

SPIRIT OF GRACE
LUTHERAN-METHODIST CHURCH
INVITES YOU TO JOIN US FOR

Lent 2023

CONTEMPLATION IN COMMUNITY

FEBRUARY 22ND – APRIL 7TH

Sundays at 8:30am
*Contemplative & Creative Prayer Practices
with Pastor Miranda*

Sundays at 10am
Worship Service

Wednesdays at 5:15pm
Soup, Study, & Holden Evening Prayer

1140 TUCKER ROAD, HOOD RIVER, OR 97031



CONTEMPLATIVE & CREATIVE
PRAYER PRACTICES

SUNDAYS AT 8:30AM

Join Pastor Miranda on Sunday mornings in Lent to explore ways to deepen our prayer life through contemplative prayer: immersive and creative forms of communing with the Divine, with ancient roots from around the world.

FEBRUARY 26TH

An Introduction to Contemplative Prayer

MARCH 5TH

Reflection: Prayer of Examen & Lectio Divina

MARCH 12TH

Grounding: Making & Using Prayer Beads

MARCH 19TH

Movement: Labyrinths & Walking

MARCH 26TH

Art: Praying in Color



MIDWEEK LENTEN GATHERING

SOUP, STUDY, & HOLDEN EVENING PRAYER

Come and gather on Wednesday evenings in Lent for a simple meal of soup and bread, while we engage in a scripture discussion together, exploring the meaning and importance of wilderness stories throughout the Bible. The meal and discussion will be followed by a contemplative evening prayer service.

5pm - Set-up + Gathering

5:15pm - Soup Super Served

5:30pm - Scripture Study

6:15pm - Holden Evening Prayer

MARCH 1ST - ABRAHAM

MARCH 8TH - HAGAR & ISHMAEL

MARCH 15TH - MOSES

MARCH 22ND - THE ISRAELITES

MARCH 29TH - ELIJAH

APRIL 5TH - JESUS

SPECIAL SERVICES

Ash Wednesday

6:00PM

WEDNESDAY, FEBRUARY 22ND

As we begin the 40-day journey of Lent, we gather for worship to receive the imposition of ashes and be reminded not only of our mortality and connection to all of creation, but also the reconciliation journey Christ leads us on as we return to God once more.

Good Friday

7:00PM

FRIDAY, APRIL 7TH

We gather on this solemn night for our service of darkness (Tenebrae) to recall the Passion Narrative, reminding us of Christ's humble journey to the cross. We remember both the pain of this story as well as the promised hope of new life that we know will be fulfilled.

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