



Minnedosa United Church

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Friends,

March 6, 2017

For many, the season of Lent has traditionally been about impending darkness and gloom. This year, we are using the image of **growing light**, which shines brighter each week as we learn about Jesus' actions of love. Each Sunday in Lent, we will watch the light grow as candles are added to our worship space. Then they will be diminished on Palm Sunday as we move towards Jesus' death.

The growing light of Jesus in our world, will guide us on this 40 day journey through the wilderness. In the isolation and quiet of the desert we will learn more about ourselves, while the barren landscape will help us to focus more directly on our relationship with God. Consider trying one of the following spiritual practices to help lead you through the wilderness of Lent:

- Place stones in a plate, bowl, or basket and create a centering space in your home. Let the stones be a reminder of our call to be living stones and witnesses to the story of love overcoming death.
- Decorate Easter Eggs as a family or group to represent the new life waiting to break free inside us all.
- Take weekly prayer walks where you talk to God and listen for the Holy.
- Snap a photo each day about something that represents the light of Christ at work in us and in our world.
- Meditate for 30 minutes a week while focusing on the phrase "Walking in the light".
- Think about people in need of love and care, write prayers for these people and situations on fabric or paper triangles to create prayer flags that can be hung around the house.

May Lent help us all find new ways to make room for God in our lives as we witness to the growing light of God's great love!

Blessings,

Natasha Pearen

Rev. Natasha Pearen

(A listing of upcoming events/activities is found on the other side of this letter.)

Special Services:

Community Lenten Service & Lunch

Tuesday March 21st, 12:10 pm

Maundy Thursday Service
(Potluck Supper and Worship)

Thursday April 13th 5:30 pm

Good Friday Community Service

Friday April 14th 11:00 am at MCCC

Easter (Communion Service)
(Come at 10 am for coffee and muffins)

Sunday April 16th 11:00 am

Other upcoming church activities include:

St. Patrick's Day Lunch
(Chili & a Bun and Dessert, \$10)

Friday March 17th 11am - 1 pm

AOTS Pancake Supper

Friday April 7th at 5:00 pm