

## A Spiritual Journey from Ashes and Back by Pastor Kun Sang Cho

The Season of Lent begins in February. Lent is a liturgical season lasting for forty days (not counting Sundays) beginning each year on Ash Wednesday and ending on Holy Saturday. This year, Ash Wednesday falls on February 17<sup>th</sup>.

The word "Lent" comes from the Anglo-Saxon word *Lenten*, which means "spring." Lent is a season of preparation for celebrating Easter. Historically, Lent began as a period of fasting and preparation for baptism by converts. Later, it became a time of penance for all Christians. On the first Sunday of Lent we reflect on Jesus's temptation by Satan. On the last Sunday of Lent, Palm Sunday, we celebrate Christ's triumphal entry into Jerusalem and his subsequent passion and death.

As we did last year, we will celebrate the Lenten season with special Wednesday evening services for seven weeks. The theme of the seven-week Wednesday series will be "A Spiritual Journey from Ashes and Back." During these seven weeks we will reflect upon the Parable of the Prodigal Son.

The Parable of the Prodigal Son is the longest parable of Jesus and one that Our Lord used as a main theme of His gospel. This parable traces the spiritual journey of the lost son who returns home; it is a journey that we all may have experienced.

During Lent I will be using the books of Henri Nouwen as a source for reflection, prayer, and meditation. Nouwen was one of the most influential spiritual writers of the past century. His books "The Return of the Prodigal Son" and "Home Tonight" reflect upon the story of the Prodigal Son in the Bible, as well as the famous Rembrandt portrait, "The Return of the Prodigal Son." At a time when Nouwen was seeking God's love and forgiveness he encountered Rembrandt's famous painting.

During the Lenten season I would like to lead participants through a spiritual journey from a state of ashes to a return to God. One of our deepest needs is to be in communion with God, to belong to God, to be in a right and loving relationship with God. We will set seven stages for each Wednesday, spanning the stages of life from being lost to being found. We will use the image of The Prodigal Son as an icon to reflect and meditate, and by doing so we may enjoy a rich experience of God's grace.

May God's grace, which leads us from fear to love, be with you all throughout the Lenten season!





Please pray for:

Donna Cool (general health)

Doug Brenneman (deployed to the Middle East)

Gene Dieters (deployed to the Middle East)

Dusty Wall (stomach cancer)

Duane & LuAnn Wall

Cheryl & Virgil Brenneman (general health)

Ann Willis (general health)

Please call Donna Cool at 635-0276 to start an item on the prayer chain



Starting Sunday, February 7 there will be an adult Sunday School class at 9:30 in the upper fellowship hall. This will be a 12 week class on 1 Corinthians taught by Jeff Hildreth. The lessons will come from the book “1 Corinthians—The Challenge of Life

Together” by Paul Stevens & Dan Williams. Please plan to join us.

**Thank you to Penny Franz and Connie Fournier who started heating food and getting set up for our potluck on Jan 17. Thanks to Connie, Jeff and Vicky Hildreth for setting up tables and giving us a cheerful atmosphere. Also thanks to Jeff H for providing the chicken. Thanks also to Sun Cho who was busily doing dishes and to Joyce Allman, Christopher Love and Shirley Stuart for cheerful clean up. If I missed anyone I apologize but thank you too.**

**Bonnie Carley**

From the outreach committee -

Please remember to bring items for our adopted soldiers. Cards and letters and small items such as stamps, stationary, or non perishable food items are welcome.

Please put these items in the box by the back door to be boxed up and shipped to our soldiers in the Middle East.

Please think about writing a note to the soldiers—it doesn't have to be long—just “thank you” or “we are praying for you”.



## UMW News

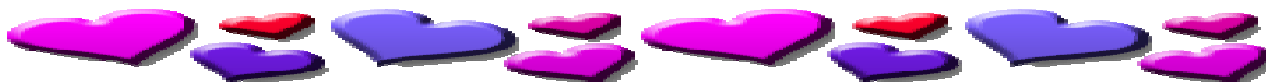
**The next meeting will be Thursday, February 25 at 7 p.m. All women of the church are invited to attend.**



## LOVE FEAST - FEBRUARY 14 - VALENTINE'S DAY

The Worship Committee would like to invite you to celebrate Valentine's Day with a Love Feast at Faith Church. This will be the focus of the Worship Service, which will be followed by a lasagna dinner for all. Please plan to bring the special people in your life and celebrate with us. In order to help us with our planning, please sign up on the sheet in the back of the church or call the church office to let us know you are coming.

A free will offering will be taken to offset the cost of the food.



## Please Join Us For Lenten Services

Wednesdays

7:30 p.m.



February 17-

March 24

Although it seems as though Advent and Christmas just passed, we find the Lenten Season and Easter quickly approaching. Are you spiritually ready for your Lenten journey to arrive at the glory and promise of Easter? Please plan to take that journey with us at Faith Church, beginning with Ash Wednesday February 17, and continuing on Wednesdays through March 24. At these services, as well as during regular Sunday worship, we will be contemplating our spiritual journey. We will celebrate Holy Week with a special Palm Sunday service on March 28 and a meaningful Good Friday service on April 2. Our journey will culminate in a joyous Easter celebration on April 4. Please plan to join us! Elsewhere in this newsletter are some ideas to help you 'Connect Worship and Daily Living in Lent'. Please look this over and consider using it for your personal preparation for Easter.

**Can't make it to church, but you would still like to donate?  
You can now donate to our church using PayPal on the web-  
site. [www.faithcheyenne.org](http://www.faithcheyenne.org) and click on the PayPal link!**

Have you added the following sentence to your will?

After all my bills are paid, I want 10% of my estate (a tithe) to go to Faith United Methodist Church.

**CONNECTING WORSHIP AND DAILY LIVING IN LENT**

Lent is a time to prepare for Easter. It is a necessary prelude. The death and resurrection of Christ are true whether or not I prepare for Easter. However, without my heart and life being ready, I may not experience the depth and power of Christ's death and resurrection. So with my brothers and sisters, I commit myself to disciplines for conversion from sin and death to love and life in Jesus Christ. With the aid of the list below, I make the following commitments to discipline and growth for the next six weeks:

*(Check the disciplines you initially desire or feel prompted to do, then circle the ones you commit to do.)*

**Inward and Personal Disciplines**

- \_\_\_\_\_ Spend time in solitude each day.
- \_\_\_\_\_ Share in the Lenten Series on Wednesday evenings.
- \_\_\_\_\_ Read a book for inner growth.
- \_\_\_\_\_ Focus on thanksgiving, rather than on asking, in prayer.
- \_\_\_\_\_ Give myself a gift of three hours to do something I always say I don't have time to do.
- \_\_\_\_\_ Find a way to go to bed earlier or sleep later so I get enough rest.
- \_\_\_\_\_ Make a list of people with whom I need to be reconciled. Pray for them and let Jesus guide me in my thinking and feeling toward them.
- \_\_\_\_\_ Go to all of the Holy Week services as an act of love and waiting with Jesus.
- \_\_\_\_\_ Take one hour to inventory my priorities and plan how I will reorder them.
- \_\_\_\_\_ Forgive someone who has hurt me.

**Outward and Social Disciplines**

- \_\_\_\_\_ Plan to visit a shut-in neighbor or church member.
- \_\_\_\_\_ Write a letter of affirmation to a person who has touched my life.
- \_\_\_\_\_ Go to coffee or dinner with someone I want to know better.
- \_\_\_\_\_ Say a NO to something that is a waste of money and/or time.

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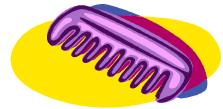
- \_\_\_\_\_ Rebuke the spirit of criticism.
- \_\_\_\_\_ Be open and responsive to Christ=s call to a ministry of service.
- \_\_\_\_\_ Begin to recycle waste from my home and/or workplace.
- \_\_\_\_\_ Find a way to live out the baptismal promise to Aresist evil, injustice, and oppression@.

Keep this list as a reminder of your commitments in the coming weeks.

**\_ Have a Blessed Lenten Season \_**



**HOW CAN YOU HELP?? - PROVIDE UMCOR HEALTH KITS!!**



For people who are feeling powerless in being able to help those suffering from the devastation caused by the earthquake in Haiti, providing health kits through The United Methodist Committee on Relief (UMCOR) is a tangible way you can make an immediate difference. Faith Church will be collecting health kits during the next few weeks and mailing them to an UMCOR relief depot the first week in March.

UMCOR requests that the following NEW items be placed in a sealed one-gallon plastic bag. Because the emergency kits are carefully planned to make them usable in the greatest number of situations, and strict rules govern product entry into international countries, UMCOR requests that the kits contain ONLY THE REQUESTED ITEMS - nothing more.

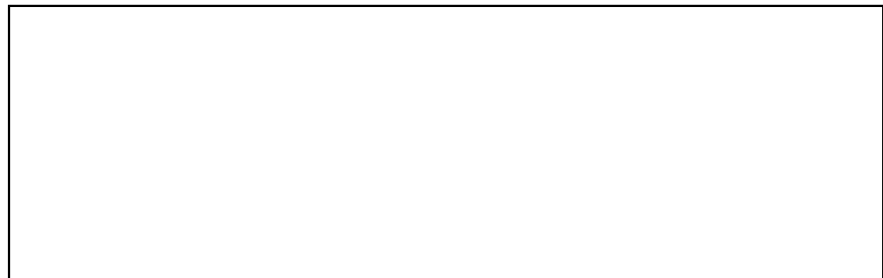
- 1 hand towel (15"x25" up to 17"x27") - No kitchen towels
- 1 washcloth
- 1 comb (large and sturdy, not pocket-sized)
- 1 nail file or fingernail clippers (no emery boards or toenail clippers)
- 1 bath-size bar of soap (3 oz. and up)
- 1 toothbrush (single brushes only in original wrapper, no child-size brushes)
- 6 adhesive plastic strip sterile bandages
- \$1.00 to purchase toothpaste (purchased in bulk by UMCOR to be added to health kits to ensure the product does not expire before the kits are sent)

*There will be a donation box in the church sanctuary for the kits. Please consider helping!*

**Four things you can't recover:**

- The stone.....after the throw.
- The word.....after it's said.
- The occasion.....after it's missed.
- The time.....after it's gone.

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# February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>*Juliana Taylor</i>	2	3 Noon-prayer lunch <i>*Dorothy Sherard Vicky Hildrith</i>	4	5	6
7	8	9	10	11 <i>*Dick Hansen 7 p.m. Board meet-</i>	12	13
14 <i>**Ben &amp; Linda Arioso Love Feast</i>	15 <i>*Doris Ward</i>	16	17 <i>Noon prayer lunch 7:30 Ash Wednesday</i>	18	19	20
21	22	23	24 <i>Noon prayer lunch 7:30Lent service</i>	25 <i>7 p.m. UMW</i>	26	27 <i>*Christopher Love Fred Hankel</i>
28						