



February 23, 2020

## Ash Wednesday, a day of self-examination

Ash Wednesday is a day of self-examination and reflection, a time that helps us to open ourselves to God as we begin the journey through the Lenten season. I invite you to look deep within yourself, go beneath the mask that you hold up for the world to see, go beneath the expectations that others have of you, and look deep within your soul, to your true self. I invite you to close your eyes, to take a deep breath, and let your breathing take you inside your heart and your soul, until you find what lies there. Is there some need, is there a space that is empty and in need of God? Maybe you are experiencing pain, guilt, shame, loneliness, anger, resentment, or fear. Whatever it is, breathe into your soul the breath of God. Allow God to enter that place; allow God to do what only God can do.

Imagine the baptismal font at your church, touch the water. As you feel the water, receive it deeply into your being, into those places that need to be reminded of God's love and care. You do not have to do anything; God requires nothing, only that you receive the love of God into your soul.

Ash Wednesday is a day of reconciliation with God. We have tried everything in the world to satisfy the longing that we have in our hearts. We are spiritually empty, our souls groaning for nourishment. But Ash Wednesday is different. It is the day when we are reconciled to God. A day where there are no more excuses, no more delays. Allow God to take your hand and guide you.

I am reminded of the hymn, "Precious Lord, Take My Hand." Maybe you know the words. *Precious Lord, take my hand, lead me on, let me stand, I am tired, I am weak, I am worn. Through the storm, through the night, lead me on to the light: Take my hand, precious Lord, lead me home.*

During this Lenten Season, I encourage you to open yourself to God; allow God to take your hand and lead you through the storms of life and through the dark of night to the light, the light of a powerful and loving God.

-Rev. Sharon Morris,  
PSEC Associate Conference Minister for Search and Call

## CALLING ALL YOUTH!!!

### PSEC Spring Youth Event

April 24—26



**Focus Scripture :** Proverbs 4:26 "Give careful thought to the paths of your feet and be steadfast in all your ways."

### Overview of Daily Activities

**FRIDAY:** Beginning at 5pm – Arrival & Check-in, Dinner, Small Groups/Orientation, Large Group/Ice-Breaker Activities, Movie (that fits with the theme) & Small Group Discussion

**SATURDAY:** Breakfast, Morning Watch, Workshops, Lunch, Workshops, Free Time/Camp Activities, Dinner, Small Groups, Worship, Dance & Bonfire

**SUNDAY:** Breakfast, Small Groups, Morning Watch, Large Group Activities, Closing worship, Affirmations, Depart – 12:00pm

**For more information and to register, go to: [psec.org/youth](http://psec.org/youth)**