

First Presbyterian Church of Alma



“I’m looking for a spiritual practice during Lent,” I was asked many years ago. This is a question I can handle - this is a question I can give answers to and probably overwhelm you with opportunity! It is a question that feels tangible—but leads to the intangible, more difficult questions we meditate upon in spiritual practices—things like, “What is our purpose?” and “who is God?” and “Why do bad things happen to good people?”

There was a time when I was bored in my faith and found that if I varied my spiritual practices, it kept faith life “exciting.” Meditations, lectio divina, circle prayers, chanting - I tried many different methods of connecting with God. Some I loved, and some were just another empty ritual.

I believe we go through seasons outside of the typical liturgical seasons. Advent is meant to be a period of waiting, but our lives don’t wait until December to wait - medical diagnoses or waiting to hear important news happens whenever life demands it. Lent is a time of reconnecting with God in what might be a dry spell in our faith - but those dry spells can happen at any time. So, even if you don’t feel particularly “in the mood” for Lent, it’s a time in which we can explore different spiritual practices or find new ways to embody our faith so that when we do find our faith carrying us, we have those practices in place.

My favorite spiritual practice is writing. Sometimes something fancy and pretty appears and I send it in to a publisher, but about 98% of my writing is just thoughts, ideas, emotions, and prayers that will one day disappear into a recycle bin. For me, writing is more about connecting with my faith in an intellectual and emotional level, finding ways to express what I sense within my body. Dance has been a spiritual practice like this, as well. For those times that I haven’t been able to put my faith into words, I’ve been able to move.

Perhaps you find singing to be a spiritual practice. Some people give up something, a barrier to their faith, but I often find that adding a spiritual practice can help more. Of course, there are plenty of things we can give up - maybe that committee you’re dreading every time, maybe a task at work that you don’t feel called to do anymore, perhaps something you’ve been doing because you feel obligated but it isn’t giving you life. When we can say “no” to some things, it makes more room for God, for ourselves, and for those we love. This Lent, be in prayer and consideration for what you want to take on or let go of to make space for God. Sometimes simple silence can be the only practice we need, looking at a sunrise or listening to the birds chirp.

Peace,

Rev. Katrina

Session Notes:

- Session did not meet in February
- Thank you to Ron Turner and Julie Frick for serving on session!
- Welcome to Chuck Fortino and Sue Malone, elected to serve on session!
- A session training will be held Saturday, March 12



Alma College Happenings:

As we begin this new partnership with the college, you can find exciting news and events here each month. You're always welcome to worship at Chapel each Sunday night at 7pm. Go Scots!

Thursday, March 3 from 2-4 there is a reception in the Dunning Memorial Chapel to meet Rev. Dr. Asa Lee, president of Pittsburgh Theological Seminary.

Dear Congregation,

Thank you for your cards! I am thankful for your support and appreciation.

- Al Bartholomew



Do you have information you'd like to provide for the newsletter?

Have you moved and would like your address shared with the congregation via the newsletter?

What sort of information would you like to read here?

Send your thoughts and comments to Rev. Katrina for future newsletters: pastor@firstpres.net



This month during Matthew 25 worship time we will focus on dismantling structural racism. A Matthew 25 churches commit to:

- dismantling structural racism
- Eradicating systemic poverty
- Building congregational vitality



Lenten Services

Ash Wednesday service at First Presbyterian Church—6pm in the sanctuary

You can also attend Ash Wednesday services at the Dunning Memorial Chapel:

7:30am

10am

12:30pm

2pm

3:30pm

10:10pm

Each Wednesday in Lent there will be a brief service at 6pm with Taizé music and talking about the Lenten symbols



March 2022

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Choir meets at 9:15am and 11:30am the first and third Sundays, and 10am the second and fourth Sundays		1 Food Pantry 1.30-3	2 Ash Wednesday 6pm Service 7pm Sabbath	3 Community Café 5.30	4	5 Presbytery Meeting
6	7 9:30 Linus Ladies Buildings and Grounds 5pm 6:30pm Pine River Arts Council	8 Food Pantry 1.30-3 7pm Spiritual Growth	9 6pm Lenten Service 7pm Sabbath Group	10 Personnel 4.30 Community Café 5.30	11	12 Session Elder Retreat 10am
13 Deacons Meeting after worship	14 9:30 Linus Ladies Rev. Katrina at Wabash Pastoral Leadership	15 Food Pantry 1.30-3	16 6pm Lenten Service 7pm Sabbath Group	17 Community Café 5.30	18	19
20  MATTHEW 25 Worship in Fellowship Hall	21 9:30 Linus Ladies	22 Food Pantry 1.30-3	23 6pm Lenten Service 7pm Sabbath Group	24 Community Café 5.30	25	26
27	28 9:30 Linus Ladies Rev. Katrina on vacation March 25-April 2	29	30 6pm Lenten Service 7pm Sabbath Group	31 Community Café 5.30		