

Lent is a season of spiritual renewal when we are invited to reflect on our relationship with God and our relationship with each other and God's creation. As we celebrate the season of Lent at Hope this year, we will be focusing on the disciplines of Lent: Prayer, fasting and alms giving; all of which are meant to help us grow in our relationship with God and with one another.

PRAYER:

Table Prayer Cards: Cards printed with the Lord's Prayer and St. Francis prayer will be available for each family to place on their table. Everyone, especially children are encouraged to memorize both prayers.

Devotion Booklet: The book "A Wondrous Love" will be available for each family to participate in daily devotions.

Burden Box: Starting Ash Wednesday we will again have a "Burden Box" sitting on the table in the back of the worship room. Cards are in the box and you are invited to write down a burden that you are carrying and leave it in the box either signed or unsigned. As you leave worship pick up another's burden card, read it and pray for them either for the next week when you bring it back and exchange it for another or keep the original card and pray for that burden during the entire season of Lent. Bring it back to the Easter Vigil service and all burdens will be burned in the bonfire at the Easter Vigil. Detailed instructions are available next to the Burden Box.

Faith Stories: We hope to have one personal faith story shared at each of our Sunday and Wednesday services during the season of Lent. The stories will focus on personal experiences of "God's Work - Our Hands" and/or stories of healing/hope following tragedy and the experience of hopelessness.

Personal Prayer: During the season of Lent Pastor Franzenburg will be available at the baptismal font at the back of the church for personal prayer during the distribution of Holy Communion. Communion will be at the rail, kneeling as one is able. Communion will be distributed by assistants. We will communion using wafers during Lent.

GIVING:

Cup of Blessing: Each family is encouraged to place "A Cup of Blessing" on their table next to their 'Table Prayer Card' and place in it a special offering each day for a blessing God has given them. At the end of the month, the cup of blessing will be received as part of our "One Bread One Body" offering for "Heart of Iowa". Weekly non-designated loose offerings will also be used for this purpose.

Quarter Tower: We will continue our collection of quarters during the season of Lent. Our goal is to raise \$600 which will be matched by Thrivent and we will be able to pack enough meals for 5000 people. The date set for this is May 19th. The Outreach committee is committed to raising \$300 of the \$600.

FASTING:

The purpose of fasting is to increase your hunger for God. When you go without food for a day, you feel the hunger and are reminded of your relationship with God. But food is not the only possibility for fasting. One could also fast from a bad habit such as complaining, criticizing, or cut back on "screen time" and 'tune-in' to relationships.

Worship:

Ash Wed. March 6	Imposition of Ashes - remembering our humanity and brokenness Confession and Absolution Holy Communion Story of Healing and Hope - Sharon Boardman
Lent I March 10	Jesus' Temptation - How and when are we tempted? Sunday Worship: Story of Healing and Hope - Clet Moser When have you given in to temptation? How and when have you resisted temptation?
March 13	Wednesday Worship: Jesus' temptation continued Story of healing and hope: Paige Orr
Lent II March 17	Jesus' Lament for Jerusalem When has Jesus wanted to 'gather you in'? Have you resisted? What gives you peace, comfort and hope?
March 20	Story of the Good Samaritan Woman When have you felt you were lost in the wilderness? What are the scripture passages or prayers you turned to in the wilderness Story of Healing and Hope - Amanda Fay
Lent III March 24	Parable of the Fig Tree Luke 13:1-9 When has repentance led to new life? When has the lack of repentance destroyed life or relationships?
March 27	The story of the crippled woman Luke 13:10-13 What are the burdens that weigh you down and bend you over? Story of Healing and Hope -
Lent IV March 31	Story of the Prodigal Son - Waiting Father Luke 15:11-32 What has shaped you so much that it comes to consciousness even when you do not summon it.
April 3	Story of the Lost Sheep Luke 15:1-7 When have you been lost? How were you found you? Are there people in the wilderness we are called to minister to?
Lent V April 7	Mary anoints Jesus John 12:1-8 What unexpected and extravagant act of love can you perform today?
April 10	Jesus response to extravagant love? John 12:1-8 continued How can you be a gift to others?
Passion/Palm Sunday	Procession of Palms St. Luke's Passion Story - dramatic monologue Procession of the Cross

THE THREE DAYS
April 18,19,20

The services are designed to be one liturgy, best experienced together, coming back night after night.

Mauudy Thursday

Confession and Absolution
Foot Washing
Holy Communion
Stripping of the Altar

Good Friday

St. John's Passion Story - Choral Reading
Procession of the Cross
Liturgical Prayer Dance
Bidding prayer at the foot of the cross

Easter Vigil

New Fire - service begins outside with bonfire.
Old Testament readings of Salvation
Baptism of Ella Grim, daughter of Mike and Tonya
Reception of new members
First Eucharist of Easter