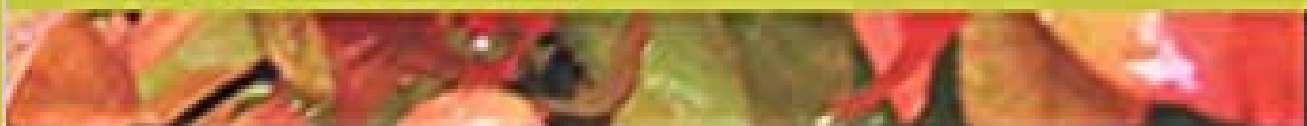




Simply Grace

Poetry and Recipes That Heal the Soul

Katina Horton



In the author's poem, Oh, The Pain of Waiting, she discusses the mess that Sarah and Abraham got themselves into because they didn't want to wait on God. How have you found yourself in the same situation?

Do you think of the emotion "shame" as a game? Why or why not? How has shame showed up in your life? Your church? Your childhood?

In the author's poem, Stolen Identity, it references trauma. Write a poem of your own reflecting stolen identity in the context that you see it in.

**Katina has a recipe for simple vegan lasagna.
How do you make your lasagna? Discuss the
recipes among the group.**

**How does the poem empathy make you feel? Do
you ever find yourself using the words empathy
and sympathy interchangeably? If so, why or why
not?**