

Hello, my name is Marren Michael pronouns, they need me.

And I was thinking about Serenity recently.

Every time the word comes up.

I think about breathing, often when I'm busy or rushed, I realized I haven't been breathing well, and almost feel how my body doesn't sit in Harmony When I don't remember to take time to focus on my breath.

As you breathe, listen to me, read Romans 8, 22 through 27.

We know that the whole creation has been groaning in labor, pains until now, and not only the creation, but we ourselves who have the first fruits of the spirit groan inwardly while we wait for adoption the Redemption of our bodies for and hope we were saved.

Now hope that is seen is not hope for who hopes for what a scene.

But we hope for what we do.

Not see and we wait for it with patients likewise, the spirit helps us in our weakness.

For we, do not know how to pray as Beyond, but that every spirit intercedes with sighs too deep for words and God who searches the heart knows, what is the mind of the spirit because the spirit intercedes the Saints, according to the will of God.

Groaning and sighing are words, I hear from the passage that hit really close to home as a trans person.

I feel the ache of all my trans siblings as Anti Trans bills and anti-trans sediment, sweep Across the Nation.

I hold a lot of stress in my body because I know what it's like to have other say, my body can't be free to be what I needed to be.

I ache with creation, as people cry out, and grown waiting for Relief, waiting for the Redemption of our bodies.

I know that God loves me and my train siblings.

I know they are excited for us to embody their creative nature in our

transition weather socially or physically.

And I know they growing an egg with us as people try to erase and kill us.

God's spirit or breath takes a deep breath.

In and out, flowing through my mind and body, their breath feels me, and lets me know that they grown and lament with me and my trans siblings.

They wish for us to have Serenity despite the hardships.

A breath.

Reminds me of Joy.

A breath speaks two piece.

A breath speaks to change.

We grown and we are heard.

We hope for a better future.

We work to bring love and serenity, to all lgbtqia plus siblings and create God's Kingdom Here.

And Now,

Your siblings are groaning so go and bring God's kingdom of love and creation to those who are hurting listen to your trans siblings and protect us.

God is waiting for us to create their Serenity, so we no longer have to cry out.

Amen.