

THRIVE TEAM SHARES PRAYER RESOURCES FOR YOU

The Thrive Team made up of Terry McManus, Louise Mollinger, Scott Symes, Meg Tackes, Gary Tackes, and Pastor Scott has completed the first year of a two-year program called The Examen(ed) Church. At the half-way point we are beginning to move outward to engage the congregation in prayerful reflection on the church's mission and purpose. We met monthly in 2023 working on developing our own personal spirituality, reflecting on the challenges of the pandemic, the resilience of the church, and learning about the work of spiritual discernment. During the Lenten season (and beyond) we would like to invite everyone in the church to consider the practice of prayer using the daily examen. Below you will find five different online resources. You could try one for a week, and then try another for another week, and so on. Our team liked the 7-minute Examen. But the others are worth trying out too!

- **7-minute Examen** (God in All Things)
- **26 minute Examen to Music** (A New Liturgy)
- **18 minute Prayer of Examen on Youtube** (Fuller Studio)
- **Pray As You Go** has a number of specific resources for the Examen that are useful
- **A 10 minute examen** (Reunion)

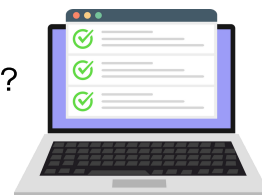
If you don't care to use online resources, Pastor Scott has written resources you could try and see if those might suit you better. We believe the daily examen as a resource for prayer is worthy of our church's attention. When you use the daily examen you will find that: you'll always have something to pray about, your prayers will always contain a sense of gratitude, it will help you find God at work in your life day-by-day, it will help you discern feelings about things and people and circumstance, and it will help you recognize where God is leading. Give it a try!

THRIVE TEAM SEEKING FEEDBACK THROUGH FEBRUARY 14

Recently the members of our Thrive Team connected with over a dozen church members to gather their feedback on three questions related to the mission and values of our church. We now want to pose these questions to the entire congregation and hope that you will take time to consider each one and provide valuable feedback. Your input will remain anonymous, and we plan to share the themes from what we receive with the congregation.

Questions to the congregation:

1. What activities of the church best reflect who we are as a congregation?
2. What aspects of church bring you the most joy?
3. What in church life saddens or drains you?



Please **click here** to complete this short online google survey. We are happy to receive your responses through February 14 (Ash Wednesday). The congregation members we initially connected with universally expressed their pleasure in being asked for their thoughts. We hope that you will feel the same and thank you in advance for your thoughtful feedback.