

Dear Friends,

Repeat after me, "God loves me!" We are promised that God's steadfast

love endures forever. We are promised that nothing can separate us from the love of God. As long as the sun endures and the clouds float by and the rivers flow and the birds sing, God loves the world and all that is a part of it.

Repeat after me, "I am enough!" Each of us is a miracle of life. Each of us is created in God's image. No matter what language we speak, where we live, what our skin color is, how we identify, or who we love, we each have gifts and talents. But more than that, we have the right to love and be loved, we have the right to say no and choose our path, we have the right to stand up for ourselves and for others. Because we are created in God's image, we are enough and don't have to be more.

Repeat after me, "I am worthy!" We are acceptable as we are. We are loved for who we are. We don't have to prove ourselves to gain God's love, or the right to eat, work, or live. We should expect to get respect no matter who we are talking to. We can be humble, but we cannot put ourselves down or let others. We have worth not because of who we associate with, how much we have, or what we wear. We have worth because we are living, breathing children of God.

As Christians, it is not, if you give me respect, I will give you respect.

Our interactions with others are based on whoever we are talking to or talking about, we should remember and act as if "God loves them!", "They are enough!" and "They are worthy!" May it be so.

Peace