

FPC-Holt

“Binding the Space Between”



Lenten Spiritual Disciplines 2023

Lent is a season of intentional self-examination, reflection on God’s goodness and exploration of our commitment to Christ. Throughout the season, you’re encouraged to use one, some, or all of the following disciplines to explore the chasms in our lives that the reconciling love of Jesus Christ has come to bring together.

Daily Devotions

Our daily devotions for the 2023 Lenten season will be taken from the Celtic Daily Prayer of the Northumbria Community. Our siblings in Christ from our Scottish sister church, The Parish of Traprain, will be exploring the same readings.

With a monastery near the border of England and Scotland (about an hour and a half from Traprain Law), Northumbria Community members are dispersed throughout the world but united spiritually through a commitment to daily prayer and a rule of life that rises out of Celtic spirituality.

With the help of technology, we’ll receive and respond to the daily readings throughout the forty days of Lent and have two or three opportunities throughout the season to gather with our Scottish siblings in Christ for discussion and prayer.

The devotions began Ash Wednesday and our first get together with the Scots will be Sunday Feb. 26 at 9:00am. By using this QR code, you can register anytime throughout the season to receive the daily devotions in your inbox or attend the virtual gatherings with our sister churches in Scotland.



The Fast | Choose

The entire congregation is invited to engage in the biblical tradition of fasting and prayer. Beginning March 1 and throughout the Lenten season, you are encouraged to make Wednesdays your days of fasting. Each of us have different physiologies, so please choose for yourself a healthy fast. Some will be able to fast from all food, some only meat, for some, fasting is not appropriate at all (if this is your concern, please consult your physician before participating in the fast). In the denial of ourselves, may we come to know more intimately the One in whom we find our true fulfillment and may we hear more clearly the call he places on our lives.

Mid-Week Prayer Service (Wednesdays, 6-6:30pm)

On the first of March and each Wednesday thereafter before Holy Week, we will share in a half-hour service of scripture, prayer and sacrament. The services will feature the music of the Taizé community (scripturally simple, repetitive and reflective) and the celebration of communion. All are encouraged to attend, especially those who have chosen to fast, so that your fast might be broken in the sacred space of the Lord's Table with your sisters and brothers in faith.

Wednesday Simple Soup Suppers (6:30pm)

In the spirit of the season, immediately following the Mid-Week Prayer Service, we are coordinating a simple meal of soup and bread. The idea is to provide, with a minimal shared effort and without any extravagance, an opportunity to break bread together before continuing our evening activities (family responsibilities, committee meetings, etc.). A different session committee will host and provide the soup each week.

Weekly Book Study

In a spirit of Lenten repentance, we will be reading *Unbroken and Unbowed: A History of Black Protest in America*, by the Rev. Jimmie Hawkins, Director of the Office of Public Witness of the PC(USA). Five consecutive discussions will take place Wednesday evenings at 6:30, beginning Feb. 8, as part of our Lenten Simple Soup Suppers. As an added blessing, during a week-long visit to our Presbytery in March, we have been given the honor of welcoming Rev. Hawkins to our pulpit on Sunday, the 12th.

Sign up for the Wednesday discussions and place your order for a book with this QR code by 5pm Friday, March 3. Cost is \$25.



Walking the Labyrinth

The labyrinth is an ancient tool for prayer and meditation, and we are blessed to have a beautiful design inlaid in the floor of our Fellowship Hall. It is not a maze with blind alleys or dead ends, but a means to a journey on a path, inward and outward bound. At anytime throughout Lent that the Fellowship Hall is not in use, you are invited to come and walk the labyrinth. Every Wednesday at noon all are invited (especially those who are fasting) to gather for a communal walk and prayer.

Prayer Bracelets

Like the life of faith, this year's prayer bracelets are a work in progress. You will receive three strings that you are welcome to braid or simply wrap around your wrist. Let them serve as the prompt to pray "Remind me who you have created me to be" or to just pray without ceasing. On March 19, you will be asked to contribute your prayer-laden bracelet, which will be incorporated into our Lenten parament for the baptismal font, strengthening and enriching our worship for years to come.

Creativity

As part of our ongoing Parament Project, throw yourself into the creativity that fills the art room on Sundays at 9:00 and/or Thursdays at 1:00 and see what the Spirit draws forth from you. We would love to have everyone in the congregation contribute to the Parament Project at some time throughout the year. Maybe Lent is yours?

Generosity

One Great Hour of Sharing is a Presbyterian Church (USA) national offering that is directed towards victims of natural disasters, feeding the hungry and empowering the poor. It is collected at home throughout Lent and received in worship on Palm Sunday. Children are provided "fish banks" at WaterWorks and adults can utilize a fish bank or a dedicated envelope. Everyone is invited to participate using the OGH S calendar (available in the Narthex and outside the office) as a guide for reflection and giving.

We are there

Jesus teaches us in Matthew 25, that in every time and season, the Church connects with itself and its Savior through relationships with those who have least. For over 70 years, One Great Hour of Sharing has partnered with others to take action to share God's love. Through these three life-saving programs, we are there to advance the causes of justice, resilience and sustainability.

PRESBYTERIAN DISASTER ASSISTANCE

Restore Streets to Live In

PRESBYTERIAN HUNGER PROGRAM

Share Bread with the Hungry

SELF-DEVELOPMENT OF PEOPLE

Loose the Bonds of Injustice



ONE GREAT HOUR OF SHARING
SPECIAL OFFERINGS
HUNGER • DISASTER • DEVELOPMENT

Every time we set a table
where all hungry hearts can eat;
every time we welcome neighbors
and we add an extra seat;
and every time we live as servants,
free to wash each other's feet,

In our living, in our giving, we are there.