

A Prayer Practice:

Nine Minutes of Silent Meditation in remembrance of George Floyd, Ahmaud Arbery, Breonna Taylor, and all Black and Brown victims of violent, racist policing.

Why 9 minutes? George Floyd was pinned down for 8 minutes and 46 seconds, pleading, “I can’t breathe” before he died.

Begin: *A psalm for George Floyd I.*, or other short prayer may be prayed:

You cried out.

We would lift our eyes up from the pavement—but we must not look away.

From where will my help come?

We may think we hear the cry. But do we? No.

The Mother whose ears are tuned for sighs too deep for words—she hears.

The Creator who made heaven and earth—she hears

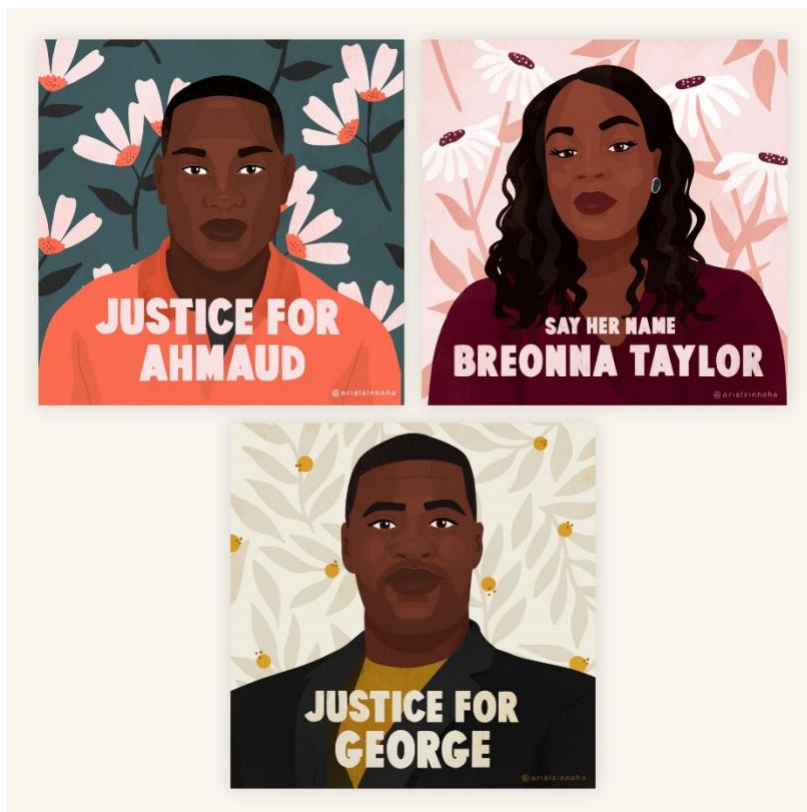
and comes to her child who cannot breathe.

She will not let your foot be moved out of her sight.

She who holds you will not doze off.

She who led the enslaved out of bondage never sleeps.

Set a timer for 9 minutes of silence. A simple prayer may be helpful to repeat, such as “Jesus Christ, Son of God, have mercy on us.” An image, cross, icon or other image may be helpful. These portraits by Ariel Sinnaha are offered with her permission:



Closing: *A psalm for George Floyd, II., or other short prayer may be prayed.*

II.

You cried out.

God our Mother is our keeper.

She is your shade at your right hand.

By day, no one under the sun may strike you.

By moonlight, no one shall come for you to take you away.

Because you belong to God, no evil shall touch you.

She will keep your life:

your breath, her breath,

your heart, her heart,

watching over your goings out and your comings in

from this time forth forevermore.

Amen.

A Psalm for George Floyd by Kathleen O'Keefe Reed

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