



## An Invitation To Lent

Lent is a season of preparation and repentance during which we anticipate Good Friday and Easter. Just as we carefully prepare for big events in our personal lives, such as a wedding or commencement, Lent invites us to make our hearts ready for remembering Jesus' passion and celebrating Christ's resurrection.

The practice of a forty-day preparation period began in the Christian Church during the third and fourth centuries. The number *forty* carries biblical significance based on the forty years Israel spent in the wilderness and Jesus' forty-day fast in the wilderness. The forty days of Lent begin on Ash Wednesday and continue through Holy Week, not counting Sundays.\*

A variety of opportunities are included here for you, your family and friends to use to make your hearts ready for Easter. Some will be included in our weekly worship, but others are offered for you to take into your daily lives - times of reflection, learning, and self-examination that may lead to resurrection moments.

We invite you to make use of the tools offered here - and hope that you will choose to walk this powerful season with your faith family at First Parish

May you know God's blessing on your Lenten journey.

\*Reprinted by permission  
from *The Worship Sourcebook*, c. 2004,  
CRC Publications

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## Lenten Opportunities

### Adult Learning

**LIVING THE QUESTIONS**  
March 4, 11, 18 & 25  
7:30 PM in the Vogel Room

**Devotions for the Home**  
For Adults  
For Children

### Outreach Activities

**ONE GREAT HOUR OF SHARING - 2/21**  
**CWS HYGIENE KITS - 2/28**  
**FOOD DRIVE - 3/7**  
**ROSIE'S PLACE - 3/14**  
**CRADLES TO CRAYONS - 3/21**

### Labyrinth Meditation

**KID'S WALK**  
3/31 at 4pm

**HOLY WEEK OPEN WALKS**  
3/29 - 4/2  
(see inside for times)

### Worship

**LENTEN SERMON SERIES**  
"Horizontal Habits"

**LENTEN WORSHIP**  
**Ash Wednesday: 2/17 at 7:30 PM** (Parish Hall)  
**Palm Sunday: 3/28 at 10AM**  
**Maundy Thursday: 4/1 at 7:30 PM**  
**Good Friday: 4/2 at 7:30 PM**  
**Easter: 4/4 6AM & 10 AM**



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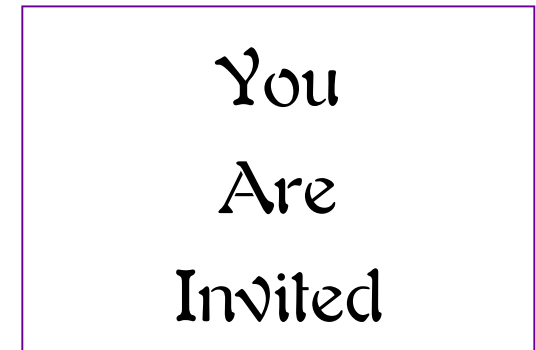
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*Celebrate the Spirit at the Crossroads*



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## WORSHIP FOCUS

### **“Horizontal Habits”**

Following a series on “Vertical Habits”, which explored some practices which strengthen our relationship with God, this Lenten series will focus on practices which strengthen our relationship with one another.

- ◆ Sunday, 2/21: Faith
- ◆ Sunday, 2/28: Praying for Others
- ◆ Sunday, 3/7: Forgiveness
- ◆ Sunday, 3/14: Compassion
- ◆ Sunday, 3/21: Humility
- ◆ Sunday, 3/28: Truth
- ◆ Thursday, 4/1: Service

## LENTEN OUTREACH

Mission is yet another horizontal habit. To keep us focused on this important mark of our personal and communal lives, Lent will give us an opportunity to engage in a number of mission opportunities. Below are events that you can participate in through the church:

- 2/21: One Great Hour of Sharing offering
- 2/28: Church World Service Hygiene Kits
- 3/7: Food Drive; restocking pantry 3/8
- 3/14: Rosie’s Place sandwiches
- 3/21: Cradles to Crayons drive (gently used clothing, books etc). Delivery 3/27

The sixth “event” is more personal - for you to tell us the ways you serve others outside the church. Watch for sign up sheets to list the places where you contribute.

## ADULT LEARNING

### **“Living the Questions”**

Thursdays in March

7:30 PM in the Vogel Room

Facilitators: Pastor Chris and Brian Bayer

In keeping with the theme of Horizontal Habits, these sessions will explore our relationships to others and our responsibilities as a people of faith. Each week a video will be shown around a specific topic, with discussion afterwards.

- 3/4: “Prophetic Jesus”
- 3/11: “Restoring Justice”
- 3/18: “Reclaiming the World”
- 3/25: “Social Justice”

## DEVOTIONS FOR THE HOME

The following devotional aids will be available to take home with you. They can be found on the Hospitality Table in the Parish Hall beginning Sunday, February 14:

### **For Adults:**

- ◆ “Lent in Action: Engaging in Activities Associated with the Season” Magnetic tear-off packet of devotions, with suggested spiritual practices for Lent.
- ◆ “Love That Beckons: Daily Lenten Reflections” by Paula D’Arcy

### **For Children:**

- ◆ “Magnify the Lord”: Lenten Devotions and Activities for Children: A colorful 25 page book of short devotions and interesting Lenten projects for children and parents.

## LABYRINTH WALKS

In the Parish Hall

Through this ancient Christian spiritual practice, experience the labyrinth as a walking meditation and a metaphor for our spiritual journey as individuals and within a community.

### **Ash Wednesday**

Feb. 17 8:15PM

The labyrinth will be available for personal meditation, after the worship service.

### **Kids’ Walk**

Wednesday, March 31 at 4PM

### **Holy Week Open Walks:**

3/29, 3/30, 3/31 & 4/3 (7-9PM)  
4/1 & 4/2 (12-3PM)

Within the vessel of the labyrinth, we give ourselves space for prayer and meditation, and open ourselves to God’s Word and God’s presence. *Please wear comfortable clothing and socks. Shoes must be removed while on the labyrinth, unless needed for medical support.*

## MUSIC

### **Soprano Aliana de la Guardia**

Sunday, 3/7 4PM First Parish of Westwood

A vocal recital by a local rising star soprano.

Tickets: \$10 (\$7/seniors & students)

### **John Rutter’s Requiem**

Sunday, 3/28 3PM Walpole United Church

A special collaboration of the choirs of First Parish of Westwood and Walpole United Church, performing John Rutter’s *Requiem*, with orchestra and guest soloists.