



Love Life!

Live Lent!

Be the change!

Union Church in Waban
14 Collins Road
Waban, Massachusetts

LENTEN DEVOTIONS 2013

INTRODUCTION

by Annie Gatewood

*on behalf of the Mission/Outreach Committee
of the Union Church in Waban*

I did not grow up giving something up for Lent. For me, Lent's significance has always been minimal; Easter is around the corner and perhaps the New England winter might actually end. It has only been recently that I have had the yearning to learn more about what Lent means. I'm sure it is not a coincidence that this yearning has coincided with my experience in witnessing hunger in Zambia. What would that be like, to have a constant ache deep in your belly that pervades your entire body? Julia, among others, was surprised at how "happy" people are in Zambia amidst such poverty. I'm not sure it is happiness exactly but the question persists, "How is it that people can be full of spirit and hope when the body is so malnourished?"

So then, what does it mean to be hungry? Are there other ways to be nourished beyond food? Do we hunger for meaning, for connection, for belonging? How do we satiate this hunger when we are so full? We are full with excess food. We are full of busyness, fear, and worry. Is being too full getting in the way of deepening our faith, sapping our spirit and sense of hope? What if we were to experience sacrifice and experience physical hunger? If we were to empty our bellies, would this allow us room to fill our souls? And at the same time could this sacrifice fill the bellies of our hungry neighbors and friends in San Juan del Sur, in M'tendere, and in Dorchester?

The Mission/Outreach Committee is proposing that we seek the answers to these questions. Along with this Lenten booklet, our children have made rice bowls in Sunday school for congregants to use

as containers for our sacrifices, whether it is the money saved from fasting or a slip of paper with something you are letting go of to walk more humbly with God.

These sacrifices will culminate in the Easter offering which will address hunger locally and globally in Zambia, Nicaragua, and in Dorchester. During Holy Week we will have an opportunity to gather for a time of reflection. So I invite you, all of us together, to engage in a purposeful act of sacrifice so that we may give to others and to give to ourselves the opportunity to be more fully aware, more fully engaged, more fully connected...simply put, just to be more full.

You are invited to consider practicing one of these options for fasting throughout the season of Lent:

- Forego a meal once a week (approx. \$50/Lent).
- Forego daily Starbucks (approx. \$100/Lent).
- Forego all meat (approx. \$150/Lent).
- Forego all soda, candy, or coffee (approx. \$30/Lent).
- Practice Sabbath and give up your cell phone/internet on Sundays.

Consider the fast that God requires. Can you incorporate this fast into your Lenten walk as well?

Isaiah 58: 6-11

This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking every yoke;

Sharing your bread with the hungry, sheltering the oppressed and the homeless; Clothing the naked when you see them, and not turning your back on your own.

Then your light shall break forth like the dawn, and your wound shall quickly be healed; Your vindication shall go before you, and the glory of the LORD shall be your rear guard.

Then you shall call, and the LORD will answer, you shall cry for help, and he will say: Here I am! If you remove from your midst oppression, false accusation and malicious speech;

If you bestow your bread on the hungry and satisfy the afflicted; Then light shall rise for you in the darkness, and the gloom shall become for you like midday;

Then the LORD will guide you always and give you plenty even on the parched land. He will renew your strength, and you shall be like a watered garden, like a spring whose water never fails.

Prayer

In a moment of temptation, hunger or weakness, stop for a moment wherever you are, feel what you feel. Want what you want. Offer that feeling and longing up to God, even if you have done it many times that day.

Breathe out: My want
Breathe in: God's Will

Repeat until you are calm and the immediate strong feeling passes.

The First Sunday in Lent, February 17th

NOURISH YOUR HEART...

Luke 4:1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours."

Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written,

*'He will command his angels concerning you, to protect you,'
and*

*'On their hands they will bear you up,
so that you will not dash your foot against a stone.'"*

Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'"

When the devil had finished every test, he departed from him until an opportune time.

Reflection Questions

- What tempts you? What are your vulnerabilities? On what can you and do you draw to stand firm in the face of temptation? What gives you strength?
- What would it be like to not eat meat at every meal? Would that feel freeing or like a sacrifice to you? Do you know what is the actual price of meat? Check this link to find out:
<http://www.ewg.org/meateatersguide/a-meat-eaters-guide-to-climate-change-health-what-you-eat-matters/>

Meditation Practice

Take some time out to sit quietly and think about what the season of Lent means to you. You might jot down the first phrases or images that come to mind. Then consider the ways, unique to you that will help you live more fully into the meaning of Lent. For example, some people view this as a time to intentionally let go of “stuff” — the accumulations of worry, stress, and material goods that can weigh us down—in order to feel closer to God. So, a deliberate, daily practice of letting go would be appropriate. For other people, Lent is a time to discover new ways to become closer to God, such as through prayer, meditation, and worship. They might choose to practice praying at the same time every day throughout the season.

Prayer

Holy one, you know what it is to be tempted by that which we know is not right and good but that which a part of us craves all the same. Give us the strength to choose wholeness, goodness and life. Give us the strength to turn away from that which diminishes our lives and the living of all. Amen.

NOURISH YOUR BODY...

BASIC LENTILS AND RICE WITH VARIATIONS

Yield 4 to 6 servings

- 2 tablespoons olive oil, plus more for drizzling
- 1 medium onion, chopped
- 2 celery stalks, chopped
- 1 large carrot, chopped
- 4 ounces bacon or sausage, chopped, optional
- 1 tablespoon minced garlic
- Salt and freshly ground black pepper
- 2 cups lentils, rinsed and picked over
- 1 cup long-grain brown rice
- 3 or 4 bay leaves
- Chopped fresh parsley leaves for garnish.

Put the oil in a large, deep saucepan over medium heat. When it's hot, add onion, celery, carrot and meat, if using. Cook until vegetables begin to become tender and meat begins to brown in places, 5 to 10 minutes. Add garlic and some salt and pepper and cook for another minute or two.

Add lentils, rice, bay leaves and 4 cups of water. Bring to a boil, then lower heat so liquid bubbles gently, and cover.

After 30 minutes, if rice and lentils are tender and liquid is absorbed, the dish is ready. If lentils and rice are not tender, add enough liquid to keep bottom of pot moist, cover and cook for a few more minutes. If rice and lentils are soft and there is much liquid remaining (which is unlikely), raise heat a bit and cook, uncovered, stirring once or twice, until it evaporates. Discard bay leaves. Taste and adjust seasoning if

necessary, fluff with a fork and serve, garnished with parsley and drizzled with more olive oil.

Notes

Use any grain instead of brown rice; you can even substitute white rice. (Cooking time for white rice is half or less that for brown, so add later.)

Similarly, use any bean; cook longer as needed and keep an eye on the water to make sure the beans stay submerged in about 1 inch of water during cooking; wait to add the rice until the beans are tender.

Stock will add flavor, but don't waste money on the canned stuff; use water instead. (The dish will taste like lentils and rice.) For more flavors, add onion, carrot, or other vegetables and an herb like thyme.

For the dish called Moors and Christians, substitute a red bell pepper for the celery and carrot, black beans for the lentils, and 1 cup chopped tomato for some of the liquid; let the beans cook until half done before adding the rice.

For smoky red beans and rice, add 1 tablespoon tomato paste and 2 teaspoons pimentón to the vegetables. Use red beans instead of lentils and cook until they're half done before adding the rice (which should be short-grain). Simmer for another 15 minutes, then bake uncovered at 450 degrees Fahrenheit until the beans and rice are tender.

For mujaddara, skip the meat; cook two sliced onions in a couple tablespoons of olive oil over medium-high heat until they're dark brown but not burned, and serve on top of the rice and lentils.

For lentil and rice soup — or any bean and rice soup — use more water, or stock if you have it.

Table Grace

Thank you for the food we eat

Thank you for the world so sweet.

Thank you for the birds that sing.

Thank you God for everything. Amen.

The Second Sunday in Lent, February 24th

NOURISH YOUR HEART...

Luke 13:31-35

At that very hour some Pharisees came and said to him, "Get away from here, for Herod wants to kill you." He said to them, "Go and tell that fox for me, 'Listen, I am casting out demons and performing cures today and tomorrow, and on the third day I finish my work. Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed outside of Jerusalem.' Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you. And I tell you, you will not see me until the time comes when you say, 'Blessed is the one who comes in the name of the Lord.'"

Reflection Questions

- What do you desire? Do these cravings and attachments sometimes get in the way of your relationship with God?
- What are the gifts you bring to the world? What is it that you were born to do and to give?

Meditation Practice

Read a Lenten devotional regularly, like this booklet, or a book like *The Awkward Season: Prayers for Lent*, by Pamela C. Hawkins. You might also try online resources, which will email you a daily reflection, like *The Upper Room*, a ministry of the United Methodist Church, <http://devotional.upperroom.org/emaildevotional>.

Prayer

Holy Mystery. Help me to be who you have created me to be. Use my gifts that you have seeded in me for the healing and health of the one and the all. Free me from fear of failure and help me to be who I was born to be. Amen.

NOURISH YOUR BODY...

CHICKPEAS, RICE AND EGGS

- Salt
- 1 cup short-grain brown rice
- 2 1/2 cups vegetable stock or water
- Freshly ground black pepper
- 4 tablespoons olive oil
- 1 onion, chopped
- 1 tablespoon minced garlic
- 1 tablespoon tomato paste
- Pinch of saffron threads, optional
- 2 teaspoon pimentón (smoked paprika)
- 1 cup cooked or canned chickpeas, drained
- 4 eggs
- Chopped fresh parsley, for garnish

Heat the oven to 450°F. Bring a medium pot of water to a boil and salt it. Stir in the rice, adjust the heat so that the water bubbles steadily, and cook, without stirring, for about 12 minutes. Drain. Use the pot to warm the stock over medium-low heat.

Put the remaining 3 tablespoons oil in a 10- or 12-inch ovenproof skillet over medium-high heat. When it's hot, add the onion and garlic, sprinkle with salt and pepper, and cook, stirring occasionally, until the

vegetables soften, 3 to 5 minutes. Stir in the tomato paste, saffron if you're using it, and paprika and cook for a minute more. Add the rice and chickpeas and cook, stirring occasionally, until everything is coated with oil, another minute or 2. Carefully add the warm stock and stir until just combined.

Put the pan in the oven and roast, undisturbed, for 15 minutes. Check to see if the rice is dry and almost tender. If not, return the pan to the oven for another 5 minutes. If the rice looks too dry at this point but still isn't quite done, add a small amount of stock or water. When the rice is almost fully tender, make 4 indentations in the top of the paella with a large spoon and carefully crack an egg into each. Continue baking until the whites of the eggs set up, anywhere from 5 to 10 minutes.

Remove the pan from the oven and sprinkle with parsley. If you like, put the pan over high heat for a few minutes to develop a bit of a bottom crust (called soccarat in Spain) before serving either hot or at room temperature.

Table Grace

Bless us, Oh Lord, and these thy gifts,
which we are about to receive from thy bounty,
through Christ, Our Lord. Amen.

The Third Sunday in Lent, March 3rd

NOURISH YOUR HEART...

Luke 13:1-9

At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did."

Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.'"

Reflection Questions

- Have you ever known what it is to be hungry? Malnourished? Starving? Have you ever known what it is not to have what you most need to thrive? Love, companionship, belonging, security?
- What would it mean to be the one who dug around a while and put manure on it so that it would thrive? Have you been that one? Has one been that for you?

Meditation Practice

Plan a day of retreat at one of the local monasteries. It is possible to go as a day visitor, or to attend a structured program. Kathryn's favorite places are the Society of St. John the Evangelist (www.ssje.org), which has an Episcopal monastery in Cambridge and a working eco-farm in West Newbury, and Glastonbury Abbey, a Benedictine (but very ecumenical) monastic community in Hingham, (www.glastonburyabbey.org). Other possibilities are Rolling Ridge Retreat Center, a UMC (also ecumenical) guesthouse in North Andover (www.rollingridge.org), and St. Joseph Retreat Center (run by a Catholic order of nuns) in Cohasset (<http://www.csjretreatcenter.org>).

Prayer

Holy tender of the garden of my life,
I give you thanks for nourishing me with your tender care.
Help me to be as you are so that I may give as you give and help others
to flourish in your name.

Amen.

NOURISH YOUR BODY...

RED BEANS AND RICE

- 1 ½ cup cooked rice
- 20 oz canned kidney beans, rinsed and drained
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 1 clove minced garlic
- 2 bell peppers, stemmed, seeded and chopped
- 4 or 5 sprigs fresh thyme or 1 T. dried thyme
- 2 bay leaves

- 1 can (14.5 oz) diced tomatoes
- ½ tube soyrito (optional)
- 2 cans coconut milk
- Start rice; cook according to package directions.

In a large pan over medium heat, sauté onion, celery, garlic and peppers in 2 T. olive oil until softened, about 10 minutes. Add thyme, bay leaves, and 1 T. chili powder, or to taste. Add tomatoes, beans and soyrito (if using, and it is heartily recommended) and coconut milk, turn the heat to medium-low, and cook, stirring, for 10 to 15 minutes. Eat greedily. Your mouth will thank you.

Table Grace

God is great, God is good,
And we thank God for our food.
By God's hands we all are fed.
Thank you, God for our daily bread.
Amen.

The Fourth Sunday in Lent, March 10th

NOURISH YOUR HEART...

Luke 15:1-3, 11b-32

Now all the tax collectors and sinners were coming near to listen to him. And the Pharisees and the scribes were grumbling and saying, “This fellow welcomes sinners and eats with them.” So he told them this parable:

“There was a man who had two sons. The younger of them said to his father, ‘Father, give me the share of the property that will belong to me.’ So he divided his property between them. A few days later the younger son gathered all he had and traveled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, ‘How many of my father’s hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, “Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands.”’” So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, ‘Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.’ But the father said to his slaves, ‘Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat

and celebrate; for this son of mine was dead and is alive again; he was lost and is found!’ And they began to celebrate.

“Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, ‘Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.’ Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, ‘Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!’ Then the father said to him, ‘Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.’”

Quote to consider

Forgiveness remains the only path that leads out of hell.

Whether we’re forgiving our parents, someone else, or ourselves, the laws of mind remain the same:

As we love, we shall be released from pain,
and as we deny love, we shall remain in pain.

- Marianne Williamson

Reflection Questions

How do you feel when you give something up...especially if it is something that you once held quite dear?

- What are ten things you enjoy regularly that others never have?

- Who do you identify with in the scripture passage? The youngest son who has squandered? The father who forgives or the eldest who resents?
- Do you hear an invitation to something more in the scripture this week? What would that look like in your living?

Meditation Practice

Walk the labyrinth, either inside Union Church, or outside at Boston College, or both! There is also a finger labyrinth inside the cover of *The Awkward Season*, and one online, at: <http://www.gratefulness.org/labyrinth/index.htm>. If you'd like to read a book on labyrinths, or other types of pilgrimage and spiritual journeys, a few possibilities are: *Labyrinths: Walking Toward the Center*, by Gernot Candolini, *Pilgrim Heart* by Sarah York; *Sacred Journey: Spiritual Wisdom for Times of Transition* by Mike Riddell; *Gift of the Redbird: The Story of a Divine Encounter*, by Paula D'Arcy, and *What the Dying Teach Us: Lessons on Living* by Samuel Oliver.

Prayer

Holy One, I know I am supposed to be comforted that you know me as I truly am, but that truly terrifies me, for I know I am not as I am supposed to be. Lead me, I pray into a deeper knowing of you and of me so that I may meet you as I am and as you are for me. Amen.

NOURISH YOUR BODY...

WEST INDIAN RED BEANS AND RICE

Rice:

- 1 ½ cup white or basmati rice
- ½ tsp turmeric
- ½ tsp salt

- 1 tsp vegetable oil
- 1 ½ cup water
- ¾ cup coconut milk

Beans:

- 1 ½ cup diced onions
- 1 Tbsp vegetable oil
- ½ tsp red pepper flakes or 1 fresh chili, minced
- salt
- ½ tsp dried thyme
- ¼ tsp allspice
- 1 can (28 oz) diced tomatoes
- 1 can (28 oz) red kidney beans, drained
- chopped scallions and/or cilantro

Rinse and drain the rice. In a saucepan on medium-high heat, sauté the rice, turmeric, and salt in the oil for a minute or two, stirring constantly. Add the water and coconut milk, bring to a boil, cover, and reduce heat to low. Simmer until the rice is tender and the liquid absorbed, 15 to 20 minutes.

While the rice is cooking in a saucepan on medium heat, sauté the onions in the oil for 3 or 4 minutes. Add the red pepper flakes, sprinkle lightly with salt, cover and cook, stirring occasionally, until the onions are soft, 5 to 8 minutes. Add the thyme, allspice, tomatoes and beans, cover, and simmer for 10 to 15 minutes, stirring occasionally.

Serve the red beans on a bed of rice and top with scallions and/or cilantro.

Table Grace

Come Lord Jesus be our guest
and let these gifts to us be blessed. Amen.

The Fifth Sunday in Lent, March 17th

NOURISH YOUR HEART...

John 12:1-8

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, "Why was this perfume not sold for three hundred denarii and the money given to the poor?" (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me."

Reflection Question

- What are the actual needs that you have in your life? What are wants? How much time, energy and resources do you spend on each of them?
- What are the deadened places within you in which you desire new life? Are you stuck? At a dead end? What could be your heartfelt prayer for renewal?

Meditation Practice

Consider making a personal pilgrimage to a place that you've wanted to visit. This can be a sacred site, like a church or shrine, or a place in nature, or even a museum or historic site. What is significant is that the

journey is made intentionally, with preparation beforehand, and thoughtful reflection throughout the experience, so that you have the opportunity to integrate what you have discovered about yourself in a meaningful way. A version of this will be the “Way of the Cross” service at the Society of St. John the Evangelist at noon on Good Friday. Kathryn will be taking everyone who would like to go.

Prayer

Holy One, Author of Beauty, release in me the desire for beauty so that in seeking that which is lovely I may discover the love that is you. And may that love enliven the dead places with me in so that I may grow to be more and more alive. Amen.

NOURISH YOUR BODY...

PASTA E FAGIOLI

- 2 Tbsp olive oil
- 6 cloves (!) garlic, minced
- 2 lb Plum tomatoes, diced medium
- ¼ cup dry white wine (or vegetable broth)
- ½ tsp dried thyme
- ½ tsp dried oregano
- a few dashes fresh black pepper
- 1 tsp salt
- 1 can (6 oz) white beans, washed and drained
- ½ lb small tube pasta, like penette or tubetti, or even small shells

Bring a pot of water to boil for the pasta and preheat another large pan over medium heat. Add the oil and garlic to the large pan and sauté for about 1 minute, until garlic is fragrant. Add the tomatoes, wine, thyme, oregano, black pepper, and salt. Bring to a boil, then lower to medium heat until the tomatoes are broken down and sauce is reduced and

thickened, about 20 minutes. Meanwhile, add pasta to the water and cook according to package directions. Once the sauce is thickened, simmer on low heat to keep warm. Drain pasta and set aside. When sauce is finished, add the beans and pasta and use a pasta spoon to mix. Serve when pasta and beans are heated through, about 3 minutes.

Table Grace

Our hands we fold, our heads we bow
Be with us at our table now.

Amen.

The Six Sunday in Lent, March 24

NOURISH YOUR HEART...

Luke 19:28-40

After he had said this, he went on ahead, going up to Jerusalem.

When he had come near Bethphage and Bethany, at the place called the Mount of Olives, he sent two of the disciples, saying, "Go into the village ahead of you, and as you enter it you will find tied there a colt that has never been ridden. Untie it and bring it here. If anyone asks you, 'Why are you untying it?' just say this, 'The Lord needs it.' So those who were sent departed and found it as he had told them. As they were untying the colt, its owners asked them, "Why are you untying the colt?" They said, "The Lord needs it." Then they brought it to Jesus; and after throwing their cloaks on the colt, they set Jesus on it. As he rode along, people kept spreading their cloaks on the road. As he was now approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, saying, "Blessed is the king who comes in the name of the Lord!

*Peace in heaven,
and glory in the highest heaven!"*

Some of the Pharisees in the crowd said to him, "Teacher, order your disciples to stop." He answered, "I tell you, if these were silent, the stones would shout out."

Reflection Questions

- Make a list of these two things—needs and wants. Spend some time with the list and see if there is an item where God is calling your attention.

- What is shouting out within you? What desire or need do you have that refused to be silenced?

Meditation Practice

Set aside some time to reflect on your Lenten journey, either in writing, with someone in conversation, or by yourself. Consider what has helped you deepen your relationship with God, and with yourself. What are some of the experiences that can become meaningful rituals and traditions for your life as a whole? Are there some things that you want to continue as part of daily life, like devotional time? And, consider the experience of renewal, especially through the events of Holy Week. How are you now being refreshed by Spirit to go forward?

Prayer

Author of life, Song of Spirit, Creator of Creativity, give me the ability to listen to my heart's longings so that I may hear the stones of my heart shout out.

NOURISH YOUR BODY...

VEGETARIAN CHILI

- Either ½ tube soyrito or ½ package taco and burrito Smart Ground
- 1 can black bean soup (La Preferida makes a good one)
- 1 can (14.5 oz) diced tomatoes
- 1 large can Bush's vegetarian baked beans
- 1 can garbanzo beans, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 2 stalks celery, chopped
- 1 bell pepper, chopped
- 2 cup frozen whole-kernel corn

- 3 Tbsp chili powder
- Put it all in a slow cooker. Cook for two hours on high or four on low.

Table Grace

Thank you, God for the bread.

And give bread to all who are hungry,

And hunger for justice, to all of us who have bread.

Thank you, God for the bread.

Amen.