



MATTHIAS MIDWEEK

Inspired by the life and compassion of Jesus Christ,
We are a church of action in our community, engaging in
Hospitality by offering bread for body and soul

REFLECTION: PRAY IN ALL WAYS!

Two weeks ago, in her reflection on our new furnace and gratitude, Ann+ referenced the book, *Strength for the Journey*, by Renee Miller. Wednesday Wonderers with the Word (the group formerly known as Bible Study) are reading this book as a Lenten practice.

The book is a collection of reflections which looks at events and activities of everyday life and discovers routes to spiritual practice and deeper, daily spirituality. Each entry is aimed at evoking mindfulness in the common activities of life - from music and movie going to reading, writing and walking. There are also introductions to more formal disciplines such as centering prayer, praying with beads, reading the Daily Office, and meditation. The book is organized under the following categories: Meditative Practice, Ministry Practice, Media Practice, Mind Practicie, and Movement Practice. Each reflection is fairly short, making the book easy to read.

Miller concludes her description of each practice with a paragraph describing the personality that would be best suited to the described practice. I found her suggestions to be helpful. We're more apt to be successful if engaging in an activity we enjoy. And we're more likely to actually make it a daily 'practice'.

As we have worked through these practices together, I keep hearing that famous question of Ann+: "Where is God is all this"? Renee Miller is telling us that He is everywhere -- all the time! All we need to do is explore - and practice!

JUDY

THIS WEEK

WEDNESDAY, MARCH 22:

10:00 AM: Morning Prayer, Sanctuary
10:30 AM: Lenten Discussion, Strength for the Journey,
Renee Miller
4:30 - 6:30 PM: PEEL Meeting

THURSDAY, MARCH 23: 6:30 PM

AA Meeting, Parish Hall

SATURDAY, MARCH 25:

11:30 AM: Morning Prayer - Sanctuary
11:00AM- 2:00 PM: Loaves & Fishes

SUNDAY MARCH 26: 9:30 AM

Fourth Sunday in Lent

Readings:

1 Samuel 16: 1-13

Psalms 23

Ephesians 5: 8-14

John 9: 1-41

10:45 AM Coffee & Conversation - Parish Hall

11:00 AM: SOS - Scripture on Sunday

11:30 AM: Rebirth Ministries Worship

1:30 PM: Renewed Minds Worship

WEDNESDAY, MARCH 29:

10:00 AM: Morning Prayer, Sanctuary

10:30 AML: Lenten Discussion, Strength for the
Journey, Renee Miller

SATURDAY, APRIL 1:

Small Church Movement led by Bishop Chilton

OUR PRAYERS

The Grumbine Family

Mel Berk

Darlene Wilson

Sally Morton

Debbie Tenney

The people of South Sudan

Our brothers and sisters who form our
Saturday morning community at Loaves and
Fishes

The homeless people in our neighborhood

FERN GRUMBINE

1926 - 2017

MAY SHE REST IN PEACE
AND RISE IN GLORY

THURSDAY, MARCH 23

3:00-5:00PM, 7:00-9:00PM

VISITATION AT LASSAHN FUNERAL HOME
7401 BELAIR RD.

FRIDAY, MARCH 24

10:00 AM: FUNERAL IN THE SANCTUARY
FOLLOWED BY RECEPTION IN THE
PARISH HALL

1:30 PM: INTERNMENT AT
DULANEY VALLEY MEMORIAL GARDENS