

Keep a True

Lent

Easter 2019


unity®
in Lynnwood

“Some of us may need to die to specific things in our lives - perhaps to a behavior that has become destructive or dysfunctional, perhaps to a relationship that has ended or gone bad, perhaps to an unresolved grief or to a stage in our life that it is time to leave, perhaps to our self-preoccupation, or even to a deadness in our lives (you can die to deadness.) It is possible to leave the land of the dead. So, the journey of Lent is about being born again - about dying and rising, about mortality and transformation.

“Who of us does not yearn for this? Who of us does not yearn for a fuller connection to life? Who does not yearn for an identity that releases us from anxiety and self-preoccupation? To be born again, it seems to me, corresponds to our deepest yearning.

“May we this Lent experience that internal transformation that is at the center of the Christian life.

“May we experience being born again.”

- Marcus J. Borg

Wednesday, March 6

Today, I fast from dishonesty. *Instead*, I align my outer experience with my inner experience – I align my tongue with my heart.

Thursday, March 7

Today, I fast from mindless habits. *Instead*, I seek new ways to approach even the simplest tasks.

Friday, March 8

Today, I fast from excuses. *Instead*, I assume full responsibility for my choices.

Saturday, March 9

Today, I fast from comparison. *Instead*, I acknowledge the uniqueness that I am.

Sunday, March 10 Services, [Keep a True Lent I](#)

Monday, March 11

Today, I fast from complaining. *Instead*, I choose words of kindness, necessity and helpfulness.

Tuesday, March 12

Today, I fast from multi-tasking. *Instead*, I fully immerse myself into each activity of my day.

Wednesday, March 13

Today, I fast from making assumptions. *Instead*, I practice unknowing.

Thursday, March 14

Today, I fast from overcommitment. *Instead*, I explore the power of “no, thank you.”

Friday, March 15

Today, I fast from meaningless interactions. *Instead*, I frame every interaction as holy.

Saturday, March 16

Today, I fast from bitterness. *Instead*, I allow the lightness of release to fill my very being.

Sunday, March 17 Services, [Keep a True Lent II](#)

Monday, March 18

Today, I fast from *familiarity blindness*. Instead, I intentionally see everything anew.

Tuesday, March 19

Today, I fast from my countless answers. Instead, I open to new inspiration.

Wednesday, March 20

Today, I fast from my remembered past. Instead, I focus my awareness on the moments of this very day.

Thursday, March 21

Today, I fast from my imagined future. Instead, I focus my awareness on the moment of this very day.

Friday, March 22

Today, I fast from my fears. Instead, I imagine the workings of a limitless Wisdom to be ample.

Saturday, March 23

Today, I fast from drama. Instead, I invite a day of simple beauty and easy grace.

Sunday, March 24 Services, [Keep a True Lent III](#)

Monday, March 25

Today, I fast from antagonists. Instead, I shoulder up with those who inspire me.

Tuesday, March 26

Today, I fast from unspoken expectations. Instead, I make requests.

Wednesday, March 27

Today, I fast from incompleteness. Instead, I wrap up loose ends.

Thursday, March 28

Today, I fast from obligatory action. Instead, I act from love and joy.

Friday, March 29

Today, I fast from worry. Instead, I point my faith toward high possibilities.

Saturday, March 30

Today, I fast from resentment. Instead, I become willing to release.

Sunday, March 31 Services, [Keep a True Lent IV](#)

Monday, April 1

Today, I fast from guilt. [Instead](#), I release my resistance to my past.

Tuesday, April 2

Today, I fast from low expectations. [Instead](#), I open to the grand thoughts of an infinite Mind.

Wednesday, April 3

Today, I fast from false humility. [Instead](#), I acknowledge the countless gifts of the Divine, individualized as me.

Thursday, April 4

Today, I fast from the obligatory “yes.” [Instead](#), I discover my divine “no.”

Friday, April 5

Today, I fast from meaningless stuff and things. [Instead](#), I review my closets and make a generous donation.

Saturday, April 6

Today, I fast from defensiveness. [Instead](#), I respond from heart.

Sunday, April 7 Services featuring StoweGood

Monday, April 8

Today, I fast from impatience. [Instead](#), I trust divine Timing in all matters.

Tuesday, April 9

Today, I fast from manipulation and coercion. [Instead](#), I state my needs.

Wednesday, April 10

Today, I fast from seriousness. [Instead](#), I actively seek the experience of laughter.

Thursday, April 11

Today, I fast from my personal world. [Instead](#), I extend quiet kindness in creative ways.

Friday, April 12

Today, I fast from “adding.” [Instead](#), I consider the possibilities of divine subtraction.

Saturday, April 13

Today, I fast from resistance. *Instead*, I practice easy acceptance.

Sunday, April 14 Services, PALM SUNDAY

Monday, April 15

Today, I fast from harsh self-talk. *Instead*, I embody words of positive affirmation.

Tuesday, April 16

Today, I fast from “doing.” *Instead*, I practice “being” through meditation, nature, music or reflection.

Wednesday, April 17

Today, I fast from my small perspective. *Instead*, I immerse myself into a culture unlike my own.

Thursday, April 18 Holy Thursday Communion Service

Today, I fast from any failure to express love. *Instead*, I communicate my caring.

Friday, April 19

Today, I fast from my habitual safety. *Instead*, I do something wildly daring!

Saturday, April 20

Today, I fast from E-mail. *Instead*, I send a handwritten note.

Sunday, April 21 Services, EASTER SUNDAY

LASTFRIDAYS

Summer Speakers Series!



DR. ROCCO ERRICO (July): Throughout his public work, Dr. Errico has stressed the nonsectarian, open interpretation of Biblical spirituality, prying it free from 2,000 years of rigid orthodoxy, which, according to his research, is founded on incorrect translations.

Dr. Errico is an ordained minister, international lecturer and author, spiritual counselor, and one of the nation's leading Biblical scholars working from the original Aramaic Peshitta texts. For ten years he studied intensively with Dr. George M. Lamsa, Th.D. Dr. Errico is proficient in Aramaic and Hebrew exegesis, helping thousands of readers and seminar participants understand how the Semitic context of culture, language, idioms, symbolism, mystical style, psychology, and literary amplification — the Seven Keys that unlock the Bible — are essential to understanding this ancient spiritual document.

Dr. Errico is a featured speaker at conferences, symposia, and seminars throughout the United States, Canada, Mexico and Europe and has been a regular contributor for over 23 years to *Science of Mind Magazine*.

Publications include: *Aramaic Light on the Gospel of Matthew, Aramaic Light on the Gospels of Mark and Luke, Aramaic Light on the Gospel of John, And There Was Light, Setting a Trap for God, Let There Be Light: The Seven Keys, The Mysteries of Creation: The Genesis Story, The Message of Matthew*, and more.

CARLTON PEARSON (August): "Our mission is to help create and inspire comprehensive global, planetary and cosmic peace. Our purpose is to help create and provide people with both techniques and emotional technologies to discover and recover their divine selves. We are about renewing and re-knowing who we are as spirits having individual as well as collective earthly encounters. Navigating and negotiating these encounters calls on and calls up the genius resident in all of us."

Thousands would fill arenas and churches to hear him sing, preach and inspire. But things dramatically changed when he stood in his megachurch pulpit to proclaim a new doctrine. Carlton Pearson's life story serves as the basis for the Netflix original movie titled "Come Sunday" highlighting the shift in his ministry to Radical Inclusion.

His work has given him audience with kings, presidents, and appearances on television programs: NBC's Dateline, ABC's Nightline, 20/20, Good Morning America, CBS Evening News with Dan Rather, BET Tonight with Tavis Smiley, The Edge with Paula Zahn, Politically Incorrect with Bill Maher, The Monique Show on BET Today with Megyn Kelly and more.



16727 Alderwood Mall Parkway, Lynnwood, WA 98026

Dr. Richard Loren Held, Spiritual Director

www.UnityinLynnwood.org