



# First United Methodist Church of Hurst

Dear Beloved FUMC Hurst Church Member,

Welcome to Lent in 2021. Last year, Lent arrived about the same time as COVID-19. Since then, the world has changed, but God has stayed the same. We are now all very familiar with face masks as well as a whole host of new vocabulary like social distancing and flattening the curve. As we prepare for Lent this year, we want to offer you a Lenten plan that is relevant and adaptable to your life right now.

Our theme is Again and Again and references the ways that God meets us again and again. No matter our doubt, no matter our troubles, no matter our laments, God chooses us. Christ meets us at the cross again and again, saying, "I choose you. I love you. I will lead you to repair." The entire church is using this curriculum for Lent, and children's ministries and senior adult ministries have joined together to offer this At Home Excel'LENT' Adventure packet.

Inside you will find creative ways to connect with Christ, whether you are staying home or going out in the world. You will find adventures you can drive to or sacred experiences at home. You will find poems and prayers. You will find an outline of the 2021 Excel'LENT' Adventure on the back of this letter.

We do not know what the future holds and when we will be able to join together again in our church building. However, we know Christ meets us where we are, again and again. Please contact us if you have any questions or concerns.

With Joy,

Jennifer Acker, Director of Discipleship with Children and Their Families ([jacker@fumchurst.org](mailto:jacker@fumchurst.org))

Sarah Boyette, Director of Discipleship with Senior Adults ([sboyette@fumchurst.org](mailto:sboyette@fumchurst.org))

## 2021 Excel'LENT' Adventure Outline

- Week of:**  
**February 17**      **Ash Wednesday**  
    Location: FUMC Hurst  
    Items: Ashes in container at church  
                Burlap Ash bookmark (Senior Adults only)  
                Ash Wednesday Poem
- February 21**      **1st Sunday of Lent - God Meets Us**  
    Location: Outdoors  
    Items: Remember When? Poem  
                Feelings Faces Card  
                Feelings Dice (Children only)
- February 28**      **2nd Sunday of Lent - Called to Listen**  
    Location: Prayer Garden  
    Items: Bible  
                Truth That Ricochets Poem
- March 7**      **3rd Sunday of Lent - Shown the Way**  
    Location: Labyrinth  
    Items: Labyrinth Print Out  
                Smiley Maze Puzzle (Children only)
- March 14**      **4th Sunday of Lent - God Loves First**  
    Location: Water  
    Items: Temporary Tattoo
- March 21**      **5th Sunday of Lent - We are Reformed**  
    Location: ArtRocks  
    Items: Keep Digging Poem  
                Heart Coloring Page
- March 28**      **6th Sunday of Lent - We Draw on Courage (Palm Sunday)**  
    Location: Processional/The Herd  
    Items: Palm Sunday Donkey Artwork Card/Coloring Page  
                Peaceful Protest Poem  
                Palm Leaf (Senior Adults only)
- April 4**      **Easter Sunday**  
    Location: The World  
    Items: Light Poem  
                Bread Crumbs Poem  
                Jesus Stained Glass Window Coloring Page



## POETRY PRAYERS

Written by Rev. Sarah Are

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*There are a number of ways to utilize poetry in your ministry. You might print and distribute these prayers to members in your community, or read them aloud to open and close study sessions. In worship, you could offer a poem as an opening reflection, a meditation during the sermon, a moment of reflection after the sermon, or as a written prayer printed in the bulletin. However you utilize these poems, please include credit as follows: Prayer by Rev. Sarah Are | A Sanctified Art LLC | sanctifiedart.org*

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### ASH WEDNESDAY

### AGAIN & AGAIN, WE'RE INVITED IN

### INVITED

I like to imagine that each year,  
God invites me to a party.  
God drops me a note that says,  
“No gifts, casual dress. Come just as you are.”

I like to imagine that I am brave enough to go.  
I like to imagine that I decide that I am worth it.  
This was no pity invite,  
There is no obligatory postage.  
God wants me there.

So I get myself together,  
Smudged glasses, sensitive ego, wrinkled shirt, and all.  
I ring the doorbell a few minutes late on account of  
the fact that  
I lost my keys twice trying to get out the door,  
And I almost turn back to hide in my car,  
Afraid that I might embarrass myself over  
appetizers or small talk.  
But then God answers the door,  
And God says, “You’re here!”  
And I smile, because I am.

And with every step past that threshold,  
I know that God is cheering me on.  
It’s the pride of a parent watching their child take  
their first step.

If I freeze, God is not disappointed.  
If I fall, God is not mad.  
But if I trust the invitation,  
If I move closer,  
I know, God celebrates.

Friends, you’ve got mail.  
It’s an invitation to dust off your shoes,  
To go deeper,  
To trust that you’re worth it,  
To lose your keys and your faith,  
And then to find them both, along with your worth.  
You are invited.  
We are invited.  
Again and again and again.  
This invitation is for you.





Week of Feb. 21

## Lent Week 1: God Meets Us

Read the TAKE, FIND, and HELPFUL HINTS sections **BEFORE** you leave your house!

**TAKE:** Take your **Feeling Faces Card/ "Remember When" Poem Card** and Feelings Dice (kids) with you

**FIND:** You can choose to complete this adventure at home or at the designated location.

<b>Travel To:</b> <b>River Legacy Park</b> 701 NW Green Oaks Blvd Arlington, TX 76006	<b>OR</b>	<b>Find at Home:</b> Find a peaceful space outdoors at home, sit by a window, or sit in a place at home where you feel comfortable and safe.
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### **HELPFUL HINTS:**

- If it has rained recently then maybe take a towel so you can dry off a spot to sit down.
- Give yourself plenty of time: This park is a fun place to picnic, or take a walk on the paved trail, or play on the playgrounds.

### **READ THIS PART AFTER YOU ARRIVE AT THE LOCATION:**

**ITEM:** Get your Feeling Faces Card/Remember When Poem card and Feelings Dice (kids) ready.

### **ACTION:**

- **Read:** The poem titled "Remember When?"  
(Excerpt from pg. 7 of the 2021 Lenten Devotional Guide)

### **REFLECT:**

- Find a good spot in the park for prayer and reflection. Breathe deeply, listen to the birds, and gaze at an image on the Feelings Face card that shows how you are feeling this week. Many times we get stuck with words like happy or sad. Use the Feelings Face card to really explore your true feelings of the week.
- Get quiet and still, offering a silent or spoken prayer to God about your feelings.
- Remember: "Again and again, God meets us where we are, but doesn't leave us there. We shift from sinking sand to solid ground."
  - What does that sentence mean to you?
  - Do you remember a song about sinking sand and solid ground? Look it up!

**TIP:** Check out the park and see what other cool things you find. There are several cool playgrounds, pavilions, picnic tables, and paved walking trails all around!

### **CHALLENGE:**

- Can you find the Big Blue Fish from Jen Acker's video in worship a few weeks ago? If you find it, send her a pic with you and the fish!
- Need some help with some big feelings you are experiencing? Jennifer Acker can help with Holy Listening for kids ([jacker@fumchurst.org](mailto:jacker@fumchurst.org)) and Stephen Ministers ([sboyette@fumchurst.org](mailto:sboyette@fumchurst.org)) are trained and ready to help adults.

THE FIRST SUNDAY IN LENT  
AGAIN & AGAIN, GOD MEETS US

## REMEMBER WHEN?

God never begins letters with the words,  
“I hope this finds you well,”  
For those words imply distance.

Instead, God begins God’s letters to you with the words,  
“Remember when?”

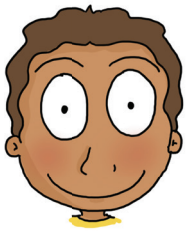
Beloved child,  
Remember when we dipped our toes into the water?  
Remember when we dove right in?  
Remember when the ice cream dripped down our hands  
And the cicadas sang their song,  
And the seasons changed,  
And the days were long?  
Remember when we fell in love and the world was new?  
Remember when our heart was broken?  
Remember the tears?  
Remember the long nights?  
Remember when we laughed again and the sound surprised us?  
Remember when we marched in the street?  
Remember when we cast our vote?  
Remember when we believed in hope?  
Remember when?  
I do.

That’s what God’s letters say.  
So on this day, and every day to come,  
Remember: God is meeting you.  
If you look back, you might remember when.



# ≡ MY FEELINGS CHART ≡

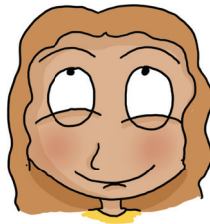
TODAY I AM FEELING: \_\_\_\_\_



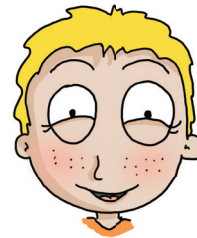
HAPPY



INTERESTED



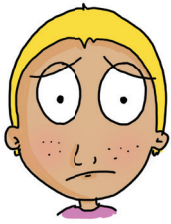
PROUD



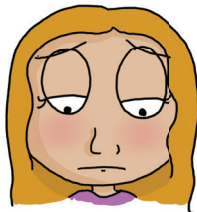
HOPEFUL



PLAYFUL



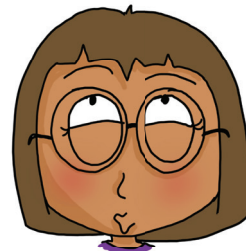
SAD



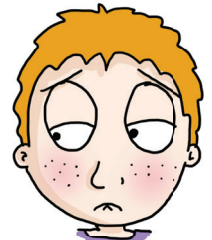
LONELY



ASHAMED



BORED



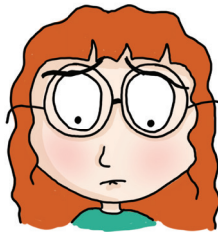
IGNORED



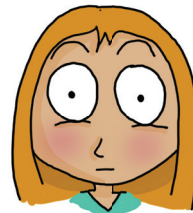
FEAR



ANXIOUS



WORRIED



OVERWHELMED



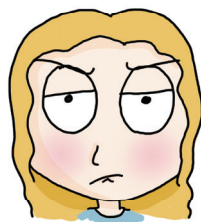
REJECTED



DISAPPOINTED



AVOIDANT



JUDGEMENTAL



HESITANT



LOATHING



ANGRY



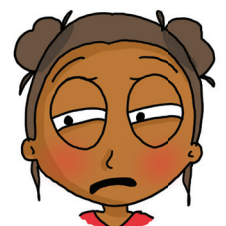
FRUSTRATED



IRRITATED



SARCASTIC



DEVASTATED





Week of Feb. 28

## Lent Week 2: Called to Listen

Read the TAKE, FIND, and HELPFUL HINT sections **BEFORE** you leave your house!

**TAKE:** Your Bible with you for this adventure.

**FIND:** You can choose to complete this adventure at home or at the designated location.

<b>Travel To:</b> <b>Garden of Prayer</b> (Located in Iron Horse Golf Course Parking Lot) <b>6200 Skylark Cir,</b> <b>North Richland Hills, TX 76180</b> Warning: The path is unpaved and uneven.	<b>OR</b>	<b>Find at Home:</b> Go sit in your favorite place to pray at home. Or you can scroll through pics of the Garden of Prayer here: <a href="https://www.yelp.com/biz_photos/garden-of-prayer-north-richland-hills?select=ebXM7jVghVlbS82HcMrsVA">https://www.yelp.com/biz_photos/garden-of-prayer-north-richland-hills?select=ebXM7jVghVlbS82HcMrsVA</a>
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### HELPFUL HINTS:

- If it has rained recently, consider wearing rain boots or old shoes as you might get wet/muddy.
- Maybe take a towel so you can dry off a spot to sit down.
- This is a really cool place, so allow yourself plenty of time to explore.

### READ THIS PART **AFTER** YOU ARRIVE AT THE LOCATION:

#### ITEM:

- Get your Bible, your listening ears, and your listening heart for this adventure.

#### ACTION:

- **Read:** “Again and again, we are implored to listen, especially when what we hear is unsettling. Repentance means changing direction. Like a heavenly GPS, Spirit is highlighting a new path. May we tune our sensors heaven-ward, despite the difficulties along the way.”  
(Excerpt from pg. 14 of the 2021 Lenten Devotional Guide)
- **Read:** Mark 9:7 – This is my Son. Listen to Him.
- **Read:** The Truth that Ricochets on pg 13 of the Devotional (see back)

#### REFLECT:

- You’ve found a prayer garden with lots of space for prayer and reflection. Last week you shared your thoughts and feelings with God. Find a quiet place to sit and do that again now, except this time, give yourself plenty of time to sit quietly and listen afterward.
  - What is God saying to you?
  - What is God encouraging you to do to help in the world?

#### TIP:

- Follow the trails all over the garden with your family. There is a really cool prayer area at the end of the trail with crosses and kneelers. Be sure to check out the empty tomb as well!

#### CHALLENGE:

- Consider coming back to visit this garden on another day during Lent for some quiet conversation with God.
- How is your listening going during online worship? What would help you listen better? Make a covenant to listen more carefully during worship to the words of the songs, the prayer, and the sermon.

THE SECOND SUNDAY IN LENT  
AGAIN & AGAIN, WE ARE CALLED TO LISTEN

## TRUTH THAT RICOCHETS

I went to a lecture once—  
An interfaith conversation with  
interfaith leaders.  
Whispers bounced off the church's  
tile floors  
As people shuffled into place,  
Carrying hope alongside assumptions—  
Mixed into pockets like loose change.

About halfway through the evening,  
A young woman in a blue hijab  
began speaking.  
She was the youngest person on the panel,  
Seated far to the left. You might almost  
miss her  
If you weren't paying attention;  
But not here, not when she spoke.

In quiet determination she told us of fear  
and persecution.  
She told us of hatred and racial slurs,  
Thrown at her people from car windows  
like bombs.  
It was a truth I did not know,  
And that truth ricocheted like sunlight  
through the cathedral windows,  
Touching almost everyone that day.

Then a man in the back, who could  
have been me—  
*Who has been me—*  
Approached the microphone and said,  
“Your people are persecuted. You live in  
fear. You are battered by hate.  
If that is true, then why am I just now  
hearing about it?  
Why is your story not on the news?  
Why have you not spoken up about it?”

And the air was still, partly because we held  
our breath in anticipation,  
And partly because the Spirit slows her  
dance when we stand at the edge  
of truth.

The woman in the blue hijab leaned into  
the microphone  
And whispered with a quiet strength that  
can only come from years of practice:  
“We are screaming.”

If there is one truth in my life  
That unfolds again and again,  
It is the need to listen.

For again and again, I will try,  
with good intentions,  
To act and walk with love.  
But again and again, I will make mistakes.  
Again and again, I will say the wrong thing.  
Again and again, they will call me Peter,  
And again and again, they will be right.

So again and again,  
I will pray for a truth that ricochets,  
For ears that will listen,  
And for space to hold truth.

If people are screaming,  
And to be clear—people *are* screaming—  
I do not want to miss it.



Week of March 7

## 3 Shown the Way

Read the TAKE, FIND, and HELPFUL HINT sections **BEFORE** you leave your house!

**TAKE:** Take your **Smiley Puzzle** or Labyrinth print-out with you for this adventure.

**FIND:** You can choose to complete this adventure at home or at the designated location.

<p><b>Travel To:</b></p> <p><b>A Local Labyrinth:</b> FUMC Hurst (To be completed soon! – Watch for details.) White’s Chapel UMC First Arlington UMC Emmanuel Presbyterian Church 2701 Harwood Rd, Bedford (Park in the front of the parking lot and walk through the grass around the West side of the building, and you’ll find it in the back by the benches.)</p>	<b>OR</b>	<p><b>Find at Home:</b> Create a walking path inside your house, down the street, or even just to the mailbox and back. Or use the Labyrinth print-out if you aren’t able to get to one of the actual Labyrinths.</p>
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### **HELPFUL HINTS:**

- Give yourself plenty of time to walk the Labyrinth.

### **READ THIS PART AFTER YOU ARRIVE AT THE LOCATION:**

#### **ITEM:**

- Get your Smiley Puzzle (or Labyrinth print-out) ready and keep reading to find out what to do with it.

#### **ACTION:**

- Read: “Again and again, we are shown the way. May we fearlessly and with gratitude receive what we’ve already been given.” (Excerpt from pg. 20 of the 2021 Lenten Devotional Guide)
- Read: 1 Corinthians 1:25 For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.
- Walk: Breathe deeply. Follow Jesus through your walk in the Labyrinth. Pray.

#### **REFLECT:**

- Sometimes we think we know better than God. Whenever you are feeling that way, covenant to re-reading the scripture above.
- We know that this Smiley Puzzle isn’t really a labyrinth, but it does look similar. It’s not easy to get the ball in the puzzle to follow you through the twists and turns, just like it’s not easy for us to follow Jesus through all of the twists and turns of life. Again and Again we are shown the way. Again and again we follow Jesus.

#### **TIP:**

- There are other Labyrinth’s around town to visit. Find them here: <https://labyrinthlocator.com/>

#### **CHALLENGE:**

- Visit at least one other Labyrinth in the area during Lent.
- Traveling for Spring Break? Use the labyrinth locator to find one near your destination. (Note: Some indoor and canvas labyrinths may only be on display during limited hours or during special events.)



## Lent Week 4: God Loves First

Read the TAKE, FIND, and HELPFUL HINT sections **BEFORE** you leave your house!

**TAKE:** Take your “Jesus Loves Me” temporary tattoo and a paper towel with you for this adventure.

**FIND:** You can choose to complete this adventure at home or at the designated location.

<b>Travel To:</b> <b>Water (a small pond, lake, creek or fountain):</b> Here are a few suggested locations: Chisolm Park 2200 Norwood Dr, Hurst, TX 76054 Rickel Park in Hurst Lake Viridian in Arlington Lake Grapevine	<b>OR</b>	<b>Find at Home:</b> Put a couple of inches of water into a wide bowl, into your sink, or into the bathtub.
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### HELPFUL HINTS:

- The area of water needs to be big enough for you to notice what happens to the water and watch how it moves when an item is dropped into it.

### READ THIS PART **AFTER** YOU ARRIVE AT THE LOCATION:

**ITEM:** Have your “Jesus Loves Me” temporary tattoo and a paper towel ready for this adventure.

### ACTION:

- **Find:** Go sit by the water.
- **Read:** “Jesus speaks with poetry of promise: God didn’t send his son to judge the world, but so the world might be restored through him. For God so loved. For God so loves, that like light, God keeps traveling to reach us with that redeeming love.” (Excerpt from pg. 28 of the 2021 Lenten Devotional Guide)
- **Look:** Look at the water. Really watch it closely and pay attention to how the water moves.
  - What happens to the water when you drop a rock or a stick into it? Watch how far the ripples go.
  - Look how far the sunlight reflects across the water.

### REFLECT:

- In what ways does the water remind you of God’s love? Pg. 30 of the devotional guide says this: “I imagine a flow of water; it speaks of baptism. The ripple represents the expansive effect of God’s grace.” What does that mean to you?
- Use some of the water and your paper towel to put on your Jesus Loves Me tattoo. Look at your tattoo and be reminded of God’s never-ending love. Pray a prayer of thanks for God’s love and grace.

### TIP:

- Take a walk around the water and think about the connection of never-ending ripples in the water and God’s never-ending grace and love for you. Sing ‘Jesus Loves Me’ quietly to yourself during your walk.

### CHALLENGE:

- Visit other places where you can go watch water and sit with God and remember God’s love for you and God’s never-ending grace. Suggestions: Go on a longer trip to the Water Gardens in Fort Worth to really see the water moving! Post a pic online to share your ideas with others!
- Clean water is a challenge across the world. Make a donation to FUMC Hurst and designate UMCOR ‘Water for Life’ as the beneficiary to help others to access clean water.

THE FOURTH SUNDAY IN LENT  
AGAIN & AGAIN, GOD LOVES FIRST

## HOLD

If you hold a newborn in your arms,  
All at once you will understand  
The crook of your elbow  
And the cup of your palm  
As never before—  
Ordinary curves of the body  
Transformed into a resting space.  
You were designed for love.

And if you're lucky enough  
To hold a newborn in your arms,  
And that newborn curls  
Its tiny fingers around yours,  
Making your hands look  
Like the hands of a giant—  
Then time might stand still,  
And those around you might point and say,  
“Look! That little one is holding you back.”

And in that moment,  
If you pay attention,  
You will catch a glimpse  
Of the circle that love was meant to be.  
God is love,  
Our resting place.  
With small hands,  
We hold back.



## Lent Week 5 - We are Reformed

Read the TAKE, FIND, and HELPFUL HINT sections **BEFORE** you leave your house!

**TAKE:** Take crayons or colored pencils, the Keep Digging poem, and the mini-heart coloring page with you for this adventure.

**FIND:** You can choose to complete this adventure at home or at the designated location.

<b>Travel To:</b> <b>Parr Park</b> 3010 Parr Ln, Grapevine, TX 76051 Consider parking in the Church at the Cross Parking Lot for a shorter walk to the trails where you will find the painted rocks.	<b>OR</b>	<b>Find at Home:</b> Find a rock or stone or other item from nature in your yard or in your home to hold for this adventure. Use this website to see the painted rocks at Parr Park: <a href="https://www.facebook.com/parrparkrockarttrail/">https://www.facebook.com/parrparkrockarttrail/</a>
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### **HELPFUL HINTS:**

- Walking trail is paved. Allow extra time and you can follow an unpaved trail down to see the water.

### **READ THIS PART AFTER YOU ARRIVE AT THE LOCATION:**

**ITEM:** Have crayons or colored pencils and the mini-heart coloring page ready for this adventure.

### **ACTION:**

- **Find:** When you arrive at the location, follow the signs to find the trail filled with painted rocks. Please be aware that these rocks are to be looked at and enjoyed, but are to be left at the park.
- **Read:** Keep Digging poem excerpt from pg. 31 of the 2021 Lenten Devotional Guide
- **Imagine:** Imagine all the patient digging that people do to find the perfect rock to paint. Are we that patient to dig and look inside ourselves and find the person that God created us to be?

### **REFLECT:**

- **Discover:** Discover which rocks remind you of God, remind you of how God has been at work in your life, and/or remind you of how God is working in you.
- Take a photo of the rocks that really speak to you and share them on the church Facebook page.
- The coloring page image is an anatomical heart with the words, "I will be their God, and they shall be my people." The heart is surrounded by covenantal imagery—including the stars imaging the vastness of Abraham's descendants, the parted seas on the journey to the land flowing with milk and honey, and the rainbow signaling God's promise to all of creation. It creates a beautiful kaleidoscope of stories that define our pilgrimage with God. The common thread throughout these narratives is that when we mess up, God is ready with a promise, again and again. (pg. 35-36 of Lenten Devotional Guide)
- As you color, sit quietly and dig inside of yourself and reflect about change. In what ways have you changed during Lent? During COVID quarantine? Over your life? (Have you tried new things, become more generous, more creative, etc.?) In what ways have you experienced God's promise to always be with you through these changes?

### **CHALLENGE:**

- Go home and paint a rock with an inspiring message on it about God's love and God being there, again and again. Come back and add your rock to the collection at the park or leave it in a different location for someone else to find.

THE FIFTH SUNDAY IN LENT  
AGAIN & AGAIN, WE ARE REFORMED

## KEEP DIGGING

I can feel change inside of me.  
It's a slow burn.  
Change usually starts out hot—  
Defensive and angry,  
A self-righteous blanket  
Of, "I am right and here's why . . ."  
I wrap it around my shoulders  
Like a barricade.  
I fight the temptation to lean forward,  
To play the challenger,  
To argue with confidence.

But in time,  
Almost always,  
The heat fades.  
The air leaves the balloon.  
The audacity of it all  
Starts to wear off.  
And eventually,  
What I am left with  
Is myself  
And a big, open sky.  
It's colder here.  
It's quieter.  
I can hear my thoughts.

And in this big, wide openness  
I am able to say out loud,  
"Maybe I wasn't right.  
Maybe I need to learn.  
Maybe it's time for change.  
Maybe that's okay."

And if I'm quiet, and if I'm paying attention,  
I can usually hear God whisper inside of me,  
"Good work, my child. Now keep digging."





Week of March 28 – Palm Sunday and Holy Week

## Lent Week 6: We Draw on Courage

Read the TAKE, FIND, and HELPFUL HINT sections **BEFORE** you leave your house!

**TAKE:** Palm Sunday donkey artwork card/coloring page with poem.

**FIND:** You can choose to complete this adventure at home or at the designated location.

<b>Travel To:</b> <b>Fort Worth Stockyards Herd</b> this happens at 11:30 a.m. and 4 p.m. daily On East Exchange Avenue in Fort Worth Check online in case of inclement weather	<b>OR</b>	<b>Find at Home:</b> Go to <a href="https://www.fortworth.com/the-herd/">https://www.fortworth.com/the-herd/</a> to learn more about The Herd and see video/pics. Remember a time when you experienced a parade or met a horse.
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### READ THIS PART **AFTER** YOU ARRIVE AT THE LOCATION:

**ITEM:** Take the Palm Sunday Donkey artwork card/coloring page and poem with you.

#### **ACTION & REFLECT:**

- **Read:** Read PEACEFUL PROTEST *Poem by Rev. Sarah Are (on back)*.
- **Watch:** Watch the Fort Worth Herd (in person or in the video).
- **Wonder:** While the Stock Show herd is quite different from the processional of people waving palm branches for Jesus' arrival, what do you imagine Jesus was feeling as he rode into the city? What do you imagine the crowd was feeling? When do you experience feelings like that?
- **Look:** Look at the Palm Sunday Donkey Artwork card/coloring page (you can color it while you reflect on the quote below).
- **Read:** Read the quote below from the devotional guide get some ideas about the mixture of feelings the people may have had. When do you experience these feelings?  
"The crowds close in on Jesus. Some lift their hands in praise, others point accusingly. I hope this image serves as a reminder to call upon God for the courage you need, to rest and recharge for the work ahead. But I hope it also heartens you to move forward in courage, even in the midst of great resistance, toward the work God is calling you into."
- **Reflect:** Pray a prayer asking for courage as you prepare to do God's work in the world.

#### **TIP:**

- This is a great time to think and reflect about how you can have the courage get involved in doing God's work, even when it seems a bit scary, overwhelming, or even difficult. Talk with someone about how you can use your gifts to do God's work.

#### **CHALLENGE:**

- **Have younger kids?** Find or make your own palm branch. Have family members wave the branches as you walk by. How did you feel? Give everyone a turn.
- **Older kids/adults:** Reach out to someone who is doing God's work. Encourage one another to keep going and not give up, even when doing God's work feels difficult.

PALM / PASSION SUNDAY  
AGAIN & AGAIN,  
WE DRAW ON COURAGE

## PEACEFUL PROTEST

I wonder if Jesus could feel his heartbeat  
In his throat, the way I do when I'm afraid.  
I wonder if he had to take deep breaths,  
In through his nose, out through his mouth,  
Tricking his body into a state of calm.  
I wonder if he was nauseous, like I am  
When I'm headed into a hard conversation.  
I wonder if he had to summon his courage,  
Tucking fear away so that he could hold onto  
What mattered most with both hands.

I wonder, because time has taught us  
That it is not uncommon  
For a peaceful protest  
To start or end  
With an unjust death.

So I wonder,  
Did he know?  
Was he afraid?  
Did anyone see it?

I want to hold what matters  
most with both hands.



April 4th

## Easter Week

Read the TAKE, FIND, and HELPFUL HINT sections **BEFORE** you leave your house!

**TAKE:** Jesus Stained Glass Coloring Page and Bread Crumbs Poem, crayons/colored pencils

**FIND:** You can choose to complete this adventure at home or at the designated location.

<b>Travel To:</b> (Closed on Sundays) <b>Bedford Public Library</b> 2424 Forest Ridge Drive Bedford TX 76021 Find the giant globe on display (Remember it is to look at and not to touch).	<b>OR</b>	<b>Find at Home:</b> You can see the Bedford Public Library globe at this link: <a href="http://www.hidell.com/portfolio-bedford.html">http://www.hidell.com/portfolio-bedford.html</a>
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### HELPFUL HINTS:

- Be sure to check the library hours. The globe is located inside and is only accessible during business hours. They are closed on Sundays. <https://bedfordlibrary.org/>

### READ THIS PART **AFTER** YOU ARRIVE AT THE LOCATION:

**ITEM:** Take the Jesus Stained Glass Coloring Page, crayons/colored pencils with you.

### ACTION:

- **Read:** Again and again, the sun rises on a new day, often without embrace or acknowledgment. The same is true of resurrection. Whether or not we discern what's happening, God is literally and figuratively turning the world around!

### REFLECT:

- **Think:** Stand in front of the giant globe and think. Think about how God turns the world around every single day. Think about the new hope that seeing the sunshine brings to us every single day.
- **Wonder:** Wonder how you can take all of the things from these Lenten Adventures and begin using them now.
  - How can you remember that God Meets Us in ALL of our feelings...no matter what?
  - How can you remember that we are Called to Listen to God...even when we don't want to?
  - How can you remember that we don't have to know the way because God Shows us the Way?
  - How can you remember that God Loves Us First? Always.
  - How can you remember that God Reforms Us, even when we may be resisting?
  - How can you remember that we need to Draw on Courage from God?
  - How can you remember that we are held together by the Holy Meal of Communion?
  - How can you remember hope in the fact that even though it gets dark every night, the sun comes back each morning. God is turning the world around each & every new day!

### TIP:

- Find a quiet place to sit and read the Bread Crumbs Poem and color the Jesus Stained Glass coloring page as you spend time in prayer.

### CHALLENGE:

- **Consider doing one of these a week:** Draw a picture of what hope looks like to you. Make a donation to FUMC Hurst Missions to share God's hope with others. Take a food donation to Mission Central. Call a friend who is in need of God's hope right now. Call a friend and let them share God's hope with you.

EASTER SUNDAY  
AGAIN & AGAIN, THE SUN RISES

## LIGHT

In Italian, the phrase, “to give birth”  
Literally means, “to bring into the light.”  
A mother will labor for hours and days,  
Breaking herself for you,  
Whispering between fractured breaths,  
“This is my body, broken for you.”

A mother will do this as long as it takes  
So that you, her beloved,  
Have a chance at life.  
So that you, her beloved,  
Can feel the warmth of the light.

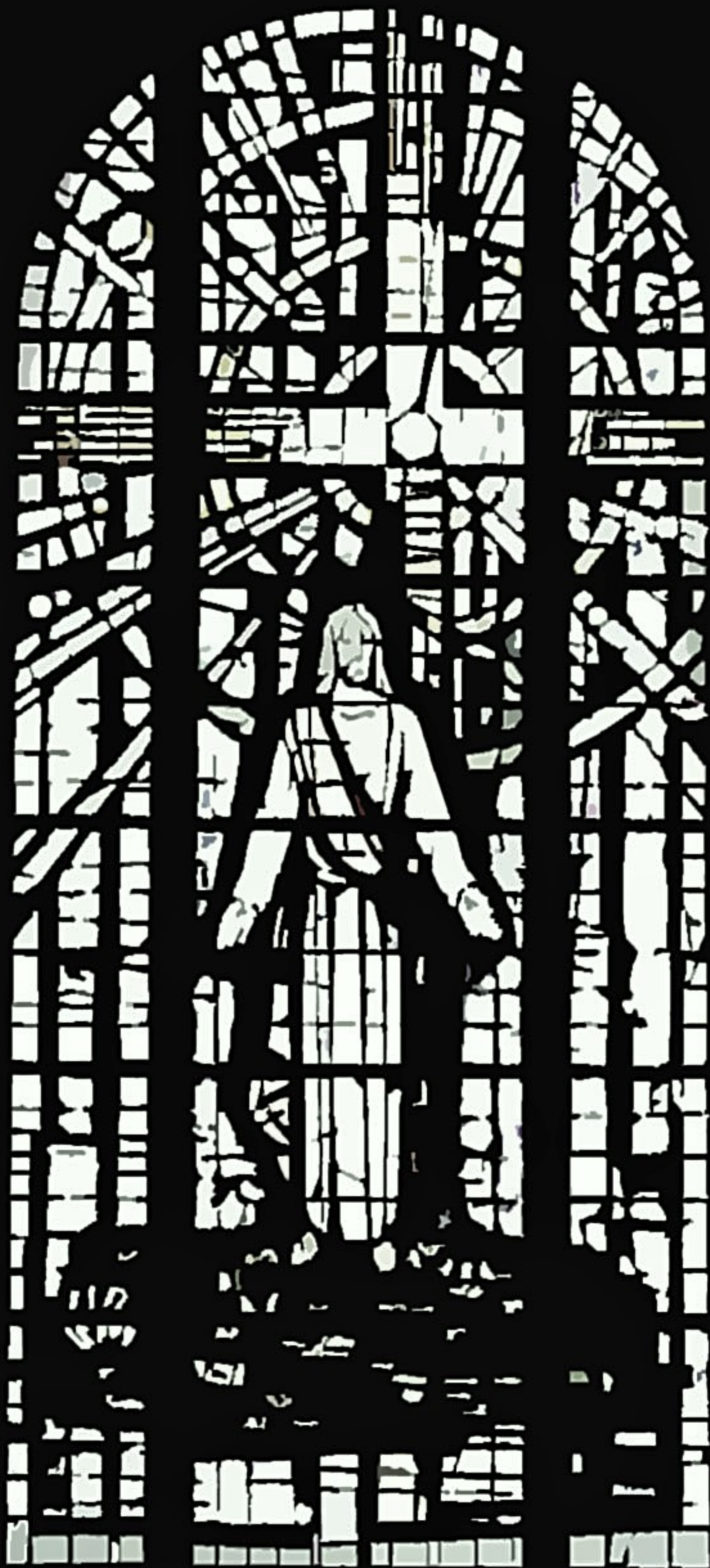
And after all that pain,  
The sun will rise.  
The doctor will put a baby on her chest.  
The mother will hold her child as if  
Letting go is indeed physically impossible.  
She will breathe easy,  
And then she will whisper softly,  
“All this time,  
All these deep breaths...  
It was love, again and again and again.”

It is childbirth,  
But it is also resurrection.  
A body broken.  
Breath fractured.  
A long night.  
A sunrise.  
Breath returned.  
New life,  
And a love that won't let go.

Friends, maybe Easter is just God whispering,  
“All this time,  
All these deep breaths...  
It's been love, again and again and again.”

I think we've been standing in the light all this time.  
Now that I think of it, isn't it warm?





THE THIRD SUNDAY IN LENT  
AGAIN & AGAIN, WE ARE SHOWN THE WAY

## BREAD CRUMBS

I used to make decisions with a flip  
of a coin,  
Or, “Eeny, meeny, miny, moe,  
My mother told me so.”

That was when the stakes were small,  
When I was small,  
When the world was small;  
Back when we thought  
We knew it all.

But you grow up quickly  
When you start to see  
That not all have the freedom  
To love equally,  
Or to breathe freely,  
Or to protest peacefully.

And you grow up quickly  
When you start to see  
That the Church is shrinking  
And the world is sick,  
And people are lonely,  
And the news won't quit.  
And no amount of guessing games  
Can right these wrongs.

So today I am going  
To do my best  
To tuck my ego  
In the pocket of my chest.  
Today I will listen  
Louder than I speak,  
And look for the tables  
That Jesus is flipping.  
For our God carved  
Words into stone.  
Our God led the people  
In a pillar of smoke.

Our God was present  
In the still, small voice,  
In the middle of the storm,  
And where people rejoice.  
And if God was showing them the way,  
Then I am confident,  
God is here today—  
Dropping bread crumbs  
And leaving signs,  
Flipping tables  
Where oppression dines.

So yes, I admit,  
This is harder than before.  
I cannot use games  
To decide or keep score.  
I have to use faith; I have to believe  
That even today, God is leading.

My mother told me so.

