**Contemplation and Conversation: 4th Sunday after Epiphany 2020**

*A gift of belonging to a church is that the practice of gathering together for worship … to pray, sing, listen to scripture and share how God touches our lives – helps us grow in deeper relationship to God and each other. When life keeps you from being physically present at Stone or Rockwood, you are missed. We are offering a practice of sharing beyond Sunday morning to deepen our connection. Each week you will be offered a picture, a scripture and a question for contemplation, as well as a short reflection for you to contemplate, have conversation with people in your life and/or join an online conversation on our Rockwood Stone Facebook page.*

**Matthew 5:1-12 *NRSV*** <https://www.biblegateway.com/passage/?search=Matthew+5%3A1-12&version=NRSV>

**From Rev. Heather Leffler:**

Imagine sitting in the crowd before Jesus on the mountain side. As the sunshine warms your body, let his familiar words of blessing from Matthew’s gospel wash over you and lift your Spirit.

*Count your blessings, Name them one by one,   
Count your blessings, see what God has done.   
(Johnson Oatman, Jr. 1897)*

**Contemplation and Conversation*:*** *What blessing have you received today?*

*As you are blessed by the One who is Holy Mystery and Wholly Love,  
may you be a blessing to the people in your life.   
Know you are a valued part of our Rockwood and Stone United Church families.*