



# THE FLAME

The First United Methodist Church of LaGrange

**Christians . . . SERVING, CARING, & SHARING**

**March 2019**

## AN INVITATION TO OBSERVE A HOLY LENT

Dear brothers and sisters in Christ: The early Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church that before the Easter celebration there should be a forty-day season of spiritual preparation. During this season, converts to the faith were prepared for Holy Baptism. It was also a time when persons who had committed serious sins and had separated themselves from the community of faith were reconciled by penitence and forgiveness, and restored to participation in the life of the Church. In this way, the whole congregation was reminded of the mercy and forgiveness proclaimed in the gospel of Jesus Christ and the need we all have to renew our faith.

I invite you, therefore, in the name of Christ and of His Church, to observe a holy Lent with me by self-examination and repentance-by prayer, fasting, and self-denial, and by reading and meditating on God's Holy Word.

**Lent** (derived from the Old English word for "lengthen" as in the springtime lengthening of daylight) is an intentional season of spiritual renewal and echoes the call of John the Baptist to repent, that is turn around and believe the Good News. It is also a time to examine our lives, experience the forgiveness of sin and the restoration of relationships, and re-center our daily priorities on the example of Jesus Christ.

**Ash Wednesday** begins this ancient 40-day practice of intentional renewal in preparation for the celebration of Easter.

When I choose to have ashes imposed on my forehead in the sign of the cross, I am making two statements. First, I publically acknowledge and mourn the sin and brokenness of living far from God, and, secondly, I unapologetically allow myself to be marked as a follower of Jesus Christ and commit to take up my cross and follow Him for the sake of others. Do you sense the meaningful symbolism?

Ashes were used in ancient times to express grief. Examples of the practice among the Hebrew people are found in several books of the Bible, including Numbers 19:9,19:17, 2 Samuel 13:19, Esther 4:1, Job 42:3-6, Jeremiah 6:16, Daniel 9:3, Jonah 3:6, and Hebrews 9:13. Jesus Himself spoke of the practice in Matthew 11:21 and Luke 10:13.

Ash Wednesday derives its name from the practice of blessing ashes made from the previous year's Palm Sunday palm branches and placing them on the heads of Christian believers with the words "*Remember that you are dust, and to dust you shall return*" (Genesis 3:19), and "*Repent, and believe in the Gospel*" (Mark 1:15).

Wednesday, March 6, begins the 2019 journey of Lent with the Imposition of Ashes at 7:00 am in the Chapel and at 6:30 pm in the Sanctuary.

## THE PURPLE VEIL

The New Testament Church was born in an age of mass illiteracy and long before the printing press made print media the standard for communication. Inspired leaders of the early church used tactile and visual media as the standard for communicating the Good News of Jesus Christ. They employed water, olive oil, bread and wine, as well as colors, garments, richly painted icons, and carefully crafted statuary to communicate the timeless truth of God's matchless Word. The ultimate visual tool became the stained glass window.

During the 40 days of Lent, the Cross of Jesus Christ is especially central to the visual teaching of the Church. In this preparatory season leading to Easter, our Sanctuary Processional Crosses will be draped with purple veils, temporarily hiding the glory of the Cross as we focus on the spiritual passion and physical sacrifice of Jesus for our salvation.

The purple veil conveys three Biblical symbols. First, the reality that we human beings are separated from God by our willful sin. A veil separated the people of God from the presence of God in the Old Testament Temple (Matthew 27:51, Mark 15:38, Luke 23:45), but Jesus' death tore the veil in two! Second, the purple veil reminds us that Jesus willingly took upon Himself my sin and your sin to reconcile us to God and with ourselves (Isaiah 53:1-12, John 10:17-18). Last, the purple veil reminds us that the Roman soldiers mocked the condemned Jesus, beat Him, placed a discarded royal purple robe on His back, pressed a crown of thorns on His head, placed a reed scepter in His hand, spit on Him, and laughingly shouted, "*Hail, king of the Jews!*" (Matthew 27:27-31, Mark 15:17, John 19:1-3).

As I look upon these veiled crosses, I gladly welcome Jesus Christ as my King, thank Him for saving me, and invite Him to live His life of love, mercy, and grace through me for the sake of others.

Remember how much I love you . . .  
It's an honor to be your Senior Minister!

Dr. John Beyers

Dr. Greg McClanahan will lead a new small group study on *The Gospel According to Jonah*, meeting in the Small Dining Room from 6:00 – 7:30pm, on Wednesdays.



**March 13, 20, and 27 and  
April 10, 17, and 24.**

***This is a study of a runaway prophet and our gracious God who pursued him--- and continues to pursue us--- because of His great love.***

### The Making of Palm Crosses

Have you ever wondered about those Palm Crosses that you receive each year on Palm Sunday. Where do they come from? The Altar Guild members make them fresh each year. Come learn how the crosses are made and make some yourself on Tuesday, April 9, from 9 to 11:00 am in the Small Dining Room.

### Fundraiser Spaghetti Lunch

**March 17**

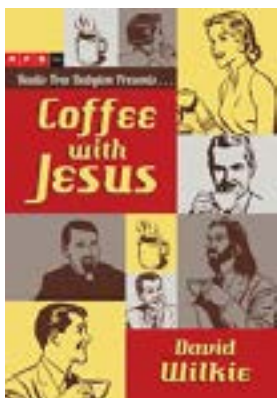
**11:00 am until 1:00 pm**

**Fellowship Hall**

*A love offering will be accepted for the meal.*



Join your church family for lunch in the Fellowship Hall on Sunday, March 17, for a delicious meal of spaghetti. All the money raised will support the "We Serve" event that our church is sponsoring on April 13, to benefit the work of Action Ministries and feeding the Valley Food Bank. We will pack food to feed our local community through the "Summer Feed Program" that supplements food for children when school is out of session.



**A New Lenten Series  
for Men**

### Coffee with Jesus

**at Cafe Detour**

(1521 Vernon Road, across from the hospital)

**Join Dr. John and Blake  
on Thursday mornings  
from March 7 through April 18,  
7:30 am to 8:30 am,  
for Coffee with Jesus.**



### The Resource Center

The Resource Center, located in the Methodist Ministries Center, is a place where all are welcome to visit, check out the books we have available, read quietly, meditate, prepare lessons and meet as a group. The following four books about the Methodist beliefs were added to section 287 (far corner on the west wall).

- "Why I Am A United Methodist" by William Willimon. In seven chapters Willimon examines United Methodism and the ways it has made and continues to make a difference in his life. In an inspiring and enlightening way, he writes of his pride in being part of a church that has grown from one man's experience to a worldwide movement covering the globe with its message.
- "Three Simple Rules" by Rueben Job. Learn three simple rules to mutual respect, unity and a deeper daily relationship with God using John Wesley's General Rules for today's readers. This book looks at three commands, "do no harm, do good, stay in love with God".
- "Key United Methodist Beliefs" by Wm. Alexander and David Watson. This book will connect you to the life and ministry of John Wesley while demonstrating relevance for our lives as Christians today.
- "Being United Methodist" by J. Ellsworth Kalas. This book explores questions such as who are the people called United Methodists? Where have they come from and where are they going? What does it mean to be a United Methodist?

The Resource Center is available any time the church is open. Merely press the visitor's button at the back door. The selection of books and reference material will surprise and please you.



### Let's Change the World!

As Lent begins, the Missions Committee is again asking **You to Change the World!** One way you can change it is by simply setting aside your spare change every day during Lent, March 6 till Easter Sunday.

Last fall, our church packed 20,088 meals for the Rise Against Hunger global initiative of fighting hunger around the world. Each meal packed included enriched rice, soy protein, dried vegetables, and 23 essential vitamins and nutrients. We want to do it again this Fall.

- Take a "Can Change the World Cup" or reuse yours from last year
- Collecting your extra change and place in the cup
- Bring your change-filled cup to the church, **repeat**
- Pray and watch the meal count rise

Your cup of change will help pay for the cost of providing the materials and food to make the meals. Challenge yourself, your family, your friends, Sunday School class, and co-workers, to put change in the cups to feed one more hungry person.

\*Cups are available in the Worship Services and the Church Office.

### Easter Lilies

If you would like to place an Easter Lily in honor or memory of someone on Easter Sunday, April 21, please complete this form and return it to the church office or place it in the offering plate along with your check for \$12.00 made payable to the church and marked "Easter Lily" on or before March 22. Lilies will be delivered to shut-ins unless you indicate otherwise below.

In Honor \_\_\_\_\_ or In Memory \_\_\_\_\_

OF: \_\_\_\_\_

BY: \_\_\_\_\_

Pick up after Easter Service \_\_\_\_\_ or Deliver to a shut-in \_\_\_\_\_



# #WESERVE LaGrange



Action  
Ministries



Feeding  
the Valley  
FOOD BANK



LaGrange First  
United Methodist  
Church



Action Ministries, Feeding the Valley Food Bank, and LaGrange First UMC invites you to help end hunger and close achievement gaps for children in our community! On **Saturday, April 13** from **3pm to 5pm** volunteers will gather together to pack **6,000** snack bags and **2,000** literacy kits, benefiting children struggling with hunger in **Troup County**. This service event brings together life-changers of all ages with powerful and interactive learning stations, fun activities, and high-energy packing games! Registration is limited so sign up today!

**WeServeGA.org**

## WHEN

**SATURDAY, APRIL 13  
3PM–5PM**

## WHERE

**LAGRANGE FIRST UMC**  
401 BROAD ST,

## FOLLOW

[ActionMinistries.net](http://ActionMinistries.net)

[ActionMinistriesInGeorgia](#)

[ActionInGeorgia](#)

[ActionMinistries](#)

To support our new neighbors who move from homeless to home, we ask each volunteer family to consider bringing a pack of laundry pods.

# FUMC STUDENT MINISTRY



## THE MONTH OF MARCH

- We are SO excited to head to Spiritual Life Rereat 2019! Please pray for our group as we travel to Dahlonega with 8 chaperons and 42 students the weekend of March 22nd to worship with our brothers and sisters in Christ.
- We are also looking forward to Small Group nights, Wednesday worship and breakfast devotionals with CJ!

## CALLING ALL VOLUNTEERS

- Join us after worship in the Small Dining Room on Sunday, March 3rd to find out how to get involved!
- We will be sharing our new youth ministry values and reviewing our program plans for the semester.
- We hope to see lots of parents and volunteers from the church!

## THE MONTH OF FEBRUARY

- We enjoyed small group night, Wednesday worship, and had a church-wide scavenger hunt.
- We recruited a group of volunteers to facilitate a values discernment for our youth ministry and look forward to sharing our results!
- Senior Ben Ivey is almost finished renovating the youth hall restrooms. (Pictured below)



## QUESTIONS? CONTACT US!

 FUMCYOUTHLAGRANGE@GMAIL.COM

 FACEBOOK.COM/LG1STUDENTS

 @LFUMCSTUDENTMINISTRY

 CHURCH OFFICE: 706-884-4635

- **Tween's Group** — Our 3rd, 4th, and 5th graders will be meeting Sunday, March 3, in the Children's Building for lunch and to plan next month's service project. Lunch will be provided along with fellowship, fun, some games, and the prep for our project. Please let Jeanne know by March 1, if you will attend...*we want to make sure there is enough for all to eat!*
- **Ash Wednesday** — There will be no Children's program on March 6th. Nursery will be available but families are encouraged to participate together in our 6:30 p.m. service that evening.
- **Easter egg Hunt and Stations of the Cross** — We are excited to be able to again host the LaGrange community on the Thread field and walkways by St. Marks on April 20th. This is a great opportunity for us to show the love of Christ to friends and neighbors. There are lot's of ways for EVERYONE to participate. We will be asking for candy eggs to be filled, volunteers to hide eggs, greet people, host stations of the cross, prepare the fields and more! Look for more details and specific ways to help.



### Summer Camp 2019

Yes, it is time to register for Summer Camp. Camp will run 10 weeks this summer, from May 28 – August 2. Space is limited and is given on a first come, first served basis. For more details check the Church's website ([lagrangefumc.org](http://lagrangefumc.org)) and look under the tab for Outreach, then click on Summer Camp. Be sure to tell your family members, friends, and neighbors!

# let's do lunch

## Thursday Lunch Club

Like to eat, have your dishes washed for you, be with friends, meet new folks, be entertained and inspired---all for six dollars? Then you, and others, are invited to the Thursday Lunch Club of LaGrange First United Methodist Church.

The Thursday Lunch Club (TLC) is a ministry for adults. TLC is usually held the first Thursday of each month, except in January and July. The meal is at 12:00 pm in the gym area of the Methodist Ministries Center and costs \$6.00 per person. Following the meal there is a program that can vary from entertainment to inspiration to information. This event is open to persons of all faiths and denominations and everyone is welcome to attend.

Make plans to join us at TLC April 4 when the Point University Musical Group, under the direction of Lanier Motes, performs. On May 2, Katie Trent will bring a LaGrange High School musical group. June 13 will bring the Front Porch Collective, a band featuring Callie Hammond and three others.

Each month's program features blood pressure and cholesterol checks, door prizes, and cupcakes for those having a birthday the month of the meeting. The family style food is delicious!

If you have questions about TLC, contact the church office at 706-884-4635. Please make reservations by calling or emailing the Church Office ([churchoffice@lagrangefumc.org](mailto:churchoffice@lagrangefumc.org)) the Monday prior to the Thursday Luncheon.

Joyce Morgan Young, Coordinator

## THE LENTEN SKETCHES



Inspired by the life and message of Jesus Christ, artists in every medium have endeavored to capture the magnificence of His ministry among us. From poets and painters to singers and sculptors, the human spirit has long labored to convey through artistic expression the deep, deep aspects of faith. So vast is this great mystery that no canvas can capture it and no song can fully express its beauty and emotion.

Throughout the ages musicians have been inspired by works of sacred art. There are numerous examples through the ages that chronicle the important moments of our faith. In, *The Lenten Sketches*, composer, Joseph Martin, has chosen to focus on the last days of Christ's life. Joseph Martin, one of the leading composers in church music today, has the ability to tell the timeless stories of Christian faith in fresh, new and compelling ways. His music has inspired choirs, orchestras and congregations across the globe. In, *The Lenten Sketches*, each movement of the cantata is a musical interpretation of a scene from Christ's final days, and with words and music has built a frame to cradle God's Masterpiece of grace.

The Chancel Choir will present, *The Lenten Sketches*, with orchestra on Sunday, April 14th at 6:30pm. Admission is free. Donations will be gladly accepted.

# THE FLAME

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## THE FIRST UNITED METHODIST CHURCH

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LaGrange, Georgia 30240

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E-Mail address [churchoffice@lagrangefumc.org](mailto:churchoffice@lagrangefumc.org)

Web Site: [www.lagrangefumc.org](http://www.lagrangefumc.org)

Postmaster: Send Address Change to  
The Flame, 401 Broad Street  
LaGrange, Georgia 30240

- Dr. John Beyers (ext 205).....Senior Minister
- Mr. Rick Free (ext 210).....Director of Food Services
- Mr. Eddie Giddens.....Custodian
- Ms. Lisa Highland (ext 207).....Business Manager
- Mrs. Jeanne Jones (ext 209).....Children's Minister
- Mr. Darian Krimm (ext 202).....Minister of Music & Worship
- Mr. C.J. Lord (ext 215).....Mid & Sr High Youth Minister
- Ms. Dodie Patterson (ext 204).....Executive Secretary
- Mr. Andy Rainey (ext 201).....Executive Minister
- Rev. Blake Trent (ext 206).....Associate Minister

To reach all other employees and/or volunteers,  
please call the church office.


**We always look forward to hearing from you.**



**Christians...  
SERVING,  
CARING,  
& SHARING**

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LaGrange, GA 30240

**Supporting Our Ministries**  
In addition to traditional giving methods (cash & check),  
you can also donate to First United Methodist Church  
via Text-to-Give (Text LGFUMC to 73256)  
or online at [lagrangefumc.org/online-giving](http://lagrangefumc.org/online-giving).

 **Need to Talk?** Refer yourself or a friend in need to one of our church's confidential Stephen Ministers, who can help walk one-to-one with you or them through crisis. For more information or for a referral, speak to one of our Pastors or email [stephenministry@lagrangefumc.org](mailto:stephenministry@lagrangefumc.org).

**IN MEMORIAM**  
**Martha Smith**  
**February 21, 2019**

**IN MEMORIAM**  
**Rick Spivey**  
**February 7, 2019**

**IN MEMORIAM**  
**Bill Johnson**  
**February 7, 2019**

**IN MEMORIAM**  
**Wallace Rhodes**  
**January 25, 2019**

**IN MEMORIAM**  
**John Lancaster**  
**February 1, 2019**



The Season of Lent begins on **Ash Wednesday, March 6.**  
We will observe this special day with a service at **7:00 am** in the **Chapel** and at **6:30pm** in the **Sanctuary.**  
Your Family Lenten Calendar is enclosed in this issue of *The Flame*.

**The March Men's Breakfast**  
The March Men's Breakfast will be held on Saturday, March 9, at 9:00 am, in the Small Dining Room. All men in the church are invited to this homecooked breakfast and program featuring Troup County Commission Chairman Patrick Crews.

**The Clothing Center Ministry**  
Volunteers (men & women) are needed to staff the Clothing Center in April on Tuesday mornings from 10 to noon and Thursday afternoons from 1 to 3. No experience required!  
Please contact Wanda-Ann Kinnaman at 706-594-4864 or [wanda-ann@kwdesignstudio.com](mailto:wanda-ann@kwdesignstudio.com) to sign-up for one or more shifts. Our church is proud to support this important community ministry, but we cannot do it without YOU.



 The Kiwanis Club of LaGrange invites you to the **24th Annual Pancake Breakfast** on **Saturday, March 2,** from **7:00 to 11:00am,** in the **Family Life Center** at First Baptist Church on the Square. The donation cost is \$7 per person.

**The United Methodist Women**  
All women in the church are invited to the **Quiet Day Service on Monday, March 11,** at **10:00 am** in the **Sanctuary,** hosted by the U.M.W. Youth Minister CJ Lord will provide the message. We look forward to seeing you.



# March 2019

## Weekly

<b>SUNDAY</b>
9:00a Chapel Worship 10:00a Sunday School 11:00a Traditional Worship 5:00p Disciple III
<b>MONDAY</b>
10:30a Meals on Wheels 11:30a Soup Kitchen 5:30p Sons of Lafayette Rehearsal 6:30p Cub Scout Den Meetings
<b>TUESDAY</b>
9:00a Community Care 1:30p Staff Meeting 6:30p Cub Scout Den Meetings 7:00p Boy Scouts
<b>WEDNESDAY</b>
10:00a Explorers Bible Study 11:30a Soup Kitchen Sack Lunch 5:00p Wednesday Evening Meal 5:30p Handbell Rehearsal 6:00p Children's Program 6:00p Mid & Sr. Hi Youth 6:30p Chancel Choir Rehearsal
<b>THURSDAY</b>
9:00a Community Care 9:45a Prayer Ministry 10:30a Dulcimers
<b>FRIDAY</b>
7:00a Men's Coffee & Prayer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 4:00p Music Committee  5:30p El Salvador Trip Mtg	5 12:30p Red Cross Blood Drive	6 ASH Wednesday Services, 7:00am & 6:30pm 5:30p Stephen Ministry Class 6:00p "The Best Yes" Study	7 4:30p Fresh Expressions, Evangelism Study	8	9 8:45a Stephen Ministry Class  9:00a Men's Breakfast  <i>Spring forward</i>
10 <i>Daylight Savings Time Begins</i>	11 10:00a UMW Quiet Day Service	12	13 5:30p Stephen Ministry Class 5:45p Missions Committee 6:00p "The Best Yes" Study 6:00p Jonah Study	14 4:30p Fresh Expressions, Evangelism Study	15	16
17 11:00a—1:00p Spaghetti Luncheon Fundraiser	18	19 5:30p Worship Committee	20 5:30p Stephen Ministry Class 6:00p "The Best Yes" Study 6:00p Jonah Study	21 4:30p Fresh Expressions, Evangelism Study	22	23
24 12:00p Cub Scout Blue & Gold Banquet	25	26	27 5:30p Stephen Ministry Class 6:00p "The Best Yes" Study 6:00p Jonah Study	28 4:30p Fresh Expressions, Evangelism Study  5:30p Trustees	29	30
31						

## Remembrances Received, February 2019

### *In Memory of*

**Bill Johnson**—Allen & Marilyn Smith, Jane Willey, Patty & Bob Hamilton, Joanna & Ric Selbie, Carole & Kelly Linch, Ann & Perry Wilder, Margaret Camp, Nancy & Mike Peterson, Stuart & Kathleen Gulley, Marsha Holliday, Jane & Gary Stephens, Shirra & Hoyt Rogers

**John Lancaster**—Dusty & Carlene Mills, Patricia Smith, Jane Willey, Dorothy & Bobby Cammon, Laura Shedd, Shirra & Hoyt Rogers, Joanna & Ric Selbie, Ann & Perry Wilder, Ron & Charlotte Moore, Alan & Sharon Jones, The Dulcimer Troupers

**Russell Fackler**—Susannah Circle, Margaret Camp, U.M.W.

**Martha T. Peacock** —Paige & Murray Schine

**Amy Darden** (Joyce Smith's Sister)—Nancy Cammon Peterson

### *March's Worship Team Volunteers*

**Ushers:** Jim Biagi, Charles Knight, Mark Huckstep, Hank Hughes, Forrest Johnson, Dean Larson, Alex Hughes

**Altar Guild:** Deborah Johnson, Donna Close, Louise Parham, Darby Pippin, Patricia Smith, Debra Jackson

**Hospitality Team:** Louise Kirby, Linda Frano, Carolyn Day, Joye Greene, Joyce & Bill Young, Ric & Joanna Selbie, Beth & Frank McRae, Carole & Kelly Linch, Caryn & Steve Cole, Pat & Fred Bodine, Nancy & Dean Larson, Sharon Jones, Wayne & Beth Godwin, Mark Huckstep, Jarred & Lauren Lovin, Dee Woodward, Laura Holley, Mike & Denise Wilson, Julianne Skipper, Laura Harlin, Dusty & Carlene Mills, Jan Lockerbie, John Jackson, Laura Jennings, Jean Edwards, Lauranne Buchanan

### *We Extend Our Sympathy to*

Mardrie Fackler and Family in the death of her son **Russell Fackler** on **January 28, 2019**.

Luther & Wanda Carter and Family in the death of their son **Luke Carter** on **February 13, 2019**.

Betty McManaway and Family in the death of her nephew **Jerry Iler** on **February 14, 2019**.

### *Congratulations!*

**Henry Merritt Rogers** was born **January 29, 2019**, the son of Chase & Ansley Rogers, the grandson of Jeff & Rhonda Rogers.

### *ATTENDANCE*

#### **Sunday, February 3**

Sunday School....183    Worship Service.....315

#### **Sunday, February 10**

Sunday School....202    Worship Service.....426

#### **Sunday, February 17**

Sunday School....165    Worship Service.....310

#### **Sunday, February 24**

Sunday School....193    Worship Service.....328

### *Wednesday Evening Weekly Menus*

#### **March 6**

Chicken Pot Pie  
Kids—Same

#### **March 13**

Hamburger Steak  
Baked Potatoes  
Kids—Pizza

#### **March 20**

Taco Salad  
Kids: —Same

#### **March 27**

Chicken Alfredo  
Broccoli  
Kids—Same

Dessert with every meal. Adults - \$6, Children/Youth - \$3





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<p><b>31 Walk in the Light</b> You are light in the Lord; walk as children of the light.</p> <p><i>1 Pts 5:8-14</i></p>	<p><b>1 Awe, No More Weeping</b> God will create a new heavens and new earth.</p> <p><i>Is 65:17-25</i></p>	<p><b>2 God Is Our Refuge</b> Come and behold the works of the Lord.</p> <p><i>Ps 46:1, 3, 5, 8-9</i></p>	<p><b>3 Honor the Son</b> The dead will hear the voice of the Son of God and live.</p> <p><i>Jn 5:25-30</i></p>	<p><b>4 Believe the Word</b> The Scriptures bear witness to Jesus, the Son of God.</p> <p><i>Mt 5:39-47</i></p>	<p><b>5 This Is the Christ</b> No one arrested Jesus; his hour had not yet come.</p> <p><i>Mt 27:1, 2, 10, 25-31</i></p>	<p><b>6 Like a Lamb</b> Jesus was like a gentle lamb led to the slaughter.</p> <p><i>Mt 27:28-29</i></p>			
<p><b>7 Risen to Life</b> I am the resurrection and the life, believe in me.</p> <p><i>Jn 11:25-26</i></p>	<p><b>8 I Will Fear No Evil</b> The Lord is my shepherd; I shall not want.</p> <p><i>Ps 23:1-6</i></p>	<p><b>9 The Son Lifted Up</b> Lift up the Son of Man and know that I am he.</p> <p><i>Jn 8:28-30</i></p>	<p><b>10 The Truth Frees You</b> The Son will set you free and you will be free indeed.</p> <p><i>Jn 8:31-32</i></p>	<p><b>11 Father of Nations</b> I will make my covenant between me and you.</p> <p><i>Gen 17:1-9</i></p>	<p><b>12 Jesus Is God's Son</b> Jesus' enemies seek to arrest him for blasphemy.</p> <p><i>Mt 26:63-65</i></p>	<p><b>13 A Covenant of Peace</b> God will make an everlasting covenant with his people.</p> <p><i>Is 54:10-25</i></p>			
<p><b>14 Humble Lord</b> Jesus was obedient to the point of death on a cross.</p> <p><i>Phil 2:6-11</i></p>	<p><b>15 Anointed for Burial</b> Mary anoints Jesus for the day of his burial.</p> <p><i>Mt 27:81</i></p>	<p><b>16 One Will Betray Him</b> Now God will be glorified in the Son of Man.</p> <p><i>Mt 26:21-25, 46-49</i></p>	<p><b>17 With the Twelve</b> Jesus celebrates the Passover with his disciples.</p> <p><i>Mt 26:26-29</i></p>	<p><b>The Paschal Triduum</b> <i>from Maundy Thursday evening through Easter Vigil</i></p> <table border="0"> <tr> <td style="text-align: center;"> <p><b>MAUNDY THURSDAY</b> My Body, My Blood</p> <p>This cup is the new covenant in Jesus' blood. <i>1 Cor 10:21-26</i></p> </td> <td style="text-align: center;"> <p><b>GOOD FRIDAY</b> Jesus Is Crucified</p> <p>He said, "It is finished," and gave up his spirit. <i>Mt 26:31-39</i></p> </td> <td style="text-align: center;"> <p><b>EASTER VIGIL</b> Buried in Baptism</p> <p>Buried with Jesus in baptism and raised to new life. <i>Rom 6:3-11</i></p> </td> </tr> </table>			<p><b>MAUNDY THURSDAY</b> My Body, My Blood</p> <p>This cup is the new covenant in Jesus' blood. <i>1 Cor 10:21-26</i></p>	<p><b>GOOD FRIDAY</b> Jesus Is Crucified</p> <p>He said, "It is finished," and gave up his spirit. <i>Mt 26:31-39</i></p>	<p><b>EASTER VIGIL</b> Buried in Baptism</p> <p>Buried with Jesus in baptism and raised to new life. <i>Rom 6:3-11</i></p>
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## Traditional Lenten Disciplines

**Repentance:** "Repent and believe in the gospel" (Mark 1:15). Ask, think, and especially during Lent, to repent of our sins and receive divine forgiveness, won by Jesus' death and resurrection.

**Prayer:** "Watch and pray that you may not enter into temptation" (Matthew 26:41). We watch and pray with our Savior as he endures the suffering and shame of the cross for us.

**Fasting:** "When you fast, don't let your hair be washed and wash your face, that your fasting may not be seen by others but by your Father who is in secret" (Matthew 6:17-18). Fasting helps us to remember all that Jesus gave up for our salvation.

## Easter Christ Is Risen!

He is not here, for he has risen, as he said.

*Mt 28:6-7*