

## Commit to the Lenten Journey...

The 40-day season of Lent is a time of reflection. Beginning on Ash Wednesday, we are invited to examine our lives and discipleship alongside the life and discipleship of Jesus Christ.

In addition to Sunday worship, Hope is offering the following opportunities for you to engage the full experience of this holy season and explore your personal faith through a sampling of spiritual practices.



### Ash Wednesday, March 1 7:30 pm

Receive the ashes, a symbol of repentance, and share in the Lord's Supper, a symbol of our communion with Christ and each other.

**Lenten Renewal Series** – Take time out of your busy week to renew your spirit! We will begin the hour in a brief, contemplative prayer service. Pastor Sarah will spend the remainder of the hour teaching a spiritual practice for use on your own throughout the season.

### **Spiritual Practice of Meditation**, March 8 7-8 pm

How can we listen for God in a world of distractions? How can we find comfort and strength in silence? Let us listen to God together.

### **Spiritual Practice of Art**, March 15 7-8 pm

There has been a rise in coloring (yes, coloring!) as a means of relieving stress. This practice can also be a spiritual experience. Let us learn how together through this and other creative mediums.

### **Spiritual Practice at Home**, March 22 No church session

Use this time at home to engage the spiritual practices learned in the first two sessions.

### **Spiritual Practice of Advocacy**, March 29 7-8 pm

Our spiritual lives are not just contemplative, but also move us toward action in Christ's name. In this session we will watch the brief video, "Trading Places," produced by the UCC, and follow it with discussion on ways we might respond as disciples. In it, a rabbi, imam, and pastor "trade places" in their respective roles, reminding us how much these three faiths share in common. Let us be a voice of justice and unity together.