



Wednesdays in Lent

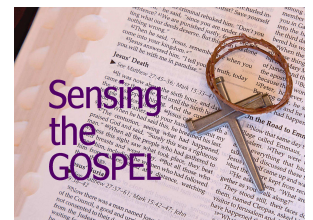
Wednesdays in Lent are an important time at ULC. Sunday and Wednesday families come together for 6 weeks of worship focused on the Lord Jesus and his cross.

Ash Wednesday Worship is February 10

Lent begins with one of the most meaningful worship services of the Christian year, Ash Wednesday. This service begins with confession of sins and imposition of ashes, and it ends with Holy Communion. The ashes remind us we are sinful and mortal people, and Holy Communion provides us with grace to receive forgiveness and everlasting life from God. Join us this Ash Wednesday for worship!

Wednesday Lenten theme: Sensing the Gospel

This series will explore how we experience the Gospel in our bodies. First, we will see how the senses played a role in the story of Jesus' Passion, and then we will consider how we receive the Gospel with our 5 senses – touch, sight, taste, hearing, and smell. Here are the weekly themes, and something for you to bring for the Food Pantry:



Ash Wednesday: February 10 - Introduction

God Cares for the Body (Mark 1:21-28)

The Disciples Were Heavy with Sleep

Bring canned fruit for the Salvation Army Food Pantry

Week 1: February 17 - Touch

Touch Jesus and Live (Luke 7:11-15)

The Kiss of Judas

Bring macaroni and cheese for the Salvation Army Food Pantry

Week 2: February 24 - Sight

Seeing is Believing (Mark 8:22-25)

What the Centurion Saw

Bring canned soups for the Salvation Army Food Pantry

Week 3: March 2 - Taste

Taste and See that the Lord Is Good (John 2:1-10)

Soldiers Gave him Sour Wine

Bring spaghetti sauce and noodles for the Salvation Army Food Pantry

Week 4: March 9 - Hearing

Faith Comes from Hearing (Mark 7:31-37)

What Jesus Heard on the Cross

Bring pudding and gelatin for the Salvation Army Food Cupboard

Week 5: March 16 - Smell

The Fragrant Smell of Love (John 12:1-3)

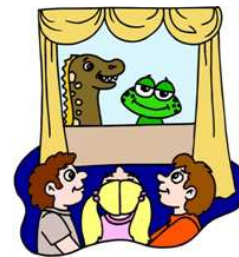
A House Filled with the Fragrance of Perfume

Bring boxed cereals for the Salvation Army Food Pantry

Puppet Plays and Holden Evening Prayer

Puppet plays will be part of each Wednesday in Lent. The plays this year will feature two old friends Zipporah, the donkey, and Dotty, the dragon. They will be introducing the theme for each Wednesday evening – touch, sight, taste, hearing, and smell, and teaching us how we can experience God through our bodies.

Also, our liturgy for Wednesday Lenten worship will be one of our most popular services, Holden Evening Prayer.



Wednesday Lenten Suppers

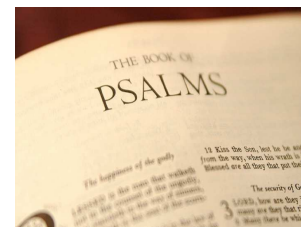
Each Wednesday in Lent will begin with a delicious supper that costs only \$1 per person. You are cordially invited to come and eat before worship! Here are the menus:



- February 10: Taco in a Bag (Served by Youth)
- February 17: Chicken Casserole (Served by Seanne and Friends)
- February 24: Scalloped Potatoes and Ham (Served by Youth)
- March 2: Tater Tot Hot Dish (Served by WELCA)
- March 9: Baked Potatoes and Fixings (Church Council)
- March 16: Hamburgers and Ice Cream (Served by Calling All Men)

Sunday Lenten Theme: The Psalms

This year our Sunday sermons will focus on the Psalms of this Lenten season. Here are our weekly themes for the Sundays in Lent, and something for you to bring for Lutheran World Relief (LWR) Baskets of Promise:



Week 1: February 14

God Gives You Angels – Psalm 91
Bring a bar of soap for the LWR Baskets of Promise

Week 2: February 21

God Gives You Shelter – Psalm 27
Bring a bath towel (max 52" x 27") for LWR Baskets of Promise

Week 3: February 28

God Satisfies Our Thirst – Psalm 63
Bring a toothbrush for LWR Baskets of Promise

Week 4: March 6

God Forgives Our Sin – Psalm 32
Bring a comb for LWR Baskets of Promise

Week 5: March 13

God Turns Our Tears Into Joy – Psalm 126
Bring metal fingernail clippers for LWR Baskets of Promise