

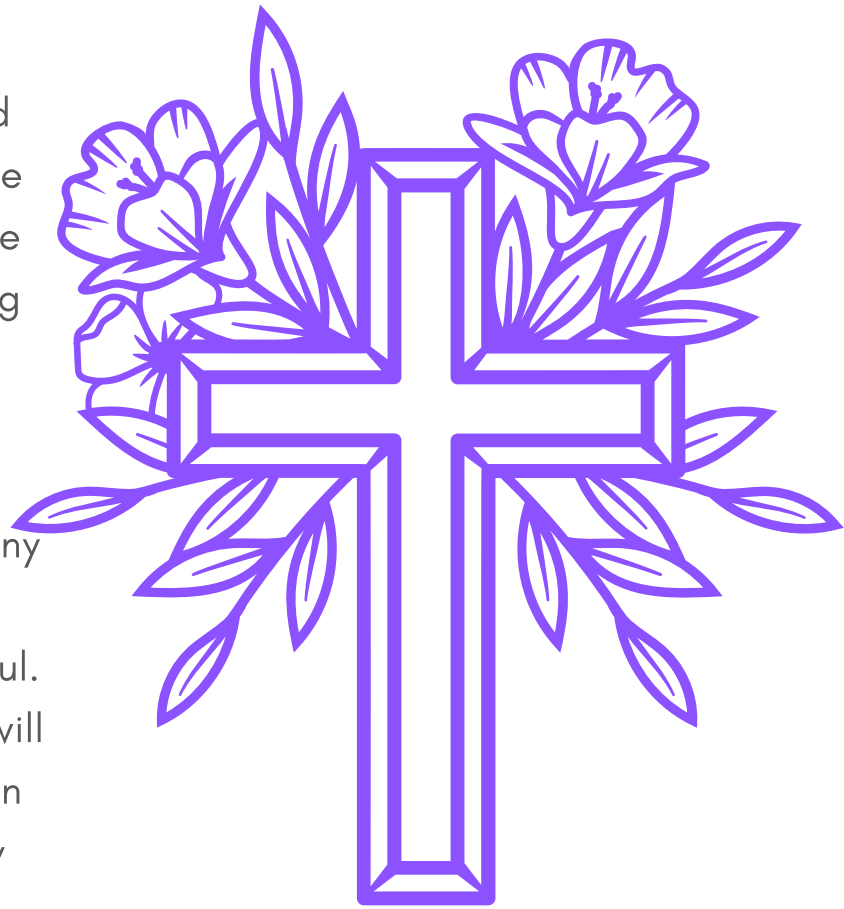
Bethany

UNITED METHODIST CHURCH

3501 W 1st Ave ♦ Denver, CO ♦ 80219

We are moving into the season of Lent, a time of self-examination and reconnection with the Holy. When we look back at Lent from years past we see the chaos that took place during that time, like the environment, health, and politics, but we also remember that time for connection with one another and with God. Many times during Lent we look to the unseen and unheard parts of our soul. However, this year during Lent, we will focus on those things that lie in plain sight, those things we see every day and that Jesus saw, too.

We will learn what lessons these every day objects have to teach us. What can we learn from dust, bread, crosses, coins, shoes, oil, towels, thorns, and stones? There will be a time at the beginning of service to bring your items to the altar. These items will not only connect us to Jesus, but also to those around us who also see these items daily. This Lent season is our opportunity to look deep in our soul and discover something new. And, as always, we journey together.



Love, Pastor Denise

The Annual District Conference is March 5 at Lakewood UMC or you have the opportunity to Zoom. It begins at 9:00 a.m. See Curtis for further details.

Lent in Plain Sight

Welcome to March and the beginning of Lent. During Lent we will look at ten ordinary objects that Jesus would have encountered on his way to Jerusalem: dust, bread, the cross, coins, shoes, oil, towels, thorns, and stones. In each object, we will find meaning in the biblical account of Jesus' final days. Each week, we encounter a new object to consider through Scripture, prayer, and reflection. From Ash Wednesday to Easter, Lent in Plain Sight reminds Christians to open ourselves to the kingdom of God. This basic series was written by Jill J. Duffield. We will take her premise each week and expand it through worship. Please come join us for a Ash Wednesday Service at 11:00 a.m. on Wednesday, March 2 at church.

We will also gather on Friday, April 15 at 1 to observe Good Friday. Each week for Lent we will have a theme. Please bring items mentioned below to place on the altar during this time of preparation.

March 6: Bread

March 13: Crosses - if you have a cross at home, we would love for you to share it with us during Lent.

March 20: Coins - after Lent is over the coins will be given to Community Ministry.

March 27: Shoes - If you can, bring a new pair of children's shoes - we will give them to either Barnum Elementary School or Community Ministry

April 3: Oil - bring cooking oil to be donated to Community Ministry

April 10: Towels - New towels will be donated to the Delores Project.

April 15: Thorns

April 17: Stones - any size is fine, bring them for our Easter altar.



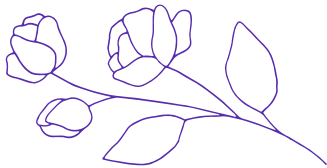
Lent

Lent, meaning “lengthen” and referring to the lengthening days of spring, is the forty days (this year March 2 - April 14) representing the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry (See Mark 1, Matthew 4 or Luke 4). Lent is a time of self-examination, reflection, fasting, and focusing on our relationship with God, often we give up something or give something to others.

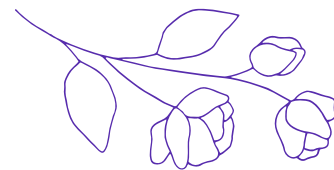


So what is Lent?

Lent is the forty days before Easter, and is the Christian season of focusing on simple living, prayer and fasting in order to grow closer to God. At the end of the 40 days we will emerge with a renewed understanding of the magnitude of Jesus’ love for us and the greater celebration of God’s sovereignty.



Jesus and Mardi Gras



What do Lent and Mardi Gras have to do with each other?

Mardi Gras means “Fat Tuesday”, which is the day before Lent begins. Since Lent always starts on a Wednesday, people in the past would use the day before Lent begins as a day for frivolity and parties, eating what they could before they had to fast or repent of sweets or meat for Lent. They used up all the sugar or yeast in their cabinets before Lent began and avoided using these ingredients during Lent. In modern days, we have too many Walmarts to do this, but we have other things to give up or do in order to better our health and souls.

- Try an electronic fast. Give up TV or video games, texting, email, etc. for one day a week. Use the time to read the Bible and pray.
- Every time you brush your teeth or brush your hair or sweep the floor, start a prayer rhythm. Hear an ambulance or say a prayer.
- Forgive someone who doesn’t deserve it (maybe even yourself).
- Give up soft drinks or coffee or tea and give that money to others in crisis
- Create a quiet time. Try spending 30 minutes in silence and prayer.
- Fast *(BE SURE TO GET YOUR DOCTORS APPROVAL)* one day a week.
- Do one act of kindness for someone every day.

Surprise Card Shower for Norma Jean's 90th Birthday on March 29!

March 2022

Ushers and Acolytes:
Carson Kaiser
Tristan Steelman

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Mardi Gras	2 Ash Wednesday	3	4	5 Brett Roher BIRTHDAY Annual District Conference at Lakewood UMC
6 11AM Worship	7	8 Carson Kaiser BIRTHDAY	9	10	11	12
13 11AM Worship	14	15	16	17	18	19
20 11AM Worship	21	22	23	24	25 Diana Smith BIRTHDAY	26
27 11AM Worship	28	29 Norma Jean Coffelt BIRTHDAY	30	31		

Lectionary Readings

March 6, 2022
 Deuteronomy 26:1-11
 Psalm 91:1-2, 9-16
 Romans 10:8b-13
 Luke 4:1-13

March 20, 2022
 Isaiah 55:1-9
 Psalm 63:1-8
 1 Corinthians 10:1-13
 Luke 13:1-9

March 13, 2022
 Genesis 15:1-12, 17-18
 Psalm 27
 Philippians 3:17-4:1
 Luke 13:31-35
 or
 Luke 9:28-36, (37-43a)

March 27, 2022
 Joshua 5:9-12
 Psalm 32
 2 Corinthians 5:16-21
 Luke 15:1-3, 11b-32

Liturgists

March 6, 2021
 Lataine, Gwen
March 13, 2021
 Eva
March 20, 2021
 Mary
March 27, 2021
 Lataine, Gwen

Themes for Lent: Lent in Plain Sight

Ash Wednesday, March 2: dust
March 6: bread
March 13: Cross
March 20: Coins
March 27: Shoes
April 3: Oil
April 10: Towels
Good Friday, April 15: thorns
Easter Sunday, April 17: Stones