

## Heartwork: Lent Week 5



*40 days of Lent. When we think of 40 days, it may seem daunting to take on Lenten practices. If we are honest, our lives do not always give us space for prayer or the ability to survive March birthdays while fasting from sweets. This year, let's commit our lives to 40 days of **Heartwork** and begin each day with a one practice to grow in our love for God.*

**First Fast Monday** – choose one

- Two meals without meat, one with
- Hold that thought, fast from idle talk

**Touch-base Tuesday** – In your life, who is faithful to God? take time to call/write to tell them so.

**Wednesday in the Word** – For our Holy Week Warm-up, read Mark 14. Walk along and reflect in the final hours with Jesus.

**Thursday Pray** – From the Celtic Prayer Book: (When I do not know what to pray) p. 297 ... Pray this:

Circle (name) Lord  
Keep (protection/comfort) near  
and (danger/discouragement) afar  
Keep (peace/love) within  
and (turmoil/stress) out. Amen

**Friday** – Could you donate a food item? Or volunteer your time on 3/30, 3/31 or 4/1? Salem will serve and finish (Lent) with LOVE. Sign-up genius link is in the Blast or call the church office for assistance.

**Sat/Sun** – Missed a day? Catch up this weekend!

## *As You Prepare For Holy Thursday, April 1st*

The Passover (seder meal) traditionally begins with the question, **“Why is this night different from all the other nights?”** The answer comes in retelling the struggle and miraculous deliverance of God’s people being freed from bondage in Egypt. As the meal is shared, the remembrance of who we are and whose we are is the focus.

Jesus prepared a place for the Passover meal. Luke 22:7-13) We come not for Passover meal, but as the gospel reveals, Jesus invited his friends to his table for what we now celebrate as his perpetual communion meal. As friends of /with Christ, we celebrate the communion that started all communion. Maundy Thursday is our Christian Thanksgiving, and everyone in the family comes home. **Please join us on April 1st at 6pm for a brief but meaningful outdoor communion in the church pavilion, or remain in your vehicle to be serve.**

This year, an in-person dinner together as a church gathered as friends of Jesus is not possible. So on the night he gives this one command, let us live into the command to love one another. Some may ask the question **“why is this night (April 1st) different than all the other nights?”** Instead of preparing a fellowship dinner for ourselves, we will be preparing a take-out style dinner in honor of Christ by sharing a meal with our neighbors.

Luke 14:1, 12-14

*“When you give a luncheon or a dinner, do not invite your friends or your brothers or your relatives or rich neighbors, in case they may invite you in return, and you would be repaid. <sup>13</sup> But when you give a banquet, invite the poor, the crippled, the lame, and the blind. <sup>14</sup> And you will be blessed, because they cannot repay you, for you will be repaid at the resurrection of the righteous.”*

Passover is a remembrance of a past event—deliverance from slavery. On Holy Thursday, we do more than remember Jesus. Communion is a remembrance **with** a living Savior — Christ is present! This is our focus.

Come home and gather close to His Table! Come to love and serve!  
On the final day of the Lenten season, finish with love!