

Take a piece of yarn with colors that remind us of our brothers and sisters in Ukraine.

Tie it on the tree.

Name something that makes you sad or worried or angry.

Offer it to God.

Know that you (and they) are seen and heard.

May God breathe new life into you.  
May God give you hope and courage  
and compassion.

**FIRST UNITED METHODIST CHURCH**  
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