

MINISTER'S Message

March 7, 2019

How is it with your soul? ...

Greetings visitors to our website!

So good to have you visiting our site. From time to time I write a reflective piece here, or give an update on news or upcoming events. As we enter into the season of Lent, I want to invite those of you who are seeking a faith community to consider visiting our church, and spending time in worship and community with us. In Olds, we worship at 10:00 am, and in Sundre at 1:30. Here – in both church communities you will find warm hearts and friendly welcome, so please come join us.

Perhaps you might also like to join us for our Thursday afternoon lunches – from 12 to 1. Bring a bag lunch, and join in conversation around the biblical stories we'll hear this season in worship. They alternate between Olds United Church and St. Paul's Lutheran Church – starting at OUC on March 7.

As the days get longer, I find myself longing for warmer weather to go with it. I am beginning to hold on to a little bit of hope, as the weather reporters promise in the next few days we'll make to the plus side of the thermometer! I look forward to the warming of spring! For now, though, I must remember that it is still early in March, and I must be patient!

Our United Church Moderator, Rev. Richard Bott begins his Lenten message with a comment on how important it is for Canadian's to talk about the weather – it's what we do. Richard also encourages us to go deeper with our talking, though, and to seek to know how our friends and neighbours really are – asking one another the question "How is it with your soul?"

As we journey through this season, I invite you to consider Richard's message that as an alternate to giving something up for Lent, to take on a spiritual practise, to have those deeper conversations with others. Richard suggests finding a spiritual friend. You can listen to his message by clicking on the link that our web weaver, Kathleen Windsor, [has provided here](#).

Here's a piece of the recorded message – specifically the questions that Richard invites us to use this Lenten season, as a spiritual practise:

Perhaps, this Lent, you could meet with another disciple of Jesus and explore the question "How is it with your soul?"

Talk about the highs and the lows. Talk about the things that are bothering you and the questions that keep coming up. Talk about the places that you see God and the places

where it feels like God just isn't there. Talk about HOW you want to work to make God's world a better place for all God's children.

Invite your spiritual friend to respond to the question, too. "How is it with your soul?"

And then go and live your lives, fueled by your faith and filled with God's love! When you can—maybe even the following week—meet again to share your experiences and how your soul is doing.

I wonder what that might do. Not just for you—but for the church and for the world?

[The printed version of Richard's message can be found in its entirety on the [United Church of Canada website here](#)].

I wonder too, what that kind of conversation might do for us, if we intentionally take time to deepen our conversations in this season, and to learn more about one another, and about our faith.

As you journey through Lent, and have those conversations, may you find moments of compassion and hope, moment of wonder and joy, and perhaps even moments of healing for your soul. May you recognize the presence of the divine as you share with others in those soul deep conversations.

In peace,

Rev. Tammy Allan

Olds-Sundre Pastoral Charge of the United Church