



Saint Mark's Spirited Women – Progressive Psalm Writing Together

Participate NOW to share at a gathering on Sunday, June 13, 1:00 – 2:30 via Zoom

The Spirited Women's next women's gathering is focused on writing and exploring a created psalm together. The practice is writing a "Progressive Psalm," where each woman will write one verse (two lines) of a psalm of Praise/Gratitude prior to the gathering on June 13, and submit her verse to be put together with others' to create a modern and personal psalm unique to Spirited Women. At the Sunday, June 13 meeting, each will have the opportunity to talk about her verse and what inspired her.

Please submit your verse to Mary Segall by Sunday, June 6, or contact her with questions: mesegall@cloud.com. Register for the Zoom link [here](#).

To help you in this project, here are some guidelines, and the most important one is: it's just one verse of a psalm – two lines! You can do it!

[Psalm 145](#) is a great example of a psalm of praise and gratitude. Each number is one verse, two lines:

*¹ I will extol you, my God and King,
and bless your name forever and ever.*

*² Every day I will bless you,
and praise your name forever and ever.*

*¹⁵ The eyes of all look to you,
and you give them their food in due season.*

*¹⁶ You open your hand,
satisfying the desire of every living thing.*

*¹⁷ The LORD is just in all his ways,
and kind in all his doings.*

When writing your two-line verse, think about:

- It is poetry; keep it descriptive.

- It is personal; pray for God's guidance in your writing.
- Use modern language as you see fit; write from the heart.

Here are ways to connect the two parts of your verse:

-Synonymous Parallelism – The expression in the first line is repeated in the second:

Example: *"If I go up to the heavens, you are there;
If I make my bed in the depths, you are there"*

-Antithetical Parallelism – The two lines express the opposite idea:

Example: *"They are brought to their knees and fall,
But we rise up and stand firm"*

-Synthetic Parallelism – The second line completes the thought of the first line:

Example: *"Better is one day in your courts
Than a thousand elsewhere"*

If you wish, you may illuminate (draw/color it beautifully) the first letter of your verse!

At our June meeting, each woman is invited to share about her verse and what inspired her. We will read and meditate on our assembled psalm at the October Spirited Women's Retreat (details to come).