



The season of Lent is a time of reflection. A time to pause in recognition of what we have done and what we have left undone. To walk with Jesus through the days leading up to his death on Good Friday.

As we gather to worship during the Lenten season, some will continue to gather sheltered in place. If safety concerns prevent you from attending Lenten Sundays in person, creating a home altar with holy communion elements, will provide you with what you need to join in receiving holy communion each week. On Ash Wednesday, February 17th (livestream), and the Sundays in Lent, you may worship by joining iHeart radio 620 am or Facebook livestream, <https://www.facebook.com/firstlutheransiouxcity/>

All worshippers are invited to create a home altar with the list of items below. As you watch or listen to First Lutheran's worship, Pastor Kristine will offer instructions for how to use the items in your kit. The photo included will describe how you might set up your "home altar." For example, you will be invited to join in holy communion during the service, before worship begins gather wine and bread, place on a white cloth, light a candle, and have your bulletin close by. Perhaps you will decide to make "communion bread," there is a recipe included in the kit. During the prelude perhaps you will choose to trace the prayer labyrinth with your finger. During the week you might light a candle and have devotions near your home altar.

As you read through the list of ideas offered during this Lenten Season, pick and choose those activities which will be meaningful for you. These are suggestions to create a place, a home altar, which is set aside during this holy season to read scripture, pray and receive home communion.

May God bless your Lenten journey.

*First Lutheran Church*

#### Home Altar Lenten Kit Contents:

- Instructions for creating a home altar, including a photo sample
- Alleluia! (hide on Transfiguration)
- Lenten Song, "Now is the Time of Grace" (to be sung throughout the season)
- Paper finger labyrinth (for use during prayer, devotions or meditation time)
- Recipe for making your own communion bread

#### What you will need from home:

- A white cloth (parament, Jesus' grave clothes)
- Your Bible and a devotional book of your choosing
- Bulletin (each week's, found on our website at [www.firstlutheransc.org](http://www.firstlutheransc.org))
- Wine or juice
- Bread or gluten cracker
- A candle and lighter
- Bowl for water (baptismal remembrance)
- Olive oil (for anointing)

Creating a home altar can utilize items in your own home.

I created this sacred space by placing a purple cloth on the table (kitchen or coffee). The purple color is the color of the Lenten season. Then I placed a white cloth to remind me of Jesus' grave clothes. The altar in the sanctuary has a white cloth on top of the color of the season in remembrance of Jesus rising from the dead.

I have gathered a small bottle of wine, an empty earthen ware cup, a votive candle ready to light, an empty bowl waiting to be filled with baptismal water to remember my baptism. In this picture is a communion wafer, you may decide to use bread or make communion bread from the recipe included in this Lenten Kit.

My Bible and devotional books are nearby, included in the kit is a labyrinth, your finger can trace as you pray and meditate. Each week's bulletin will add to the collection of materials to read and digest during the week. The "alleluia!" will be hidden away on Transfiguration Sunday, (place it under the white parament cloth) and retrieved on Easter Sunday.

Whether you gather some of these elements or only a few, a home altar will center your 40 days of remembrance of Jesus' journey to the cross.

*Pastor Kristine*



## Now Is the Time of Grace

*Refrain*

The musical score is written on three staves in treble clef with a key signature of one sharp (F#). The first staff begins with a first ending bracket labeled '1\*' and a second ending bracket labeled '2'. The lyrics are: 'Now is the time of grace, now is the day of sal -'. The second staff continues the melody with the lyrics: 'va - tion. Turn now, and seek God's face,'. The third staff concludes the phrase with the lyrics: 'now be-hold God's in - vi - ta - tion.'.

*\*May be sung in canon.*

Text: Marty Haugen, based on 2 Cor. 6:2, Isa. 58:6-9

Music: Marty Haugen

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## Home Communion Bread (unleavened)

### *Ingredients*

$\frac{3}{4}$  cup flour

$\frac{1}{4}$  cup hot water

$\frac{1}{2}$  Tbsp Olive Oil

$\frac{1}{4}$  tsp honey

$\frac{1}{4}$  tsp salt

Combine ingredients. Knead for 3 minutes.

Roll dough to  $\frac{1}{8}$ " thickness.

Cut out circles using  $1\frac{1}{2}$ " cookie cutter.

Transfer to baking sheet, prick wafers with a fork.

Bake at 400 degrees, 5-8 minutes until just beginning to brown.

Will keep for two weeks in container or store in freezer.

Makes 8 wafers depending on the circumference of your circle.



Walk the labyrinth with your finger....read the suggested scripture passages and meditate on what they mean for you this day. Trace with your finger to the center, then back out again. No need to rush, perhaps you want to repeat a phrase "walk humbly with your God" as you trace.

Psalm 23: Though I walk through the valley of the shadow of death...

Luke 24:13-35: Walk to Emmaus

Micah 4:6: Walk humbly with your God

2 Corinthians 5:7: For we walk by faith, not by sight



Do you have colored pencils? Create an alleluia butterfly which will be hidden on Transfiguration Sunday and retrieved on Easter Sunday.