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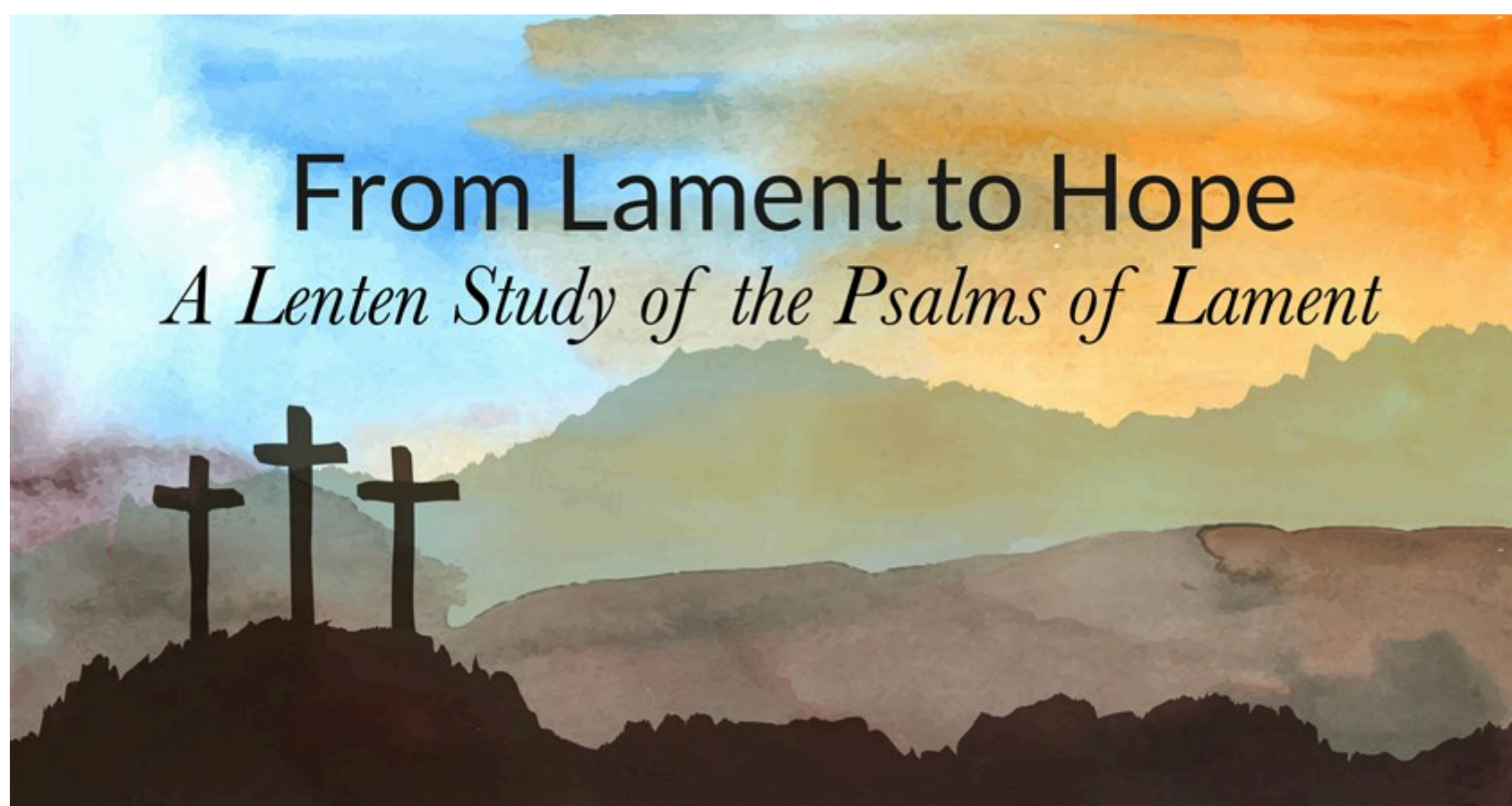
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Join us for Four Lenten Studies with Bishop Kennetha beginning on Feb. 27 at 7 p.m.



February 22, 2024

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We are excited that so many are signed up for Bishop Kennetha's Lenten Study, *From Lament to Hope: A Lenten Study of the Psalms of Lament*.

[Register here →](#)

Over four weeks, Bishop Kennetha will be exploring with us Israel's hymnbook and the psalms of lament that expressed their grief in the midst of trials. As we focus on events and trials that are impacting our own lives and the world, we will see how the psalms can lead us to hope. In particular, we will pray for peace in the Holy Land, Ukraine, and our own nation.

This study will have some slight differences from the conference-wide study in Advent. We will be inviting special guests to share with us on some of the topics we address to help strengthen our worldwide connection. Each evening will also have a time of personal reflection with a Lectio Divina exercise, instead of small group breakout rooms. Lectio Divina helps immerse us in the scriptures as we read through our psalm for each night with prompts that help us connect God's words with our lives. We encourage you to have paper or journal available for writing your own thoughts.

Sessions will be held over four Tuesday nights (February 27, March 5, March 12, and March 19) on Zoom beginning at 7:00 pm. Join us for one or all!

These sessions will conclude with an invitation to move from Lament to Hope on Palm Sunday with a conference-wide time of prayer action for peace. Each year since 2002, the [Des Moines Faith Committee for Peace](#) hosts the Palm Sunday Procession for Peace. If you are in or around the Des Moines area, you are invited to come and join this ecumenical effort, which begins this year at Corinthian Baptist Church and will conclude at St. John's Lutheran Church that afternoon.

Wherever you might be, however, we invite you to gather either as a local church, an ecumenical group in your own community, or maybe even as a circuit, for your own Procession for Peace. We will be sharing an opening and closing litany that you might use in your own community for a palm procession. Gather together, join in prayer, and witness to your own neighbors, sharing signs and words that speak to our hope and longing for peace in the world. Share photos of your own group processing by emailing them to communications@iaumc.org or posting on social media and including #palms4peace.

To get a glimpse of what this might look like, check out this video from the event last year in Des Moines: <https://vimeo.com/815742893>

- **Session I** (February 27): *Our Christian Faith and the Psalms of Lament, Psalms 22*
- **Session II** (March 5): *The Psalms of Lament and the Absence of God, Psalm 88...Praying for Peace in Ukraine*
- **Session III** (March 12): *Anger and Despair in the Psalms of Lament, Psalm 137...Praying for Peace in the Holy Land*
- **Session IV** (March 19): *In Lament of the "Not Yet," Psalm 13...Praying for an end to the epidemic of gun violence*
- **Palm Sunday Worship and Action** (March 24): *From Lament to Hope: Acting and Praying for Peace, Psalm 130*

Hope Made Real

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