

As many of you as were baptized into Christ have clothed yourselves with Christ. There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. For freedom Christ has set us free.

Stand firm, therefore, and do not submit again to a yoke of slavery. For in Christ Jesus neither circumcision nor uncircumcision counts for anything; the only thing that counts is faith working through love.⁵

1. Desire **I ask the Spirit to be Inclusive.**

I create and hold two inter-locked rings, of metal, like key rings, or string, symbol of journeying with a person physically, emotionally and spiritually during their care at the field hospital. I envision their critical need of health care, emergency care, pandemic care and pastoral help. I consider how some might be excluded from such care and resources.

I ask the Spirit for the heart to accompany those who are suffering and journey alone, being such one, to receive an inclusive response.

2. Relish **Today I live in the Inclusive Trinity.**

I imagine I am surrounded in a circle by the Accompanying Trinity. Father, Jesus and Spirit, address me by name, saying, 'If you hear my voice and open the door, I will come in to you and eat with you, and you with me.'

The joy and simple humanity of having a meal together, in the company of fellow travellers, in places of alienation, detention or trauma, is a gift and a challenge for me. So I sit humbly with my desire, awhile, in the mystery of the Accompanying Trinity.

I relish journeying with the alienated, marginalized and suffering.

3. Inclusion **I breathe in the Spirit of Inclusion**

I imagine the Spirit of Accompaniment breathing a desire for journeying with another in need into me. I breathe it in deep, wait, then breathe it out into myself and those who suffer, alienated and alone. I repeat as desired – breathing, accompanying, one.

I conclude giving thanks, moving forward in the company of those in great need.

PRAYER TIME: 10 minutes.

⁵ Gal 3:27-28; 5:1,6