

Creating a Sacred Space for Lent

On Ash Wednesday we are invited to an observance of a holy Lent. We are asked to do this by self-examination, repentance, prayer, fasting and self-denial, and by reading and meditating on God's holy Word. In order to do all these 'holy' things we need to sit in the presence of God. We need to let God enter into our hearts and souls and help us to be the people God intends us to be.

I suggest that we each put together a sacred space in which we can allow the Holy Spirit to enter our hearts and souls and lead us towards God's work in our lives. To help you put together that sacred space I have put together a short video here www.allsaintsomaha.org/sacredspace which shows me putting my own space together. Your space will be for you alone. What you choose to put on your space are things which will stir your imagination in new ways and draw you closer to God during this most Holy Lent.

Some ideas for creating your sacred space:

The space can be your dining room table, an end table, a TV tray, your night stand... Look around your house to see if you might have palms from last year or old crosses that you no longer wear.

- ☞ Clean the space – this is after all your time with God and you are inviting God in.
- ☞ God has filled the world with beauty and variety—use color and texture, too.
- ☞ Use images – icons, prayer beads, rosaries, prayer cards.
- ☞ Bring nature in if possible – the branch that will soon show signs of spring, the flower that has not bloomed but soon will.
- ☞ Include your artistic side – think creatively.

Mother Karen



Praying — Mary Oliver

It doesn't have to be
the blue iris, it could be

weeds in a vacant lot, or a few
small stones; just
pay attention, then patch

a few words together and don't try
to make them elaborate, this isn't
a contest but the doorway

into thanks, and a silence in which
another voice may speak.