

**This is my commandment,
that you love one another
as I have loved you. No one
has greater love than this, to
lay down one's life for one's
friends. You are my friends if
you do what I command you.**

— John 15:12-14

Through *Action*

As followers of Jesus, we are called to love courageously, give generously, and proclaim the Gospel through our actions. We believe our personal journeys of faith are challenged and strengthened by responding to the world's needs and by committing ourselves to making a positive impact in the world.

Saturday Service & Advocacy Projects

Saturday | 10:15-11:15 am | Commons

Following the Saturday morning "Practice of Stillness" sessions, Nativity spiritual directors and outreach leaders will host a variety of service and advocacy projects in the Commons.

We invite you to learn more about the programs in this brochure by reaching out to organizers. Please note that the You Can Make a Difference series requires advance registration.



**Nativity
Lutheran Church**

All Ages Service & Faith Practice Activities

Wednesdays | 6:30-7:30 pm | Fellowship Hall

This Lenten Season, join us during our NEW All Ages Group Activity Time for service projects and faith practice activities that celebrate and support the many ways Nativity lives out its mission to "Love God, Love Neighbor."

Feed My Starving Children Packing Events

- **Confirmation & Youth Packing Event**

Wednesday | March 4 | 7:15-8:30 pm | Coon Rapids

- **Family Event**

Saturday | March 7 | 5:00-6:30 pm | Coon Rapids

Feed My Starving Children is a Christian non-profit that provides nutritionally complete meals specifically formulated for malnourished children. The organization is dedicated to providing nutritious meals to children worldwide. Join us for one of our Lenten Packing Events!

Please provide or coordinate your transportation to the FMSC facility at 401 93rd Ave., Coon Rapids.

Contact Leah Reddy at Leah@NativityChurch.org.

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We are a Reconciling in Christ congregation.
ReconcilingWorks.org



Lent
**2026 Theme &
Programming**

No Greater Love

As we walk through the 40 days of Lent this year, we prepare our hearts and spirits for the crucifixion, death, and resurrection of Jesus Christ. Jesus’ journey to the cross is punctuated with profound acts of love and stirring moments of divinity. We experience that divine love together this season and explore how that same love continues to transform our community here and now.

In weekend worship, we’ll delve into Jesus’ examples of love leading into and throughout the passion narrative. Outside of worship, we’ll have the chance to explore and live into “greater love” through service projects and other spiritual practice opportunities. Lent is traditionally a time of deep reflection and spiritual formation. We invite you to participate in any (or all!) of these programs for your own personal Lenten journey.

Preparing Our Hearts & Spirits: Through Worship

Ash Wednesday & Lenten Worship

- **Ash Wednesday** | February 18 | 11:45 am & 7:00 pm
- **Weekend Worship: Lenten Theme “No Greater Love”**

Celebrate the Journey: Lenten Elder Worship

Wednesday | March 4 | 11:45 am with lunch to follow

Join us for a Lenten Elder Worship & Luncheon that will include special music, an inspiring message, and Holy Communion. After worship, connect with others while enjoying lunch. Friends and family are invited to attend. If you need a ride, contact Jan Frederickson, 612-799-5654.

Through Discovery

You Can Make a Difference Series

Six Thursdays | February 19-March 26 | Nativity Afternoon 1:30-3:30 pm OR Evening Group: 6:30-8:30 pm

Need time to reflect and set priorities for what’s important to you? Want to learn more about your God-given gifts and how you might use them in new or bigger ways? Looking to connect the pieces of your life and live more of what you value? If you answered yes to any of these, the YCMAD series is for you! Nativity is again offering this popular series during Lent. Choose from the afternoon or evening time slot.

The suggested donation is \$35 (scholarships are available!) and includes a deep-dive workbook, an interpretive report, and other supportive materials.

To register, contact Jan Frederickson at Pfrederi@msn.com or 612-799-5654.

Through Reflection

Adult Faith Formation: Grounded & Growing

Alternating Sundays | 9:15-10:15 am | Fellowship Hall

February 22 Why Lent? led by Pastor Angela

March 8 Physical and Spiritual Hunger
with a packing event for Little Kitchen

March 22 Who is Jesus: A Lutheran Perspective
led by Pastor Angela

Lenten Devotional: Love Outpoured

This year’s Augsburg Fortress Press Lenten Devotional *Love Outpoured* is available at the Welcome Desk. Additional copies may be ordered depending on interest.

Contact Jan Frederickson at Pfrederi@msn.com or 612-799-5654.

Through Creativity

Nativity Art Nights

February 24 & March 24 | 6:00-7:30 pm | Fellowship Hall

Artmaking offers a nonverbal way to process and express complex feelings, reducing our stress and boosting our emotional resilience. Retired art teacher and Nativity member Dave Beaman is offering this monthly art experience free and open to all. A variety of art materials are provided. Select materials that you want to work with or participate in a group activity led by Dave. No experience is necessary, and there’s no pressure to create a finished piece of art. If you don’t finish your art, you can take it home, along with supplies, and work on it on your own. The class is for anyone looking for a restorative evening or a chance to create in community!

RSVP is helpful for planning materials (but not required).
Contact Dave Beaman at dab55418@gmail.com or 612-801-4551.

Through Contemplation

A Practice of Stillness with Optional Service Projects After

Saturdays | 10:00 am | Sanctuary

Practicing stillness with the anchor of others can help us tap into energetic and spiritual support we may not feel when we pray or meditate alone. At a time when community feels more important than ever, we invite everyone to a weekly time of communal meditation and prayer. Stillness—especially supported stillness—can help us let our guards down and reset ourselves emotionally. A practice of meditation or other forms of stillness can be useful as many of us are trying to manage psychological/somatic activation and maintain emotional balance in our daily lives.

There will be a space for candle lighting and a bowl to share private prayers. Weekly handouts will be available for anyone interested in ideas for their stillness practice. A brief reading and group prayer will introduce each session before moving into silent time.

For our stillness/meditation time, choose a duration that complements your comfort level—10 minutes, 20 minutes, or 30 minutes. A singing bowl will be rung to offer a closing blessing for each segment of time. Optional advocacy and service projects will be available in the Commons beginning at 10:15. We invite you to stay, enjoy fellowship, and contribute to projects that will support the broader community.

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