

Chalice Lighting

I Breathe

By Craig Rowland

I breathe in the warmth of this light, its glow filling the spaces where fear and doubt reside. *(pause to breathe in)*
I breathe out the tension I carry. I release what no longer serves me. *(brief pause)*

I breathe in the strength of our community, a sanctuary of diverse voices and shared purpose. *(pause to breathe in)*
I breathe out the urge to go it alone. I embrace the power of togetherness. *(brief pause)*

I breathe in the courage to speak truth, even when it trembles on my lips. *(pause to breathe in)*
I breathe out the silence that holds me back. I make space for honesty and justice. *(brief pause)*

I breathe in the hope of transformation, knowing we are here to build and to heal. *(pause to breathe in)*
I breathe out despair, trusting that change is born in small acts of love. *(brief pause)*

As we light this chalice, may each breath remind us of the sacred rhythm of life, the pulse of creation, and the power we hold to shape the world around us.

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