

“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.

Ash Wednesday, March 5, 7pm

Sackcloth and Ashes — Isaiah 58:6

Recovering the ancient Hebrew practice of public mourning and humble commitment toward justice, our traditional imposition of ashes will include an opportunity to pin a ribbon of sackcloth on our clothing or place a larger ribbon of sackcloth around our necks. We may continue to wear this symbolic sackcloth throughout the Season of Lent if we wish.

First Sunday in Lent, March 9

Grounded In The Fast — Matthew 6:17

Communion/Blessing the Confirmands/
Liturgy of Washing and Anointing

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First Sunday in Lent, March 9

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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

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

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