

God.
Wow!
Help!
Thank You!
Amen.

Sung Response 467, v. 5

Give us grace; give us grace; give us grace, O Lord.

How is God calling SPC to respond at this moment?

This year marks the onset of dramatically shifting public policies that jeopardize much of our work for radical hospitality, holistic spirituality, and engaged compassion. The Session and church committees are discerning our collective responses, and we seek your ideas on how we, as a congregation, should act in this moment. Results from this survey will contribute to church-wide discussions. Respond by March 24.

Survey link:

<https://docs.google.com/forms/d/e/1FAIpQLSc0vZixCzktPjkSieZl1ljB0kBeInQtooqsdOPqhqtTdVQQa9A/viewform?usp=sharing>

“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.

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

Litany of Letting Go

From the belief that we have to “do it all,” *Release Us.*

From the fear that if we don’t do it, no one will, *Release Us.*

From the tendency to seek inner peace
by controlling our outward environment, *Release Us.*

From the constant urge to “be productive,” even if it means
filling our time with unimportant tasks, *Release Us.*

From the desire to “keep up”
with those around us, *Release Us.*

From the view of busyness as a status symbol, *Release Us.*

From all unnecessary pressure or “shoulds,” *Release Us.*

From impossible or unreasonable expectations
of ourselves and others, *Release Us.*

From false ideas about who we are
or who You are, *Release Us.*

From the fear of asking for what we need, *Release Us.*

From the temptation to equate
our work with our work, *Release Us.*

From all forms of restlessness, *Release Us.*

From any false sense of urgency, *Release Us.*

From our love of comfort and fear of the cross, *Release Us.*

From undue attachment to anything
other than You, *Release Us.*

Eucharistic Prayer

The God of Simple Things is with you.

And also with you.

Lift up your hearts.

We lift them, simply.

Let us celebrate the gift of simplicity
throughout the ages.

Release new life in us as we simplify.

At the table we proclaim:

Simple love dies;

Simple love rises;

Simple love will come again.