

LENT IN EAST TENNESSEE

MENU

WELL FED
*HOLY FOOD FOR A
RECONCILED LIFE*

WEEK 1 - FOOD

When have you been hungry for food & how have you been fed? How might you feed others who are hungry?

WEEK 2 - SPIRIT

When has your spirit been hungry and how has it been fed? How might you feed someone else's spirit?

WEEK 3 - SIMPLICITY

When have you been hungry for simplicity & in what ways have you experienced it? How might you help others embrace simplicity?

WEEK 4 - GOOD NEWS

When have you been hungry for The Good News & in what ways have you experienced it? How might you share the Good News with others?

WEEK 5 - COMMUNITY

When have you been hungry for community & how have you been fed? How might you help others find community?

WEEK 6 - CONNECTION

When have you been hungry for connection & in what ways have you found it? How might you provide for opportunities for others to feel connected?

WEEK 7 - PERMISSION

When have you been hungry for permission & in what ways has it been given to you? How might you facilitate others recognizing permission to do something that feeds them?



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WELL FED

WEEKLY OPTION

www.dioet.org/well-fed

Each Sunday morning, gain access to

- A video story about someone's experience with hunger and being fed
- A written story about someone's experience with hunger and being fed
- 7 topical questions to take to meals or gatherings, to help you and your class, small group, friends or family think about this week's type of hunger and feeding

Each Friday at Noon, connect with an optional community of others who are studying the same topics to discuss and reflect through a web meeting.

ALL AT ONCE OPTION

www.dioet.org/well-fed-christian-formation-leaders.

For Christian Educators, gain access to all of the content prior to Lent so that you can plan best how to use it in your setting.

AT THE END

All participants in the offering will be asked to provide feedback. The Lenten offering is an experiment and the Christian Formation Task Force for The Episcopal Church in East Tennessee hopes to learn from everyone's experience.

* An offering of the Christian Formation Task Force of the Episcopal Church in East Tennessee.

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