



Lent

A SEASON OF
FINDING OUR ROOTS

2022
March

MARCH 2 - ASH WEDNESDAY -
SETTING OUR INTENTION

MARCH 9 - FAITH AND DOUBT

MARCH 16 - HOSPITALITY

MARCH 22 - COMPASSION

MARCH 30 - INVITATION

LENT is a call to
renew a commitment
grown dull, perhaps,
by a life more marked
by routine than by
reflection.


-Joan
Chittister

THE TABLE IS SET EVERY WEDNESDAY AT 5:30 OR 6:30PM

GATHERING IN PERSON & ONLINE: JOIN US AT **The Lyric** FOR SHARED FOOD
AT 5:30 PM {230 W. YELLOWSTONE HWY}

OR JOIN US VIA **Zoom** AT 6:30 PM BY SCANNING THE QR:



 [thetablecasper.org](https://www.facebook.com/thetablecasper.org)





Centerpiece

Where the Table's News Rests

Cultivating Growth **A Message from Our Board President**

Neighbors,

Folks I have been speaking with lately have been pining for the Springtime. Who doesn't want to spend time in the garden with all our little bug friends, or hike a beloved trail listening to the Earth breath, or take small humans on quests of discovery and adventure! After spending so much time indoors for the safety of ourselves and neighbors at the height of the pandemic, and measured participation in our wider world, the desire to connect with others and connect with the outdoors is strong in the Spirit.

The Table ecosystem is fertile soil we wiggle our roots in, where we nourish the growth of our neighbor while being nourished ourselves. We receive lessons that can cause monumental shifts in our perception of our world and ourselves. Had I not found the soil in which my roots are thriving, I grieve the alternative. A soul unawakened. Layers of pain and hurt unhealed and festering. A life path still undiscovered. It is an authentic statement to say that The Table has saved my life: my physical | spiritual | mental life.

This is my experience with The Table. I know so many others have wonderful stories about The Table, and the soil we find our roots in. Think! how large our garden is: The Table, Yoga on the Labyrinth, The Casper Mural Project, YogaSoul, 3 Spaces, and all the programming we do and our beautiful souls out there nourishing where we are existing, acknowledging that "Healed People Heal People".

At times, we must nourish that which nourishes us. We fertilize our gardens or plant strategically to incorporate nutrients back into the soil. We spend time in meditation and prayer to fill our Spirit's cup which sustains us. The Table, our Table, is no different. We nourish it with our presence, our intentional living, honoring our authentic selves, and showing up to be in hospitable community. One resource we are needing to cultivate is financial.

We have explored financial resources before. We have spoken about utilizing intentionality with it. And, we need your help. There are so many ways to directly help us financially. Direct giving, automatic giving, end of year giving, legacy giving, grant opportunities, volunteering for upcoming fundraising events, acting as ambassadors.

At The Table, we approach things in a collaborative and sustainable way, which is why I am inviting folks to do two things: consider our need for financial resources with playful curiosity on how you can show up to help keep The Table fertile, and help guide Leadership to potential funding opportunities.

Our community is gifted with such generosity, creativity, and love. Leaning into our gifts will help maintain us as well as facilitate our impact on our neighbors.

It is with deep gratitude that I submit this letter to our community.

With Peace,

Eathan Murphy
Board President



The Table & *Red Clay Abbey* Events

WEEKLY *Events*

Open Listening: Join our pastors/residents @ Scarlow's coffee shop on Tuesday morning, 11am-Noon. We are present to hear your questions, concerns, input & stories!

The Table: Join us every Wednesday night downtown at The Lyric for shared food, compassion teachings, exploration, embodied spiritual practice, and community conversation. All are welcome! If you would like to join us online, please follow this Zoom Link at 6:30 p.m.
<https://us02web.zoom.us/j/81694859096>

The Way of the Rosary (Prayer Bead Group): A once a week gathering exploring the tradition of the Rosary from multiple faith perspectives. This is a beautiful way to practice embodied prayer and contemplation. Rosaries and prayer beads are provided. No prior experience or knowledge of the practice necessary. Join us on Zoom every Thursday evening at 7:00 p.m
(<https://us02web.zoom.us/j/86462102599>)

3 Spaces Group: Is a weekly practice group that helps us to open the three spaces within ourselves, our heart, mind and body to help move us toward transformation, healing and integration. Topics and themes vary. Three Spaces meets every Saturday at 10:15 a.m. at the following location: 4230 S Oak Street in Casper.

MONTHLY *Events*

YogaSoul A once a month gathering blending Yoga and Christian Spiritual tradition. This is a restorative, contemplative practice. All bodies and All faith traditions are welcome. Join us in person every 2nd Sunday of the month at 123 S. Durbin Street in Casper, or online over Zoom on the 2nd Monday of the month here:
<https://diowy.info/YogaSoul>

Circles of Trust: Monthly group of women in professional ministry coming together for support and spiritual nurture. We are meeting this month on March 18 @ 1.30 pm in Sweet Zoey's on CY Ave.

EVENT HIGHLIGHT: THE TABLE GOVERNING BOARD

The Table board is committed to loving our neighbors and helping our community thrive. It exists to discuss current happenings and ensure that our goals are being met and/or evolving into our growth plan. The board meets on the 3rd Thursday of the month. Our current board members are:

Eathan Murphy - President

Marvin Birzer - Treasurer

Missy Nack - Secretary

Sally Ann - Board Member

Jennifer Pettry - Board Member

Carolyn Simolij - Board Member

Jessika Girod - Resident - Non voting member

Meg Cartisano- Resident - Non voting

Elliott Ramage - Development Officer - Non Voting