

A Beautiful Pilgrimage Through Lent: From Light into Light

Dear Friends,

“Lent is the Christian season of holy preparation before Easter. Traditionally, Lent is a time for prayer, fasting, and giving. There are great variations in the ways Christians celebrate Lent,” writes the Reverend Traci Smith in her new book, *Faithful Families for Lent, Easter, and Resurrection*, one of our guides through the Lenten season. One of Traci’s recommendations for faithful families (including faithful church families) is to set an intention for yourself or your family for this season. We can do that by completing one of these sentences:

- This year, we (I) would like Lent, Easter, and Resurrection to be...
- I hope that at the end of this Lent, Easter, Resurrection season we (I)...
- Maybe during this Lent, Easter, and Resurrection season, we (I)...
- One question we’d (I’d) like to answer during this Lent, Easter, Resurrection season is...

Traci reminds us that “if you know where you want to go, you will have a better chance of getting there.” Of course, God is an important conversation partner as you set your intention for this season. How does God hope you will grow? What does God want you to see, hear, and do along the way? We walk these forty days (plus six “little Easters”¹), whatever they may bring, bearing the light of Christmas morning (John 1:1-5), the light of Jesus’ mountaintop transfiguration (Luke 9:28-36), the light of God’s word to guide our path (Psalm 119:105) toward the resurrection light of Easter morning.

As we walk through each of these 40 days, we will notice the light around us growing bigger and brighter and warmer, for Lent comes from the old English word meaning “to lengthen” as the days do during these 40 days in the northern hemisphere.

And so my hope for us is this—that as we pray, as we fast or simplify, as we give, we might experience God’s light grow in us, among us, and beyond us.



Continued next page

¹ Every Sunday is a little Easter. A time to remember the joy and surprise of Easter morning!

Continued from page 1

You and God will choose your own path and your own destination through these 40 days *plus* 6 little Easters, but I hope we will cross paths many times. I hope that we will take a piece of the road together. And I hope you will send us a “postcard” (*see below*) from your pilgrimage, so we can see the light where you are.

With joy in the journey, I am your pastor and friend,

Caroline

Postcards from Your Pilgrimage

Share an image from your Lenten Pilgrimage on our Facebook page, in an email, or an actual postcard. Perhaps you will set up a special prayer space. Perhaps you will plant a garden. Perhaps you will make a paper chain to count down the days to Easter. Perhaps you will take daily walks and mark the changes. Send us word (and pictures) from the road you are traveling. ***We are listening!***



Lenten Sermon Series: Following in His Footsteps

On the top of the mountain, Peter, James, and John heard God say, “This is my Son, the Chosen one, listen to him.” As disciples of Jesus Christ, we follow him back down the mountain, clinging to his every word, for these are the words that lead us into life.

March 2: Eternal Treasures in Earthen Jars

Ash Wednesday

Communion/Imposition of Ashes

† Matthew 6:1-6, 16-21

We light the candle of reflection

March 6: Refuge in the Wilderness

First Sunday in Lent

Communion

† Luke 4:1-13

We light the candle of humility

March 13: Feathered Fortress

Second Sunday in Lent

† Luke 13:31-35

We light the candle of gratitude

March 20: Dr. Brad Christie, Guest Preacher

Third Sunday in Lent

† Luke 13:1-9

We light the candle of creation

March 27: Dr. Cliff Cain, Guest Preacher

Fourth Sunday in Lent

† Luke 15:1-3, 11b-32

We light the candle of transformation



Westminster Happenings

Note: Mid-day Dance Party paused until March 30th

**Wednesday
March 2**

Eternal Treasure in Earthen Jars

Ash Wednesday Service/Communion/Imposition of Ashes

Worship at 7:00 P.M. in person or via live streaming.

Start your Lenten journey by lighting the candle of reflection.

**Sunday
March 6**

Sunday School

Gather safely at 9:00 A.M. in the choir room.

Enter into *Forgiveness, A Lenten Study*, by Marjorie J. Thompson.

Refuge in the Wilderness

Communion

Worship at 10:00 A.M. in person or via live streaming.

Learn how Jesus dealt with temptation.

**Tuesday
March 8**

Men's Bible Study

Meet at 6:30 P.M. in the Fellowship Hall.

Share a word of peace and a piece of pizza with fellow fishers of men.

**Wednesday
March 9**

Greenwood Community Lenten Pilgrimage

Worship at St. Mark UMC's River Street Campus at 12:30 P.M.

Wednesday Evening Study Group

Facilitated discussion at 7:00 P.M. via Zoom.

Open both of your ears for a new Lenten study—details on page 9.

**Saturday
March 12**

Lake Greenwood Annual Clean-Up Event

Assemble at Break on the Lake at 9:00 A.M.

To register, go to: <https://forms.gle/sB9QQKmkPyHjGbfM7>.

**Sunday
March 13**

Sunday School

Gather in the choir room at 9:00 A.M.

Continue delving into the power of forgiveness.

Feathered Fortress

Worship at 10:00 A.M. in person or via live streaming.

Seek shelter under the loving wings of God the mother hen.

Session Meeting

Meet in the parlor at 11:30 A.M.

Conduct the business of the church with prayers and thanksgiving.

Westminster Happenings, *continued*

**Monday
March 14**

Presbyterian Women: Circle Meeting

Attend in the Sanctuary or via Zoom at 10:00 A.M.
Discuss "What My Grandmothers Taught Me" about Mary.

**Wednesday
March 16**

Greenwood Community Lenten Pilgrimage

Worship at First Baptist Church from 12:30 P.M. TO 1:00 P.M.

Family Night Supper

Gather in the Fellowship Hall at 6:30 P.M.
Enjoy breaking bread and then stay for study time.

Wednesday Evening Study Group

Facilitated discussion at 7:00 P.M. in person or via Zoom.
Experience Lent through Vincent van Gogh's eyes and art.

**Friday
March 18**

Notes:

- *Caroline out of town March 18-21 for the Association of Smaller Congregations Conference*
- *The Dennis family and others enjoy Greenwood District 50 Spring Break March 18-April 3*

**Sunday
March 20**

Sunday School

Meet at 9:00 A.M. in the choir room.
Forgive others as you have been forgiven.

Dr. Brad Christie, Guest Preacher

Worship at 10:00 A.M. in person or via live streaming.
Consider the fate of the fruitless fig tree.

Sunday Sustenance: Come to the Table of Fellowship

Lunch in the Fellowship Hall at 11:30 A.M. with Chef Rob Graves.

**Wednesday
March 23**

Greenwood Community Lenten Pilgrimage

Worship at Main Street UMC Church from 12:30 P.M. TO 1:00 P.M.

Wednesday Evening Study Group

Facilitated discussion at 7:00 P.M. via Zoom.
Savor the beauty of Lent revealed in the art of Vincent van Gogh.

**Friday
March 25**

Fourth Friday Foray

Destination unknown
Start the weekend early with food, fun, and fellowship.

Note: *Caroline on vacation March 25-April 2*

Westminster Happenings, *continued*

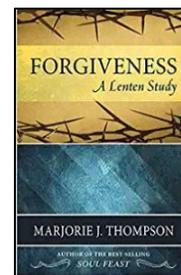
Sunday March 27	Sunday School Meet at 9:00 A.M. in the choir room. Study the significance of forgiveness as part of Lent.
	Dr. Cliff Cain, Guest Pastor Worship at 10:00 A.M. in person or via live streaming. Listen when God tells us to listen to His Son.
	Worship Host Training Come to the narthex at 11:15 A.M. Find out exactly <i>how</i> we warmly welcome all who worship with us.
Wednesday March 30	Mid-day Dance Party Returns! Dance and stretch upstairs in the Middler's room at noon. Put on your dancin' shoes and get ready to head for Broadway!
	Greenwood Community Lenten Pilgrimage Worship at Morris Chapel Baptist Church from 12:30 P.M. TO 1:00 P.M.
	Wednesday Evening Study Group Facilitated discussion at 7:00 P.M. via Zoom. See what Van Gogh's art reveals to you about the beauty of Lent.

Sunday Morning Lenten Study

Our Sunday morning study will be *Forgiveness: A Lenten Study* written by Marjorie J. Thompson. Forgiving others and humbly asking for forgiveness are central disciplines for all Christian believers.

Lent, a time to reflect on our Christian journey, is an appropriate time to deepen our understanding and practice of forgiveness. Thompson, author of the best-selling book *Soul Feast*, takes a close look at our understanding of forgiveness in this encouraging study. Using biblical examples and real-life situations, Thompson illustrates each chapter's theme in an informative and engaging way.

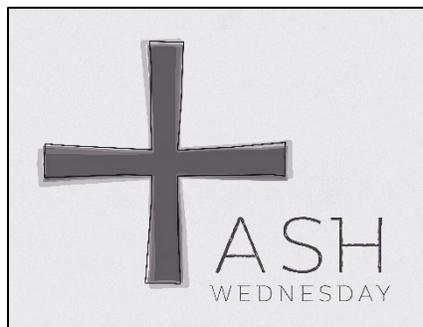
Discussions will be facilitated by various volunteer leaders. Your comments, insights, and questions are an essential part of the learning experience, so be sure to attend each week. The book is available from your preferred online bookseller. Or you can use downloadable handouts from The Thoughtful Christian that include almost the same text.



First Wednesday Means CHOP

On March 2, the first Wednesday of the month, Greenwoodians will gather at 7:00 A.M. for a Community Hour of Prayer (CHOP). The prayer leader for the event is the Rev. Kyle Hite, senior pastor of First Presbyterian Church-Greenwood. Meet outside at Howard's On Main.

A Sacred Ceremony: Ash Wednesday Communion



Please join us Wednesday, March 2 at 7:00 P.M. (in person or via live-streaming) for a worship service to begin our Lenten journey. The service includes the *imposition of ashes*, a drawing of a cross made from the ashes of last year's palm branches on each person's forehead, reminding us of the intermingling of sin and salvation, praise and petition, holiness and humanity, mortality and resurrection.

If you plan to join us online, please prepare your worship space with: a candle and something with which to light it, some bread, and some juice. Those worshipping from home will be able to draw their own ash cross with the soot from your candle. Pastor Dennis will show you how during the worship service.

Along the Way--Three Practices for the Pilgrimage

Lent is a 40-day pilgrimage towards Easter. Traditionally, there are three practices that are taken up during Lent:

Praying: Let us spend time with God.

Giving: Let us consider the needs of others.

Fasting (or Simplifying): Let us lay down the weight that clings so closely (Hebrews 12:1), so that we might run the race (or walk the path of faith) that is set before us.



In her book, *Faithful Families for Lent, Easter, and Resurrection*, Traci Smith encourages families to consider simplifying rather than fasting. "Instead of focusing on what is being given up or taken away, the focus is on what is added or appreciated." Here are some of Traci's ideas:

- Instead of giving up screens...head outside
- Instead of giving up sugary drinks...drink water
- Instead of giving up meat...enjoy more fruits and vegetables
- Instead of giving up spending...make something you would normally buy
- Instead of negative talk...focus on complimenting others
- Instead of reading scrolling through electronics...read books

Traci offers this simple prayer for simplifying:

"God, when many things compete for my attention, help me to focus on one thing at a time. When things are messy in my space or mind, help me be gentle with myself as I sift through and keep only what is needed. Amen."

How will you practice a holy Lent? See Milestones on page 17 for daily devotional activities.

Trinity Presbytery News



At the February 26 meeting of Trinity Presbytery, our church was represented by Pastor Caroline Dennis, Commissioner Steve Kuhl, and guests Phillip Dennis and Claire Kuhl.

During the meeting, Phillip was examined and then welcomed as an at-large member of the Presbytery and added to the approved list of supply pastors. Claire was installed as Vice Moderator of the Presbytery Coordinating Team. Congratulations to both!

Welcome Our New Guest Preacher, Dr. Clifford Cain

Westminster is pleased to welcome a new guest preacher to our pulpit on March 27th. The Reverend Dr. Clifford Cain retired in 2020 and moved to Greenwood at that time.



Dr. Cain most recently spent ten years as the Harrod-C.S. Lewis Professor of Religious Studies at Presbyterian-related Westminster College in Missouri. The holder of a doctorate in theology and a doctorate in science, he is the author of eleven books.

Dr. Cain holds degrees from Muskingum University, Princeton Theological Seminary, Leiden University in the Netherlands, Vanderbilt University, and Rikkyo University in Tokyo, Japan. He has taught courses on the World Religions, Environmental Science, the Holocaust, Theology and Science, Religion and Ecology, the Life and Thought of C.S. Lewis, and Christian Systematic Theology.

He has lived in several countries, traveled to many, and enjoys archaeology, photography, music, and sports as hobbies.

My, How Time Flies...

Best wishes and sincere prayers for these members and friends with **birthdays** in March:

- ❖ 4th – Steve Kuhl
- ❖ 6th – Theresa Jacobs
- ❖ 21st – Caris Broadway
- ❖ 22nd – Paula Bourne
- ❖ 28th – Rob Graves



And a blessed **anniversary** wish to:

- ❖ Dave & Deb Jones

Worship Host Training March 27th

Westminster is rightly known for being a warm and welcoming congregation. And our Worship Hosts are our front line for greeting all who arrive for worship. It's not a hard job, but there are a few tricks you need to know. So if you have hosted before, or especially if you are willing to jump in, please stay after church on March 27th for a brief review of what's expected and how to do it. See you then!

What's On Your Mind?

Your Worship & Music Committee needs your feedback! Use the Suggestion Box in the narthex, the Contact Us page on the Westminster website, or buttonhole any member of the Session to share your thoughts and ideas.



Let us know what you find most meaningful, what you'd like more of, what you'd like less of, and what ideas you have for broadening our worship experiences. Your voice matters!

Camp Fellowship Hosts Spring Adult Retreat

Ever wonder what the Bible has to say about environmental issues and their resolutions? Registration is now open for a retreat that will address that and other pressing questions! Dr. Cliff Cain is the retreat leader (see page 7). Visit campfellowship.org for more information and early registration.



One CAN!

Don't forget to bring non-perishable food donations every week—sadly, our Greenwood Food Bank *always* needs our support.

More April Coming Events

- ❖ **April 2—annual Spring work day!** Plan to make our campus and building clean and beautiful in preparation for Easter.
- ❖ **April 3 - April 30—Flip-flops for friends.** Bring men's medium or large flip-flops to donate to our friends at Pathway House. Collection bins will be provided in the narthex and office door.
- ❖ **April 10 - April 17—Holy Week.** Travel the way of the cross from triumphal entry to last supper, from crucifixion to resurrection. Details in next newsletter.
- ❖ **April 17—One Great Hour of Sharing Special Offering.** Support initiatives to restore hope to victims of natural disasters, feed the hungry, and empower communities to overcome poverty and oppression.



Tech Team Training

Our live-streaming capability only *seems* like magic. And frankly, we need more magicians! So a training session is being planned for all who are interested.

Contact Tech Team leader Jacob Dennis or the church office to sign up for learning the secrets of the loft. You can help us bring the good news of Christ to the world via the internet.

Consolation

Poetry by Joyce Alexander

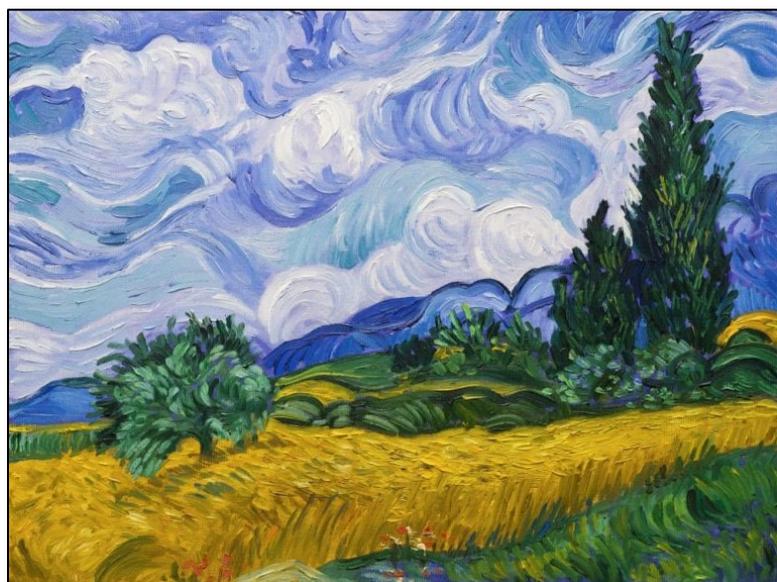
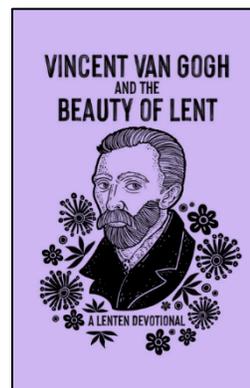
The whirl of the carousel moans,
Painted ponies, each in its spot,
In constant motion,
Each reaching for the brass ring.
If the carousel speeds up,
The whirl reaches a higher pitch.
Each pony remains in its spot,
Racing on, reaching out.
Is consolation
In the pursuit itself?



Wednesday Night Zoom Study: *Vincent van Gogh and the Beauty of Lent*

Beginning Wednesday, March 9th, art teacher, elder, and artist Kathy Gillespie will lead us as we plunge into *Vincent van Gogh and the Beauty of Lent*. Discussions are conducted online at 7:00 P.M. Contact the church office if you need the Zoom link.

This Lenten Devotion follows the Sunday Gospel texts and offers meditations illuminated by the artwork of Vincent van Gogh. Van Gogh devoted his life to light. The light of creation, the light of painting, the light of God's grace—and the light in humanity, mind, body, and soul. The son of a Christian pastor, Vincent fervently set out to be a preacher and missionary himself, but his ministry eventually took the form of brush strokes and canvases: in just ten years of his short life, from age 27 to 37, he created more than 2,000 luminous works of art – including nearly 900 paintings—shimmering with vitality, with passion, and above all, with light.



The word *Lent* refers to the “lengthening” light, the growing days that, in time, will coax the sunflowers to open, the wheat fields to rise again, and the irises to bloom. What better companion on this forty-day pilgrimage, then, than this apostle of light: an artist steeped in Christianity and yet open to learning from Buddhism, enamored with Jesus and at the same time adventurous enough to find God in mysteries, humility, and love, not certainties, arrogance, or privilege.

In this Lenten devotional, the words of Scripture and the paintings and letters of Vincent van Gogh will be our guides. Each week, biblical texts and Van Gogh's work throw light on each other, pointing toward simple, powerful practices you can try yourself, with your family or friends, or with your congregation. So grab your favorite Bible and a decent internet connection.

Week by week, we'll travel this Lenten journey together toward Easter morning—and thereby do our part to help lengthen the light, humble our hearts, and open our eyes to the beauty of God's springtime resurrection. Printed copies of the materials are available in the narthex and the church office, or you can download that PDF from the Westminster website (wpcgnwd.org).

Stewardship Snapshot

The Stewardship Snapshot is a regular report from the Session to the *Westminster Times* newsletter. Please note that because of the newsletter publication schedule vs. timing of month-end close, these reports will typically be about six weeks behind.



January 2022

	January Actual	Monthly Budget	Year-to-Date Actual	Year-to-Date Budget
Total Income	\$21,000	\$16,074	\$21,000	\$16,074
Total Expenses	\$13,532	\$16,061	\$13,532	\$16,01
Net Gain/Loss	\$7,568		\$7,568	

Please direct any questions about church financial matters to Len Bornemann, treasurer, or any member of the Administration, Personnel, & Finance Committee.



Flower Power!

Flowers are a powerful expression of love, and sponsoring sanctuary flowers for worship is a wonderful way to show *your* love for the special people in your life, whether in honor of or in memory of. Think birthdays, anniversaries, and all those special dates that are precious to your particular family. And don't forget Easter lilies!

Your donation of only \$50 provides a gorgeous arrangement that enhances worship for all. Sign up using the sheet on the bulletin board across from the church office, or contact Kathy Felder.

A Seat at The Table

Poetry by Autumn Brown

Gatekeepers of faith
Spreading hate
Discord, condemnation, and unkind deeds
There's no need for this, we'll never succeed
With sharing Jesus's message with others
Instead of hate, let's love one another
Instead of discord, let's inspire unity
Instead of condemning, let's build a community
Instead of unkindness, let's be Christlike
There's a seat at the table for everyone from the
oldest person to the smallest tike
Let's make room and welcome all of them
Instead of behaving like Pharisees and only welcoming some



Greenwood Place Update

Submitted by Fred Murphy, Executive Director



The most recent Clubhouse stats show that the average daily attendance for January was 12. For the month of December, Members spent 814 hours at the Clubhouse. We served 172 meals and for the month picked up 162 members. We currently have 7 Members who are working part-time. No members were hospitalized during the month for mental health issues. We do have a couple of our members who are dealing with other physical issues that have resulted in short term hospital stays.

In February we were able to celebrate Valentine's Day together with sixteen individuals coming together for a special meal. Our outside social event for February was a trip for fifteen members to enjoy a meal at China Garden.



As noted last month, we continue to seek funding for the ongoing operations of Greenwood Place. We continue to seek funding and have a number of grant requests pending for 2022. Greenwood Place will be seeking funding from the State of South Carolina and will request additional funding from Self Regional Hospital for 2022.



One of the great benefits that Greenwood Place provides to our members is our ability to provide transportation to and from the Clubhouse. Without this ability, most of our members would not be able to participate in this program. We are beginning the process of looking at our current vehicles and assessing their future use. Our 13-passenger van now has 260,000 miles and is in need of some repairs. We are looking at selling our Dodge Caravan and using those proceeds to upgrade our transportation.

Greenwood Place would like to thank Westminster Presbyterian for their support of our program and members. Without your support we would not be able to fulfill our mission to those in our community who truly need help and support as they face their mental health issues.



Boredom as a Symptom

Part of a series on mental health issues; excerpted from *Boredom as a Symptom* / NAMI: National Alliance on Mental Illness

Everyone experiences boredom at some point in their lives. Of course, we can all recall times when we were left without anything to do, when we weren't interested in our surroundings, or when we felt that our days were particularly dull. Feeling this way on occasion is perfectly normal.



But sometimes, psychotherapists recognize that chronic boredom can be a symptom of a deeper psychological issue that needs tending.

Imagine a young person who doesn't seem to care much about anything, ending almost every sentence with "whatever" and a roll of the eyes. This kind of behavior (an "I don't care" defense) protects individuals from emotional pain and discomfort. But it also disconnects them from the energy and vitality that being emotionally alive brings.

Boredom can serve several protective functions — and it can also damage one's emotional well-being.

To explore your relationship to boredom, try asking yourself the following questions:

- Is this boredom longstanding or a relatively new experience?
- What's the hardest part of the experience of boredom: The way it feels physically? The effect on your self-esteem? The impulses to get rid of it? The thoughts it causes?
- What, if any, impulses do the bored parts of you have?
- Is the sense of boredom always there or does it come and go?
- What triggers boredom and what makes it go away?



Boredom is a difficult state. But one doesn't need to get stuck there. With a stance of curiosity and compassion, we can learn the roots of our boredom and make necessary changes.

By whole-heartedly, and without judgment, welcoming parts of us that experience boredom, we learn by asking those parts what their protective purpose is and what they truly need. Almost always, core emotions from the past need naming, validating and to be felt in the body until they fully move through us. As a person recovers from past traumas and wounds by getting reacquainted with their deeper experiences (i.e., core emotions, wants, needs) defenses like boredom are no longer needed.

Written by Hilary Jacobs Hendel, a certified psychoanalyst and AEDP psychotherapist and supervisor. She is the author of the international award-winning book, It's Not Always Depression: Working the Change Triangle to Listen to the Body, Discover Core Emotions, and Connect to Your Authentic Self (Random House).

Let Us Pray...



For Those in Our Church

We share one another's joys and concerns:

- John Bacot
- Len Bornemann
- Mary Corley
- Mac & Holly Hubbard
- Kelli Lott, Savannah, & Gabby
- Donna Lytle, Beth Hammond's sister
- Ann Lorraine Sander
- Akabana Siyunyi
- Faye Tillotson
- Ed Watkins
- Gail & Glen Yonce, and Georgianna

"...I constantly remember you in my prayers."

Timothy 1:3

We pray daily for our prayer partners and their special concerns. We pray for our sister churches: New Faith, Ware Shoals, First Presbyterian, Abbeville Presbyterian, and others.

We pray for the ministries of our church, especially:

- Presbyterian Communities of SC
- Prison Ministry
- Thornwell Home
- Greenwood Place
- NAMI
- Pathway House
- Gwd. Food Bank
- Beyond Abuse
- Meg's House
- Greater Greenwood United Ministries
- Camp Fellowship



For Those in Our Hearts

We pray for these members of our wider community:

- Charles Alexander
- Leona Anderson
- Tom & Lucia Bryson
- Laura Clark
- Nancy Cooper
- Charlotte Gero
- Jim Greene
- Lois Grice
- Edward Hamilton
- Joan Herin
- Michael Knight
- Judy & Danny Murphy
- Margaret Rada & son
- Kay Rentz
- Terrance Reece
- Geri



For the World

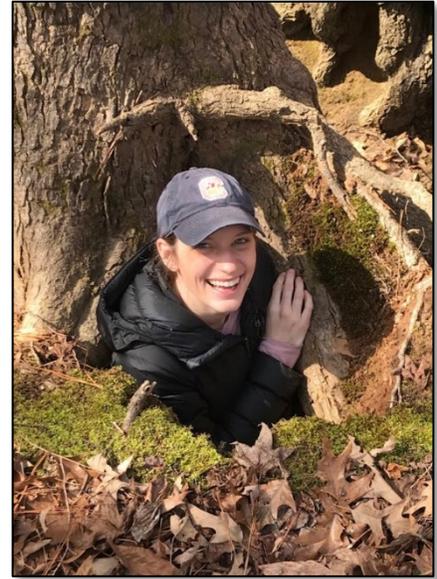
We pray for all our neighbors everywhere who we are called to love as we love ourselves:

- For those living in fear and danger, especially Ukrainians and Russians
- For our enemies, that their hearts may be opened to your love and truth
- For congregations dealing with internal strife
- For families divided by politics
- For those living with mental, emotional, and/or physical illnesses
- For all those suffering from war and natural disaster and the COVID-19 pandemic
- For unity among Christians in every country and corner of the world
- For all who experience exclusion
- For those in our community who struggle to meet basic needs
- For peace and wisdom in our community, country, & among world and local leaders
- For those serving in the United States Armed Services at home and abroad

And God Saw (and Heard!) That It Was Good...



February Friday Foray to The Museum:
Lucia Horowitz, Kathleen Watkins,
Caroline Dennis, Tina Corley
(not pictured: Tim Mossman and Autumn Brown)

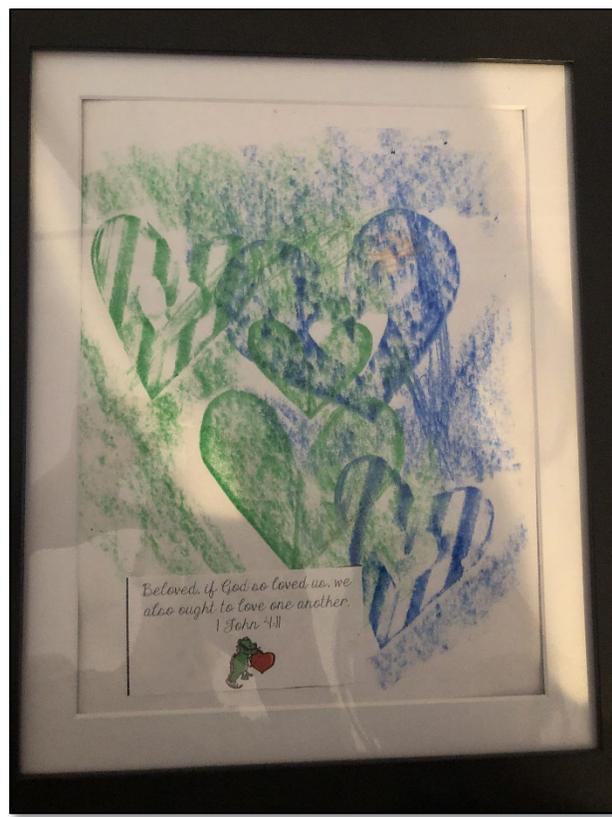
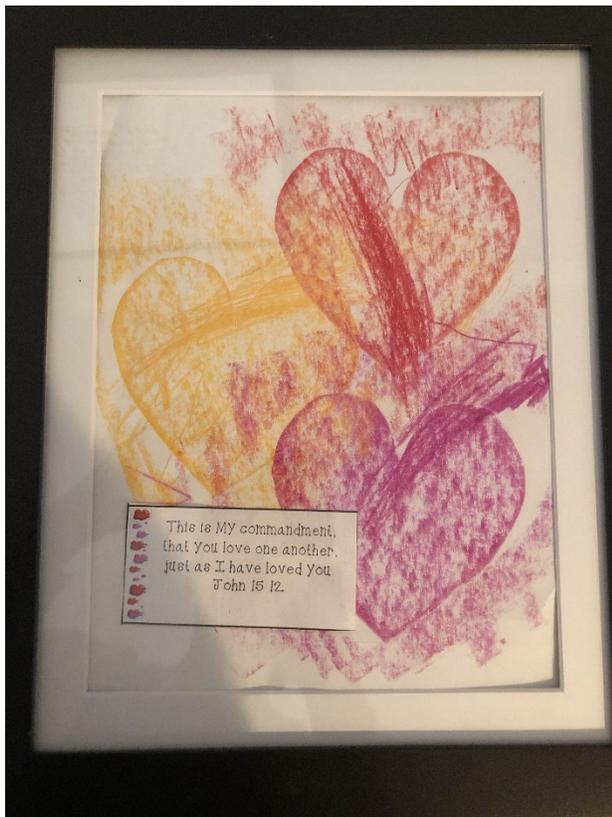


Do we have a mole in our midst? Nah—just Emily popping up outta nowhere!



Making a joyful noise, as usual—Bill “Mouthharp” Jacobs, Nancy Hogan, and Bill Hogan
(not pictured: Phillip Dennis on percussion)

Jesus Loves the Little Children



Sunday school artwork from Rey (left) and Willow (right) Wicker

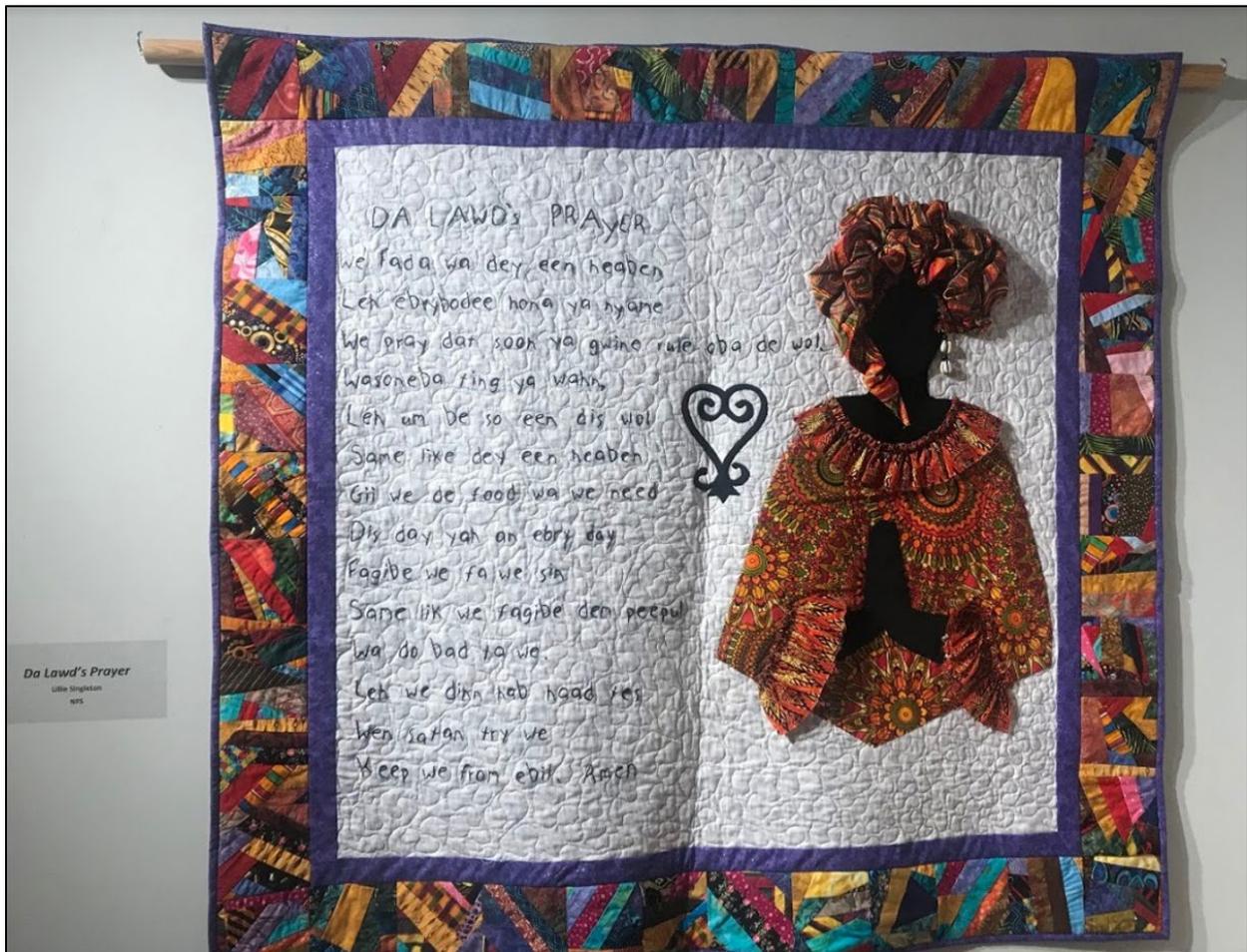
Beauty Everywhere You Look



Callie and Macie Watkins



A Valentine to the Dennis family from PW



African-American textile artwork at The Museum: The Lord's Prayer in Gullah

MILESTONES: Daily Devotional Activities for Lent

From Kathy Gillespie

Lent is the forty days, not counting Sundays, before Easter. (Sundays are “little Easters.”) These forty days are traditionally spent meditating, praying, and sacrificing. Since we are to “pray without ceasing,” all of our work and play time can be prayer and communicating with God. So, during these 40 days, in addition to reading your Lenten devotion and prayers, think about sacrificing, giving, and serving throughout the week.



I challenge you to create Lenten practices that include tasks and activities that remind you of God’s love and sacrifice. If you have children at home, or grandchildren nearby, there are many activities that can be shared with kids. If your children are “grown and gone,” there are activities that can be shared with a spouse or friend. The activities can also be enjoyed by one person, by themselves, if quiet and solitude are what you need.

If you don’t know where to start, here are some ideas that might help you to be mindful during your journey through the days of Lent toward the Light that is Easter.



Celebration Sundays

Remember the sabbath day, and keep it holy.

Exodus 20:8

Go and enjoy choice food and sweet drinks and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve for the joy of the Lord is your strength.

Nehemiah 8:10

- Celebrate each Sunday as a “Little Easter,” with worship, rest, and spending time with loved ones.



Mission Mondays—Give up or let go of something

John answered, “Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same.”

Luke 3:11

Cast all your anxiety on him because he cares for you.

1 Peter 5:7

- Give up some screen time and take a walk. Observe the beauty of God’s creation.
- Let go of anger or resentment toward someone.
- Give up some “stuff” you no longer need and donate it to a charity thrift store.
- Give up your worries to God in prayer.
- Let go of guilt for something you have done or left undone.
- Donate to a ministry or charity.



Teaching Tuesdays

Teach me to do Your will, For You are my God.

Psalm 143:10

- Teach a friend or family member to do something new.
- Be the student and ask someone to teach you something.
- Volunteer to teach at church.
- Teach yourself a bible verse or song as you take a walk.



Worshipful Wednesdays

Come, let us bow down in worship, let us kneel before the Lord our Maker.

Psalm 95:6

He makes me lie down in green pastures. He leads me beside still waters.

Psalm 23:2

- Attend the Ash Wednesday service at WPC in person or online on Wednesday, March 2 at 7:00 P.M.
- Worship through study and prayer on Zoom. Join our Lenten study at 7:00 P.M. on Wednesdays: *VINCENT VAN GOGH and the BEAUTY OF LENT*—based on Lectionary scriptures AND the art of Van Gogh
- Find a quiet place, light a candle, and spend time reading God's word, as you continue your Lenten journey toward the light that is Easter.



Thinking/Thankful Thursdays

And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

2 Corinthians 9:8

- Think of your blessings and thank God for them.
- Think of ways to share your blessings with others.
- Thank someone for being a blessing to you.
- Take a walk and thank God for nature.



Friendly Fridays

Therefore encourage one another and build each other up, just as in fact you are doing.

1 Thessalonians 5:11

- Write a note of encouragement to a friend.
- Ask a friend to join you for...a walk or a talk...a meal or coffee...devotion or worship.
- Be friendly to everyone you encounter.



Super Saturdays

This is the day the Lord has made; rejoice and be glad in it.

Psalm 118:24

- Super charge your batteries by getting out and enjoying the outdoors.
 - Cook something super delicious.
 - Do something super for others.
 - Do something super for yourself.
-



I No Longer Pray for Peace

On the edge of war, one foot already in,

I no longer pray for peace:
I pray for miracles.

I pray that stone hearts will turn
to tenderheartedness,
and evil intentions will turn
to mercifulness,
and all the soldiers already deployed
will be snatched out of harm's way,
and the whole world will be
astounded onto its knees.

I pray that all the "God talk"
will take bones,
and stand up and shed
its cloak of faithlessness,
and walk again in its powerful truth.

I pray that the whole world might
sit down together and share
its bread and its wine.

Some say there is no hope,
but then I've always applauded the
holy fools
who never seem to give up on
the scandalousness of our faith:
that we are loved by God.
that we can truly love one another.

I no longer pray for peace:
I pray for miracles.

- Ann Weems

Written for the beginning of Lent 2013

