**Breath, wind, flame**

God, work in us like breath, like wind, like flame.

Breathe in: that air is power of life and song.

Breathe out: our fear lets go of us; we name

the insights that reveal where we belong.

Blow hard: that wind can animate the world,

bring rain to deserts, stir the surging tide,

set solid trees to dance like flags unfurled,

and strip way the walls in which we hide.

Flare up, refiner’s fire, consume the dross,

so we like precious metal may be formed

and hammered into beauty, where each loss

and searing hurt is artfully transformed.

Our spirits soar with breath and wind and fire;

God, energize us, liberate, inspire!

*Barbara Messner May 2020*

**Walking with the Holy Spirit**

We walk together,

you and I,

talking sometimes,

often in an awesome silence.

Wandering and wondering with you,

Holy Spirit,

unrestrained as the wild winds,

ever-moving as the tides.

Fire of passion.

Still small voice.

Frances Hawkey

Fire and Bread. Resources for Easter Day to Trinity Sunday. Compiler, Ruth Burgess. (Wild Goose Publications, Glasgow, 2006, p. 176.)