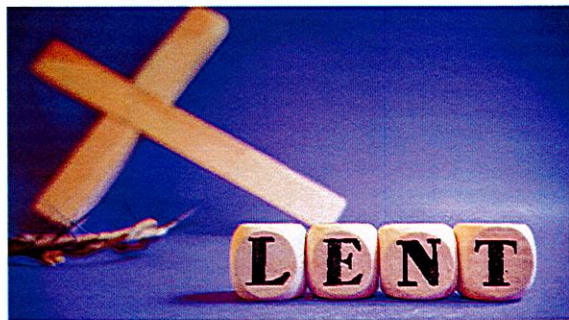


RUMPLE MEMORIAL PRESBYTERIAN CHURCH: 40 DAYS OF LENT



LENT is the season in the church year in which we, as the community of Christians, prepare, through prayer and penance, for the renewing of our baptismal promises at the celebration of Jesus' resurrection on Easter. This season and this service helps to prepare us for resurrection! Our Lenten journey to Easter and beyond begins with Ash Wednesday's tracing of a cross with ashes on our foreheads or our hand. In this symbolic action we face our mortality, recognize our need for God the author and sustainer of all things, and look forward to personal and communal renewal at Easter.

DAILY LENT DEVOTIONS AVAILABLE IN PRINT OR BY EMAIL.

These will be available daily, online beginning Feb. 22 or you can pick up a printed copy in the office. Editor Teri McDowell's series *Examen: Inward Work for Outward Living* explores the ancient spiritual practice of examen focusing on honest assessment and reflection. You will be invited to explore the connection between internal contemplation and outward action.

CANTATA FOR HOLY WEEK The service for Palm Sunday, April 2nd, will begin this year with the traditional procession of Palms celebrating Jesus' entrance into Jerusalem. Following the traditional liturgy for the day, the service will end with a turn toward Holy Week. The Adult Choir and guest instrumentalists will present a cantata by Lee & Susan Dengler, entitled, "When Darkness Comes." The work brings the message of Christ's sacrifice and moves through the complex emotions of Holy Week. Come as we worship together with a sense of reflection and renewal.

THIS LENT, THE RUMPLE MISSIONS COMMITTEE INVITES YOU TO HELP FURNISH A HOUSE for a refugee family in the triad area. There are three ways to help: 1. Purchase items from this Amazon registry [Amazon.com](https://www.amazon.com/s?ref=a_rs_gggl). Items will be shipped directly to World Relief Triad. 2. Make a donation. Checks may be made out to the church with "refugee" on the memo line, online and cash donation should be specified for "refugee". 3. Donate new or gently used furniture. We will have a collection point on April 14th or schedule a pick-up at your home on April 14th. Contact Misty Mayfield allredml@appstate.edu for more information. Furniture needed: Dressers, Kitchen/Dining tables w/chairs, Love seats, Arm chairs, Couches (no sleepers; 7 ft. maximum length), Coffee tables, Nightstands/end tables, Lamps. We cannot accept any items not listed here. All donations will be used in homes for refugees being resettled through World Relief Triad Resettlement which serves High Point, Winston Salem, and Greensboro.

ONE GREAT HOUR OF SHARING For over 70 years, Presbyterians have made special donations to OGHs during Lent. In fact, OGHs is the single, largest way that Presbyterians come together to work for a better world. This fund helps to improve the lives of people in challenging situations with disaster assistance, hunger programs, and individual and community development programs. Gifts can be made anytime by specifying OGHs on donations and envelopes will be available in the pews on Easter Sunday.

2023 . FEBRUARY

RUMPLE MEMORIAL PRESBYTERIAN CHURCH: 40 DAYS OF LENT

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22 Ash Wednesday 5:00 p.m. Worship	23 Participate in the Rumble Lent project: Help furnish a refugee home.	24 Call or email a friend you haven't connected with in a while.	25 Take a walk to appreciate God's good creation.
26 Read Mark 4:35-41	27 Drink only water today. It takes 600 cups of water to produce a single cup of coffee.	28 Sit outside and read Psalm 8. Say a prayer of thanksgiving for God's goodness.				

2023 · MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Pray for the youth and children in our church.	2 Learn something new today.	3 Contact a therapist if you need to talk with someone.	4 Go for a walk or hike. Take a bag to collect litter you find.
5 Read Mark 5:21-43	6 Write a thank you note to someone who has been kind.	7 Try to disconnect today. Put your phone away for a few hours.	8 Bring your own mug to the coffee shop to prevent waste.	9 Write down five things you are thankful for. Say thanks to God.	10 Take your reusable Rumble bag to the store.	11 Pray for people experiencing homelessness.
12 Read John 4:5-14	13 Try a meatless Monday. It's good for the earth!	14 Go the whole day without saying anything negative.	15 Wake up ten minutes early. Use that time to sit quietly with God.	16 Take a shorter shower. Time yourself and aim to reduce it.	17 Pray for people impacted by natural disasters.	18 Don't drive today! Walk, bike, or stay home.
19 Read John 9:1-41	20 Do something nice for someone today. It can be a friend or a stranger.	21 Pray for those who struggle with addiction.	22 Use your own reusable water bottle.	23 Give someone a compliment today.	24 Take a media sabbath today; give yourself a break from the news.	25 Read a book. Stay home, turn off the lights, and read by a window!
26 Read John 11:17-44	27 Call a family member you have not seen in a while.	28 Replace old incandescent bulbs with LED bulbs.	29 Say a prayer for those who are grieving.	30 Listen to a song that brings you joy.	31 Participate in the Rumble Lent project: Help furnish a refugee home.	

2023 . APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Look for household items to take to the Repair Hub (meets 4/4) instead of tossing them.
2 Palm Sunday 11:00 a.m. Cantata	3	4 Visit the Repair Hub (4-6 p.m.) at the Watauga County Library	5 Give with great joy to One Great Hour of Sharing offering on 4/9 pcusa.org/oghs	6 Maundy Thursday 7:00 p.m. Worship	7 Good Friday 12:00 p.m. Joint worship at First Pres., Boone	8
9 Easter Sunday Worship: 7:00 a.m. 9:00 a.m. 11:00 a.m.	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29/30