

ST. † DAVID'S
EPISCOPAL CHURCH



But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Ephesians 4: 15-16

Growing Together for Love

A Meditation from Gloria Mongole

Five years ago, I walked into the first meeting of my Covenant Group. I had met a couple of the women, but most were strangers, and a couple of us were new to St. David's. How could I ever imagine then that this group of women would become a treasured part of my life? Well, they most definitely have; they are not just friends, but sisters.

We began our journey that day, planting the seeds in our search to grow closer to God while growing closer to each other. We made a commitment to each other to be an active member in the group, following the listening guidelines and respecting each other's confidentiality. Meeting twice a month, we watered those seeds as we studied together, reading spiritual books, studying the parables and the women of the Bible, and many more topics, discussing and sharing our thoughts and ideas. We shared our fears and concerns and difficult memories, crying, laughing, praying for each other, and "growing together for love."

A Covenant Group is a safe harbor; with our confidentiality vow, we quickly began to feel comfortable together, opening our hearts to feel, listening to each other, responding with sensitivity, and honesty and truth, without judgment. Through our studies, prayers, and personal stories, we became a group united in a desire to become closer and closer to God, the Father, Son and Holy Spirit.

Today, we are harvesting our love for each other and the Lord each time we meet; we "know" each other through the eyes of love and as all of us participate in the fruits of our labor of love. We trust each other with our hearts, and we take care of each other through the Holy Spirit working in each of us.

Prayer for Friendship

You have blessed us, O God, with the gift of friendship,
the bonding of persons in a circle of love.

We thank you for such a blessing:

for friends who love us, who share our sorrows,
who laugh with us in celebration, who bear our pain,
who need us as we need them, who weep as we weep,
who hold us when words fail,
and who give us the freedom to be ourselves.

Bless our friends with health, wholeness, life, and love.

Amen

By Vienna Cobb Anderson

