**Nourish Your Soul with “Bread of Life” Devotional**

**DEVELOPING SPIRITUAL PRACTICES**

When the world feels heavy – divided and uncertain – hearts ache, minds seek peace, and souls hunger for hope. There is enough love, grace, and hope for all.

* Adult/youth devotional and/or family devotional
* Adult Sunday School classreflection on weekly “Bread of Life” theme. Join others each Sunday at 9:30 am in the library

**Faithful Families for Lent, Easter & Resurrection**

All families are encouraged to pick up this book which features meaningful practices, activities, and prayers for the Lent and Easter season that engages children of all ages.

**Prayer Beads**

Make a prayer bead chain to help you pray this Lent. Need supplies or directions?

Contact the CE committee.

**Praying in Color**

Praying in Color is the intersection of prayer and doodling. It is a visual, active, meditative, and playful way to pray. Coloring Sheets available.

**God’s Call to Care for Neighbors and All Creation**  
Join other women for our monthly Bible study which meets on the third Tuesday of each month. The call to examine ourselves and our impact on this planet is crucial to our lives as followers of Christ. Join with us as we acknowledge the impact unjust practices have had on Indigenous peoples and other marginalized and oppressed people and commit to change our behaviors and be a voice for restorative action.

**Lent Practice Calendar**

Looking for a simple way for you and your family to experience Lent? Pick up this calendar and it will provide daily activities to guide you through five themes: notice, pray, help, wonder, and rest.

**Youth Lent Service Project**

Join the youth to finish the banners that share FPC’s vision: S.E.R.V.E. The banners will be hung in the sanctuary. We will meet during spring break and then set other dates. Contact the office for the specific days and time.

**Faith Formation for Children**

On Sunday mornings when children leave worship, they will explore stories of Jesus and his ministry. Theses stories will help participants understand how Jesus wants us to live. The time will include two service projects: bagging rice for F.I.S.H. and making peanut butter sandwiches to share.

**Being A Voice for the Voiceless**

Interested in joining others who are standing up against injustice and advocating on behalf of others? Check out the resource on the Lenten table that provides practical tips on how to become an influential advocate.

**Worship**

Join us each Sunday at 11 am for worship.

**GIVING OF YOURSELF**

**One Great Hour of Sharing (OGHS)**

Pick up an OGHS offering box and calendar. Consider the daily reflection and give a “gift” each day in the offering box. Banks will be collected on Palm Sunday.

**Lent Giving Calendar**

Looking for a simple way for you and your family to experience Lent? Pick up this calendar and it will provide daily activities to guide you through five themes: notice, pray, help, wonder, and rest.

**F.I.S.H.**

F.I.S.H. needs volunteers to help out about 3 hours a month to pack food boxes or deliver food to the homebound.

**Food Bank of Alaska**

Volunteer at the Senior Box Build each month with others from First Presbyterian Church.

**Emergency Cold Weather Shelter**

Provide hospitality for families who are moving from houselessness to permanent housing. Volunteer to make an evening meal, share hospitality with families on-site during the evening, or help with overnight hospitality. Sign up to help once.

**In Our Backyard**

Five tiny homes provide safe, temporary housing and support services for our five senior households on the Central Lutheran Church property. Join others for an onsite visit and learn how you can “lend a hand” with a 1–2-hour commitment each month.

**Volunteering at the Church**

Like to hang out with fun people and do simple tasks (and some skilled tasks) to support the ministry at FPC? Check out the possibilities.

**Friends of the Deacons**

Be a “gift” to those in our faith community who are homebound by visiting one of our members on a monthly basis (30 minute time commitment). Help with the hospitality time following worship.

**Refugee Assistance and Immigration Services (Catholic Social Services)**

Want to support refugees in our community who are in crisis now due to current policies in our country?

Gather with others and learn how we can be a voice of welcome as we advocate and volunteer to support our community members.

**Sending Easter Greetings to the women at Hiland Correctional Center**

FPC brings hope and cheer to the women at the Hiland Correctional Center by sending 250 Easter cards.

Make a commitment to help by writing three cards each week of Lent and returning the cards to the church to be mailed the Tuesday of Holy Week.