



40 Days and 40 Nights ...

During the season of Lent this year, we are encouraged to engage in a **Season of Selahs**. Throughout the Book of Psalms, we encounter this Hebrew term at least seventy-one times. It even appears three times in Habakkuk. While the word has not been definitively defined in scripture, the placement of the word suggests **a shift, pause, break, or interruption**; *it suggests exhaling or resting from routine activities*. It is thought that the “Selah” functions much like a musical rest. This describes how we should understand our posture throughout the forty days of Lent. Christians are urged to refrain from business as usual in order to attend to the body, spirit, mind, soul, and heart. It is a time set aside for worshipers to connect their faith walk with the ways in which they live, move, and have their being throughout daily life. Thus, the trajectory for the Lenten journey is a renewed spirit and a genuine desire to become an incarnational presence in the world.

Please click the button below and explore a Mid-week Lenten Activity to engage in this **Season of Selah**.

Peace and Blessings, *Rev. Shelly*

[Mid-Week Lenten Activity](#)

March Faith Friday - Potluck & Movie Night



Click the pic to watch trailer!

KOTR-VBS Registrations is Now OPEN!!



Something to do during LENT!

UP Coming Events! Update your calendar!

Sunday March 15 - last day for Pie & Tart preorders! Sign up in fellowship hall!

Friday March 27 6:30-8:30pm - Card Making Workshop

Sunday March 29th - Congregational Meeting following worship

Sunday March 29th 2pm - Hungarian Speaking Worship

Friday April 3 6:30-8:30 - Faith Friday! Potluck & Easter Fun!

Thursday April 9 - Maundy Thursday Worship with Communion

Friday April 10 - Mount Brydges Good Friday Witness Walk

Sunday April 12 - Easter

Sunday April 19 4pm Special Worship & Dinner with 2019 General Assembly

Moderator: Rev. Amanda Currie

Many blessings as you journey through Lent!



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