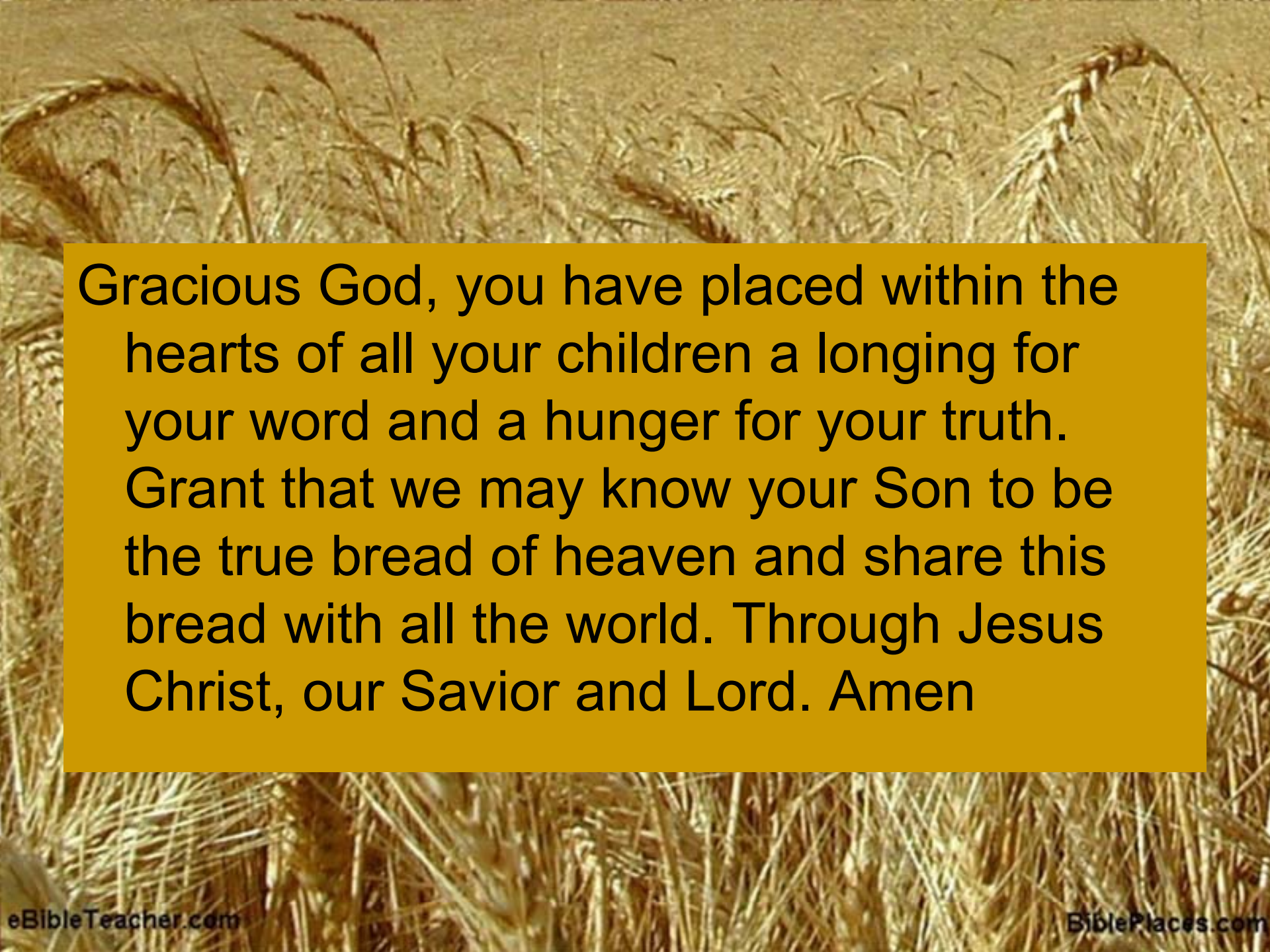




**Welcome to  
Lenten  
Mentor/Companion  
Orientation**



Gracious God, you have placed within the hearts of all your children a longing for your word and a hunger for your truth. Grant that we may know your Son to be the true bread of heaven and share this bread with all the world. Through Jesus Christ, our Savior and Lord. Amen





# Bread for the Journey

Bread Baking as a metaphor for  
spiritual growth

*Bake* and be *Blessed*

New Edition!



FATHER DOMING GRIMMOND, OSB

“You do not need a master’s degree in theological studies in order to grow spiritually. The life you are living *right now* is preparing you to be a deeply spiritual person, if you are intentional about how you live. What is required is “sacramental awareness”- a kind of vision that allows one to perceive God’s presence and action in ordinary things,. IN the Sacrament of Baptism, God uses the physical, earthly element of water to symbolize the forgiveness of sin and the spiritual rebirth of the baptized person. Sacramental awareness is based on the belief that God uses the stuff of this life to reveal the divine saving love and grace, not only in the official sacraments of the church, in everyday life as well.”

# Faith Formation

“ An intentional life-long process of equipping people for an ever deepening relationship with Jesus Christ through *worship, learning, service, prayer, community and life experiences* in order to live out one’s baptismal calling.”

# The Recipe

- February 24- Plan to Bake and Grow Spiritually
- March 3- Grinding Grain to Mix with Yeast of Life
- March 10 - Mixing, Rising & WHUMP
- March 17- Blessed Broken & Shared
- March 24- What kind of Bread are You?

# Father Dom's Guidance

“All the processes that I have described as reintegrating our mind, body and emotions also feed the spirit. Even as I'm using my mind to read instructions and measure ingredients, I'm also recalling passages from Sacred Scriptures associated with baking: the unleavened bread of Passover, the manna in the wilderness, and the show bread of the daily temple offering: Paul's exhortation to the Corinthians to beware the yeast of malice and wickedness; Jesus' parable of the yeast, the multiplication of the loaves, even the wheat and weeds, and of course the Bread of Life, the Eucharist,

# Purpose of Lenten Mentor Program

- Expand each young person's circle of trusted adults in the congregation.
- Enable each young person to see and learn how another adult (besides their parents) lives out their Christian faith.
- Offer each young person a personalized learning opportunity to make sense of their own Christian faith.
- Gain broader adult participation in the young person's learning process.

A close-up photograph of a field of golden wheat stalks. The stalks are ripe and have a warm, yellowish-gold hue. They are arranged in a dense, slightly chaotic pattern, with some stalks leaning over. The background is a soft, out-of-focus expanse of more wheat, creating a sense of depth. The overall lighting is bright and natural, suggesting a sunny day.

# Lenten Mentor/Companion Recipe Overview

# Just the Facts

## Dates:

- February 10: Orientation
- February 17, Ash Wednesday: Worship at 7:00
- February 24, March 3, 10, 17, 24 Mentoring

# Just the Facts

## Time & Place:

- Worship 6:30-7:15, Sanctuary: Taize service. This is a quiet, meditative service with music and chanting.
- 
- Large Group 7:15-7:30, Sanctuary: introduction to the night's theme and announcements.
- 
- Mentor Time 7:30–8:15: Mentors and Youth will meet to discuss faith issues from the Lenten Mentor/Companion Recipe.

# Just the Facts

## Resources and What to Bring:

- Lenten Mentor/Companion Recipe, Bible, Bake & Be Blessed Devotional, and a pen.
- Walk the Labyrinth on your scheduled night
- Bake with Pastor Ron on your scheduled night
- Computer resources in the Computer Lab on the RFC page under the Faith Formation Tab.
- Art Activities in room 405

# Just the Facts

If you CAN NOT be here on a Wednesday

- Call your partner (mentor or youth) and let them know you will not be present.
- Make up the session at another time that is agreed upon by the mentor, mentee and parents.

# Just the Facts

## Guidelines:

- Remain at Bethany during scheduled meeting times.
- Keep all matters of discussion confidential unless otherwise agreed. Important exception: if a safety issue arises, please report the situation to a Pastor immediately.
- Pray for each other during your Lenten journey
- Let Joni know if you have any troubles/issues

# Mentor/Companion Time

## Meet your Mentor/Companion

- If you know your mentor, please find a place for conversation in the building.
- If you do not know your mentor, come up front so we can introduce you to one another.
- Share one thing about yourself
- Review the Covenant. Sign and return to the Sanctuary