

## LENT

Lent is a forty-day period (not counting Sundays) of repentance, fasting, and preparation for Easter. The forty days represent the time Jesus spent in the wilderness enduring temptations, before beginning his public ministry.

Lent is a period of reflection and self-examination. In the early church, people spent the time preparing for baptism and reception as new members, which took place on the Saturday night before Easter, or on Easter Sunday morning.

Today Christians focus on deepening their relationship to God during this time. This can be done in many ways – through prayer, study, volunteering, serving others, or giving up something that blocks a deeper relationship with God.

## ASH WEDNESDAY SERVICE

**March 5<sup>th</sup>, 7:00 p.m., Sanctuary**  
**Joyful Notes will be singing**

Lent, our journey to Easter, will begin on Ash Wednesday. Imposition of ashes will highlight the service, led by The Reverend Jerry Fox.

Ash Wednesday emphasizes a dual encounter: we confront our mortality and confess our sin before God within the community of faith. The form and content of the service focus on the dual themes of sin and death in the light of God's redeeming love in Jesus Christ. The use of ashes has a long history in Jewish and Christian worship, and can be a powerful nonverbal and experiential way of participating in the call to repentance and reconciliation. *(From The United Methodist Book of Worship)*

## WEDNESDAY SOUP SUPPERS

### Soup & Study

These are the key elements in Campbell Church's popular and highly successful Lenten Soup Supper and Study programs...A simple meal, engagement with a contemporary social challenge and sharing prayer with friends.

This year the Lenten focus will be the care and nurture of our earth and environment. The key results in a challenging and change-inducing series are these: A new awareness of crucial community issues, new commitment to being agents of change, and sensing Christ's call to be the Church in a new, powerful way.

**March 12, 19, 26, April 2, 9, 16**  
**in the Fireside Room**

**Soup 6:00-6:45 p.m.    Centering & Prayer 6:45p.m.**  
**Speaker at 7:00 p.m.**

## TOPICS~

**Greening the Church**

**Going Solar**

**Organic Farming**

**Saving Water**

**Saving the Bees & Our Food**

**Healthy Bodies, Healthy Food**

## GRIEF SUPPORT GROUPS

### AFTERNOON GROUP:

**March 6<sup>th</sup> & 13<sup>th</sup>, 1:30 to 3:00 p.m., Chapel**  
**Leader: The Reverend Larry LaPierre**

This group is intended to offer those who are experiencing any of the symptoms typically due to grief a daytime opportunity to share those feelings in a supportive environment. The second session (March 13<sup>th</sup>) is available to process feelings in more depth or as an option for those who could not come on March 6<sup>th</sup>. A second series of two sessions will be available if needed.

Reverend LaPierre has extensive experience working with individuals, families and groups who are grieving.

### EVENING GROUP:

**Thursday, March 6<sup>th</sup> & Tuesday March 11<sup>th</sup>,**  
**7:00 - 8:30, Chapel**  
**Leader: Nick Arnett, Crisis Intervention leader with**  
**the Center for Living With Dying**

When tragedy strikes, our best source of resilience is each other. We invite you to experience and learn about giving and receiving grief support at this difficult time for Campbell UMC.

Sessions will be led by Nick Arnett, an experienced crisis intervention leader with the Center for Living with Dying in Santa Clara. He is a former paramedic, deacon at Bethel Lutheran Church, Stephen Minister, *Walk to Emmaus* leader, and has been a guest speaker at Good Samaritan UMC's family retreats. Join for one session or both.

## WRITE WITH SPIRIT

A 6-week workshop led by Lynn Coye

**Monday March 10, 24, 31, April 7 (Fireside Rm);  
Tuesday March 18, April 15 (Library) 6:30 - 8:00 pm**

*Campbell UMC is at a transition point: We have an opportunity to develop more fully our spirituality and expand our understanding of how God is working in our lives – in the little, everyday ways. With the sudden passing of Pastor Paul, we also need to ground ourselves in a faith that is bigger than we ever realized. During Lent, we have an opportunity to walk a little closer to God and each other as we find our way through this time.*

The goal of this workshop is to provide an opportunity that helps people understand their deepest values and spiritual needs through journaling prompts and discussion. Participants will discover how God is present in the ordinary, and even in times of loss. Through small-group interactions, people will share insights and deepen their connections – to themselves, their spirit, and others. At the end of each session, participants will receive a weekly journaling prompt to help them continue their learning and understanding.

*A fuller description of the workshop is available in flyers on the Sanctuary Welcome Table, the foyer to Fellowship Hall, and the AMY lobby.*

*Lynn Coye is a trained coach through Coaches Training Institute; she has participated in a number of writing workshops, completed CTI's Leadership Program, and as part of that program has identified her life quests, one of which is to bring healing through self-expression.*

**TO REGISTER, PLEASE CONTACT LYNN COYE AT [lcoye@cisco.com](mailto:lcoye@cisco.com) or leave a message in the Care Ministry Office, (408) 378-3472 x23.**

## WOMEN'S LENTEN STUDY

**Tuesdays March 11, 18, 25, April 1, 8, 15  
11:30 to 12:30 p.m., Fireside Room**

A Women's study and discussion group of the book *A Tree Full of Angels: Seeing the Holy in the Ordinary* by Macrina Wiederkehr will meet on Tuesday, March 11<sup>th</sup>, and end April 15<sup>th</sup>. Feel free to bring a sack lunch and enjoy the opportunity to fellowship, share, or just listen as we explore this book during the Lenten Season. The book can easily be found on Amazon (buy SCRIP!). For additional information, contact Brenda Schirle at [schirle9238@yahoo.com](mailto:schirle9238@yahoo.com), or Jane LaPierre at [cirrider@att.net](mailto:cirrider@att.net), or call the church office at (408) 378-3472.

## SOUTH BAY CROP WALK

**Sunday, April 6<sup>th</sup>, 12:00 p.m., San Jose**

Help end hunger locally and around the globe at the annual South Bay CROP Walk. This year the walk starts at the new First UMC in downtown San Jose with options of a one-mile route, or a 3.5 mile route. Have friends and family sponsor your walk. 25% of funds raised stay in local communities, 75% goes around the world through Church World Service. For more information go to [www.bayareahungerwalk.org](http://www.bayareahungerwalk.org)

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LENTEN  
OPPORTUNITIES

at

CAMPBELL  
UNITED METHODIST  
CHURCH

LENT 2014