard, 1830; harm. R Vaughan Williams, 1906.

Sending

Celebrant Go in peace to love and serve the Lord! Alleluia, alleluia!

People Thanks be to God! Alleluia, alleluia!

Thank you for celebrating with us today! Please join us downstairs after worship for refreshments, snacks, and conversation.

Our special offering in the month of December is the Rector's Discretionary Fund; please label gifts accordingly.

ADVENT CALENDAR 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Worship Advent 2 Read Luke 3:1-6. How does the story of John the Baptist fill your heart with hope?	5 Go Read or watch your local news. Ask God to open your heart and eyes to ways you can promote reconciliation and healing in your community.	6 Learn Read Luke 1:45. Share your faith story with one new person this week. It can be someone you have known for a while who has not heard the faith part of your story.	7 Pray Pray along with the Collect for Advent 2, found on page 211 of The Book of Common Prayer. As you are out and about for the rest of this week, notice the people you pass. Ask God to bless them in their lives and work. See how this changes the way you go about your week.	8 Bless Call or write a letter to a family member with whom you would like to have a closer relationship. Make plans in the new year to chat on the phone or meet over Zoom or in person. Let them know how much you love them and look forward to knowing them better.	9 Turn Where did you struggle this week? Do you have amends or apologies or adjustments you need to make? Ask God to open your heart and mind to those opportunities for reconciliation and growth. Thank God for the gifts of mercy and love, and the courage to make the changes necessary. And then do your best, with God's help, to make those changes.	10 Rest Set aside 30 minutes to spend in silence with your best friend today. Sure, it may feel a little weird to be silent on the phone or while sitting next to each other on the couch or across the table. Just give it a try. Make sure to set aside time after your silence to pray for each other and to say thanks for the time of rest.