

**Daleville Church of the Brethren  
P.O. Box 85  
Daleville, VA 24083**



### **New Practices in Lent**

Later this month, the season of Lent will begin. This often leads to opportunities for us to think about spiritual disciplines, which often includes the practice of fasting. Last year, I also offered up the idea of living out the actions outlined in Matthew 25, such as feeding the hungry and visiting people in prisons. This year, I'd like to offer up two more possible spiritual disciplines that you can consider trying out during Lent. I encountered the ideas for these two spiritual disciplines in a conference I attended earlier this year during a session led by a woman named Lauren Winner. She described four spiritual disciplines, but I'd like to highlight two of them.

The first spiritual discipline is that of reading and/or encountering the Bible in unusual places. That is, taking the time to read scripture in places that we would not normally do so. Most of the time, we read scripture at home, or at church, but not many other places. This spiritual discipline asks of us to read the Bible in other places, perhaps at work, or in a restaurant, or out in nature. It can be either silent or spoken, and can come from any passage in the Bible. When we do so, it can often offer us up new perspectives on what we are reading than we might otherwise have found. To put this into practice for Lent would simply require a commitment to read a bit of scripture every day in a new and different place.

The second spiritual discipline is that of self-knowledge. That is, taking time to think about and reflect upon what really matters to us. This might sound a bit strange, an unusual spiritual discipline. After all, spiritual disciplines are supposed to be activities that offer us opportunities to connect with God. But if we stop and think about it, taking the time to know ourselves better offers us the opportunity to get in deeper contact with our nature as created beings who come from God. Winner put it this way in her description of this practice: "self-knowledge is both a fruit of and a pre-requisite of knowledge of God." That is, when we get to know God, we know ourselves better. And, when we know ourselves better, we can better know God.

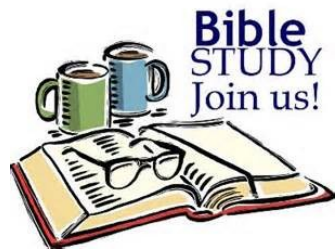
How, then, can we work at this? One possibility that was lifted up was drawn from some writings by Toni Morrison. First, take some time to write down a list of everything that you have to do on a regular basis. This can be an interesting experience in and of itself, and can help us to understand ourselves a little better. But the second step is just as, or more important than, the first one. It is to go through our list and find the things that you can not refrain from doing and remain who you are. Then, after identifying these core things, look at your list again and see what is getting in the way of doing those practices that are essential to who you are. Finally, then, you can begin to work towards eliminating those things that are distracting you from your essentials.

These, of course, are not the only spiritual practices out there. But I found that these struck a particular chord with me, and wanted to share them with you all. Whether you try out one of these spiritual practices, or some other, I'd like to invite each of us to commit to doing at least one new spiritual discipline during Lent this year, and, hopefully, continuing with that after Lent is over.

In Christ,  
Pastor Doug

## Help a neighbor in need by providing Soup for Seniors

Help end senior hunger by giving soup to the local LOA's "Soup for Seniors" collection. Your collection will make a huge difference in the lives of your homebound neighbors. Feb. 2-7 from 9am-6pm. Our local LOA is here at the church in the Sunday School Wing. There is a box by the door for soup cans.



Bible Study will be resuming on Tuesdays at 9am beginning Feb. 3rd.

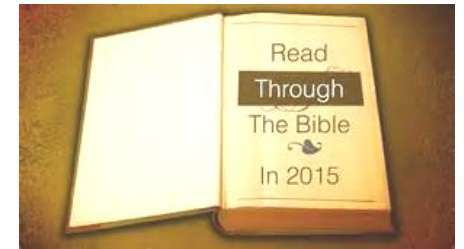
We welcome everyone to join us. It is a great learning and fellowship time together. Invite your friends!

**Notice** - we no longer have assigned Acolytes as of 2015. Karen Carter has graciously agreed to acolyte whenever she is at Church, but is willing to share the responsibility if anyone else wishes to help. If we have no acolyte, the ushers will light the candles before the beginning of worship.



## February Bible Readings

- 1 Psalms 12-14
- 2 Job 9-10
- 3 Isaiah 23-28
- 4 Matthew 11-13
- 5 Romans 11-12
- 6 Genesis 20-23
- 7 Judges 1-6
- 8 Psalms 15-17
- 9 Job 11-12
- 10 Isaiah 29-33
- 11 Matthew 14-16
- 12 Romans 13-14
- 13 Genesis 24-27
- 14 Judges 7-11
- 15 Psalms 18-20
- 16 Job 13-14
- 17 Isaiah 34-39
- 18 Matthew 17-19
- 19 Romans 15-16
- 20 Genesis 28-31
- 21 Judges 12-16
- 22 Psalms 21-23
- 23 Job 15-16
- 24 Isaiah 40-44
- 25 Matthew 20-22
- 26 1 Corinthians 1-2
- 27 Genesis 32-35
- 28 Judges 17-21



## Upcoming Events for February

**Bring Canned Goods** in on Feb. 1st to be collected.

**Women's Group** is Thurs., Feb. 5th at Coach & Four.  
The ladies meet at 6:30pm.

**Blanket Sunday** is Feb. 8th. We will be collecting on  
Feb. 1st and 8th.

**Executive Board Meeting** Feb. 9th at 6:30pm.

**Deacon Meeting** is Feb. 15th after church.

**Movie Night** at the Carters' house is Wed., Feb. 25th  
at 6:30pm. 12 Years a Slave is the movie.

## February Scriptures and Sermons

**February 1** 1 Corinthians 8:1-13  
"Meat Sacrificed to Idols?"

**February 8** Isaiah 40:21-31  
"Wings like Eagles"

**February 15** 2 Kings 2:1-14  
"Passing on the Mantle"

**February 22** Mark 1:9-15  
"Repent and Believe in the Good News"

