

# LENT 2023 AT ST. ANDREW'S: GIVING UP OUR MISERY FOR LENT

## Worship

"Life is suffering," as the saying goes. None of us gets out of this alive! Life causes both joy and pain, and not a single one of us can avoid it. But while life causes pain, I am discovering that I make myself miserable. I do that by worrying about worst-case possibilities, re-playing painful scenes in my mind, obsessing over mistakes and hurts. We can't do anything about the pain life sends - but perhaps we can avoid making ourselves miserable.

This Lent we'll explore the world of spiritual healing: how our misery-making "stinking thinking" might be healed, as we find the depth of our own Christian spirituality. We'll be looking at the 12 Steps of Alcoholics Anonymous as an example of practical, healing spirituality.



## Events

- » **February 21, 5-7 PM: Shrove Tuesday Pancake Supper**
- » **Fridays through Lent: Fish suppers at the Catholic Church!**
- » **Wednesday Evenings during March:**  
Online book study with the Being Good Relations Network.  
We will be reading & discussing Chelsea Vowel's informative & funny book, "Indigenous Writes." Please register by Sun. Feb 26 at:  
<https://form.jotform.com/230226266033042>
- » **Thursday Evenings, March 9,16,23,30:**  
Online discussion group to follow up on worship themes.  
(Zoom link available on Sundays at worship and by calling or emailing the church office:  
[office@lacombeunitedchurch.ca](mailto:office@lacombeunitedchurch.ca))
- » **Sunday March 12: PIE day worship!**
- » **March 25: St. Andrew's is hosting a Kairos Blanket Exercise**  
More information to come about times & registration.
- » **April 7, 7PM: Good Friday worship**



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## Recommended Practice:

### » Centering Prayer:

(go to <https://www.contemplativeoutreach.org/centering-prayer-method/> for an introduction to the practice)

### » Spiritual Friendship:

If you are finding these themes challenging, or interesting, it often helps to talk it over with a trusted friend. Maybe set up a regular walk-and-talk, or coffee conversation? A useful question I've used is "how is it with your soul?"

### » Blessing Break:

Take a moment in your day reflecting on the words of a blessing. Every week during Lent a different blessing will be shared at worship and digitally on the online platforms.

## Recommended Reading:

### » *Breathing Under Water* by Richard Rohr

### » *Patrix* by Nadia Bolz-Weber

### » *New Seeds of Contemplation* by Thomas Merton (this is not an easy book)

