

out to those whose opinions and lifestyles differ from yours? How can you let go of judgment to make room for love?

26 (3/22) -For seven days consume nothing from a "fast food" restaurant. Instead, work with friends and family to prepare meals together, including the menu selection and shopping. Experience the "inconvenience," satisfaction and the sense of community. Try to view the DVD *Supersize Me*.

27 (3/23) - Living simply can be lonely, especially if family and friends do not understand its value and don't cooperate. To empathize with another's loneliness, reach out to someone you do not know, perhaps by inviting that person to supper.

28 (3/24) - Leisure is important, however, excessive leisure is like too much food. Try substituting service - like volunteering to help the disadvantaged - for some leisure. Both service and leisure help us. Service also helps others.

FIFTH SABBATH OF LENT *March 24/25.*

Join with others Saturday at 5 or Sunday at 8:15 or 11:00 for Lenten Worship as well as the Adult Education classes, *The Spiritual Practice of Hospitality and Who is This Jesus Guy, Anyway?* at 9:30 while you children are in Sunday School.

Read Isaiah 43:16-21; Psalm 126; Philippians 3:4b-17; and, John 12:1-8.

29 (3/26) - Reflect on how important your 'self-image' is to you. Recall a time when you went against cultural or social norms. How did you feel?

30 (3/27) - O God, give us wisdom to know when to feast and when to fast, and let both be for the sake of others.

31 (3/28) - Take a walk outside. Reflect on your relationship with nature, God's creation. Do you heal, control or destroy?

32 (3/29) - Try a family meeting each week at the same time, such as Sunday after lunch. When an environment of trust exists, everyone can speak

without fear of ridicule. Write down decisions. Do not rely on memory. During the week, allow any disagreements to cool, if possible, until the next family meeting time. If urgent, call a special meeting.

33 (3/30) - After family meetings, have "family fun time," an hour or so to do something together that's not work. Take turns planning the activity and the treats.

34 (3/31) - Consider using fewer personal care products, like make-up. Or substitute organic make-up that involved no animal testing. Resist the advertisers who try to make you feel inferior so that you'll buy their product. Remember the fifth Life Principle of Voluntary Simplicity: Non-conform freely.

SIXTH SABBATH OF LENT *Palm Sabbath, March 31/April 1*

Join with others Saturday at 5 or Sunday at 8:15 or 11:00 for Lenten Worship as well as the Adult Education classes, *The Spiritual Practice of Hospitality and Who is This Jesus Guy, Anyway?* at 9:30 while you children are in Sunday School.

Read Isaiah 50:4-9; Psalm 31:9-16; Philippians 2:5-11; and Luke 22:14-23:56.

35 (4/2) - Read Luke 19:28-40. Following Jesus' triumphal entry into Jerusalem, he entered the temple to interrupt business as usual. How can you interrupt 'business as usual' in the world today?

36 (4/3) - During Holy Week, Latin Americans identify with their suffering liberator. Christ continues to live, suffer and die in their lives. Does Jesus liberate us from oppression, removing idols that blind us from loving one another? Pray for your sister church in San Jose Costa Rica and their ministry.

37 (4/4) - Spend at least 10 minutes reflecting and praying about what you were able or not able to do this Lent to simplify and transform your life for yourself, for others, for your relationship with God.

38 - Maundy Thursday, April 5. Join with others in the chapel for Maundy Thursday Supper and Communion, 6:30 pm. Read John 13:21-32. In remembrance of the meal Jesus shared with his disciples, strive to eat more simple foods, like whole grain bread.

39 - Good Friday, April 6. Join with others for Good Friday Taize Service, gathering in the part behind our church, 8:00pm with votive candles. Throughout his life, Jesus aligned himself with those who were oppressed. Even in his death, he was on the side of those who suffer injustice. How is Jesus with those who are oppressed today? How can we be on the side of the oppressed?

40 - Easter Eve, April 7, 5:00 p.m., Join with others in the chapel for Easter Vigil service. Jesus' death embarrassed those who valued success. Those few followers who didn't abandon him understood Jesus showed how far love will go to be faithful. What does it mean to die to the old and be born to the new, to be transformed in Christ?

EASTER SUNDAY, April 8. Early in the morning, read Luke 24: 1-35 and remember the 8:15 and 11:00 Easter Celebrations at church, along with the Easter Breakfast, served between 7:30 and 12:30. No Sunday school. Consider by yourself, or discuss with household members, what you have done this year during Lent and what that means for your future as a follower of the risen Lord.



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The Transformative Power of Lent

*A 40 Day Guide for Lent and
Easter, 2007*

Adopted from Published "Alternatives"



Amid the horrors of war, a climate of fear, and many uncertainties of life, we all have an opportunity this Lent to be TRANSFORMED through many aspects of our lives -- our Lenten disciplines, the Earth, our relationships with other peoples, our work for peace, our desire to live more simply and consume less.

During your Lenten daily devotion time, consider using this guide's suggestions for thought or action, individually or as a household. If alone, contemplate the day's thought for at least five minutes in silent meditation. If around a table with others, discuss each day for at least five minutes. What Bible stories does the day's topic bring to mind and heart? Where is God leading you to be transformed?

**ASH WEDNESDAY,
Wednesday, February 21**

1—Join with others at 7:00 pm in the chapel for Service of Ashes and the opening of Lent, 2007. The ashes on our foreheads remind us of our incompleteness, our foibles, our mortality, and the temporary lure of the “things” of our lives. We can't take our possessions, power or prestige with us when we die. This season of Lent let's focus on eliminating the distractions of "stuff," so that we may be free to revel in the meaning given to our lives by our relationships with people, with Creation and with God. How might we be freed for transformation this season?

2 (2/22) -Read Matthew 6:1. What hopes and fears do you have for this Lenten time? Open yourself to learning new ideas, attitudes, actions, habits. Pray for joy to accompany you during this Lenten season.

3 (2/23) -This guide is designed to help us grow in our faith and to develop *a spirituality of cultural resistance* so as to be transformed. Be aware this Lenten time of advertisements that try to make us feel that we will be loved or accepted if we buy a particular product or look a particular way. If we love things, we will feel an emptiness because things cannot love us back.

4 (2/24) -"Where your treasure is, there will your heart be also." (Matthew 6:21.) Where is your treasure?

**FIRST SABBATH OF LENT
February 24/25**

Join with others Saturday at 5 or Sunday at 8:15 or 11:00 for Lenten Worship as well as the Adult Education classes, *The Spiritual Practice of Hospitality and Who is This Jesus Guy, Anyway?* at 9:30 while you children are in Sunday School.

Read Deuteronomy 26:1-11, Psalm 91:1-16, Romans 10:8b-13, and Luke 4:1-13

Weekday 5 (2/26) -"Behold, I am doing a new thing." (Isaiah 43:19) What part of your life is your *wilderness* this Lent? What new thing might you do or perceive this season?

6 (2/27) -Wilderness is not bad. Though it might be risky and survival oriented, it reminds us that we can live with little. It is not a place to be avoided but a special place where "new" things happen.

7 (2/28) -When the spirit "drove" Jesus, into the wilderness it was neither in a limo nor with a whip. Have you ever felt "driven," compelled, "this is something I must do"? Have you ever said, "I must discover myself, my mission in life?" That could well be the urging, prompting, "driving" of the spirit also.

8 (3/1) -Our society constantly tempts us to be wasteful. Practice *creative frugality*. List ten ways in your own life to substitute helpful, conserving habits instead of wasting such resources as food or water.

9 (3/2) - What foods tempt you? Most people in the world have a very limited diet. For a week, eat only locally grown food that is in season. Take note of your menu and budget.

10 (3/3) -What temptations confront you through TV commercials or billboards or other advertisement? Pray for release from the lure.

**SECOND SABBATH OF LENT
March 3/4**

Join with others Saturday at 5 or Sunday at 8:15 or 11:00 for Lenten Worship as well as the Adult Education classes, *The Spiritual Practice of Hospitality and Who is This Jesus Guy, Anyway?* at 9:30 while you children are in Sunday School.

Read Psalm 63:1-8; Isaiah 55:1-9; I Corinthians 10:1-13; and, Luke 13:1-9

11 (3/5) - The desert is a place where we are stripped of distractions. List ten things that are distractions to you this Lenten season and pray

about how to overcome them.

12 (3/6) - For the next three days, turn off your car radio as you travel to and from work. Use this time for quiet reflection. How does this affect your life?

13 (3/7) - Find a wilderness area or green space near your home, at a park or at a reserve. Visit the area with friends or family. While you are there, spend forty minutes in silence opening your mind and heart to God.

14 (3/8) -Cars are idols for many in our culture. Plan to carpool, take public transportation, ride a bike or walk to school or work every day next week. How will this change your life?

15 (3/9) - If Jesus were alive today, would he approve of the large shrines built in his honor? Find out how the money you give to your church is being spent. How does your church serve those in your community who have great needs?

16 (3/10) - Jesus compares Herod to a fox in Luke 13:32. How does Christ seek to protect you from the foxes of the world? Are you willing to be protected?

**THIRD SABBATH OF LENT
March 10/11**

Join with others Saturday at 5 or Sunday at 8:15 or 11:00 for Lenten Worship as well as the Adult Education classes, *The Spiritual Practice of Hospitality and Who is This Jesus Guy, Anyway?* at 9:30 while you children are in Sunday School.

Read Genesis 15:1-18; Psalm 27; Philippians 3:17-4:1; Luke 13:31-35

17 (3/12) - Celebrate your baptism by drinking only water today. Pay attention to how different you may feel than when drinking soda, coffee, or other beverages. How might simple water be transformative for you?

18 (3/13) - People tend to fear what is different or what they do not understand (ideas, people, different cultures, races, ways of life). Think of a

group of people you fear or dislike, and consider what is behind that feeling.

19 (3/14) - In many parts of the world and increasingly in this country, water is becoming more and more scarce. Today limit yourself to bathing with one gallon of water. Reflect on how we waste water in our daily lives.

20 (3/15) - What makes it most difficult for you to repent or to be transformed?

21 (3/16) - What sins have you committed by "long distance" (i.e. by the stocks you own, by the corporate and government policies you have not challenged)?

22 (3/17) - In Isaiah 55:1-2, the prophet proclaims: "Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat!" Do you try to quench your thirst with money, with material things?

**FOURTH SABBATH OF LENT
March 17/18**

Join with others Saturday at 5 or Sunday at 8:15 or 11:00 for Lenten Worship as well as the Adult Education classes, *The Spiritual Practice of Hospitality and Who is This Jesus Guy, Anyway?* at 9:30 while you children are in Sunday School.

Read Joshua 5:9-12; Psalm 32; 2 Corinthians 5:16-21; and, Luke 15:1-32.

23 (3/19) - Greed is a way to false power. There are many ways in which individuals, groups and governments demonstrate greed. List those you can think of. Take action to eliminate one form of societal greed that directly affects you.

24 (3/20) - Become acquainted with a person whom you would normally avoid (because of race, age, class, disability, etc.). Observe over time how your attitude toward that person changes.

25 (3/21) - In Luke 15:1-2, we hear the Pharisees and scribes complaining that Jesus welcomes sinners and eats with them. How can you reach