Rend Your Heart
A Blessing for Ash Wednesday
By Jan Richardson

To receive this blessing, all you have to do is let your heart break. Let it crack open. Let it fall apart so that you can see its secret chambers, the hidden spaces where you have hesitated to go.

Your entire life is here, inscribed whole upon your heart’s walls: every path taken or left behind, every face you turned toward or turned away, every word spoken in love or in rage, every line of your life you would prefer to leave in shadow, every story that shimmers with treasures known and those you have yet to find.

It could take you days to wander these rooms. Forty, at least. And so let this be a season for wandering, for trusting the breaking, for tracing the tear that will return you to the One who waits who watches who works within the rending to make your heart whole.

- See more at: http://paintedprayerbook.com/2012/02/15/day-1-ash-wednesday-rend-your-heart/#sthash.87BM7B0Y.dpuf

Tomorrow, February 10th, is Ash Wednesday, the beginning of Lent in the Christian Calendar. It is meant to be a period of reflection on one’s life, and is often a time when many people give up a habit or a specific food for the 40 days of the Lenten season. For a great devotional put out by the Reconciling Ministries of the UMC click here: http://www.rmnetwork.org/newrmn/lent/?utm_source=RMN+Main+List&utm_campaign=f5304eb603-National&utm_medium=email&utm_term=0_ca9f56de82-f5304eb603-420335665&mc_cid=f5304eb603&mc_eid=3b78ee9e5

Several churches in the area are holding Ash Wednesday services including:
- St. Raphael’s Roman Catholic Church (8am and 7pm)
- St. Paul’s Episcopal Church in Wells (12noon and 7pm)
- Seven Dolors Roman Catholic Church in Fair Haven (7pm) – Pastor Dave will be preaching.
- Church of the Wildwood, Chittenden (7pm) – Shirley will be leading.

Red Bird Mission Informational meeting – Wednesday, Feb 17th in the dining hall from 11:30am-1:00pm. Spend Spring Break doing a wonderful service project in Kentucky! Any student who wants to go is welcome. Funds will be raised to support you if you commit to the trip. Speak with Pastor Dave or Bianca of the GMC Sustainability Office for more info.

Chapel Open House – Tuesdays from 3-4:30pm. Tea, a cozy fire and often yummy snacks along with a restful place to unwind. (There is wifi if you have to keep working.)

Guided Meditation – Fridays at 4pm in the Chapel. Come and experience a half hour of relaxation and getting in touch with your own calm center. All are welcome – no experience necessary.

Spirituality at Green Mountain College Facebook page – “LIKE” us, follow us, and you will find out first about everything going on around campus of a spiritual or religious nature. It is a great place to share your events as well.

Check out the new Service Opportunities Bulletin Board in the Gorge. Postings about ways to get involved in the community and to make a difference for good!

Right to Wellness Center – “Creating a Personal Spiritual Practice” with Rabbi Yafa Joanie Chase and Sue Sharp, C.Ht. February 21st, 9:30 – 11am at 19 West Street, Rutland. Suggested donation $10-20. For more info contact: sue@righttowellness.com
Chaplain’s Office – I am available to talk with you individually or with groups who share an interest or a concern. Catch me on campus, in my office – 201 Richardson or in the dining hall (usually on Tuesday evenings, Tuesday & Friday lunches) or email me and we can set up a time: Shirley.oskamp@greenmtn.edu