

Loving Ourselves: A responsive reading

Amanda Udis-Kessler, May 4, 2022

One: We seek to love God with every fiber of our being and to love our neighbors as we love ourselves.

Many: We begin by loving ourselves.

One: We seek to love strangers as we love ourselves.

Many: We begin by loving ourselves.

One: We seek to love our enemies as we love ourselves.

Many: We begin by loving ourselves.

One: Let us love ourselves with heart and soul and mind.

Many: In loving ourselves, we find the strength to love our neighbors.

One: Let us provide ourselves with what we need for our well-being.

Many: Let us be open to receiving what we need from our communities.

One: Let us be open to receiving what we need from the Sacred source.

Many: In loving ourselves, we find the compassion to love strangers.

One: Let us strive to avoid judging ourselves as we strive to avoid judging others.

Many: In loving ourselves, we find the courage to love our enemies.

One: Let our self-love empower and invite us to give our love away freely to the world.

Many: In loving ourselves, we bear witness to the love at the heart of all things.

All: So may it be. Amen.