

Lent at First United

Lenten Theme:

Soul Space, Deep Breaths, Stories Not Easily Told

As we continue to live through the challenges of the winter of 2021 and as we mark the one-year anniversary since physical distancing limited our ability to gather in-person, we join in our annual Lenten journey.

Lent invites us to reflect on our spirit well-being, creating space for both nurturing and stretching our spirit-bodies. We take time to tenderly care for our souls through caring spirit practices even as we respond to the holy invitation to be deepened and stretched in our faith journey.

So, we invite you to join us for our journey through the five Sundays of Lent (February 21 to March 21) where we explore our theme of ***Soul Space, Deep Breaths, Stories Not Easily Told***, a journey which will culminate in a special ***Palm/Passion Pageant*** on Sunday March 28th.

Lenten Beginning:

Ash Wednesday Service

We will be joining together with Trinity United Church for an Ash Wednesday Zoom Gathering that will draw us into the experience of Lent

Lenten Learning:

Invitation to participate in a 4-week documentary and discussion series on issues of race in Canada

Many in our faith community have been engaging in discussions about race and racism in Canada since late last year. These discussions have led to the development of a 4-week documentary and discussion series as we reflect on our individual and collective experiences and where we feel called as a community to act.

You are invited to participate in any or all of our four, mid-week, evening gatherings where we will watch a documentary on an aspect of race or racism in Canada, engage in small group discussion, and then together discuss what steps we can take as a faith community to address racism within our faith community and society at large. One of the four gatherings will be scheduled during the early afternoon following a Sunday service, and will involve a documentary geared toward younger audiences and involve an intergenerational discussion.

Details of the films, and how to register for the study will be circulated, but please mark your calendars for 90-minutes on **Wednesday at 7pm on March 3rd, 10th, 24th and Sunday, March 21st at 12:30pm.**