

19 February 2021

Dear Church family and friends,

Lent, the forty days preceding Resurrection Sunday, began this past Wednesday as we gathered in the sanctuary to celebrate our mortality through repentance and prayer, remembering “from dust we have come, and to dust we will return.” Worship invited us to focus our attention on our acute need of the good gifts God desires us to freely receive--grace, mercy, and forgiveness.

As you are aware by now, our Lenten Sermon series will focus on the themes of the Spiritual Disciplines. These are tried and true practices of Christians throughout history. We will find our exercising of these practices does not bring God closer to us. The practices serve to position us to celebrate God's ever-closeness. The Holy Spirit will be guiding us as we exercise these gifts.

This Sunday, we will focus on the Discipline of Meditation. Christian meditation is somewhat different from Eastern mediation in that we are not intending to “empty our minds” in detachment. More accurately, we set out to detach ourselves from worldly distractions to attach--“fill our minds”-- with the spirit and Word of God in “attachment.” This practice helps lead us to wholeness. Wholeness. That gift of God enabling us to freely give ourselves to God in love and service.

It's my prayer you will benefit from exercising these centuries old spiritual disciplines in your daily practice of them. Our journey is long and trying—yet God is with us more and more conforming us to the image of Christ—the one true lover of our souls.

Make plans to join us in person or online for transformational times together.

Until then stay safe. Keep looking up, in, and out. The best is yet to come.

Shalom!



Pastor Sam