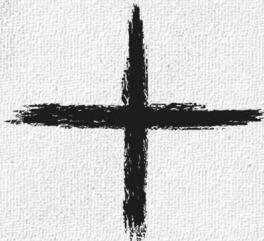


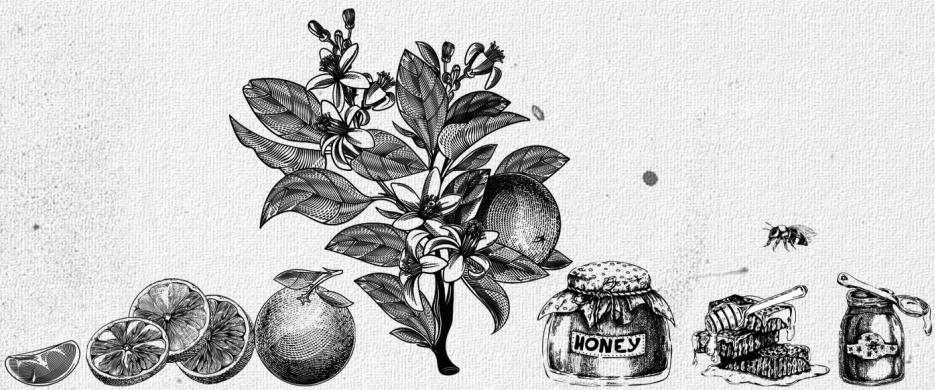
fairfax church



march ~



ash wednesday  
bitter & sweet



**Welcome to Ash Wednesday: Bitter & Sweet at Fairfax Church. As the Lenten season begins, we want to pause, reflect, and continue prayerfully on the journey to Resurrection Sunday.**

If you are viewing this booklet online, you can access all resources shared during our Ash Wednesday service by scanning the QR code below.



SCAN WITH PHONE CAMERA

# **ORDER OF SERVICE**

## **MOVEMENT ONE - WELCOME & ASHES**

**Jessica Uitvlugt**

*We Fall Down - Passion*

*We Will Run - Gungor*

Welcome

Imposition of Ashes

History of Vices

Congregational Call & Response: Confession

## **MOVEMENT TWO - VICE & VIRTUE**

**Kayla Neal**

*I Need You - Gateway Worship*

Vice & Virtue

*Take My Life and Let It Be - Hendon*

## **MOVEMENT THREE - RESPONSE:**

**FASTING, GIVING, & PRAYING**

**Kathleen Otchy**

## **MOVEMENT FOUR - BITTER & SWEET**

**Rod Stafford**

*Hosanna - Hillsong United*

*We Fall Down - Passion*



Vices Yielded to Sin	Virtues Yielded to Christ	Pursuit of Virtue without Christ
Pride	Humility	Self-Loathing
Gluttony	Temperance	Scarcity
Lust	Chastity	Prudishness
Greed	Generosity	Wastefulness
Envy	Love	Timidity
Anger	Meekness	Servility
Sloth	Diligence	Workaholism

Which vices do you sense God is asking you to lay down?

---



---



---



---



---



---



---



---

Which virtues do you sense God is asking you to pick up?

---



---



---



---



---



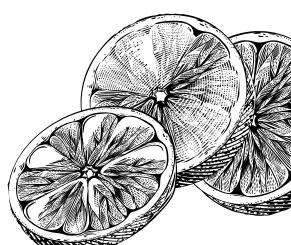
---



---



---



## **RESPONSE: FASTING, GIVING & PRAYING**

### **Fasting**

Have I become overly dependent on a particular sustenance, substance, or practice lately?

Which appetites have a unique grip on my body or soul these days?

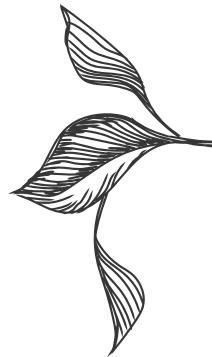


What would be a genuinely challenging (but not burdensome) fast?

What would be truly freeing to leave behind?



What do I sense God calling me to?



We can fast from all sorts of things, from the traditional to the creative. Here are a few ideas:

### **Sustenance:**

*Sugar*  
*Soda*  
*Alcohol*  
*Meat*  
*A favorite food*

*Coffee*  
*Caffeine*  
*Chocolate*  
*Fast one day per week*  
*A favorite meal*

### **Substances:**

*Technology*  
*The internet*  
*Video games*  
*Social media*  
*Streaming services*

*A particular show/genre*  
*Podcasts or apps*  
*Makeup*  
*Your mirror*  
*An item of comfort*

### **Practices:**

*Buying anything unnecessary*  
*Speaking with sarcasm*  
*Taking close parking spots*  
*Using swear words*

*Sleeping in*  
*Eating at restaurants*  
*Driving < 2 miles away*  
*Reading books < 50 years old*

## Giving

As a church community, we are taking the 40 days of Lent to give by filling up our Resource Center. **Scan the QR code below to join the 40 Day Fill Up.**

All donations can be dropped off in the red Love Your Neighbor bins located outside the church anytime during Lent. You can also order online and have the items shipped to the church, c/o Resource Center.

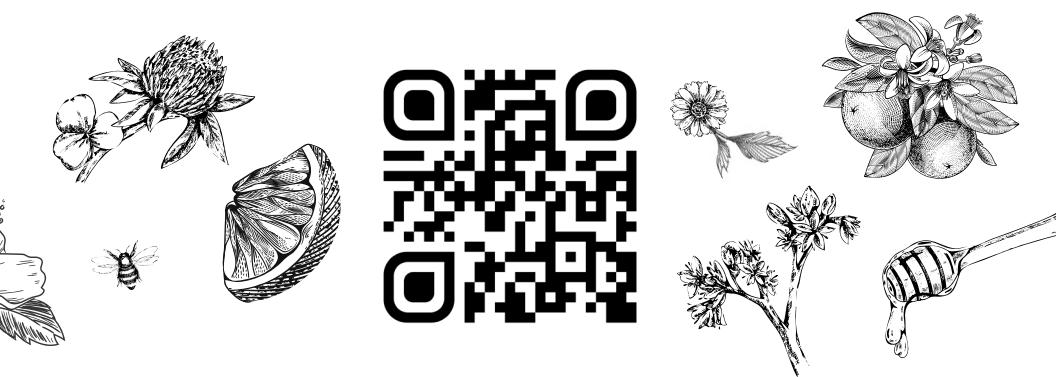


We're called to give out of our abundance at all times as believers. Here are some ideas to concentrate our generosity more abundantly in this Lenten season:

- Volunteer for one of our VOMO projects above or somewhere in the community where help is needed.*
- Set a giving jar on the counter and have the family toss in loose change throughout Lent.*
- Sign up to serve with our Hospitality or Kids ministry during Lent.*
- Write a letter to someone who needs some simple encouragement.*
- Check in with a neighbor just to see how they are doing.*
- Anonymously drop off a grocery store gift card to someone who seems like they could use one.*

## Prayer

We are offering a simple daily prayer written by different members of our church family that will provide us with a common focus as we journey through Lent together. **Scan the QR code below to receive our 40 Day Lent devotional.**



## Visio Divina

Visio Divina, or “divine seeing,” is an ancient practice of praying with the eyes of your heart. Focus on the paintings, looking for details, then take a snapshot of the image in your mind, closing your eyes and asking God to show you something just for you.

Gaze upon these seven images, continued on the next pages, and rest in God’s presence.



*Image One: The Return of the Prodigal Son by Rembrandt*

### *Image Two: Community by Julia Speak*



### *Image Three: Christ in the Storm by Rembrandt*

*Image Four: Dust to Dust by Krista Frodigh*



### *Image Five: Heaven by Betsey Mulloy*

*Image Six: Light at Dawn by Chris Sanford*

### *Image Seven: Mary Magdalene by Giovanni Girolamo Savoldo*

## Now what?

If you've never been part of a Care Group at Fairfax, or simply don't know where to begin in your journey of healing, we want to come alongside of you. After Ash Wednesday, join us for four weeks in March for **A Season of Healing.**

Each session will be guided by a professional counselor and supported by our own lay counselors. We'll hear stories from those in the process of being healed, practice biblical methods of healing, and gather in table groups to continue the conversation together.

This group begins meeting March 9, and each session will build on the last. **Scan the QR code below to register.**

