



## ***Faith on the Move***

***Lent, 2021***

This Lent, let's be a church of "Faith on the Move." Here are some ways to participate:

- ◆ Join us for an **Ash Wednesday Meditation** on Wednesday, **February 17** at 7:00 p.m. **on Zoom**. This half hour online gathering will include traditional readings for Ash Wednesday, a time of connection and prayer.
- ◆ The Spiritual Formation Committee is again encouraging members of the congregation to **walk daily** as part of our Lenten journey or do breathing exercises at home. This year we hope to **share the sights and sounds of your walks**, as faith on the move, during our worship services. You can do this in a few different ways:
  - Take a photo and send it to us at [contactus@riverbendunited.org](mailto:contactus@riverbendunited.org). (The location of the photo would be appreciated.)
  - Send a brief description (2 lines) of something you saw or heard on your walk that you would like to share with everyone.
  - Let us know where you walked (e.g. Whitemud Ravine, downtown, Brookside neighbourhood) even if you don't send a photo.

If you are unable to go on a walk, we still want to hear from you: looking out your window maybe you saw a blue jay in the garden or a group of school children wearing brightly coloured toques that made you smile; let us know.

We will attribute each photo or comment to the member of the congregation submitting it unless specifically requested not to. You can email Carolyn Miller at [carolyn62miller@gmail.com](mailto:carolyn62miller@gmail.com) or call her at 780.445.9912.

- ◆ **Order the Lenten Study book** for your own personal journey: *Faith on the Move: Daily Reflections on Hope and Change* by Julie McGonegal. The book is available through the church office for \$18.50. Email the Church office at [contactus@riverbendunited.org](mailto:contactus@riverbendunited.org) or call 780.430.7275.

*About the book: Our spiritual practices carry us through the times of transition in our lives, when we wander in a metaphorical desert. For migrants, refugees, immigrants, and others, the journey is more than a metaphor. In this Lenten devotional, daily reflections by diverse contributors invite us to reflect on and embody God's welcome and love for people who are on the move for a variety of reasons. A study guide for in-person or online groups is included.*

- ◆ **Join the Lenten Study discussion** of the book above. Wednesday evenings at 7:00 p.m. on Zoom from February 24 to March 31 (5 weeks).
- ◆ **Be a Lenten Pal** to support our isolated elder members. You'll receive the name of one RUC member for you to call each week during Lent, or send a card or support through your prayers. Email [valerie@riverbendunited.org](mailto:valerie@riverbendunited.org) or call 780.430.7275 to sign up to serve in this way for your "Faith on the Move" journey.