

A LENTEN PATH

Lent begins with Ash Wednesday and ends with the liturgies of Holy Week. Throughout those 40 days, the church invites us to walk the way of the Cross. The words of the scriptures and preaching, the music of the congregation and choir, and the offerings during the faith formation time are meant to inspire and support us on this holy path. Because Jesus's life and death is our guide, this path is not geographical, but spiritual. The Lenten path is an exploration of our own spiritual inner ground where we seek our deepest selves and find God within. It's an opportunity to ground truth in our own being. We learn not *what* to see, but *how* to see the world and others as Jesus saw - with compassion, forgiveness, and joy. We discover, as Jesus did on Easter morning, that this path of letting go and trusting God is life-changing from the inside out.

This Lenten season at Trinity we suggest a spiritual path to follow Jesus. This path moves the focus of Lent from less chocolate and more fish to an exploration of one's own spiritual ground.

SUNDAY ADULT FORUM:

The Adult Forums will focus on this inner spiritual path with time for group discussion and the experience of three spiritual practices. The facilitators are members of Trinity's Centering Prayer group and the content is drawn from a book "*The Wisdom Jesus*" by Cynthia Bourgeault.

- February 18 - Jesus as Wisdom Teacher An introduction of how this understanding of Jesus impacts what it means to follow and believe in him.
Facilitator: Anne Miner-Pearson
- February 25 - Jesus' Special Path. An exploration of how Jesus creates the path and shows us how to follow.
Facilitator: Anne Miner-Pearson
- March 4 - A Spiritual Practice for the Path: Chanting. An experience of how using the voice and breath with a simple tone can encourage inner quiet and focus.
Facilitator: Nancy Jewett
- March 11 - A Spiritual Practice for the Path: Lectio Divina. An experience of how a simple praying of scripture can deepen meaning and connection.
Facilitator: Betty Bright
- March 18 - A Spiritual Practice for the Path: Centering Prayer. An experience and discussion of an ancient Christian form of meditation.
Facilitator: Gaye Pope-Carlson

WALKING THE TRINITY PRAYER PATH:

During Lent, a large canvas painted with an image of the Trinity is available in Chamberlain Hall. All are invited to take a few minutes to silently walk within this ancient image of God and pray to the Creator, Christ, and Holy Spirit.

CONTEMPLATIVE MEDITATION TIME:

Each Sunday in Lent, the chapel is open for a group experience of twenty minutes of silent prayer. The silence begins at 11:30 and participants can stay afterward for a brief reflection on the experience. These gatherings continue the last Sunday of every month at 11:30.