

WILDERNESS WORDS

Editors

If there is anything that you would like to have included in the Newsletter: 218-388-9903 and dmc@chem.wayne.edu or pcoleman@chem.wayne.edu

This Sunday:

Leading: Karen H.
Preaching: Carol
Presiding: Carolyn S.

Readings this week:

Third Sunday in Lent

First Reading:

Isaiah 55:1-9

Psalm:

Psalm 63:1-8

Epistle:

1 Corinthians 10:1-13

Gospel:

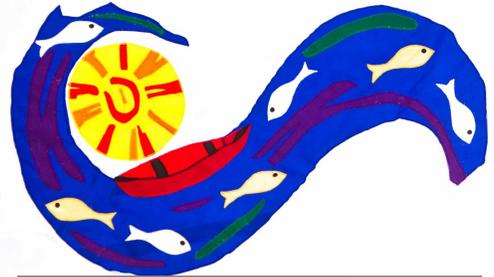
Luke 13:1-9

(Click on citation to go directly to the reading.)

Reflections:

by Rolf Lindquist

Dear SOTW, Here is something I have been doing. Works well. I recommend it highly.



*Inviting Mystery, Embracing
 Compassion, Encountering Christ.*

Welcoming prayer is a practice for daily life. It is an awareness practice as well as a surrender practice. It can enable us to deal effectively with difficult emotions (also physical pain). It allows us to integrate unpleasant feelings rather than having them dominate us, either consciously, or unconsciously through repression and dissociation. It disbands negative habits and releases the energy caught up in them. We need the participation of the body if we are to heal the constrictions of the mind. Welcoming helps align us with the ground of being – it connects us with powerful healing for the mind and the emotions.

The invitation is to use all circumstances in daily life to practice. If I practice it with small things as they crop up each day, then I will be more likely to remember to use it when something big happens. I have found that so-called bad habits can be markers of where I am attempting to avoid feeling pain – Welcoming shows me what is really happening inside of myself.

Three step process:

1. Focus and sink in to the experience, as sensation in the body – this is the most important step. Stay with the sensation, however uncomfortable or excruciating the feeling may be.

2. In the midst of the upset, accept and welcome how you are feeling; I am not welcoming the event itself, but the feelings it has triggered in me. The practice is not to welcome illness, but perhaps fear and heartbreak; not another person’s abusive behavior, but one’s own shame and rage. Embrace your response, give it love and kindness, shelter and warmth. Inside yourself say “welcome”, and feel your welcome for this part of yourself. You can name it as you welcome it – keep it simple. Go back and forth between sinking in to the experience and welcoming it, back and forth until the knot starts to dissolve.

3. When the experience has run its course, let go. If the feelings have subsided, that means you have started to let go of them, for now. If you can’t let go, don’t force it. *(Continued on Page 3.)*

NOTE: During Mary Ellen’s sabbatical leave Carolyn has graciously agreed to be contacted as needed.

Save these Dates

Saturday & Sunday, Feb. 27th/28th: Jeff Kidder will be our guest musician and will work with our musicians. *See Notes!*

Sunday, Feb. 28th: Hymn Sing at Bethlehem Lutheran at 4:00 PM. Raising money for American Refugee Committee and Oxfam.

Saturday, March 5th: Baby shower for Jennye Ashcroft. 10:00 AM. Brunch. 4H Building.

Sunday, March 6th: SOTW @ the Care Center.

March 4th - 26th: SOTW 2016 Art Show at the Johnson Heritage Post. *See Notes!*

Sunday, March 20th: Forum. Carol Mork on the Passion Narrative after hearing them in the reading at worship that morning.

Thursday, March 24th: Seder @ Howard & Bonnie Hedstroms' home. Hillary is facilitator.

Friday, March 25th: Good Friday Service @ the Dental Office.

Sunday, April 3rd: Forum after Church by Inger Andress.

Vicar:

Mary Ellen Ashcroft
Phone: 218-387-1536
<maryellenvicar@gmail.com>

Assisting Priest:

Carolyn Schmidt
Phone: 218-387-1806
<madrecj@aol.com>

www.spiritofthewilderness.org

<https://www.facebook.com/SpiritoftheWilderness>

Box 1115 Grand Marais, MN 55604

Notes:**1.) Jeff Kidder Visit**

Musician Jeff Kidder will be leading a workshop on music for worship for Spirit of the Wilderness on Saturday, February 27 at 10 am. The workshop is open to anyone that loves to sing and is interested in learning some new songs! The workshop will be held at #9 Terrace Point (next to Bob and Ginny Padzieski's). For more information and directions, please contact Karen Kobey (663-7298) or Bob Padzieski (877-7551).

There will be a potluck held at Ginny and Bob's on the evening of Saturday, February 27! **Please contact Ginny if you are interested in coming and what type of dish you will bring** (main dish, salad, side dish, dessert) . We hope for a good turnout for fellowship and food! <ginnypadz@gmail.com>

2.) Spirit of the Wilderness 2016 Art Show

"Sense of Wonder: Expressing This Place" invites participants to consider how the landscape, light, atmosphere, seasons and community of the North Shore have shaped them as artists. Interpretation is, of course, an individual choice, and the variety of expression is always fascinating to experience.

Art work will be accepted at Johnson Heritage Post March 1st and 2nd between noon and 4 p.m. The opening will be at 5 p.m. March 4th, with appetizers followed by a discussion.

We are delighted to have Chel Anderson speaking at 6 p.m., March 4th. Chel is an extraordinary interpreter of the natural history of the North Shore, with a gift for simplifying its complexities. She demystifies the science while expressing a sense of wonder -- a perfect match for this show.

There's still time to participate in this year's show. So paint, draw, carve, sculpt, photograph, throw a pot, embroider, quilt, or just come and enjoy! The show will run from March 4th through the 26th, Thursday through Sunday.

Questions? Contact **Ellen Stubbs** 663-7298

3.) Needed for the Art Show Opener on March 4th:

Need donations of bars, cookies, deserts. We will provide cheese tray, wine, apple cider, fruit tray, etc. from **Beth Kennedy**

You may find it helpful to use the following litany:

- I let go of my desire for security and survival.
- I let go of my desire for esteem and affection.
- I let go of my desire for power and control.
- I let go of my desire to change the situation.

Welcoming Prayer does NOT include justifying your feelings, trying to work out what is going on, analyzing yourself or others, or having a commentary in your head about it. Don't try to fix anything or change your reaction.

It is normal to want to defend ourselves from unpleasant feelings, to push them away, avoid them and deny them. But what we resist, we energize and strengthen. If we push something from our consciousness, we drive it into our unconscious. There it is more powerful as it is outside of our awareness. By embracing the feelings we once defended ourselves from, we are disarming them, removing their power to hurt us, and their ability to chase us out of presence.

From: <http://www.contemplativeforum.org/practice/welcoming/>

Continuing best wishes to our very own **Ella Hedstrom**. She did very well at the Minnesota State Championship in Varsity Swimming in breast stroke and other events. She will now go on to the 11 State Regional competition and compete in 3 events. Watch for details. Go Ella!

Hymn Sing at Bethlehem Lutheran on Sunday, February 28 at 4:00 PM. Raising money for American Refugee Committee and Oxfam.

Overall plan is to start with a "musical prayer", a *cappella* and in unison: *This Little Light of Mine*. We will be ending in a similar manner, doing *Amazing Grace*, all verses.

A good idea was presented: adding some communal singing between church presentations.

The goal of this remains – to come together as a community and share the joy of beautiful music from our rich traditions of hymns and songs of Praise. Do not feel that there is a need for perfection of technique, this is about JOY! *Sandy Stover*

(Please check boreal.org and the Cook County News Herald for further information.)

Baby Shower for Jennye Ashcroft! Saturday, March 5th. 10:00 AM. Brunch. 4H Building. Watch this space for more details, but plan on joining the fun. Yes, a girl!



Sense of Wonder: Expressing this Place Call to Artists: 2016



Spirit of the Wilderness
Episcopal Church
invites artists to participate in
our 7th annual art show:

Johnson Heritage Post
March 4-28

Opening talk—Chel Anderson March 4.

Context shapes us: where we find ourselves affects us in ways of which we may be unaware. Artists are drawn here; some who wouldn't have called themselves artists begin to create art when they're here. Here's a chance to ponder how you as an artist have been formed by the landscape, atmosphere, light, seasons, and community along the North Shore.

Use these questions to spark your artistic juices for our annual show:

How would your artistic expression be different if you lived somewhere else?

How is your spirituality (and your artistic expression) rooted in this particular place?



Artists need to submit work with title, price and artist statement by March 1st.

Questions: students contact Mary MacDonald; Bonnie Gay Hedstrom (387 2538) or Ellen Stubbs (663 7298).



New this year: not only will high school art students submit work, but younger students will also be encouraged by their art teachers and others to respond to the topic.