



# Ash Wednesday: Living in our bodies.

You are dust and to dust you shall return.  
—Genesis 3:19

As we begin Lent, we are reminded of our own mortality. God lovingly made us out of the dust of the earth. Lent explores what it means to be mortal, living with the reality of our bodies.

Impairment/Disability brings us face to face with our mortality. Often it is uncomfortable, yet it can lead us into deeper community with each other.

Think about how comfortable you are in your body and ask God to be with you this Lent.



Disability  
Ministry



Lent: How to live more fully