



# The Good News



Celebrating A New Song Loving God 's Family Honoring Tradition

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Note from Kathryn:

“Pray for me.” I hear these words all the time from people in the hospital, someone passing through the doors on Sunday morning, during a phone call, or during a casual conversation with family or friends. “Pray for me.” There is a lot of power in these three little words. Jesus prayed for his disciples, and in the same way, we too are called to pray for each other.

C.S. Lewis says prayer is not for God, (God already knows what we need) but prayer is for us. There are scientific studies that show prayer helps people who are recovering in the hospital. Some of these people do not even know they are being prayed for. No one is sure how prayer works. We just know it does. All of us can attest to this truth. We have had people praying for us, and miraculous stuff has happened. Prayer is powerful.

How and where we do this praying is up to each one of us. Sometimes I pray while I am driving. This is probably a good idea, considering some of the drivers around me! Often I pray as I wake in the morning. One special ritual I have takes place when I am finished with my running. At the bottom of the trail that leads into the wash where I begin and end my run, I have created a sort of prayer altar.

Actually it is several large rocks which are now covered with small, brightly, shining quartz rocks that I have gleaned along the trail while I am running. For me, these brilliant gems unearthed from the brown dull of the desert road are a symbol of God’s light shining forth.

Before I climb out of the wash to go home, I place my new found discovery upon the altar, taking a few minutes to offer my prayers for the day. It is a simple routine, but a very meaningful one for me. It reminds me to take the time to stop and be still. Perhaps you have your own prayer ritual. If not, maybe you would like to create one.

Lent is a great time to create such a ritual. It is a time for self – reflection, prayer, and meditation. It is a time to remember who we are and to whom we belong. As we continue our Lenten journey here at Chandler Presbyterian Church, I encourage all of us to be in prayer as the church continues its journey toward calling a pastor. As we celebrate the good news of a candidate, the Rev. George Saylor, coming on the 7<sup>th</sup> of March to lead us in worship, let us give thanks to the Spirit of God that is alive and shining forth in this community.

*Blessings, Kathryn*