

# DESERT PSALMS - A JOURNEY OF SACRED SOUND & MOVEMENT THROUGH LENT

# March/April '23

## — M A R C H —

MARCH 1: AWAKEN  
Meditative Drum Circle

MARCH 8: SURRENDER  
Family Kirtan

MARCH 15: PAUSE  
Sound Bath with Chris Pfaff

MARCH 22: ILLUMINATE  
Shepherd of the Hills  
Bell Choir

MARCH 29: UNITE  
Community Altar &  
Elm Dance

## — A P R I L —

APRIL 5: PAUSE  
Sound Bath with Chris Pfaff

APRIL 7: GOOD FRIDAY  
Somatic Stations  
of the Cross

APRIL 9: EASTER SUNDAY

APRIL 12: NOURISH THE  
ROOTS

APRIL 19: NOURISH THE  
ROOTS

APRIL 26: NOURISH THE  
ROOTS

The Table is set every Wednesday at 5:30 or 6:30pm gathering in Person. Join us at The Lyric for shared food at 5:30 pm {230 W. Yellowstone HWY} or join us for conversation at 6:30 pm







# TABLE *Centerpiece*

Where The Table's News Rests

**“From stardust you were created, to stardust you shall return.”**

The blessing and ritual of Ash Wednesday begins our lenten journeys in a posture of awareness. We are mortal beings, we will die. And the goodness of creation and our mother earth also remind us in this Spring season that from the ashes rises new life, fresh hope, brand new light.

The lenten journey is an invitation to wholeness, to whole-heartedness, to union with our essence as Beloved...

You are whole. Yes we have attachments and additions and habits and patterns and obsessions and limiting beliefs that separated us from Love — but these distractions are not our essence, not the beautiful identities with which we were created.

God’s invitation is always, always, always to return to our wholeness.

This year our sister, Ani Wa, and the Red Clay Abbey invite us to lean wholeheartedly with courage and curiosity into the spiritual cycle of awaken, surrender, illuminate and unite.

Join with us, friends - in a chapter of falling more deeply into the embrace of our stunning identity as whole. Not separate, not broken, not bad or lost. Whole.

Seeking the Good alongside you,  
Pastor Libby

# *Your Psalm in the Desert for Lent*

A Psalm for Praying by Nan C. Merrill

## Psalm 51

Have mercy on me, O Gracious One,  
According to your steadfast love;  
According to your abundant kindness  
Forgive me where my thoughts and Deeds  
have hurt others.

Lead me in the paths of justice,  
Guide my steps on paths of peace!

Teach me, that I may know my weaknesses,  
The shortcomings that bind me,  
The unloving ways that separate me,  
That keep me from recognizing  
Your Life in me;  
For, I keep company with fear, and  
Dwell in the house of ignorance.  
Yet, I was brought forth in love,  
And love is my birthright.

You have placed your truth  
in the Inner being;  
Therefore, teach me the wisdom  
Of the heart.  
Forgive all that binds me in fear,  
That I might radiate love;  
Cleanse me that your light might  
Shine in me.  
Fill me with gladness; help me to  
Transform weakness into strength.  
Look no on my past mistakes  
But on the aspirations of my heart.

Create in me a clean heart,  
O Gracious One  
And put a new and right spirit  
Within me.

Enfold me in the arms of Love,  
and Fill me with your Holy Spirit.  
Restore in me the joy of your saving grace,  
And encourage me with a new spirit.

Then I will teach others your ways,  
And prisoners of fear will return To You.  
Deliver me from the addictions of society,  
O Healer of souls,  
Keep me from temptation that  
I may tell of your justice And mercy.

O Gracious One, open my lips  
And my mouth shall sing forth  
Your praise.  
For you do not want sacrifice;  
You delight in our friendship with You.  
A sacrifice most appropriate is a  
Humble spirit;  
A repentant and contrite heart;  
O Merciful One,  
Receive our gratitude and love.

Let the nations turn from war,  
And encourage one another as  
Good neighbors.  
O Blessed and Compassionate Friend,  
Melt our hearts of stone,  
Break through the fears that  
Lead us into darkness, and  
Guide our steps toward the way of peace.





**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! We share food at 5.30, and gather at 6.30pm.

**Red Clay Abbey:** Daily practices for Lent available. Scan QR code on front page for link to participate.

**Watch This Space!** We will be launching a “Dearly Beloved” Vlog/Podcast during Lent with the purpose of listening to and speaking to our Belovedness as humans. It will be a community interactive, purely digital space... We’ll make sure you know all about the details!

## EVENT HIGHLIGHT

**Good Friday” — April 7th — Somatic Stations of the Cross; 6:30pm**

Why is the day that we remember Jesus’ horrific crucifixion called good? Because it was the pinnacle moment where we understood once and for all: Love Wins. The power structures of the world attempt to lord power over, controlling outcomes and defining possibilities. But God’s love is power alongside, power because of the other, power in our lack of control and in our surrender. The Red Clay Abbey is offering a somatic stations of the cross experience for all to engage. Join us at the Red Clay Abbey building, 900 N. Grant St, Casper, Wyoming

**Circles of Trust:** Monthly group of women in professional ministry coming together for support and spiritual nurture. Retreat happening March 17, noon- 4pm at Red Clay Abbey Building 900 N. Grant St, Casper, Wyoming

