



## THE SEASON OF LENT AT MINNEDOSA UNITED CHURCH

During Lent, people are often introspective, working toward becoming a better version of themselves. Lent is thought of as a time for reflection and prayer, a time to let go of some things through confession and repentance, and a time to receive something like forgiveness, love, grace, or new life! Whatever tasks we engage in, what is being asked of us is to open ourselves to a liberating and creative God, known to us through relationship.

In short, to grow in grace, both in grace received and grace given. Here at Minnedosa United Church we are offering these activities to help you to grow in that grace.

1. **A Season to Read our Bibles and to Engage in Acts of Kindness and Service.** We are providing you with a bookmark that gives you the Lent liturgy to follow week by week throughout the Season of Lent. We will also be following this liturgy in our worship services during the Sundays in Lent. To engage yourself in acts of kindness and service why not actively participate in random acts of kindness, read a book that offers an alternative way of thinking, or about a topic which you hold strong opinions. Let your imagination go to work to show that attitude and gratitude go hand in hand during the Season of Lent.
2. **A Season to Pray for One Another – Lent Prayer Basket.** Remember, Lent is a time for reflection and prayer. If you wish to participate any time during Lent we ask you to pray for one another following these easy steps:  
(See over...)

- a. On your way into church on Sunday, put your name on a piece of paper, fold it and put it into the basket on the back table in front of the sound booth. (Slips of paper and pens are ready for you beside our Lent Prayer Basket).
- b. On your way out of church, reach into the basket and select one name.
- c. Think about and pray for this person all week long.  
Starting Sunday March 10th to Sunday April 14th

3. **Annual Lenten Lunches.** The local Ministerial committee has agreed to offer the Lenten Lunch Series again this year. Please participate as you are able on the following Tuesdays, at 12:10 pm.

March 12	St. Mark's Anglican Church
March 19	St. Alphonsus Catholic Church
March 26	Evangelical Covenant Church
April 2	Minnedosa United Church
April 9	Calvary Church

*20 minutes of spiritual enlightenment, followed by a free lunch!*

4. Visit the United Church of Canada's website and listen to the **Moderator's Lenten Message – 'How is it with your soul?'** [www.united-church.ca](http://www.united-church.ca) While you are there check out some suggestions for Lenten Books to read.

### *A Children's Prayer for Lent*

Lord, please show me,  
what I should give up for Lent.  
And when I've given it up  
remind me to pray to You instead...  
to thank You, to love You, to hear from You,  
each and every day in Lent. Amen

(A modern children's prayer for seeking God  
from [www.lords-prayer-words.com](http://www.lords-prayer-words.com))