

Making Space in Lent

Sometimes it feels like Lent sneaks up on me and I haven't given any thought to how I'd like to engage the season. This year, Lent begins a little later (March 6). So I'm taking the time to think about it more and inviting you to join me.

Traditionally, many of us think about "giving something up" for Lent. We might give up something that gets in the way of our connection with God, so that by giving it up, we can deepen our relationship with God. Lent is not a time to give up x, y, or z food because you'd like to lose weight (spirituality that promotes disordered eating is not healthy spirituality); it might be a time to give up x, y, or z food because you've realized you turn to that food for comfort before you turn to God. Lent might be a season to give up or limit social media use because you've discovered that you spend too much time mindlessly scrolling through social media feeds, rather than being present to your life.

Others talk about "taking something on" for Lent. Perhaps Lent is an opportunity to take on a new spiritual practice. Maybe you take on a practice of naming something you're grateful for each day. Maybe you find music that helps you connect with God that you can put on when you're in the car in between running errands and running kids around. Maybe you try out a daily Scripture reading plan (such as following the daily lectionary using the PCUSA Daily Prayer App).

This year I encountered the language of "making space" during Lent. Rather than thinking about "giving up" or "taking on," how can we "make space" during Lent? What would it look like for you to make space to re-connect with God during this season?

Blessings,
Pastor Kari



**Lent begins on Wednesday
March 6th**

**Lent ends on Sunday
April 20th**

Youth Announcement

Pastor Kari and Jeff Goddard are starting a Youth Group for our 5th thru 8th graders.

The first gathering will be after church (12:30 to 2:00) on February 10th. Youth should bring \$5.00 for pizza and be ready for fun and games and a Bible Lesson.

We will continue meeting after church on Sundays of each month through June 10th. (May TBD).

Black History Month

The Presbyterian Chapter of the National Black Presbyterian Caucus and the Presbytery of Philadelphia invite you to come to the 2019 Black History Month Celebration on Sunday, February 10, 2019, from 3:00 pm to 5:00 pm at the:

Oxford Presbyterian Church

8501 Stenton Ave, Phila, PA 19150



The 2019 Worship Year Ahead

- 1/6 - Epiphany
- 1/13 - Baptism of Jesus
- 3/6 - **BEGINNING OF LENT** and Ash Wednesday
- 4/14 - Palm Sunday
- 4/18 - Maundy Thursday
- 4/19 - Good Friday
- 4/21 - Easter
- 6/9 - Pentecost
- 6/16 - Trinity Sunday
- 10/6 - World Wide Communion
- 11/3 - All Saints Sunday
- 11/24 - Christ the King
- 12/1 - Beginning of Advent
- 12/25 - Christmas

Notes from the Music Department

The choir has begun working on several anthems for the new season. Below is the tentative anthem list for February.

February 3rd Fourth Sunday after Epiphany

The Gift of Love arranged by Hal Hopson

February 10th Fifth Sunday after Epiphany

Come Follow Me by Jay Althouse

February 17th Sixth Sunday after Epiphany

Create in Me by Kimberley Hill/Brad Nix

February 24th Seventh Sunday After Epiphany

God of Mercy God of Grace by Joe Cox

This year, Lent begins on March 6, 2019 (Ash Wednesday). The choir is planning to do one or two new Lenten Anthems and revisit some from previous years. As always it is our intent to have the anthem reflect the readings and sermon, and enhance the Sunday worship service.

Submitted by Brenda Browne

ADDITIONAL METHOD OF GIVING

Envelope



Website



During December 2018, East Falls Presbyterian Church began offering **ON-LINE GIVING**, as a convenient way for you to give your tithes and offerings by using a debit to your checking, saving account or credit card. The Presbyterian Foundation is hosting our **ON-LINE GIVING** and can be accessed through the front page of our Church's website, (fallspres.org)

Your transaction is safe and secure and your gift will be available to our ministry immediately. If you would like some assistance, please contact us and we will provide assistance.

THE WILSON'S ADVENTURE

Our plans are to go to Bangkok, two cities in Laos - Luang Prabang and Vientiane, two cities in Cambodia - Phnom Penh and Siem Reap (home of Angkor Wat), and Ho Chi Minh City (formerly Saigon).

We are taking a tour with **Overseas Adventure Travel**. While in Bangkok, we will visit the campus of the school I attended for two years (*while my father was in the state department*) and which I graduated from in 1974, and will also see a former classmate from that time who now lives there and works as a pastor in an international church.

Looking forward ?

Spring Begins

Wednesday, March 20th 2019



CORRECTIONS

The January 2019 Newsletter had a couple of errors and one omission.

1. Belated **HAPPY BIRTHDAY** to **Mrs. Jean Spedding** who celebrated her birthday on 1/18
2. It was reported that Cynthia Jinkling was elected to the Board of Deacons *Class of 2020* when actually, **it was Grace Jickling** elected to the **Deacons Class of 2020**
3. Lynn Schneider was omitted from the listing of Deacons. **My apologies. Lynn Schneider Class of 2019**

I Apologize to All.

February Birthdays

Millie Weiss	2/4
Charlotte Dobson	2/7
Jane Hirst	2/16
Audrey Wallace	2/17
Hudson Storm	2/19
Carol Dougherty	2/25
Lilly Garcia	2/26

Book Study Led by Pastor Kari

Breathing Under Water by Richard Rohr

We are all addicted in some way.

When we learn to identify our addictions, embrace our brokenness, and surrender to God, we begin to bring healing to ourselves and our world. In *Breathing Under Water*, Richard Rohr shows how the gospel principles in the Twelve Steps can free anyone from any addictions from an obvious dependence on alcohol or drugs to the more common but less visible addiction that we all have to sin.

The first meetings (choose one to attend) will begin on February 3rd at 9am and February 4th at 7pm in the parlor. The induction and chapters 1 - 2 will be discussed.

There is a study guide in the back of the book, which will be helpful to review before coming to the book study.

