

Produce in us, for us, the possible:
each only-human step toward home lit up.
Help us fulfill what lies within
the circle of our lives: each day we ask
no more, no less.
Animate the earth within us: we then
feel the Wisdom underneath supporting all.
Generate through us the bread of life:
we hold only what is asked to feed
the next mouth.
Grant what we need each day in bread and insight.
Amen.

Neil Douglas-Klotz

Sung Response 467, v. 4-5

*Save us now; save us now; save us now, O Lord.
Give us grace; give us grace; give us grace, O Lord.*

“Grounded In The Spirit”

Worship in Lent 2025

The spiritual practices of the season of Lent
intentionally align the anxiety of our time
with the journey of Jesus toward the cross in his own time.
As he grounded his own actions in fasting, prayer, simplicity,
giving, humility, conviction, and love,
our worship and spiritual life invites us to do the same.

First Sunday in Lent, March 9

Grounded In The Fast — Matthew 6:17
Communion/Blessing the Confirmands/
Liturgy of Washing and Anointing

Second Sunday in Lent, March 16

Grounded In Prayer — Matthew 6:6
Communion/Prayer Stations: Prayer Shawl, Finger Labyrinth,
Prayer Beads, Prayer Journal, and more

Third Sunday in Lent, March 23

Grounded in Simplicity — Matthew 6:19
Communion/Liturgy of Letting Go

Oxfam Hunger Banquet Event

Sunday Afternoon, March 23, 4 - 5:30pm

Tackle hunger, learn about food insecurity globally,
in the US and right here in Shepherdstown
Participating in an Oxfam Hunger Banquet
will be an unforgettable experience!

RSVP today at SPCOxfamHungerBanquet@gmail.com

Fourth Sunday in Lent, March 30

Grounded in Giving — Matthew 6:2-4

Communion/Liturgy of Giving

Fifth Sunday in Lent, April 6

Grounded in Humility — Matthew 6:1

Communion/Memorial Moment/Liturgy of Grounding

Palm/Passion Sunday, April 13

Grounded in Conviction — Luke 19:40

Procession of the Palms

Maundy Thursday, April 17, 7pm

Grounded in Love — John 13:34

Simple Communion

Eucharistic Prayer

The God of Fasting and Feasting is with you.

And also with you.

Lift up your hearts.

We lift them in gratitude for the feast and the fast.

Let us celebrate feasting and fasting
throughout the ages.

Release new life in us as we feast and as we fast.

As the fast becomes a feast

at the table of Jesus, we proclaim:

Feasting dies; Fasting rises; Feasting comes again.

Grant what we need each day in bread and insight:
subsistence for the call of growing life.

Give us the food we need to grow

through each new day,

through each illumination of life's needs.

Let the measure of our need be earthiness:

give all things simple, verdant,

passionate.