



**For Lent,**

**Fast from Hurry  
Fast from Worry**

**Come and find  
a quiet centre**

## Lenten Series

The season of Lent has often been a time when we think about "giving something up." This comes from the penitential flavor in the medieval church. What if we thought less about "giving up" and more about "making room?"

Starting Sunday March 10<sup>th</sup>- April 14<sup>th</sup>, the 6 Sundays of Lent, our worship and take home resources will focus on the theme of self-care in order to continue our work of caring for others. Each weekly theme of Lent will help you find a rhythm and balance between work, play, rest and reflection that allows you to find the quiet centre within yourself.

Sunday, March 10	Lent 1: "The Right Tempo" Matthew 11: 28-30	Everyone at KINSIGHT
Sunday, March 17	Lent 2: "Preparing a Table" Psalm 23	St. Andrew's at KINSIGHT Ioco at IOCO UC
Sunday, March 24	Lent 3: "Tuning In" Luke 10: 38-42	Everyone at IOCO UC
Sunday, March 31	Lent 4: "Living Light" Luke 12: 29-34	Everyone at KINSIGHT
Sunday, April 7	Lent 5: "A Time for Every Matter" Ecclesiastes 3: 1-13	Everyone at KINSIGHT
Sunday, April 14	Lent 6: "Give it a Rest" Exodus 20: 8: Mark 2: 21-28	Everyone at KINSIGHT