



LENTEN BOXES

A JOURNEY FOR A HYBRID CONGREGATION

WRITTEN AND PRODUCED BY
REV. TIM SEERY

What is this all about?

Spiritual practices don't need to be hard. In fact, they should be quite the opposite. They should be accessible moments of ordinary life. They should elicit joy and peace. They can be meditative, relaxing, challenging, intellectually engaging, or simply playful and fun. One of my core beliefs is that church happens everywhere and that God is in everything. There need not be a distinction between church and the world. There is holiness in every corner of this world and there is sacred importance to the ordinary rhythms of daily life. This journey through Lent will bridge the gap between church and the world, between the ancient stories and your life, between the great tradition in which we stand and the contemporary reality in which we live.

This calendar includes instructions for a short activity for each day of Lent. Most are things you can do independently at any time of day. Occasionally there is an activity that requires attention to a specific time. **Several of the days require watching a video or reading an article. While the links are listed in this guide, I will email the link to you on the corresponding day so that you can easily access it. This guide is simply a "syllabus" that contains a description of each day's activity in one place.**

Included in this package you will find:

- a journal
- a pencil
- a guiding word written on a notecard that is unique to you and that only you have received (there are enough words for all household members)
- tea bags (for you to enjoy at anytime, serving as reminders for you to enjoy things that bring you relaxation, serenity, and peace)
- a mini pound cake made by Chef Roz Weaver of My Mother's Table in Temecula, CA (Also feel free to enjoy anytime). To learn more about Roz visit: <https://www.mymotherstabletemecula.com/>
- a seed cross for you to plant or keep
- a packet of Alyssum seeds for you to plant
- a small recycled vessel for you to plant a seed in
- a nail



Day 1: Introduction
Wednesday, March 2, 2022

As we begin this journey together over 40 days of Lent, we do so with the desire to “go deeper” and to experience the the darkneses and adventures of uncertainty and sojourn but also we begin this journey with an eye for the deep opportunities for joy and new life that the darkness presents to us. We need not toil for 40 days in the desert like Jesus to grow spiritually. The truth is, our lives are filled with deserts: the pain of loss, the loss of love, seasons of isolation and fear. Our lives traverse many desert landscapes. My desire is for you to begin to understand spirituality and spiritual practices as things in your normal life that you are already doing. Doing laundry, making your bed, and doing dishes are indeed spiritual practices. There are monks who have spent their entire lives giving holy meaning to such tasks. I ask that you begin to see the happenings of ordinary life in new and more mindful ways. How might we begin to see everyday concepts and events through a theological lens? This journey will ask us to see the sacred in things, moments, and people that would not normally be classified as such. And most importantly, after two years of uncertainty and the emergence of a new congregation much different than before, this will set us together on a common task with experiences that can be shared by everyone—near and far.

Today, you are invited to plant something. You can plant a small seed into the provided container. Or, you can take the Alyssum seeds and plant them in your own pot based on the instructions on the packet. Or, you can plant the seed cross. Either way, today we take a simple seed and we plunge it into the darkness with the faith and hope that nature will take its course and something new will emerge.

Scripture for reflection:

*While the earth remains,
Seedtime and harvest,
And cold and heat,
And summer and winter,
And day and night
Shall not cease. — Genesis 8:22*

Day 2:
Thursday, March 3, 2022

Each of you have been provided a guiding word written on a notecard. No one else has the same word as you. If there is more than one person in your home, there will be more than one card in your box. Decide among you who will take which word. Once you have your word in hand, look up different definitions for your word. Take five or ten minutes to brew a cup of something delicious (either the included tea, or coffee, wine, or something of your choice) and think about your word. What are your associations with it? What are your feelings about it? Knowing that you are the only person in the church that has been assigned this word how do you feel about having been paired with your specific word? If you know other languages, think about cognates for this word in other languages. How is this concept described or understood in different cultures and languages?

Day 3:
Friday, March 4, 2022

Write in your journal your thoughts on the following question: "What seeds are being sown in you—by God, by others, by you—for future spiritual growth?" If you'd like, reflect on the ways that your guiding word might play a part in this process.

Day 4:
Saturday, March 5, 2022

Lent and the concept of "spring cleaning" can go hand-in-hand. As an advocate for minimalism and simplicity I invite you to read about "clutter." Sometimes clearing out both literal and metaphorical junk can help us make room for God: <https://www.nytimes.com/2021/12/20/well/mind/how-to-declutter.html>



Sunday, March 6, 2022

ANNUAL MEETING! ZOOM CHURCH
ZOOM LINK AND INSTRUCTIONS WILL BE EMAILED TO
YOU



Day 5:
Monday, March 7, 2022

Take a break! And enjoy this cartoon:



© WHOLESMEECOMICS

Day 6:
Tuesday, March 8, 2022

Write in your journal your response to this question: Where do you experience the beauty of God? (Don't worry, it can be outside of the four walls of church!)

Scripture for reflection:

*One thing I have asked from the Lord, that I shall seek:
That I may dwell in the house of the Lord all the days of my life,
To behold the beauty of the Lord
And to meditate in His temple. — Psalm 27:4*

Day 7:
Wednesday, March 9, 2022

Today, take a short walk outside (if you live outside of California in a place where this isn't possible this time of year, it is ok to drive!). Spend time deeply noticing details that you wouldn't normally. If you want to record them in your journal, you may. But the idea is to tune into details, sounds, smells, and experiences that you would normally pass by. Being mindful is exhausting when you aren't used to it. So it is ok for this to be a short walk!

Day 8:
Thursday, March 10, 2022

Write in your journal what song, book, TV show, or movie helps you feel the presence of God? What about it makes it so powerful for you? Note, this doesn't need to be a religious or spiritual song, book, or movie. It can be anything.



Day 9:
Friday, March 11, 2022

Today, read Psalm 88, a psalm that extolls the darkness and introduces the concept of "darkness as friend."

*O Lord, the God who saves me, by day I cry out.
At night I cry before you.*

*May my prayer come before you.
Turn your ear to my cry.*

*Indeed, my soul has had its fill of troubles,
and my life has arrived at the grave.*

*I am treated like those who go down to the pit.
I am like someone without strength.*

*I am turned loose with the dead.
I am like the slain who lie in the grave,
like the ones you do not remember anymore,
like those who are cut off from your hand.*

*You have put me in the lowest pit,
in dark places, in the depths.*

*Your wrath presses against me. Interlude
You have battered me with all your breakers.*

*You have distanced my acquaintances from me.
You have made me repulsive to them.
I am shut in and I cannot get out.*

*My eyesight grows dim from affliction.
I call to you, O Lord, every day.
I spread out my hands to you.*

*Is it for the dead that you do a miracle? Interlude
Do the spirits of the dead rise up and praise you?*

*Is your mercy declared in the tomb,
your faithfulness in decay?*

*Is your wonderful work known in the darkness?
Is your righteousness known in the land of forgetfulness?*

*But I cry to you, O Lord,
and in the morning my prayer comes before you.*

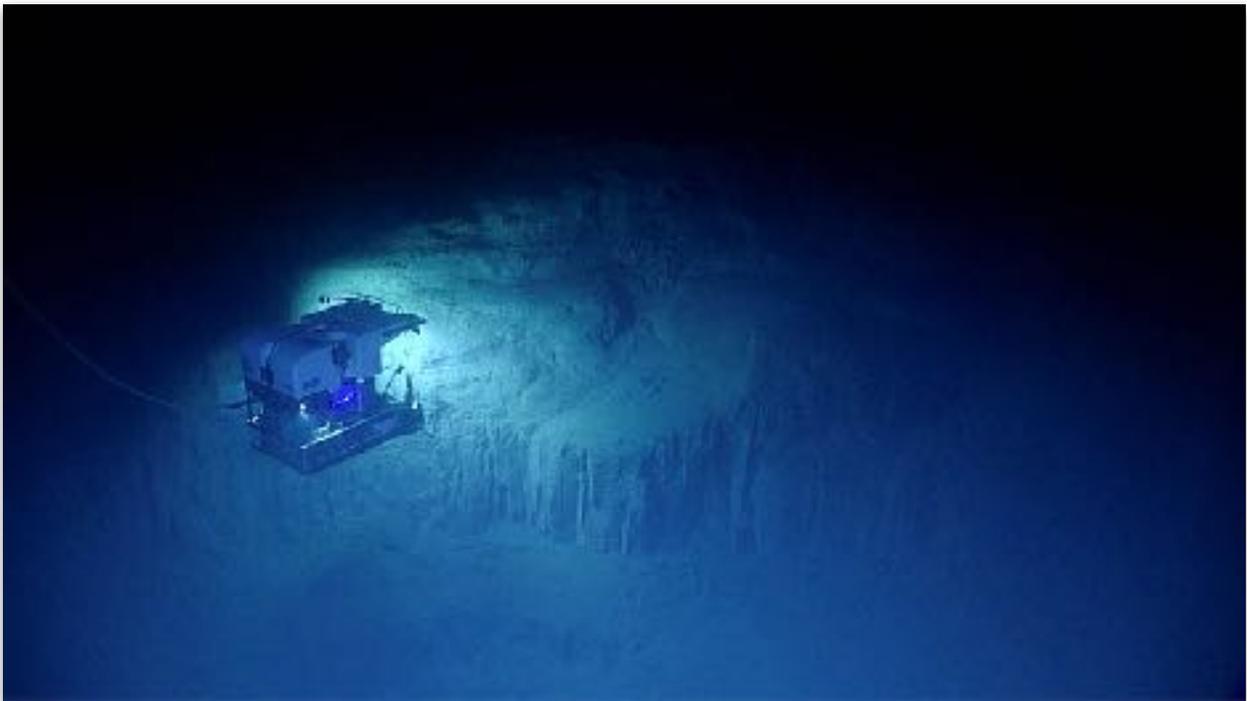
*Why, O Lord, do you reject my soul?
Why do you hide your face from me?*

*I have been afflicted
and I have been close to death since my youth.
I have endured your terrors.
I am in despair.*

*Your rage has swept over me.
Your terrors have destroyed me.*

*All day long they surround me like water.
They have battered me completely.*

*You have distanced my loved one and friend from me.
My only friend is darkness.*



Day 10:
Saturday, March 12, 2022

One unifying thing about our human life is that all of us are on a similar path of human existence. Despite our differences and our different identities we live in the same times and we experience the world together. All of us have wound up living in the same time and in the same place, together. As everyday comes and goes we grow wiser, we gain experience, and we tread the path of this journey. At the end of this Lenten journey each one of us will be 40 days older than we were when we began. Each of us, no matter how young or old are aging. Let's listen to author Isabel Allende reflect on her own journey of aging and how to do it passionately: https://www.ted.com/talks/isabel_allende_how_to_live_passionately_no_matter_your_age?language=en



Sunday, March 13, 2022

Come to church at 10:30 am or join us via Facebook Live!



Day 11:
Monday, March 14, 2022

Two days ago you listened to Isabell Allende reflect on aging and living passionately. In 1988 Rod Stewart wrote a Grammy nominated song reflecting on wisdom, aging, and legacy. While not commonly thought of as a faith-based song, the lyrics include a reference to scripture: <https://www.youtube.com/watch?v=mwG6g5boyF4>

Day 12:
Tuesday, March 15, 2022

California artist Maynard Dixon (1875-1946) was known for his desert landscapes. While we sometimes think of deserts as inhospitable places and places of danger, he chose to portray them with an almost life-giving and hospitable quality. Take a break today and enjoy one of his most famous desert paintings, "Cloud World" from 1925.

Scripture for reflection:

*A voice is calling,
"Clear the way for the Lord in the wilderness;
Make smooth in the desert a highway for our God. — Isaiah 33:1*



Day 13
Wednesday, March 16, 2022

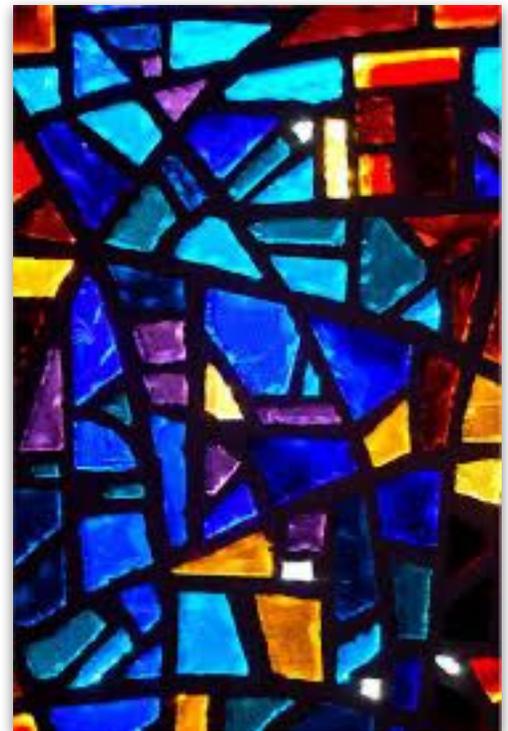
Lent is a time of journey through the desert. Here in California we live in close proximity to one of the world's many deserts. What does the idea of "desert" mean to you? Reflect in your journal about a time when you were in a "desert" of your own life.

Day 14:
Thursday, March 17, 2022

Meet at 4 PM on the church's Facebook page for 30 minutes of meditative music played by our music director, Dr. Nina Gilbert. Bring your requests! If there's a hymn that you would like Nina to improvise on, type it in the comments during the event.

Day 15:
Friday, March 18, 2022

Often we use the binary of light vs dark in worship. I have often done this. For instance it is commonly said that Jesus is the light who casts out darkness. We are currently engaged in a book study about the idea of darkness. The Rev. Dr. Kristen Harper, pastor of The Unitarian Church of Barnstable offers us this important challenge to shift our thinking on our theology of darkness: <https://www.uuworld.org/articles/theology-darkness>



Day 16:
Saturday, March 19, 2022

Write in your journal ways that you've experienced your guiding word so far on this journey. In what ways do you think this word will keep showing up in your life?

Sunday, March 20, 2022

**VIRTUAL CHURCH SUNDAY
WORSHIP MATERIALS EMAILED TO YOU**



Day 17:
Monday, March 21, 2022

Meet at noon on the church's Facebook page for 30 minutes of live music played by CCLJ friend and local musician, Jim Tompkins MacLaine.

Day 18:
Tuesday, March 22, 2022

Meet again at noon on the church's Facebook page for 30 minutes of live music played by CCLJ friend and local musician, Jim Tompkins MacLaine.

Day 19:
Wednesday, March 23, 2022

Today read the story that begins the Lenten journey, from Matthew 4: 1-11:

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: "'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "All this I will give you," he said, "if you will bow down and worship me." Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" Then the devil left him, and angels came and attended him.

Day 20:
Thursday, March 24, 2022

Meet at 7 PM on the church's Facebook page for 30 minutes of meditative music played by our music director, Dr. Nina Gilbert. Bring your requests! If there's a hymn that you would like Nina to improvise on, type it in the comments during the event.

Day 21:
Friday, March 25, 2022

Today I am sharing with you one of my favorite musical performances. Steven Isserlis is a British cellist who you will see here performing Joseph Haydn's Cello Concerto No. 1 in C Major, 3. Allegro molto. This is an inspired and deeply moving performance that highlights the synchronicity of not only Isserlis but the orchestra, the composer, the audience, and the hand of the divine in bringing an experience like this into being: <https://www.youtube.com/watch?v=cHIS19g1fkY>



Day 22:
Saturday, March 26, 2022

Hardly a person exists who has not heard Vanessa Carlton's hit song from 2003, "A Thousand Miles." But do we really know this history of this song and this artist or the circumstances surrounding its success? Take a moment to "go deeper" and to get to know the artist and the characters that surrounded this hit song. Sometimes when we "go deeper" even with things that are familiar to us, we see and understand new insights and truths. https://www.youtube.com/watch?v=GLO_57IV6Zc

Sunday, March 27, 2022

[Come to church at 10:30 am or join us via Facebook Live!](#)

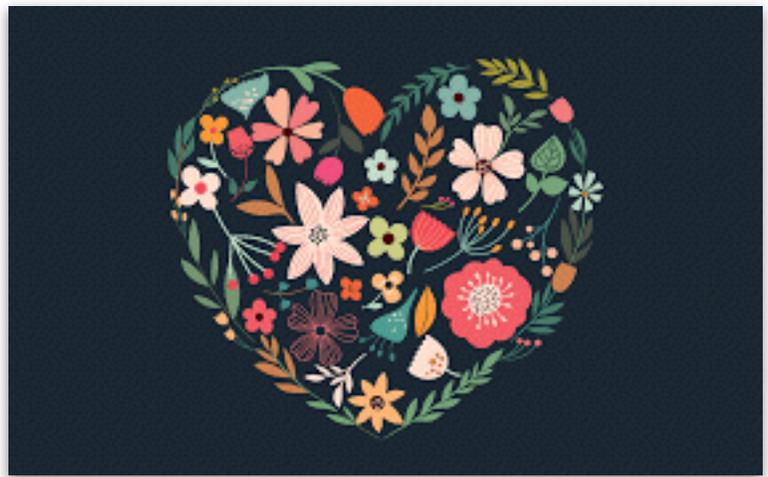


Day 23:
Monday, March 28, 2022

Meet at noon on the church's Facebook page for 30 minutes of live music played by CCLJ friend and local musician, Jim Tompkins MacLaine.

Day 24:
Tuesday, March 29, 2022

Throughout these 40 days I have sprinkled in some guided meditations and reflections that I learned in divinity school. The first one is very simple. It is about loving-kindness. Loving-kindness, or metta, as it is called in the Pali language, is unconditional, inclusive love, a love with wisdom. It has no conditions; it does not depend on whether one "deserves" it or not; it is not restricted to friends and family; it extends out from personal categories to include all living beings.



Try directing your loving-kindness at someone who treated you poorly (or someone who caused you stress.) It can be liberating to wish others well—to befriend them in your thoughts—even though they are insensitive to you.

Day 25:
Wednesday, March 30, 2022

Meet at 4 PM on the church's Facebook page for 30 minutes of meditative music played by our music director, Dr. Nina Gilbert. Bring your requests! If there's a hymn that you would like Nina to improvise on, type it in the comments during the event.

Day 26:
Thursday, March 31, 2022

Read Psalm 6.

Lord, do not rebuke me in your anger
or discipline me in your wrath.

Have mercy on me, Lord, for I am faint;
heal me, Lord, for my bones are in agony.

My soul is in deep anguish.
How long, Lord, how long?

Turn, Lord, and deliver me;
save me because of your unfailing love.

Among the dead no one proclaims your name.
Who praises you from the grave?

I am worn out from my groaning.
All night long I flood my bed with weeping
and drench my couch with tears.

My eyes grow weak with sorrow;
they fail because of all my foes.

Away from me, all you who do evil,
for the Lord has heard my weeping.

The Lord has heard my cry for mercy;
the Lord accepts my prayer.

All my enemies will be overwhelmed with shame and anguish;
they will turn back and suddenly be put to shame.

Day 27:
Friday, April 1, 2022

Meet at noon on the church's Facebook page for 30 minutes of live music played by CCLJ friend and local musician, Jim Tompkins MacLaine.

Day 28:
Saturday, April 2, 2022

Reflect on what the cross means to you. Write your reflections in your journal. Art by Jan Richardson: <https://www.janrichardson.com>



Sunday, April 3, 2022

**VIRTUAL CHURCH SUNDAY
WORSHIP MATERIALS EMAILED TO YOU**



Day 29: Monday,
April 4, 2022

Author and speaker Byron Katie offers a meditation that I learned in divinity school that shows us how to question the validity of thoughts that we have that are sources of stress and suffering. I invite you to try this with me today.

In the first step we ask whether the thought is true.

In the second step we ask whether we can absolutely know that it is true.

The third step in questioning the validity of a stressful thought is to notice how we react when we believe the thought.

The fourth step is to reflect on who we'd be without the thought.

Then comes the counter-intuitive fifth step where we come up with a "turnaround." A turnaround is a statement of the stressful thought in a way that's opposite from its original expression.

Here is an example of how Toni Bernhard, the author of How to Be Sick employed this in her life. She was chronically ill and homebound and many of her friends quit visiting her. This left her feeling sad and lonely and she believed, "My friends should not stop coming to see me." Each time the thought came up she felt hurt and angry. To use Byron Katie's meditation on this thought would look like this:

1. Ask if whether the thought is true.

In this case Bernhard said "Yes, it is true my friends should not stop coming to see me."

2. Can one know this is absolutely true.

In this case Bernhard said no, we can't absolutely know this is true... it would require a bit more investigation.

3. How does it feel when the thought is believed to be true?

In this case Bernhard felt sad and angry almost as if she was physically wounded.

4. Reflect on who we'd be without the thought?

In this case Bernhard said that without the thought she'd simply be living her life. Living the day as it unfolded not worrying about who might or might not visit her. She said that without holding the thought "My friends should not stop coming to see me" she felt like a heavy burden had been lifted—the burden of having to constantly worry about the state of her friendships.

5. The counter-intuitive "turnaround." Creating a statement of the stressful thought that is the opposite of its original expression.

In this case the turnaround Bernhard came up with was "My friends *should* stop coming to see me."

This may seem bizarre. But when Bernhard thought more she realized that by stating the thought in this way she realized that there might be genuine reasons why her friends were not visiting her. Perhaps they feel it would be too hard or too much for her, perhaps they don't want to visit because they are afraid they will get sick or they will be reminded of a trauma from a past sickness or a loved one who was sick. Maybe their lives are stressful and busy and they have barely enough time to spend with their own families. Perhaps they are having medical problems themselves.

In this reflection Bernhard realized that 1) just because her friends weren't visiting didn't mean they weren't thinking about her or sending her their wishes for her recovery and 2) the reasons her friends weren't coming to see her had to do with what was going on in their minds and not hers.

Day 30:
Tuesday, April 5, 2022

Meet at 7 PM on the church's Facebook page for 30 minutes of meditative music played by our music director, Dr. Nina Gilbert. Bring your requests! If there's a hymn that you would like Nina to improvise on, type it in the comments during the event.

Day 31:
Wednesday, April 6, 2022

Two days ago you read a script for how to do a "turnaround" based on Byron Katie's meditation. I invite you to write this out in your journal. List each step 1-5 and take a

statement that is giving you anxiety and suffering right now. Write it out and answer each of the questions 1-5. What is your turnaround statement? How does that make you think differently about the original thought you had that led to your anxiety.

Day 32:
Thursday, April 7, 2022

Take a break! Do something today that is incredibly kind, loving, and gentle to yourself.

Day 33:
Friday, April 8, 2022

As we continue to reflect on our theme of understanding darkness and “going deeper” we can’t forget to pay attention to the darkness of the ocean which defines our lives here in Southern California. Take a look at this video from The Economist which explores the darkness of the greatest depths of the ocean: <https://www.youtube.com/watch?v=p0G68ORc8uQ>

Day 34:
Saturday, April 9, 2022

Today, I invite you to practice a meditation that comes out of the Buddhist tradition and that was key in my training in divinity school. It is called *tonglen*.

Tonglen practice is a method for connecting with suffering-our own and that which is all around us, everywhere we go. It is a method for overcoming our fear of suffering and for dissolving the tightness of our hearts. Primarily it is a method for awakening the compassion that is inherent in all of us, no matter how cruel or cold we might seem to be.

We begin the practice by taking on the suffering of a person whom we know to be hurting and wish to help. For instance, if we know of a child who is being hurt, we breathe in with the wish to take away all of that child’s pain and fear. Then, as we breathe out, we send happiness, joy, or whatever would relieve the child. This is the core of the practice: breathing in others’ pain so they can be well and have more space to relax and open-breathing out, sending them relaxation or whatever we feel would bring them relief and happiness.

Often, however, we can't do this practice because we come face to face with our own fear, our own resistance or anger, or whatever our personal pain happens to be just then.

At that point we can change the focus and begin to do tonglen for what we are feeling and for millions of other people just like us who at that very moment are feeling exactly the same stuckness and misery. Maybe we are able to name our pain. We recognize it clearly as terror or revulsion or anger or wanting to get revenge. So we breathe in for all the people who are caught with that same emotion, and we send our relief or whatever opens up the space for ourselves and all those countless others. Maybe we can't name what we're feeling. But we can feel it—a tightness in the stomach, a heavy darkness, or whatever. We simply contact what we are feeling and breathe in, take it in, for all of us— and send out relief to all of us.

People often say that this practice goes against the grain of how we usually hold ourselves together. Truthfully, this practice does go against the grain of wanting things on our own terms, wanting everything to work out for ourselves no matter what happens to the others. The practice dissolves the walls we've built around our hearts. It dissolves the layers of self-protection we've tried so hard to create. In Buddhist language, one would say that it dissolves the fixation and clinging of ego.

Tonglen reverses the usual logic of avoiding suffering and seeking pleasure. In the process, we become liberated from very ancient patterns of selfishness. We begin to feel love for both ourselves and others; we begin to take care of ourselves and others. Tonglen awakens our compassion and introduces us to a far bigger view of reality. It introduces us to the unlimited spaciousness of shunyata. By doing the practice, we begin to connect with the open dimension of our being. At first this allows us to experience things as not such a big deal and not so solid as they seemed before.

Tonglen can be done for those who are ill, those who are dying or have died, those who are in pain of any kind. It can be done as a formal meditation practice or right on the spot at any time. We are out walking and we see someone in pain—right on the spot we can begin to breathe in that person's pain and send out relief. Or we are just as likely to see someone in pain and look away. The pain brings up our fear or anger; it brings up our resistance and confusion. So on the spot we can do tonglen for all the people just like ourselves, all those who wish to be compassionate but instead are afraid—who wish to be brave but instead are cowardly. Rather than beating ourselves up, we can use our personal stuckness as a stepping stone to understanding what people are up against all over the world. Breathe in for all of us and breathe out for all of us. Use what seems like

poison as medicine. We can use our personal suffering as the path to compassion for all beings.

When you do tonglen on the spot, simply breathe in and breathe out, taking in pain and sending out spaciousness and relief.

When you do tonglen as a formal meditation practice, it has four stages:

1. First, rest your mind briefly, for a second or two, in a state of openness or stillness. This stage is traditionally called flashing on absolute bodhichitta, or suddenly opening to basic spaciousness and clarity.

2. Second, work with texture. Breathe in a feeling of hot, dark, and heavy—a sense of claustrophobia—and breathe out a feeling of cool, bright, and light—a sense of freshness. Breathe in completely, through all the pores of your body, and breathe out, radiate out, completely, through all the pores of your body. Do this until it feels synchronized with your in- and out-breaths.

3. Third, work with a personal situation—any painful situation that's real to you. Traditionally you begin by doing tonglen for someone you care about and wish to help. However, as I described, if you are stuck, you can do the practice for the pain you are feeling and simultaneously for all those just like you who feel that kind of suffering. For instance, if you are feeling inadequate, you breathe that in for yourself and all the others in the same boat, and you send out confidence and adequacy or relief in any form you wish.

4. Finally, make the taking in and sending out bigger. If you are doing tonglen for someone you love, extend it out to those who are in the same situation as your friend. If you are doing tonglen for someone you see on television or on the street, do it for all the others in the same boat. Make it bigger than just that one person. If you are doing tonglen for all those who are feeling the anger or fear or whatever that you are trapped in, maybe that's big enough. But you could go further in all these cases. You could do tonglen for people you consider to be your enemies—those who hurt you or hurt others. Do tonglen for them, thinking of them as having the same confusion and stuckness as your friend or yourself. Breathe in their pain and send them relief. Tonglen can extend infinitely. As you do the practice, gradually over time your compassion naturally expands, and so does your realization that things are not as solid as you thought. As you do this practice, gradually at your own pace, you will be surprised to find yourself more and more able to be there for others even in what used to seem like impossible situations.

—Text and Script by Pema Chödrön

Sunday, April 10, 2022

PALM SUNDAY

Come to church at 10:30 am or join us via Facebook Live!



Day 35:
Monday, April 11, 2022

At the beginning of this process did you plant a seed? It has been over a month since then. What is the progress? Take time today to tend to the things you are growing in your life—both literal and metaphorical.

Day 36:
Tuesday, April 12, 2022

Today I present a short reflection on the concept of “equanimity” which is “mental calmness or evenness of temper, especially in a difficult situation.” Thai monk Ajahn Jumnian summarizes this well when he says:

When people say, “Ajahn, let’s go for a beautiful walk,” fine I’ll go. If they don’t ask, that’s fine too. I don’t expect a walk to be any more satisfying than sitting alone. It could be hot or windy out there. If people bring me delicious food, great. If they don’t, great. I need to diet anyway. If I’m feeling good, that’s okay. If I’m sick, that’s okay too. It’s a great excuse to lie down.

Equanimity is accepting life as it comes to us without blaming anyone or anything—including ourselves.

Day 37:
Wednesday, April 13, 2022

Yesterday you read a short reflection on equanimity, I invite you to write 3 statements of equanimity in your journal. See the monk’s statements from yesterday as a guiding example. (i.e. If I get the promotion at work great, If I don’t that’s ok too because I am thriving in my current role. If I loose 15 lbs. that will be great, but if I don’t I still am healthy and happy.)

Day 38:
Thursday, April 14, 2022

Maundy Thursday is the day Jesus ate with his friends in the Upper Room and instituted one of our most sacred sacraments. Write a few sentences in your journal about what Holy Communion means to you?

Day 39:
Friday, April 15, 2022

What does Good Friday mean to you? What does it mean to be Easter People in a Good Friday world? Take a look at the nail that it included in your box. Hold it in your hand. Imagine the experience of Jesus on Good Friday. As you hold this cold nail in your hand reflect on the ways that we continue to witness crucifixion in our world. If you'd like, write your reflections in your journal.



Day 40:
Saturday, April 16, 2022

We will conclude our Lenten journey with a 40 minute Zoom discussion today at 6:30 PM where we can hold space to reflect on our individual journeys over the past 40 days incorporating these spiritual practices into our lives. The Zoom link will be emailed to you.



EASTER SUNDAY, APRIL 17, 2022
WORSHIP 10:30 IN PERSON AND LIVESTREAM
1216 CAVE STREET, LA JOLLA, CA 92037



The ideas and practices of this Lenten experience would not be possible without giving credit to all of those whose content, ideas, and teachings I have utilized from many arenas of life including:

Musicians

Rod Stewart
Vanessa Carlton
Steven Isserlis
Dr. Nina Gilbert
Jim Thompkins MacLaine

Artists

Maynard Dixon
Jan Richardson

Writers

Isabell Allende
Toni Bernhard
Byron Katie

Chefs

Rosalyn Weaver

Spiritual Teachers & Leaders

Ajahn Jamnian
Rev. Dr. Kristen Harper
Pema Chödrön

Publications

The New York Times
The Economist
UU World Magazine

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