



1000-1110 King Albert Ave, Coquitlam, BC V3J 0M7
Tel: 604-931-8555 Email: office@comolakeunited.ca

Week 1 Spiritual Practice: “Eco-grief” Journaling and Breath Prayer

Write one paragraph: *What am I grieving about the earth?*

Then do 5 minutes of breath prayer:

- Inhale: “*Spirit, renew...*”
- Exhale: “*...your good creation.*”

A grace to ask for this week:

“*God, hold us in your grace and peace that passes all understanding.*”