

## WAREHOUSE 242 LENT RESOURCES 2025

“For dust you are and to dust you will return.”  
Genesis 3:19

Ash Wednesday marks the beginning of the Lenten season—the 40-day season of reflection leading to Easter, mirroring the 40 days Jesus spent alone in the wilderness at the beginning of his ministry.

Lent is meant to be a season of preparation as we journey with Jesus toward the cross. It is an invitation to acknowledge suffering and pain, sin and mortality. We begin with the reality of our finitude rubbed on our foreheads on Ash Wednesday— from dust we were made, to dust we shall return.

*“Lent is our annual rehearsal of the cosmic moment when Jesus’ suffering and death and resurrection will change how we experience death. Death will not be the defining truth about us. Someday we will be freed from the gorgeous and horrible limitations of our human lives and we will live forever with God. But first Jesus suffers and dies. We walk with him. And he walks with us.”*

*Kate Bowler*

Many people practice Lent by giving something up—alcohol, meat, chocolate, social media. Some take up something new like a new prayer practice. The invitation is to make room to ready your heart to encounter the life, death, and resurrection of Jesus in fresh ways.

We acknowledge:

**Our suffering**  
**Our mortality**  
**Our sin**

But not without hope.

Sundays don’t count toward the 40 days of Lent, by the way. They are meant to be mini-Easters – reminders that we are made for both sorrow and celebration. We are meant to rest and feast and delight, even in the midst of our pain.

We are pilgrims together on this journey. And Jesus walks with us. As you journey with us toward Lent, we offer you these resources and invitations:

## PRAY

Join W242 Elder, contemplative artist, and spiritual director, Roxanne Morgan, via Zoom on three Tuesdays during Lent to practice **visio divina** with selected images of the Stations of the Cross. Visio divina (sacred seeing) is a way of praying that engages our hearts and imaginations as we silently enter into an image. As we slowly savor and allow the Holy One to speak to us, we can experience stirring and awakening in our souls. All are welcome!

Tuesdays; March 11, March 25, April 8, 2025, 6:00 - 7:00 pm

Sliding scale of \$30 - \$40 - \$50 for all three sessions. Pay what you can/how you are led. Partial scholarships are available.

Register:

<https://www.thelydiagroup.com/soul-tending-retreats/ent-visio-divina>

## FOLLOW

Follow [The Pilgrim Collective](#) on instagram (@pilgrimtogether) for prayers and resources, or purchase ***Pause: a year of guided prayer and reflection***, to help you create a space of quiet and stillness in your day for connection with God.

## FAST

Choose to fast from a meal, a habit, or a particular food during Lent. This intentional practice creates space for deeper dependence on God, prayer, and self-examination. It's not just about giving something up, it's about making room for God to transform us.

To learn more about the practice of fasting, check out:

<https://www.practicingtheway.org/fasting>

## ENGAGE

As you consider suffering and pain during Lent and the hope of Easter, may you be moved towards others in acts of love for God moved toward us in the life, death, and resurrection of Jesus. Let us join in the remaking of this world with him as we listen, learn, and engage with others. Consider joining us for 3 events focused on Migration during Lent:

### **We Belong Together**

March 12, 2025 // A Night of Prayer, Worship, + Action for Our Immigrant Neighbors // 7 - 9 PM

### **A Theology of Migration**

March 16, 2025 // Teaching by Angelica Garnett // 11:45 - 2 PM

### **An Engagement Book Study**

March 30 + April 6 // *The God Who Sees: Immigrants, The Bible, and The Journey to Belong* // 8:30 - 9:30 AM