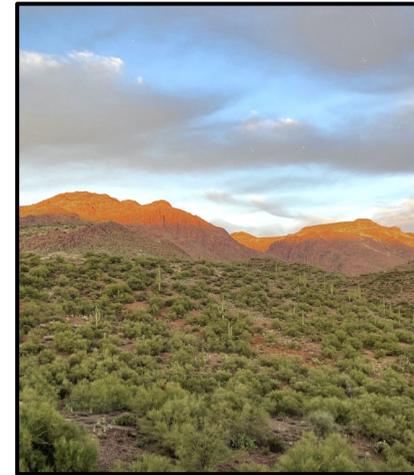


First Parish Church
Congregational
United Church of Christ
York, Maine

2023 Lent Guide



“Caring For God’s Creation” has been this year’s theme at First Parish Church. Our Lent offerings reflect that theme. Traditionally, Lent is a time to take on a spiritual discipline. In these pages, you will find an invitation to a book discussion, nature walks, and prayer. We hope you will join us for our seasonal worship services beginning with Ash Wednesday and concluding with Easter services.

180 York Street, York, Maine 03909 * 207-363-3758
office@firstparishyork.net * www.firstparish.net



HOLY WEEK

Holy Week Services

April 2	Palm Sunday	10:00am Worship Service
April 6	Holy Thursday	7pm Worship - Fellowship Hall
April 7	Good Friday	7pm Worship Service
April 9	Easter	Sunrise Service 10am Worship Service

Ash Wednesday February 22, 2023

Come for the Imposition of Ashes at one of two opportunities.

Drive-thru Ashes 7am – 8:30am

Drive by the front of the church. No need to exit your vehicle. A pastor will offer the Imposition of Ashes and a blessing.

Ash Wednesday Service of Worship 7:00pm

Join us for a brief worship service in which the Imposition of Ashes will be offered.

Book Discussion

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants

By Robin Wall Kimmerer

In keeping with the “Caring for God’s Creation” theme for the church year, we invite you to read the national bestseller *Braiding Sweetgrass* and join us for one or both of the discussion times. This is not a specifically “Christian” book, but it invites reflection on topics such as the Genesis creation stories, community, gratitude, grace, the use of myth and metaphor, and appreciating the diversity of God’s creation. These discussions will be. We invite you to get the book, read as much as you can, and just show up for discussion led by Nan Roberts and Pastor Eric.

Sunday, March 26, 2023 8:30am-9:30am
Wednesday, March 29, 2023 7:00pm-8:30pm

Fellowship Hall
Fellowship Hall

First Parish Walks

<u>Date</u>	<u>Meeting Time</u>	<u>Meeting Place</u>	<u>Leader</u>
February 22, 2023	1:30pm	Rice Library/Kittery	Carol Waleryszak
<p>The theme will be "Wisdom." Meet for coffee at Lil's Café at 1:30 PM in downtown Kittery. Walk around downtown Kittery and tour the new Rice Library. There will opportunity for reflection and conversation regarding how we define wisdom and what it means to us.</p> <p>Carol's contact: (603) 686-6384 or waleryszak@gmail.com</p>			
February 26, 2023	2pm	York Land Trust	Gail Gilchrest
<p>Meet at York Land Trust headquarters, 1 Long Neck Marsh Road...just off Cider Hill Road (Rt 91) and 3.8 miles north of route one. The trail is .75 miles through woods that are habitat for blue heron, white egrets and a variety of songbirds. This will be an easy walk about an hour long, but walkers are advised to wear shoes or boots suitable for walking through grasses and some wet areas. This is a beautiful and serene area of woodland and open pasture. (In the event of inclement weather the hike may be rescheduled.</p> <p>Gail's contact: 814/360-4758 or I can be contacted by email at gxgl@psu.edu.</p>			
March 4, 2023	8am	Mt. Agamenticus	Nancy Stevens
<p>Hike Mount Agamenticus (roughly 1½ hours). Meet at the base of Mount A., and park along the road. Wear hiking boots or sturdy shoes and layers; bring binoculars, if desired. We will pause occasionally to listen and to view God's creation. Trail conditions (snow, mud ...) may be a factor. Nancy will contact you as the date nears to update you.</p> <p>Nancy Stevens: Cell (207) 337-1373 or nancy.stevens.maine@gmail.com</p>			
March 5, 2023	1pm	First Parish Woods	Martha King
<p>Meet in front of Fellowship Hall, then head into the First Parish Woods for a Meditative & Poetic Woods Walk. Some rugged areas and steep terrain variations with rocks and roots depending on the amount of snow cover. Silent walking, then stopping often to listen, feel and look. Any words that come to mind will be spoken, considered and written down. At the end a poem will be brought forth. It will take about 1 to 1.5 hours to hike the trail, have conversations and write the poem.</p> <p>Martha Fenn King: 207-363-7344 or marthasgarden207@gmail.com</p>			

<u>Date</u>	<u>Meeting Time</u>	<u>Meeting Place</u>	<u>Leader</u>
March 8, 2023	10am	Highland Farm Preserve	Gary Goss
<p>Meet at Highland Farm Preserve information kiosk on Route 91 in York for a 1.5 mile walk of moderate exertion on established trails. The goal is to reach a granite outlook with a beautiful southwestern view for a moment of reflection. The trails may be muddy or frozen depending on the weather at that time. Wear comfortable hiking boots if possible. ALTERNATE PLANS: Depending on weather and trail conditions in March, the hike may be changed to a different date or trail. The Smelt Brook Preserve trail (across Rt 91 from the Highland Farm Preserve parking lot) is flat and has great views of Smelt Brook and the York River. Can be quite muddy in places.</p> <p>Gary Goss, ggoss1@maine.rr.com, cell phone (207) 344-4043</p>			
March 11, 2023	10:30am	Fort Foster	Carol Waleryszak
<p>Join us for Mindfulness Walking Meditation (10:30 to 11:30 AM). Meet at Fort Foster, Pocahontas Rd, Kittery Point, Maine. Park on the entrance road before the entrance booth. Wear comfortable clothing, boots and walking sticks (if needed). Walking meditations are usually done much slower than normal walks. Our one-half hour walking meditation will be an informal practice to give us an opportunity to gather our awareness which so often becomes <u>distracted</u> when the mind is left to its own devices. Weather Permitting/Weather Option: Fox Run Mall.</p> <p>Carol's contact: (603) 686-6384 or waleryszak@gmail.com</p>			

Guided Prayer and Bible Reflection

Join Pastor Eric on Zoom for guided prayer and reflection on a scripture passage. This will be offered on three Wednesdays. Please contact the office for the Zoom Link.

March 1, 2023	6:30pm - 7:15pm
March 8, 2023	6:30pm - 7:15pm
March 15, 2023	6:30pm - 7:15pm