

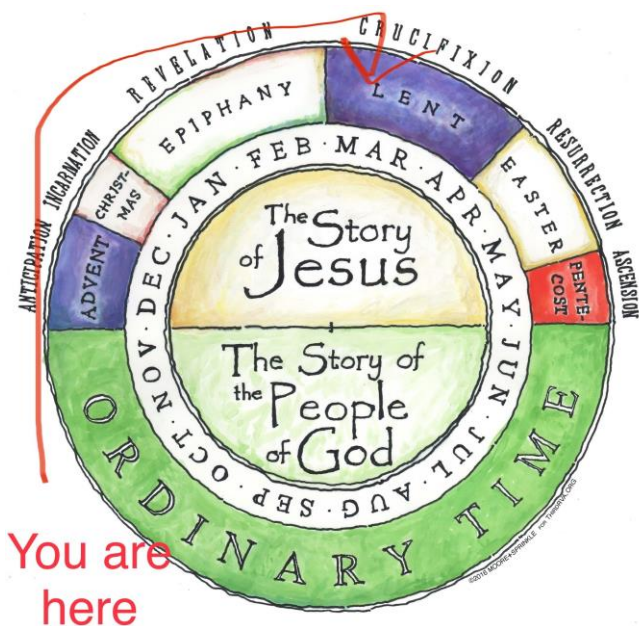


LIVING LENT TOGETHER

Welcome to Lent, an extended season of readying our hearts. It's a time of intentional vulnerability, asking the Spirit to clear a path for the forgiveness, grace, and love of the Father to recreate us. We invite you to Live Lent with us in the following ways:

- **Weekly Worship:** Our Sunday gatherings at 10am at Beville will continue. Pay attention to the changes in the liturgy, the colors, and the music, subtle ways of orienting our hearts toward reflection, repentance, and forgiveness. We will also listen carefully to Jesus' words speaking to us through the Beatitudes: "Blessed are...for theirs is/they shall...."
- **Participate in a Life Group:** Life Groups are small groups which cultivate community, faithfulness, and worship through a simple format of conversation, engagement with Scripture, and prayer. Life Groups will study the [Sermon on the Mount](#). To sign up for a group, click [here](#). (Kent Avery's Alpha group and Immanuel's weekly Bible Studies are also available.)
- **Thursdays at the Office:** Praying the Daily Office via Zoom offered every Thursday, March 3 – April 7. Join us for Morning prayer at 8am, Midday Prayer at noon, and Compline at 8pm, using this link for all three: <https://us06web.zoom.us/j/89588352663>

- **Five Fingered Examen:** The Examen is an ancient spiritual discipline, a “concrete way of opening to the activity of God.” Melissa Byers invites the children and their families to practice this discipline during Lent; I encourage everyone to join them! You can pick up a copy of The Five Finger Prayer of Examen, or click [here](#) for a digital copy.
- **Fasting with Intention:** It’s a common practice to give up something for Lent. Some people abstain from sweets or alcohol, others set aside one day a week for fasting, still others abstain from social media, tv shows, or Netflix. I encourage you indeed to give up something for Lent, a taste or activity, the absence of which will invite you to listen to the voice of Jesus.



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