

Lent 2019

Lent begins with...

Ash Wednesday | March 6
Service of Imposition of Ashes
7:15am, 12:15pm & 6:15pm |
Sanctuary



...and takes us to Holy Week

Palm Sunday | April 14
8:15am & 10:45am | Sanctuary
Education Hour at 9:15am

Maundy Thursday | April 18
Supper & Communion | FH | 6pm
(Service is child-friendly)

Good Friday | April 19
Tenebrae Service | Sanctuary | 7pm
(Childcare available)

Easter | April 21
Two identical services at
8:15am & 10:45am | Sanctuary
NO Education Hour



Lenten Opportunities:

- **Lenten Centering Prayer**
Wednesdays | 6:30 - 7:00 PM | Sanctuary

We will gather for a brief reading and a time of extended silence together. Come as you are to practice grounding ourselves and listening for God in the simplicity and generosity of shared silence.

- **Art as Prayer**
Thursdays | 8 AM - 7 PM | Sanctuary

The sanctuary will be open with a different art medium each week to prompt spiritual reflection. The Spirit often speaks to us when we allow ourselves to be creative through writing, drawing, gazing at art, or making something with our hands.

- **Devotional - *Awakening to God's Beauty: A Lenten Invitation to Pray with Art***

"This Lenten devotional is an opportunity to...practice the spiritual discipline of Visio divina, which means 'divine seeing.' Accompanying each Sunday's art is a guided meditation to help you slow down and see with your heart." **Available at the Welcome Desk.*

- **Gentle Yoga**
Wednesdays | 12:15 PM | Fellowship Hall

This practice will give you a supportive Spirit-filled space to ground yourself in your body's wisdom. God made our bodies to stretch, to breathe, to heal, and to connect. Yoga is an ancient practice that cultivates health and wellbeing for people of all faith traditions.



Adult Education Offerings

Pressure Points: God of the Oppressed: The Black Liberation Theology of James Cone |
Choir Room

Facilitators: Marcia Mount Shoop & Richard Coble

The Improv: I Am What is Right with the World and What is Wrong with the World: A Mindfulness Based Approach | Fellowship Hall

Facilitators: Paul Rogers & Christi Mobley

Digging In: Subversive Scripture: From Study to Practice | Jerusalem Room

Facilitator: Keaton Hill