

# FLC & OSL Light

Newsletter of First Lutheran and Our Savior's Ministries

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## The Cup of Our Life

*Every time you listen with great attentiveness to the voice that calls you beloved, you will discover within yourself a desire to hear that voice longer and more deeply.*

Henri J.M. Nouwen

In the season of Lent, I add a spiritual practice to my life instead of fasting from a specific food or social media. This is because I have always understood Lent to be a season for spiritual renewal.

This year, I will use Joyce Rupp's book, *The Cup of Our Life*. In the daily devotions, a cup is used as a centering focus. Many of us have a favorite cup or two that we use. She encourages the reader to use that cup in the daily practice for six weeks.

The practice has seven "how to's" for each day to fill our cup. In some ways, seven things to do can seem overwhelming, but the steps are reasonably straightforward.

1. Intention – take time each day for the practice. Preferably at the same time and place.
2. Breathprayer is a way to center yourself for the practice. The length of the prayer could be 30 seconds to five minutes.
3. Reflection is when the cup is utilized to connect your spiritual path and the cup.
4. Scripture is only a morsel of verse or two to savor its meaning and relish the message.
5. Journaling is a means of recording and preserving the experience to reflect on it later.
6. Connecting has a means of taking the prayer into daily life.
7. Integrating happens on the seventh day that is Sabbath. It is a time to review, ponder, and integrate the revelations from the past six days.

In some ways, the practice reminds me of the Faithful Innovation team's work. They have practiced deep listening to God's call into their lives to date. They have listened to your stories of faith as well. The next phase of the process begins soon. It will be a time of experimentation to see where the Holy Spirit is calling to our faith community in this time and space.

On my office door, someone recently asked me what is Lent Madness? It is similar to basketball's March Madness; however, two saints are battling it out.

There are four brackets: Martyrs & Mystics, Theologians & Thinkers, Confusion Corner, and Healers & Helpers. It begins with the Round of 32, moving to the Saintly 16, the Elate 8, the Faithful 4, and finally, the Golden Halo.

It is a unique and fun Lenten devotion developed by two Episcopalian priests to learn about men and women comprising the church calendar of Saints. The voting typically happens Monday – Friday, but there are a few Saturday matches. More information can be found at [www.lentmadness.org](http://www.lentmadness.org).

Lent Madness will be shared on the church's Facebook page. A link is provided to vote. The winners in each bracket will be posted on my office door. For those who do not have internet, I can provide information on the saints as it is published to you in a printed format.

My prayer is that each of you takes time during the 40 days of Lent for a devotional practice to renew your faith and hear God's call into your daily life.

In Christ,

*Pastor Carol*

### *We Have a Mission*

**First Lutheran Church is called by God to be a welcoming church witnessing to Christ in loving service to the world.**

*In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. Matthew 5:16*

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## ASH WEDNESDAY & SUNDAYS IN LENT

The forty days of Lent begins on Ash Wednesday (3/2). We gather for this traditional service at 7 pm. There will be the imposition of ashes and Holy Communion at the service. In addition, there will be the first Lenten Soup and Bread supper at 5:45 pm before worship.

Sunday in Lent begins with the sermon series "Following Jesus" at 11 am with Holy Communion. As we draw near to Jesus in the first few weeks of Lent, the Gospel of John reveals more about Jesus' call to discipleship. Then in the second series, "God's Kingdom Revealed," we follow Jesus to the cross; Jesus' kingdom repeatedly clashes with the one of this world. We learn that the true power of God's kingdom is yet to be revealed. Throughout the season, worship is simplified to allow space to contemplate our faith.

## HOLY WEEK SERVICES

Holy Week begins on Palm Sunday (4/10). It is a week-long observance of our Lord's entry into Jerusalem. Worship with Holy Communion is at 11 am.

The Triduum of Holy Week begins on Maundy Thursday (4/14). We share a simple meal at this service as worship is intertwined with dinner at 6 pm. The service includes Holy Communion and stripping of the Altar. We depart this evening in silence.

The service continues on Good Friday (4/15) at 7 pm. Our Tenebrae service includes dimming lights and extinguishing candles as we contemplate the cost Jesus paid for our redemption. It ends with a concluding "Strepitus" or loud noise symbolizing the earthquake and agony of creation at the death of Christ.

Easter Prayer Vigil (4/16) is a time to pray, read scripture, and reflect on the true meaning of Easter. It is done from the comfort of your own home. Watch for sign-ups at the church.

Easter Sunday (4/17) is a joyous celebration announcing the resurrection of our Lord at 11 am. We sing festive hymns and celebrate with Holy Communion.

## FAITHFUL INNOVATIONS

Please pray for the team and their training on 2/27. More information on the next steps to follow soon!

## CREATED FOR COMMUNITY

The Midweek Lenten Services will feature Holden Evening Prayer on Wednesday evenings at 7 pm, following the weekly Soup and Bread Suppers. Though many common Lenten practices rightly invite us to individual acts of "repentance, prayer and fasting, sacrificial giving, and works of love," Lent is also a time for deepening of community. In worship, we will reflect on what it means to be in community with one another, with the world, with creation, and with God.

## HILLS OF LENT

We join Christians worldwide and over the centuries to walk with Jesus on his journey to Jerusalem. The Hills of Lent allows us to watch for signs of grace and listen for notes of encouragement in the journey. You are invited to take time on Tuesdays and Thursdays for reflective devotions and prayers.

Thank you to Carl Benson, Karen Dwyer, Doris Haines, Michael Murray, Steve Seilhymer, and Pr. Carol, for sharing your reflections with us.

## LWSO NEWS

Our small but faithful group of quilters has been gathering for a few weeks and, so far, has produced 16 quilts. They will continue to meet for a few weeks; all are invited to join us on Saturdays at 9 am and see what they are doing.

On March 2, our Lenten Soup and Bread suppers begin at 5:45 pm. There is a soup sign-up sheet on the bulletin board. There are a few changes this year. Those bringing soup will set up the tables with silverware and butter, set up the coffee and water and put out the bread. They will serve the soup. Everyone else is asked to bring bread to share and clean up after the meal. In the weeks of Wed. Bible School, they are done by 5:15 pm. The kitchen is available earlier for set up, etc.

Discussions are ongoing on whether or not to have the fall bazaar. Most women desire to resume the tradition again. Let's plan on doing it. If need be, we can cancel. Be thinking about and making what you would like to donate and also about serving or not serving lunch. If Covid continues maybe we need to consider doing more bake sale items and variety and not serving a luncheon. Let's put our brains to work and come up with some ideas.