

# St. Paul's Lutheran Church

Crookston, MN

February 15<sup>th</sup>, 2026 Transfiguration of Our Lord



# SUNDAY WORSHIP SERVICE

*February 15<sup>th</sup>, 2026*

*Transfiguration of Our Lord*

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## WELCOME/ANNOUNCEMENTS/SHARING THE PEACE

### OPENING WORDS/CALL TO WORSHIP

The Holy One is our sovereign. Let us praise God's great and awesome name! Mighty ruler, lover of justice, you have established fairness among us. **Thanks be to God!**

### CONFESSiON AND FORGIVENESS

Trusting in God's steadfast love, let us confess our sin. *Silence is kept for reflection.*

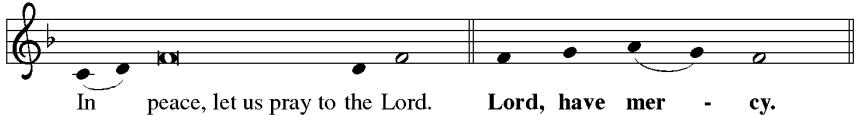
**Glorious God, you are all wisdom and a lamp to our feet, yet we fail to listen to you and neglect to follow your guidance. Forgive us, heal us, and lead us on, that we may walk in your ways and be happy in your refuge; in Jesus, our Christ we pray. Amen.**  
The good news of our faith is this: if we call upon God we will be answered and forgiven. That promise gives us peace and joy; let us share that peace and joy with one another. **Thanks be to God!**  
**Amen.**

### HYMN: 834 Immortal, Invisible, God Only Wise

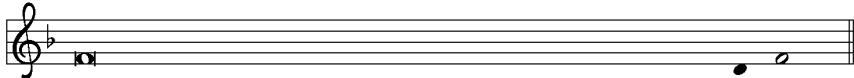
### GREETING (p. 203)

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. **And also with you.**

## KYRIE (p. 138)



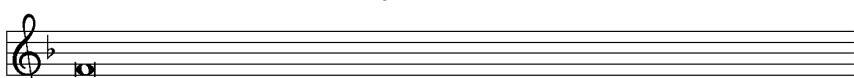
In peace, let us pray to the Lord. Lord, have mercy.



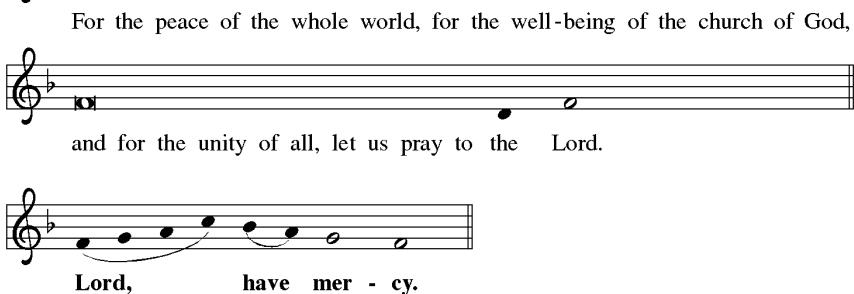
For the peace from above, and for our salvation, let us pray to the Lord.



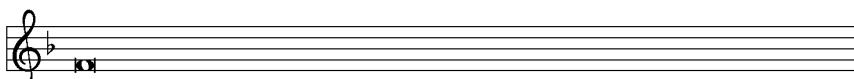
Lord, have mercy.



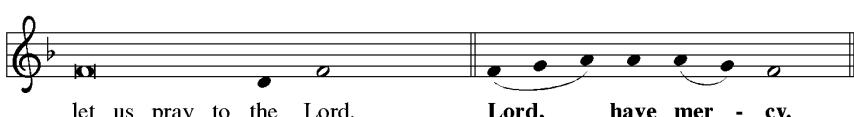
For the peace of the whole world, for the well-being of the church of God, and for the unity of all, let us pray to the Lord.



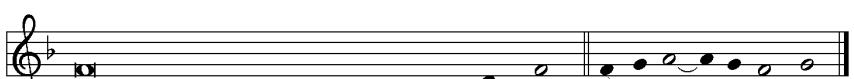
Lord, have mercy.



For this holy house, and for all who offer here their worship and praise, let us pray to the Lord.



Lord, have mercy.



Help, save, comfort, and defend us, gracious Lord. Amen.

## CANTICLE OF PRAISE (p. 140)

*Refrain*

This is the feast of victory for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 1 Wor - thy is Christ, the Lamb

who was slain, whose blood set us free to be peo - ple of God.

*Refrain*

This is the feast of victory for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 2 Pow - er, rich - es, wis - dom, and

strength, and hon - or, bless - ing, and glo - ry are his.

*Refrain*

This is the feast of victory for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 3 Sing with all the peo - ple of

God, and join in the hymn of all cre - a - tion: Bless - ing, hon - or,

glo - ry, and might be to God and the Lamb for - ev - er. A - men.

*Refrain*

This is the feast of victory for our God. Al-le - lu - ia,



al - le - lu - ia, al - le - lu - ia. 4 For the Lamb who was



*Final refrain*



This is the feast of vic - to - ry for our God.



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

## PRAYER OF THE DAY

**God of majesty and might, you have blessed us with revelations of your glory. Give us the gift of faith, that we may hear your voice for ourselves and see Jesus Christ revealed to us that we may stand on our own without fear. Amen.**

## SPECIAL MUSIC Sunday School “Love, Love, Love”

### First Reading: Exodus 24:12-18 (CEB)

*At Mount Sinai, Moses experienced the presence of God for forty days and forty nights. The “glory of the Lord” settled on the mountain, and on the seventh day God called out to Moses. On the mountain God gave Moses the stone tablets inscribed with the ten commandments.*

<sup>12</sup> The Lord said to Moses, “Come up to me on the mountain and wait there. I’ll give you the stone tablets with the instructions and the commandments that I’ve written in order to teach them.”

<sup>13</sup> So Moses and his assistant Joshua got up, and Moses went up God’s mountain. <sup>14</sup> Moses had said to the elders, “Wait for us here until we come back to you. Aaron and Hur will be here with you. Whoever has a legal dispute may go to them.”

<sup>15</sup> Then Moses went up the mountain, and the cloud covered the mountain. <sup>16</sup> The Lord’s glorious presence settled on Mount Sinai,

and the cloud covered it for six days. On the seventh day the Lord called to Moses from the cloud. <sup>17</sup> To the Israelites, the Lord's glorious presence looked like a blazing fire on top of the mountain. <sup>18</sup> Moses entered the cloud and went up the mountain. Moses stayed on the mountain for forty days and forty nights.

## **Psalm: Psalm 2**

<sup>1</sup> Why are the nations in an uproar?

Why do the peoples mutter empty threats?

<sup>2</sup> **Why do the kings of the earth rise up in revolt, and the princes plot together,**

**against the Lord and against the Lord's anointed?**

<sup>3</sup> "Let us break their yoke," they say;

"let us cast off their bonds from us."

<sup>4</sup> **God whose throne is in heaven is laughing;**  
**the Lord holds them in derision.**

<sup>5</sup> Then in wrath God speaks to them,

and in rage fills them with terror.

<sup>6</sup> **"As for me, I have anointed my king**  
**upon Zion, my holy mountain."**

<sup>7</sup> Let me announce the decree of the Lord,  
who said to me, "You are my son; this day have I begotten  
you.

<sup>8</sup> **Ask of me, and I will give you the nations for your**  
**inheritance**

**and the ends of the earth for your possession.**

<sup>9</sup> You shall crush them with an iron rod  
and shatter them like a piece of pottery."

<sup>10</sup> **And now, you kings, be wise;**  
**be warned, you rulers of the earth.**

<sup>11</sup> Submit to the Lord with fear,  
and with trembling bow in worship;

<sup>12</sup> **lest the Lord be angry, and you perish in a sudden blaze of**  
**wrath.**

**Happy are all who take refuge in God!**

## Second Reading: 2 Peter 1:16-21 (CEB)

*At the transfiguration, God's voice was heard, declaring Jesus to be the beloved Son. By the activity of the Holy Spirit, God's voice continues to be heard through the word of scripture.*

<sup>16</sup>We didn't repeat crafty myths when we told you about the powerful coming of our Lord Jesus Christ. Quite the contrary, we witnessed his majesty with our own eyes. <sup>17</sup>He received honor and glory from God the Father when a voice came to him from the magnificent glory, saying, "This is my dearly loved Son, with whom I am well-pleased." <sup>18</sup>We ourselves heard this voice from heaven while we were with him on the holy mountain. <sup>19</sup>In addition, we have a most reliable prophetic word, and you would do well to pay attention to it, just as you would to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts. <sup>20</sup>Most important, you must know that no prophecy of scripture represents the prophet's own understanding of things, <sup>21</sup>because no prophecy ever came by human will. Instead, men and women led by the Holy Spirit spoke from God.

## GOSPEL ACCLAMATION

Al - le - lu - ia. Lord, to whom shall we go? You have the

words of e - ter - nal life. Al - le - lu - ia. Al - le - lu - ia.

*Before: The holy Gospel according to Matthew. Glory to you, O Lord.*

## Gospel: Matthew 17:1-9 (CEB)

*Shortly before he enters Jerusalem, where he will be crucified, Jesus is revealed to Peter, James, and John in a mountaintop experience of divine glory called the transfiguration.*

<sup>1</sup> Six days later Jesus took Peter, James, and John his brother, and brought them to the top of a very high mountain. <sup>2</sup> He was

transformed in front of them. His face shone like the sun, and his clothes became as white as light.

<sup>3</sup> Moses and Elijah appeared to them, talking with Jesus. <sup>4</sup> Peter reacted to all of this by saying to Jesus, “Lord, it’s good that we’re here. If you want, I’ll make three shrines: one for you, one for Moses, and one for Elijah.”

<sup>5</sup> While he was still speaking, look, a bright cloud overshadowed them. A voice from the cloud said, “This is my Son whom I dearly love. I am very pleased with him. Listen to him!” <sup>6</sup> Hearing this, the disciples fell on their faces, filled with awe.

<sup>7</sup> But Jesus came and touched them. “Get up,” he said. “Don’t be afraid.” <sup>8</sup> When they looked up, they saw no one except Jesus.

<sup>9</sup> As they were coming down the mountain, Jesus commanded them, “Don’t tell anybody about the vision until the Human One is raised from the dead.”

*After:* The Gospel of the Lord. **Praise to you, O Christ.**

## **CHILDREN’S MESSAGE**

## **SERMON “Beyond the Shrine: From Maintenance to Mission”**

### **HYMN: 315 How Good, Lord, to Be Here! (alt tune)**

### **APOSTLES’ CREED (p. 105)**

**I believe in God, the Father almighty, creator of heaven and earth.**

**I believe in Jesus Christ, God’s only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.**

**I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

## **INSTALLATION OF CHURCH COUNCIL**

### **PRAYERS OF INTERCESSION**

Each petition concludes: Lord, in your mercy; **Hear our prayer.**

### **OFFERING**

Our God has revealed to us a law and a love that leads us into becoming God's own daughters and sons. Therefore, let us gratefully give from that which has first been given to us, our lives, our talents, and our possessions.

#### **Offering Song: #186 Create in Me a Clean Heart**

**Offering Prayer: God of mountaintops and valleys, be our vision of you clouded or brilliantly clear, we faithfully add our gifts to those being given all around us. Bless these offerings that they may be transfigured into your presence in the world.**  
**Amen.**

### **GREAT THANKSGIVING / HOLY, HOLY, HOLY (p. 144)**

The Lord be with you.

**And also with you.**

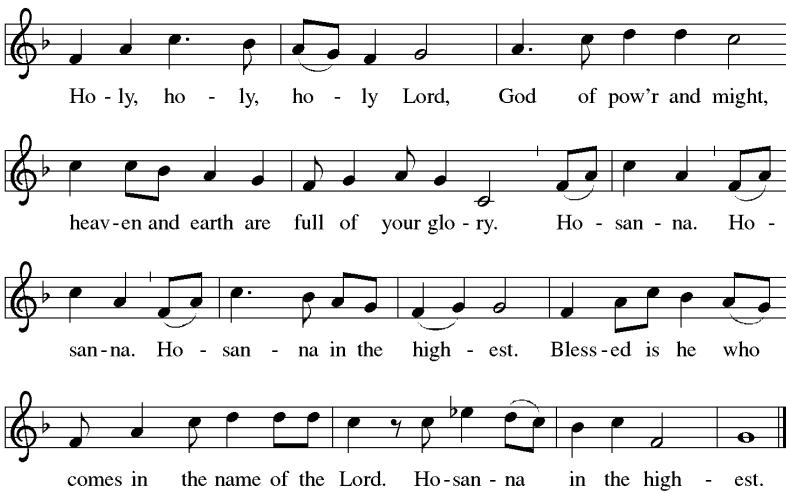
Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

Creating and liberating God, you called your people into covenant with you and sealed your trust with Moses on the mountain; you called your people back to that covenant through your prophets and spoke in a still small voice to Elijah on a mountain. Then, in your Son Jesus, on a mountain you stood between the Law and the Prophets and revealed the radiance of your gospel. On Calvary's hill your Son redeemed us by the blood of your new covenant, and on the mountain in Galilee he ascended to your right hand on high. And so we gladly thank you, celebrating your glory with angels and archangels, and all the company of heaven, dazzled by your face and singing the hymn of your unending praise.



## **WORDS OF INSTITUTION/EUCHARISTIC PRAYER (p. 145)**

...Great is the mystery of faith.

**Christ has died; Christ is risen; Christ will come again.**

### **THE LORD'S PRAYER (p. 145)**

**Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. For thine is the kingdom, and the power, and the glory, Forever and ever. Amen.**

### **LAMB OF GOD (p. 146)**

Here is the Lamb of God who takes away the sin of the world!

Come to the table; taste and see. Let us sing:

Lamb of God, you take a - way the sin of the world; have  
 mer-cy on us. Lamb of God, you take a-way the sin of the  
 world; have mer - cy on us. Lamb of God, you take a - way the  
 sin of the world; grant us peace.

## COMMUNION DISTRIBUTION

*All baptized Christians are welcome to receive Holy Communion. Each group at the altar rail will be dismissed with a blessing. Please give a family Communion card to an usher. Please follow the guidance of the ushers as you come forward to receive the Lord's Supper.*

**Distribution Hymns: 838 Beautiful Savior,  
661 I Love to Tell the Story**

## PRAYER AFTER COMMUNION

Radiant God, we have seen your glory in the face of Jesus Christ. In the sacrament of his body and blood you have drawn us to your heart. Send us from this table with delight, that our lives may reflect the beauty of your love, and bear witness to all we have seen and heard, through Jesus Christ, our Savior and Lord. **Amen.**

## BLESSING

Now the self-revealing God be a lamp on your way as the day dawns and rises within you. **Amen.**

## HYMN: 314 Arise, Your Light Has Come!

## CHARGE

Christ has been revealed to us that we might follow him and transform the world. Go in love; work for peace. **Thanks be to God.**

# SUNDAY BULLETIN

St. Paul's Lutheran, Crookston, MN

**February 15<sup>th</sup>, 2026**

**Transfiguration of Our Lord**

## INTRODUCTION TO THE DAY

Today's festival is a bridge between the Advent-Christmas-Epiphany cycle that comes to a close today and the Lent-Easter cycle that begins in several days. On a high mountain Jesus is revealed as God's beloved Son, echoing the words at his baptism. This vision of glory sustains us as Jesus faces his impending death in Jerusalem. We turn this week to Ash Wednesday and our yearly baptismal journey from Lent to Easter. Some churches put aside the alleluia at the conclusion of today's liturgy. This word of joy will be omitted during the penitential season of Lent and will be sung again at Easter.

## PRAYER LIST

### *For those who need healing in body, mind, or spirit:*

Julie Love	Eunice Sondrol	Judy Luettjohann
Darleen Jackson	Katie Bakken	Julian Bertils
Marlo Moren	Evie Gunderson	Nancy Eia
Mike Ophus	Loiland family	Dale Cameron
Dale Knotek	Nash Erdman	Barb Erdman
Mark Peterson	Lenny Devos	Glorrayne Casmey
Lucile Torkelson	Delores Sandager	Carol Chaffee
Kari L Trudeau	Stuart Hanson	Bev Montieth
Trevin Monahan	Dale Anderson	

**For our missionaries:** Steve & Kelly Solheim  
City of oy Rwanda

**For our servicemen:** Brandon Johnson      D.J. Brace

***Please keep them in your prayers this week.***

If you have prayer requests, please contact the church office at 218 281-3638 or our prayer chain coordinator, Marian Bakken: (h) 218-281-1584, (c) 218-275-3143, [mariankbakken@gmail.com](mailto:mariankbakken@gmail.com).

## MISSION

### To bring the Gospel of Jesus Christ to all people

1214 University Avenue – Crookston, Minnesota 56716

Website: [stpaulscrookstonmn.com](http://stpaulscrookstonmn.com)

facebook.com/stpaulscrookstonmn

Phone: 218-281-3638

Email: [stpauls@midconetwork.com](mailto:stpauls@midconetwork.com)

Ministers

St. Paul's members

Council President

Anna Peterson

Pastor

Rev. Curt Peterson

Organist

Mary Ann Knotek

Webmaster

Anna Peterson

Treasurer

Betty Arvidson

Financial Secretary

Kathie Barnes

Custodian

Marilyn Flateland

Administrative Assistant

Tammy Frohlich

### THANK YOU TO THOSE SERVING TODAY!

Usher

Kathie Barnes and Dale Anderson

Communion Server

Carol Johnson

Scripture Reader

Loren Johnson

Acolyte

Colton Tronnes

Altar Guild

Ingrid Remick

Offering Counters

Kathie Barnes and Penny Blokzyl

Livestream

Anna Peterson

Fellowship

Loren and Carol Johnson

### FEBRUARY WORSHIP SERVICES TEAM

Thank you February Worship Team for serving this month!

**The Wonderful March Service Team is up next! Please sign up on the bulletin board form; the sooner the better. ☺**

Jeffrey and Ingrid Remick

Carol Chaffee

Dwain and Kirsten Fagerlund

Kathy Normandin

Richard and Denise Niemela

Cole and Kelli Bertils

Mark and Anna Peterson

### SCRIPTURE READINGS FOR NEXT WEEK

Genesis 2:15-17; 3:1-7

Psalm 32

Romans 5:12-19

Matthew 4:1-11

**Readings for February 22<sup>nd</sup>, 2026**

**First Sunday of Lent**

## THIS WEEK'S EVENTS

**Office Hours: Monday - Thursday: 9am- 2pm**

**Please leave a message after 2 pm on the answering machine/drop something in the mailbox (north side of building)/call ahead. Pastor Curt is usually in the building but may be out on other church business. Worship via Facebook: [facebook.com/stpaulscrookstonmn](https://facebook.com/stpaulscrookstonmn)**

### ***Sunday, February 15***

8:45 am	<b>Transfiguration of Our Lord</b>
10:00 am	Sunday School/Adult Bible Study
11:00 am	Worship and Communion
6:30 pm	Fellowship
	Women's Book Read

### ***Monday, February 16***

8:30 am	<b>LWR Quilting</b>
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### ***Tuesday, February 17***

7:00 am	<b>Men's Coffee Fellowship</b>
9:30 am	<b>Joanna Naomi Circle</b>
1:30 pm	<b>Lydia Rachel Circle</b>
7:00 pm	<b>AA</b>

### ***Wednesday, February 18***

### ***Ash Wednesday***

5:15 pm	<b>Lenten Supper</b>
6:30 pm	<b>Lenten Worship</b>

### **Ezra-Nehemiah Bible Study following worship.**

7:00 pm	<b>Choir Practice</b>
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### ***Thursday, February 19***

### ***Friday, February 20***

<b>Church office closed</b>	<b>Pastor's day off</b>
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### ***Sunday, February 22***

8:45 am	<b>First Sunday of Lent</b>
10:00 am	Adult Bible Study NO SS
11:00 am	Worship
3:00 pm	Fellowship
	Community Movie "Soul on Fire"

## WEEKLY FINANCIAL SECRETARY'S REPORT

### Our Response to God's Love

February 8<sup>th</sup>, 2026

Attendance: 76

#### *Our gifts towards Budget:*

Sunday Envelopes	\$3,781.67
Loose Offering	\$ 35.00
Over and Above Benevolence	\$ 10.00
Gen. Treasury/No Benevolence	\$1,195.00
Initial Offering	\$ 5.00

#### *Other (non-budget) Receipts:*

Improvement Fund	\$ 135.00
Parsonage Siding Fund	\$ 150.00
Noisy Offering	\$ 83.48
Memorials	\$ 75.00

#### *Needed weekly towards 2025 Budget:*

<i>Total received towards Budget</i>	\$4,675.42
<i>Total (non-budget) Receipts</i>	\$5,026.67
<i>Total Received</i>	\$ 443.48
	\$5,470.15

**The parsonage siding fund is \$24,985.63. Thank you for your ongoing and generous support of the siding fund, and all your financial gifts each week!**

The most recent Treasurer's Report was approved at the last Church Council meeting. You can review it in the bulletin or web bulletin from February 1<sup>st</sup> or contact Tammy in the office and she can provide a copy.

## SPECIAL MESSAGES

### ANNUAL MEETING

Thank you to all who attended last Sunday's annual meeting. Second Term Council members elected are Penny Blokzyl, Candace Brouse, and Rebecca Nelson. Newly elected Church Council members are Dan Halland, Vicki Trudeau, and John Vallager. A big THANK YOU for your involvement and service!

### LENT/HOLY WEEK WORSHIP SERVERS

The Lenten season begins **this week** on Ash Wednesday, February 18<sup>th</sup>! The congregation is encouraged to participate in worship services during this valuable time of the year for Christians. Please visit the bulletin board to sign up for serving during Lent as well as Holy Week. Thank you very much if you have already, and thanks to all for your time and dedication!

\*\*Lenten Devotional books are available to pick up from the table in the Fellowship Hall.

### LENTEN SUPPERS

The Parish Fellowship Committee would appreciate it if you would consider serving one of the upcoming 6 Lenten suppers which will begin on Ash Wednesday, February 18<sup>th</sup>. We have relied on our church committees (Youth, CYF, Church Council, Choir Worship and Music, Quilters), as well as our church families, to help by pairing up to host a supper. Please consider volunteering! The signup sheet is posted on the Kiosk in the Fellowship Hall! Thank you!

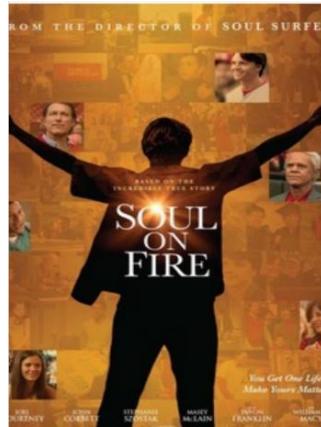


### St. Paul's WOMEN'S BOOK READ

Our Book Read group will meet **tonight** from 6:30 - 8:00 pm. Our February book read is – “*The Five Wishes of Mr. Murray*,” by Joe Siple. Dana will lead our discussion, and Ingrid will bring a snack.

## **MOVIE NIGHT AT THE CHURCH**

The Fellowship committee is hosting a movie event for everyone on February 22<sup>nd</sup>! Come and gather to watch “Soul on Fire” at 3:00 pm in the Church Fellowship Hall. This incredible and inspiring story of John O’Leary, who at 9 years old suffered burns over 100% of his body, highlights themes of triumph, faith, and community support.



\*\*Invite anyone and everyone. ☺

## **GOLDEN LINK BREAKFAST**

A free-will fundraising breakfast is being served today, from 10:00 am – 1:00 pm, at the Golden Link with proceeds going for building repair and maintenance. Breakfast includes pancakes, French toast, biscuits, and gravy. Golden Link, 324 North Main St., Crookston.

## **SAFE-HOME SURVEY**

The Crookston Fire Department is offering a Safe Home Survey, where they will come and check to see if your carbon monoxide and smoke detectors are in good order. Call 218-281-4584 to set up an appointment.

## **COMING IN 2026**

### **Mark Your Calendars**

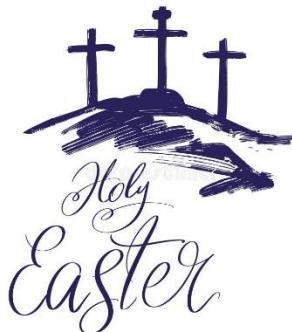
As we look ahead to the new year, we invite you to mark these important dates in your calendars:

#### **February**

- **Wednesday, February 18:** Ash Wednesday
- **Lenten Season** Join us on Wednesdays in Lent for suppers and a transformative Lenten journey with our theme **"Rebuilding: A Lenten Journey of Repentance and Renewal,"** as we explore powerful themes from Ezra and Nehemiah.

## Holy Week & Easter

- **Sunday, March 29:**  
Palm/Passion Sunday
- **Thursday, April 2:**  
Maundy Thursday
- **Friday, April 3:** Good Friday
- **Sunday, April 5:** Easter



## May

- **Sunday, May 3:**  
Confirmation—  
celebrating our 9th grade confirmands.

*We look forward to worshiping, learning, and growing together in the year ahead!*

## FAITH FORMATION

### Sunday School: Peter's Dream

Our younger learners are diving into the story of **Peter's Dream** (Acts 10). They are exploring how Peter learned that God's love is not limited to just one group of people, but that **everyone** is invited to be part of God's family.

- **Key Lesson:** "God wanted everyone to be saved!"
- **Family Talk:** Ask your kids how our family is different and how we are the same as we all grow together in faith.

### Confirmation: ELCA Structure & Ministries

Our confirmands are taking a "behind-the-scenes" look at how our church operates. This week's lesson focuses on the organizational structure of the ELCA:

- **Congregations:** Understanding the role of the Church Council and our local mission.
- **Synods:** Learning how we connect with other Lutheran churches across the region and our Bishop's role.
- **Churchwide:** Exploring the work of the Lutheran Center in Chicago and how we support global missions and disaster response.

## **REFLECTION AND PRAYER**

### **Question for Reflection**

Why does Jesus instruct the disciples to keep quiet about what they had seen “until after the Son of Man has been raised from the dead” (Matt. 17:9)?

### **Household Prayer: Morning**

God, as this new day dawns, may your Spirit guide my feet and reveal you to me in new ways as I walk through your world today. Amen.

### **Household Prayer: Evening**

Holy One, thank you for the gift of this day. Whatever has happened, whatever I’ve done and left undone, help me hear the voice of Jesus tonight, telling me to go to sleep as I am and not be afraid. Amen.

*Ash Wednesday*



*Remember that you are dust,  
and to dust you shall return.*

**E C C L E S I A S T E S   3 : 2 0**

on the forehead in the shape of a cross is a practice that dates back to the early Church. Historically, ashes have been a powerful biblical symbol of mourning and humility. In the Middle Ages, the practice became a formal part of the liturgy, using ashes made from the burned palm branches of the previous year’s Palm Sunday.

### **Join Us this week**

**Wednesday for Ash  
Wednesday Services,**

**February 18**, as we begin the holy season of Lent.

We invite you to join our community as we enter this 40-day journey of reflection, repentance, and renewal.

### **The History of the Ashes**

The tradition of placing ashes on the forehead in the shape of a cross is a practice that dates back to the early Church. Historically, ashes have been a powerful biblical symbol of mourning and humility. In the Middle Ages, the practice became a formal part of the liturgy, using ashes made from the burned palm branches of the previous year’s Palm Sunday.

When we receive the ashes, we are reminded of our shared humanity with the words, *"Remember that you are dust, and to dust you shall return."* It is a profound moment of honesty that prepares our hearts for the transformation of Easter.

## An Invitation to Lenten Disciplines

Lent is more than just "giving something up;" it is an invitation to intentional spiritual growth. We encourage you to consider a discipline that helps you clear away distractions and focus on your relationship with God and your neighbors.

If you are looking for a way to engage this season, consider one of these practices:

**Fast with Purpose:** Instead of traditional food fast, consider a "digital fast" by reducing screen time or social media use to create more space for silence and prayer.

- **Enrich Your Table:** Try incorporating mindful cooking or exploring new, simple recipes that allow you to focus on gratitude for the nourishment we receive.
- **Study and Reflection:** Commit to reading a specific book of the Bible or a daily Lenten devotional to ground your mornings in scripture. Consider join us after Wednesday services during Lent as we study Ezra and Nehemiah.
- **Intentional Acts of Service:** Dedicate time each week to helping the poor and widows, visiting the sick or in prison, feeding the hungry at a homeless shelter, supplying new and unworn clothing to school children living in poverty, sharing a hospitable smile to everyone, and/or simple anonymous acts of kindness within the community.

**Let us be intentional to walk this path together.**

