

THRIVE TEAM SHARES PRAYER RESOURCES FOR LENT

The Thrive Team made up of Terry McManus, Louise Mollinger, Scott Symes, Meg Tackes, Gary Tackes, and Pastor Scott have been engaged in a two-year program called The Examen(ed) Church. The purpose is to develop skills in spiritual discernment work to help the church explore God's call. How is God calling our church to serve the Port Washington community? We have just passed the half-way point and are beginning to move outward to engage the congregation in prayerful reflection on the church's mission and purpose. We have worked on trying to develop our own personal spirituality, and have been learning about the work of spiritual discernment - how does one figure out God's call to discipleship?

During the Lenten season (and beyond) we would like to invite everyone in the church to consider the practice of prayer using the Daily Examen. The Daily Examen is a practice of prayer developed by Ignatius Loyola in the 16th Century and still used by millions of Christians today but may be unknown to many others (we were unfamiliar with it, at least). The season of Lent is a perfect time to try a new spiritual practice. We found this form of prayer helpful and imagine that many of our friends and members might find it a good way to pray, too. Below you will find five different online resources. You could try one for a week, and then try another for another week, and so on. Our team liked the 7-minute Examen. But the others are worth trying out too!

- **7-minute Examen** (God in All Things)
- **26 minute Examen to Music** (A New Liturgy)
- **18 minute Prayer of Examen on YouTube** (Fuller Studio)
- **Pray As You Go** has a number of specific resources for the Examen that are useful
- **A 10 minute examen** (Reunion)

If you don't care to use online resources, Pastor Scott has written resources you could try and see if those might suit you better. In February copies of The Daily Examen were passed out as part of Pastor Scott's sermon. Copies are available on the back table in Fellowship Hall. There is an additional written resource for use this month: "Journaling with the Examen". We believe the daily examen as a resource for prayer is worthy of our church's attention. When you use the daily examen you will find that: you'll always have something to pray about, your prayers will always contain a sense of gratitude, it will help you find God at work in your life day-by-day, it will help you discern feelings about things and people and circumstance, and it will help you recognize where God is leading. Give it a try!



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HOLY WEEK 2024

Everyone is encouraged to experience the meaningful worship services of Holy Week. If you have never been to a Maundy Thursday or Good Friday worship service, please give them a try. Those who regularly attend these services will tell you that while covering some of the difficult portions of Jesus' story, they make the joy of Easter even greater! The ancient church used to look at Holy Week as a single, week-long worship service; let us enter these seven days with open hearts ready to be filled with God's Spirit.

March 24, 8:00 a.m. and 10:00 a.m. Palm/Passion Sunday

Our worship begins with Jesus' triumphal entry into Jerusalem as we pass out palms for everyone that we might celebrate like the crowds calling out, "Hosanna!" As worship continues some of the themes of Holy Week and the Passion begin to resonate. Jesus speaks powerful words in response to those who would end his ministry to the poor and outcast. In continuing tradition, our Fellowship Team will serve cinnamon rolls after both services.

March 28, 7:00 p.m. Maundy Thursday Communion and Service of Tenebrae

The word "Maundy" comes from Jesus' "command" to love one another given at the last supper and the word "Tenebrae" means "shadows". This night we share communion in remembrance of the Last Supper Jesus had with his disciples and experience the growing shadows of the worldly powers gathering to end Jesus's life and ministry. It is a powerful worship experience featuring a choral quartet, communion, and readings telling the story of the disciples' betrayal and abandonment.

March 29, 7:00 p.m. Good Friday

In this emotionally moving, powerful service, we contemplate Jesus' sacrifice for his disciples and the whole world. Together we hear the story of Jesus' crucifixion, and through music, scripture, and proclamation we recall Jesus' suffering and his last words.

March 31, Easter Sunday Morning Services at 6:00, 8:00, 10:00 a.m.

The 6:00 morning service begins in the dark and welcomes the sunrise as together we dismantle the black pall that covers the communion table to experience anew the joy of God's resurrection power. The twin services at 8:00 and 10:00 feature the joyful music of our Chancel Choir and the excitement of Brass accompaniment to our hymns. In each service we hear again of the women's discovery of the empty tomb. However, according to Mark's gospel, they run away in fear! Who will witness having seen the Lord? It is up to us!

