

Upcoming Event



Ash Wednesday

Family Worship Service

Imposition of Ashes and Holy Communion

Wednesday Feb 26 1pm and 7pm

Every year we tell the story of Jesus' last days with his disciples, his death on the cross, and his resurrection. In this season called Lent, we get ready for the great mystery of Easter by looking at our lives to see how we can more closely follow God. We pray, we study the Bible, we reach out to others who need our help, we focus on what we need instead of what we want. To begin, we now [come] before God and tell God that we are sorry for what we have done wrong and ask God to forgive us.

- Wendy Claire Barrie, from buildfaith.org

The Lenten journey from the ashes of death to resurrected life begins on the first day of Lent, Ash Wednesday, which signifies a time to turn around, to change directions, to repent. This first day of Lent reminds us that unless we are willing to die to our old selves, we cannot be raised to new life with Christ. The first step of this journey calls us to acknowledge and confront our mortality, individually and corporately. In many traditions, this is symbolized through the imposition of ashes — placing a cross on one's forehead. During the imposition of ashes, the words: "You are dust, and to dust you shall return" (Genesis 3:19) are repeated again and again. We are to remember that we are but temporary creatures, always on the edge of death. On Ash Wednesday, we begin our Lenten trek through the desert toward Easter.

Ashes on the forehead is a sign of our humanity and a reminder of our mortality. Lent is not a matter of being good, and wearing ashes is not to show off one's faith. The ashes are a reminder to us and our communities of our finite creatureliness. The ashes we wear on our Lenten journey symbolize the dust and broken debris of our lives as well as the reality that eventually each of us will die.

<https://www.presbyterianmission.org/ministries/worship/christianyear/ash-wednesday/>

Upcoming Event



Community Lenten Practice: *Five Wishes® a journey together to plan advance care*

Sunday March 1 9:30am – 10:30am
(first of five Sundays)

Beginning Sunday, March 1, 9:30 – 10:30 AM, we will meet in the sanctuary to use the **Five Wishes** advance care planning guide to journey together and discuss thoughts, support each other, and wonder about what is actually important to us.

Written in user-friendly lay language, [Five Wishes](http://fivewishes.org) was the first advance directive to address personal, emotional, and spiritual issues in addition to meeting medical and legal criteria. Because the document is based on what is important to people, it has been widely embraced by families, community groups, faith communities, and medical and legal providers.

[Five Wishes](http://fivewishes.org) allows you to express:

- The person you trust to make decisions for you
- What types of medical treatment you would want – or not want
- What is most important for your comfort and dignity
- What important spiritual or faith traditions should be remembered
- What you want your loved ones and healthcare providers to know about you

“Faith and spiritual traditions can play a huge role in our lives. We believe they should also be an important part of planning for dignified care. Our traditions can help guide our healthcare decisions and our preferences for comfort. During times of illness, we may find comfort in scripture, meditation, prayer, sacraments, or other readings. An advance care plan that does not include these things may miss things that are very important.”

– fivewishes.org

Upcoming Event

Lenten Series Sundays 11am March 2020



During the Lenten Season at the 11 AM Worship Services will explore these themes from the book of Exodus:

- What are the things that weigh us down? Tie our hands?
Prevent us using our faith?
- Do we have enough for joy? Has God provided enough for a good life?
- How can hope shape our life's journey? What reassures us
about the future?
- How do we live together in peace? With our neighbors,
our family, God's creation?
- When we turn from God, how do we reconnect?
Why do we need to do anything?

Upcoming Event

Family Yoga with Miss Robin

Sunday March 22 3pm – 4pm

SPACE IS LIMITED AND PREREGISTRATION IS REQUIRED.

Join us for an hour of yoga, dance, games, and meditation. This practice is suited for those that can kneel, lie down, and move from floor to standing easily. It involves basic yoga poses and moderate aerobic activity.

Bring your own yoga mat and a water bottle. Wear stretchy, comfortable clothing. All other props will be provided. Parents **MUST** accompany children in the class. Participants will be required to sign a waiver upon arrival.

This is a free program.



For more information or to register please email :
kirkkidscommunitycenter@gmail.com

Upcoming Event

“Court Days” Three Penny Theatre

www.3pennyplays.org

Friday March 27 7pm

Saturday March 28 2pm and 7pm



March 27-28 & April 3-4

EXTRA! EXTRA! MURDER!



KILLER SLAVE CAPTURED



An Acts Of Faith
Fringe Event

More Info @ 3pennyplays.org
& theactsofffaith.org

Upcoming Event

“Court Days” Three Penny Theatre

www.3pennyplays.org

Friday April 3 7pm

Saturday April 4 2pm and 7pm

 **March 27-28 & April 3-4**

EXTRA! EXTRA! MURDER!



KILLER SLAVE CAPTURED

“COURT DAYS”
A Tale of the Old Dominion



An Acts Of Faith
Fringe Event

More Info @ 3pennyplays.org
& theactsofffaith.org

Upcoming Event

Mental Health First Aid Training

Saturday May 2 8:30am – 5:00pm

Happiness is good mental health!

Mental Health is an important part of health

There is no health without mental health

Mental Health First Aid is an 8-hour training that teaches you how to

help someone developing a mental health problem or crisis.

Mental Health First Aid teaches you

The impact of mental illness and substance use disorders
Signs and symptoms of a mental health problem or crisis
A 5-step action plan to assess a situation and provide assistance
Local resources and where to turn for help

***MHFA manuals and certificates will be given at the end of the training.**

Participants must attend the full training in order to receive a manual and certificate.

Date: May 2, 2020

Time: 8:30 – 5:00 pm

Location: Gayton Kirk PC (USA)

11421 Gayton Rd

Henrico, VA 23238

Light refreshments will be provided.

(Please bring lunch - 30 minute lunch break on site)

This is a free **MHFA** training sponsored by:
Henrico Mental Health & Developmental Services - Prevention
For additional information call **804-727- 8058**.

Excerpts from:

<http://www.mentalhealthfirstaid.org>

<http://www.mentalhealthfirstaid.org/cs/>

<http://www.who.int/mediacentre/factsheets/fs220/en/print.html>