



Sun

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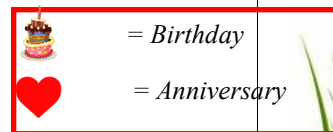
Sat

	1	2	3 6 pm Lenten Zoom Gathering	4 Alamance Strings practice in Studio— afternoon hours	5 <i>World Day of Prayer</i> Nell Allred	6 Harriet Sowinski
7 Lent 3—Stones Matthew 9:27-33 (Mental Health) Liturgist— Carol Fonville	8 Connie Collins	9 11 am Staff Meeting	10 6 pm Lenten Zoom Gathering	11 Alamance Strings practice in Studio— afternoon hours	12 Kevin May	13 <i>Before going to bed tonight...</i> Garry Massey Helen Little
14 <i>Daylight Savings time begins</i> Lent 4—Different Pictures Mathew 9:18-26 (Intellectual Health) Liturgist—Jamie Fonville	15	16 2 pm Board of Finance	17 St. Patrick's Day 6 pm Lenten Zoom Gathering	18	19	20
21 Lent 5—Restoration Matthew 8:18-27 (Environmental Health) Liturgist—Sandy Stone	22	23 11 am Staff Meeting Troy & Peggy Johnson Sherry Massey	24 6 pm Lenten Zoom Gathering	25	26	27
28 <i>Palm/Passion Sunday</i> <i>Holy, Wholly</i> Matthew 9:1-8 Mark 11:1-11 (Integrated Health) Liturgist—Matt Rice <u>Palm Pickup—11:30 am—</u> <u>in church parking lot</u> Sandy King	29	30 6:30 pm Board of Deacons (zoom meeting)  Barbara Price	31 6 pm Lenten Zoom Gathering	<div>  = Birthday   = Anniversary </div>		



**Maundy Thursday—April 1st,  
Holy Saturday—April 3rd,**

**Good Friday—April 2nd,  
Easter Sunday—April 4th**



## Centering Prayer: Finger Labyrinth

Place your finger, of your non dominant hand, at the entrance of the labyrinth. Take a few deep breaths.

Ask a question of God or release an intercession that you hold in your heart. You will carry this question or thought with you as you move through the Labyrinth.

Say a prayer, asking God for guidance, support or healing.

As you move forward be intentional about releasing whatever stresses, worries or distractions you may be feeling. Breathe deeply and slowly. Pause if you need to but don't lift your finger.

When distractions come consciously release them from your mind.

When you reach the center, pause and be open and receptive to God. Allow yourself to receive a feeling, wisdom, or just rest.

When ready, follow the path out consciously returning and bringing whatever you received from God out into your life with you.

Don't try too hard. Sometimes it is just rest and a moment of pause that God brings into the Center. Sometimes nothing obvious shows up, but that doesn't mean it isn't time well spent. Stay open and receptive to the Spirit.

