

Full to the Brim

An expansive lent

CREATIVE RESOURCES *for Lent- Easter (Year C)*

Resources Included in Bundle

1. **DEVOTIONAL BOOKLET** (A printable devotional booklet with: scripture, commentary, poetry, visual art, coloring, and written reflections).
2. **SERMON PLANNING GUIDE** (A guide offering biblical commentary as well as theme connections and links to further reading for the gospel lectionary scriptures from Ash Wednesday through Easter Sunday).
3. **WORDS FOR WORSHIP** (Written liturgy inspired by the theme and the RCL scriptures for Ash Wednesday through Easter Sunday).
4. **16 NEW VISUALS W/ ARTIST STATEMENTS** (Illuminating the lectionary scriptures for Ash Wednesday through Easter Sunday).
5. **BRANDING BUNDLE** (Logo files and graphic templates to help you share the Full to the Brim theme in your print and online communications).
6. **POETRY PRAYERS** (10 poems inspired by our theme and weekly sub-themes)
7. **INTENTIONS-SETTING WORKSHEET FOR ASH WEDNESDAY** (An introspective worksheet to help you clarify your values and set your intentions for the Lenten season).
8. **A CREATIVE SERVICE FOR HOLY WEEK** (A creative liturgy crafted by our guest contributor, Adrian White).
9. **DAILY DEVOTIONAL CARDS** (Printable cards with daily prompts for building a daily rhythm of prayer).
10. **BONUS RESOURCE:
A MEDITATIVE THEME SONG VIDEO** (A worship video featuring our theme song, written and recorded by Paul Demer. This will be released after our initial launch of the Lent resources, so stay tuned).

Free Supplemental Resources

1. **HYMN & MUSIC IDEAS** - featuring original hymns inspired by our sub-themes, shared on our blog.
2. **CHILDREN'S LESSONS** - shared on our blog.
3. **A CONTENT CALENDAR FOR SOCIAL MEDIA** - add-on free for bundle patrons.
4. **WORSHIP ART IDEAS** - a blog post offering ideas for creating an easy art installation in your worship space, inspired by the themes and sub-themes.

About the Theme

The scriptures for this Lenten season (in the Revised Common Lectionary, Year C) are filled with parables and promises of God's abundant and expansive grace. Jesus as a mother hen, a prodigal son welcomed home, a fig tree nurtured with care and hope, precious oil poured out lovingly and freely, stones shouting out with praise — these sacred texts are brimming with a gospel of grace. We've done nothing to deserve or earn this grace, and yet, like water, it spills over. *Full to the Brim* is an invitation—into a radically different Lent, into a full life. It's an invitation to be authentically who you are, to counter scarcity and injustice at every turn, to pour out even more grace wherever it is needed. It disrupts the scarcity mentality that capitalism, oppression, or hierarchy can plant inside of us. When we allow ourselves to be filled to the brim with God's lavish love, that love spills over. It reaches beyond ourselves; like water, it rushes and flows, touching everything in its path.

We recognize that traditional iterations of Lent often emphasize restraint, confession, and piety. The origins of Lent were that one was to leave their old life behind to fast and prepare to be baptized into a new way of living. In essence, this was a practice of stepping away from the rat race, corrupt power, scarcity mentality, and empty rituals in order to live a more expansive and full life of faith. And so, *Full to the Brim* trusts the promise of our baptisms—God has already claimed us as God's own and nothing we can do will ever change or erase that.

Full to the Brim doesn't ignore or deny sin and suffering. It doesn't absolve accountability for wrongdoing. Instead it contextualizes our faith. If love is our beginning, how can we live our lives led by love's promises? It reminds us to live fully—as we pursue justice and hope, or express grief and gratitude. And so, this Lent, let us trust—fully—that we belong to God. Let us increase our capacity to receive and give grace. Let us discover the expansive life God dreams for us.

Focal Scriptures

Our theme and sub-themes are inspired by the Revised Common Lectionary (Year C), with particular emphasis on the following texts each week.



ASH WEDNESDAY

Full to the Brim { *With all that you are*

Matthew 6:1-6, 16-21 | Joel 2:1-2, 12-17

As we begin our Lenten journey, we're invited to come fully as we are. The prophet Joel proclaims, "return to God with all your heart, with fasting, with weeping, and with mourning" (Joel 2:12). Your brokenness, joy, gifts, and doubts all belong to God. God wants you, authentically. God wants you, stripped down and vulnerable. You are enough. Come as you are, with all that you are.



THE FIRST SUNDAY IN LENT

Full to the Brim { *Even in the desert*

Luke 4:1-13 | Deuteronomy 26:1-11

Even in the desert, Jesus expands our definitions of a full life. It's not the life the Tempter presents: a life defined by excess power, control, or reign. Excess is not abundance, but there is more. There is a fuller life we are called to live. Even in the midst of struggle, oppressive forces, hardship, and grief—God's promises spill over, like the bounty of the first fruits from the ground. Even in the desert, you are called to the riverside to be washed by grace.



THE SECOND SUNDAY IN LENT

Full to the Brim { *Under God's wing*

Luke 13:31-35 | Psalm 27

God is our refuge. There is nothing that can separate you from God, or could keep God from gathering you in, protecting you fiercely. Jesus' lament for Jerusalem is surprising given how he is treated by Jerusalem. And yet, no matter how much we try to separate ourselves from God, God will run to protect us. God's love for us is fuller than we can imagine.



THE THIRD SUNDAY IN LENT

Full to the Brim { *You are worthy*

Luke 13:1-9 | Isaiah 55:1-9

Like the fig tree, you are worthy. You're not a lost cause. You're not a waste of resources. You deserve to be nurtured. Your fruit will come. Like the gardener, you are invited to see others with audacious hope and budding potential. The lesson of the fig tree invites us to unpack the source of our worth in a system and society that often measures worthiness by commerce, production, output, success, status, achievement, ethnicity, and/or gender identity. We might ask, "Can the fig tree have worth even if it never produces any figs?" What does that mean for us if the answer is "yes"?



THE FOURTH SUNDAY IN LENT

Full to the Brim { *Prodigal grace*

Luke 15:1-3, 11b-32 | 2 Corinthians 5:16-21

The word “prodigal” is commonly used to describe the son who squanders his inheritance. Yet, this parable invites us to consider how God’s grace is also prodigal—extravagant, lavish, illogical. This parable disrupts and expands our definitions of grace. Once again, grace is not earned. After wasting his resources, the younger son becomes destitute and returns home to his father, saying, “I am no longer worthy.” His father, instead, greets him with a celebration and the fattened calf. The older son, in contrast, has done everything “right”—he’s tried to perform, work hard, check all the boxes—but he forgets how to celebrate. How might you receive and extend prodigal grace?



THE FIFTH SUNDAY IN LENT

Full to the Brim { *Brazen acts of beauty*

John 12:1-8 | Isaiah 43:16-21

God is brazen in turning tears into joy. Not so long after their brother, Lazarus, dies and is raised from the dead, Mary and Martha joyfully welcome Jesus into their home. Mary pours out the fragrant perfume (perhaps originally intended to anoint her brother’s body after death) and it fills the whole room. This is a brazen act of beauty. Beauty is resistance to death; beauty is an act of love. Her anointing of Jesus’ feet is also a public act of worship. Her faith does not hide; it is not frugal. It is embodied, broken open, and poured out. This isn’t a frugal faith—it is an abundant, extravagant faith. Mary’s act is also risky—she puts her full body into it, sort of like a protest. She exhibits a shameless and brazen faith.



PALM/ PASSION SUNDAY Luke 19:28-40

Full to the Brim { *Even the stones cry out*

As Jesus enters Jerusalem, the multitude of disciples begins to joyfully shout with praise. The Pharisees try to silence them, but Jesus responds: “I tell you, even if these were silent, the stones would shout out.” All of creation cries out with praise—that message rises above the noise, even if the oppressive powers want to silence it. As we begin our walk through Holy Week, let us ask: What can’t be silenced? What must be said? What things can we not stay quiet about? What is bubbling up that we need to give voice to—faith questions, apologies, issues of justice, truth-telling? As we go deeper into the story, the truth will soon be set free.



MAUNDY THURSDAY John 13:1-17, 31b-35

Full to the Brim { *Take off your shoes*

In a room full to the brim with emotion, Jesus offers a tender, loving, and humble goodbye, stooping low to wash and caress his disciples’ feet. Like the water splashing within the washbasin, his actions ripple out: “Go and do likewise. Just as I have loved you, love one another.” We can’t fully give without receiving also; love is designed to be shared. As is the case for Peter, receiving selfless, poured-out love fundamentally changes us. It’s a practice of surrender and letting go. It reminds us of how God loves us. And so, this Maundy Thursday, take off your shoes. Remove the walls and protective layers you have built up. Allow yourself to be loved fully by God. Allow yourself to be filled to the brim so you can go out and fill others too.



GOOD FRIDAY

Full to the Brim { *A cup of sorrow*

John 19:1-30

On this Good Friday, we grieve the violence of humanity. In John's account of Jesus' death, Jesus' final words are: "I am thirsty. . . it is finished." He is offered a jar full of sour wine as he takes his final breaths. And yet, even here, God's love is full, poured out, self-emptied. Even in his last moments, Jesus is overflowing with truth and the fullness of the human experience. God embodies the fullness of pain and deep sorrow. And so, in the silence of this day, let us, too, sit in the fullness of this cup of sorrow.



EASTER SUNDAY

Full to the Brim { *An expansive life*

Luke 24:1-12

When the women find the tomb empty, they are stunned by the presence and words of the men in dazzling clothing—and yet, they remember. Even in utter shock, they return to their deep knowing and allow themselves to receive the expansiveness of resurrection. Many of the disciples won't open themselves up to this expansiveness and reject their testimony. Peter is curious enough to return to the tomb, and as a result, he is filled with amazement and awe. How do we carry forth what we have learned this Lent? Can we be curious enough to return and remember? Can we allow ourselves to be filled with expansive hope? Can we trust in the expansive promise of new life, and carry that promise with us wherever we go?

About the Logo & Branding

"Throughout our time brainstorming the theme, *Full to the Brim* and the weekly sub-themes, I couldn't help but think about the movement, colors, and texture of water teeming, rippling, and spilling over. Initially I thought about how the water might inform the imagery and shapes in the logo, but it felt clear to Lisle and me that the imagery of water needed to come from photography. The logo needed to be more clean, minimal, and in conversation with the vibrant movement of the water captured by Lisle. When looking through font options, Lisle and I discovered that the font, Frunchy Serif had an interesting bracket shape that cut into the capitalized letters and mimicked the silhouette of the top of a chalice. This bracket shape, when turned to different angles, also looked like the shape of a dove descending over the waters of baptism. Using this shape and the font as an inspiration, I created a chalice that also became the 'U' in the theme name, 'Full to the Brim.' What resulted was a simple, typography-focused logo that emphasizes an interplay between the movement of the water from the photography and the open form of the cup, ready to receive and to pour out."

— Rev. Lauren Wright Pittman, designer of the theme logo and branding

"For the theme photography, I selected a ceramic vase created by my mother-in-law, [Becky Garrity](#), and took it to a creek nearby my house. I gently submerged the vessel and photographed the water rushing in, spilling out, and bubbling over the rim. I was captivated by the movement and energy, the colors and textures. It felt almost sacramental to capture the simple beauty of these elements, both natural and handcrafted. When I look at these photos, they remind me of a grace that is abundant, unruly, ever-flowing, and rushing to surround me and fill me to the brim." — Rev. Lisle Gwynn Garrity, photographer of the theme images

Note: The pottery vase featured in our branding was created by Becky Garrity, the mother of Hannah Garrity and mother-in-law of Rev. Lisle Gwynn Garrity. View more of her work here: <https://becky-garrity-pottery.square.site>.

About our Guest Contributors

GUEST ARTISTS



Rev. T. Denise Anderson

is creating visual art that will be featured in our devotional & visual art collection. Denise is now an ongoing contributor, having collaborated with us for past resource bundles.

Denise (*she/her*) is a minister in the Presbyterian Church (USA) and the acting Director of the Presbyterian Mission Agency's Racial Equity & Women's Intercultural Ministries. A graduate of Howard University School of Divinity, she is the former Co-Moderator of the 222nd General Assembly (2016) of the Presbyterian Church (USA). A nationally-recognized writer and blogger, Denise's work has appeared in *The Christian Century*, *The Huffington Post*, *These Days*, and on her own blog, **SOULa Scriptura: To Be Young, Gifted, and Reformed**. Denise writes, preaches, and engages on issues of social justice, diversity, and reconciliation. As a gifted visual artist, she creates art that explores themes of spirituality, history, religion, and race: tdandersonart.com.



Carmelle Beaugelin

is creating visual art that will be featured in our devotional and visual art collection.

Carmelle Beaugelin (*she/her*) describes herself as an "Afro-Latin, West-Indian, Haitian-American, Miami-an" artist currently residing in Princeton, NJ. Her daily work swims in the waters of human flourishing and spiritual formation at the intersection of Christian Spirituality & Innovation. She strives to create work that engages some form of "God-talk." Her art moves towards the exploration of *Visio Divina* (divine vision) via theological themes related to redemptive transformation, the concept of "home," hyphenated ethnic identities of diasporic communities, and human flourishing as a continued expression of divine creativity (*Imago Dei*). Her larger vocation is to point to the dignity, self-awareness, and spiritual connectedness of creative expression in the lives of those who carry hyphenated identities, particularly those navigating within what it means to be both black and foreign in America. In the daytime, she works to champion the voices of young people and individuals who have been given *Visio Divina* towards their personal and communal flourishing. carmellebeaugelin.com



GUEST MUSICIAN

Paul Demer

is writing and producing our Full to the Brim theme song.

Paul Demer (*he/him*) is a singer-songwriter, record producer, outreach musician, and worship leader. Paul connects with diverse audiences in living rooms, bars, churches, nursing homes, and hospitals in his hometown of Dallas, TX, and across the country. Passionate about the craft of songwriting, he has released several albums of original music, and was recently selected as a finalist in Kerrville Folk Festival's New Folk songwriting competition. In addition to producing his own records, Paul has produced over 50 tracks for fellow singer-songwriters. He has played over 1,500 concerts in local nursing homes and hospitals, in partnership with the Dallas non-profit Texas Winds Musical Outreach, and he currently serves as a Music Minister at St. Matthew's Episcopal Cathedral. Paul and his wife, Trisha, live in Lower Greenville, Dallas. When not making music, he enjoys reading, spending time outside, and good conversation. pauldemer.com.

About our Guest Contributors

GUEST WRITERS



Rev. Larissa Kwong Abazia

is writing commentary that will be featured in our devotional booklet and sermon planning guide.

Larissa (*she/her*) is an ordained pastor in the Presbyterian Church (USA) and founder of **Courageous Spaces, LLC**, inviting others to co-create spaces for disruption, transformation, and change. She also currently works as a consultant with **Vandersall Collective**. Larissa has dedicated her life and career to racial and gender justice, and is interested in the ways that the intersections of all parts of one's identity can be embraced as strengths. This work brought her to denominational leadership, including service as the Vice-Moderator of the 221st General Assembly of the PC(USA) and as a current member of the General Assembly Committee on Representation. She's a founding board member of the **Collective Foundation**, an organization researching and providing training concerning the fundraising practices in Christian communities of color. CourageousSpaces.com



Rev. Ashfley DeTar Birt

is writing commentary that will be featured in our devotional booklet and sermon planning guide.

Ashley (*she/her*) is an ordained minister of Word and Sacrament in the Presbyterian Church (USA). She obtained her Masters of Divinity from Union Theological Seminary, a Master's in Theater Arts from the University of Pittsburgh, and a BA in Creative Writing from Carnegie Mellon University. An outspoken advocate for youth ministry and social justice, Ashley serves as the Co-Moderator of the Board of Directors for **More Light Presbyterians** and has written for the **NEXT Church** blog, **Believe Out Loud**, and the Progressive Youth Ministry Blog on **Patheos**. She also starred in two theological web series: "Theology Unhinged" and "A Quick Chat with Rev. Ashley." Her passion for ritual, worship, and theatre have not only pushed her to use theatrical and improvisational elements in services but also to respond to God as a worship light and sound designer, as well as a Zoom worship and ritual designer and technician. ashleybirt.com



Adrian White

is crafting a creative liturgy for Holy Week.

Adrian (*they/them*) is a writer, Texan, and third year MDiv student at Vanderbilt Divinity School. They grew up in the Presbyterian Church (USA) and feel called to the work of bringing to life the church's growing commitments to the inclusion and thriving of all children of God! They are proud to serve on the board of **More Light Presbyterians**. In Nashville, Adrian serves on staff at Woodland Presbyterian Church and organizes with Southerners On New Ground (SONG). When not working and studying, Adrian enjoys playing board games with their spouse Wynn and taking long walks with their dog Bex.



MORE LIGHT
PRESBYTERIANS

Our guest writers all serve as board members for More Light Presbyterians. More Light is an organization working toward the full participation of LGBTQIA+ people in the life, ministry, and witness of the Presbyterian Church (USA)—and in society. Learn more at: mlp.org.

Reflections on the theme

“Growing up in the church, I always felt like Lent had a particular vibe—a somber, introspective, possibly even self-critical kind of vibe. I remember giving up things for Lent to practice resisting temptation and feeling the weight of my sin like a cloak of guilt. Don’t get me wrong, it’s certainly appropriate that Lent elicits solemnity as we journey alongside Jesus on his journey to death. At times in my life, however, this Lenten energy has become crushing, even to the point of self-hatred. As we went through the Year C lectionary texts, I was struck by how much of the language and imagery was sprinkled with nurturing affirmations and nourishing comfort. As we moved through our meetings, the whole study felt like uncovering breathtaking love letters from a God who desires for us to have full, expansive lives. It was like water in the desert, and I have to say, I dig this Lenten vibe. Led by the texts and the movement of the Spirit, we developed the theme, Full to the Brim, a Lenten season defined by an abounding Love that bubbles up and spills over, nourishing all of Creation.”

— Rev. Lauren Wright Pittman,
Founding Creative Partner, Director of Branding

“As a full-time working mother, I have felt perpetually inadequate. I need to be present for the kids, I tell myself. Balancing hours of attention to homework and bedtime, forfeiting exercise windows that would be good for my physical well-being, I have spent the last decade in search of minutes and hours that didn’t exist. All the while, my internal narrative was one of perpetual failure. Failure as a mom, failure as a teacher, failure at meeting a deadline, failure, failure, failure. My husband says to me that we’re doing great as parents, we’re around all the time, the kids are getting what they need. And I realize, I am comparing myself to an illusion of patriarchal nostalgia: the stay at home mom who is blissfully happy and effortlessly producing perfect children. My husband is comparing us to another: the glorified hyper-professional making millions, traveling the world, perpetually absent. So, this Lent, I search for the expansive middle ground, the grace. I allow myself to notice the truly incredible children we are raising. I allow myself to acknowledge the countless successes interwoven in a decade of professional work in art and church and two decades of education. I allow myself to appreciate the multifaceted value of interweaving the parenting and professional years. To me, Full to the Brim is a choice, a way of seeing, a way of being, that God is offering us this Lent.”

— Hannah Garrity, Founding Creative Partner

“The first time we celebrated Maundy Thursday with the college students in the campus ministry I co-pastor, most had never heard of this holy day in the Christian year. They may have heard of Lent or Ash Wednesday, but all they knew was that Lent was supposed to be a time when you give something up, repent, confess your sins, admit that you are dust and dirt. As an overwhelmingly LGBTQ+ group coming primarily from non-affirming churches, they had been living Lent their entire lives. Then on Maundy Thursday as they entered the chapel, they were greeted by a 16 foot banquet table full to the brim with nuts, fruits, and crackers. It was not at all what they imagined Lent to be. Instead, it was a celebration of community, intimacy, and interdependence. Ever since, it has been their favorite worship service of the year. This Lent, imagine how the world changes when, instead of making ourselves small with self-deprecation, we live more fully into the overflowing goodness and mercy of God.”

—Rev. Anna Strickland, Operations Support & Content Creator

“After a particularly exhausting season of my life, I sat on a Zoom call with my therapist and said in exasperation, ‘I just feel like there has to be more than this. I think God would want more for me than this nonstop rat race of gym-work-sleep-repeat.’ My therapist nodded and said, ‘You’re looking for an expansive life,’ and I knew she was right. I crave a life overflowing with beauty, drenched in gratitude, and full to the brim with meaningful relationships. I crave space to revel in God’s goodness. I crave a life where we don’t forgive once, but seventy times seventy—forgiveness in excess. I crave a life, a love, a faith that is expansive, overflowing and full to the brim. So this Lent we are flipping the script. We are releasing the Lenten view that drills down on devotion as a response to guilt, sin, or grief, which many of us have learned over the years. Instead, we are leaning into the story of Jesus’s life, death, and resurrection to open doors to this expansive life we trust God has in mind for us. Maybe the rat race isn’t the answer. Maybe it’s time to get off the hamster wheel. Maybe there is more here than the world lets on. Life, love, and faith—full to the brim.”

—Rev. Sarah Are, Founding Creative Partner



“A few years ago on my birthday, my husband surprised me with a video he had compiled of friends and family wishing me happy birthday. For nearly 25 minutes, I watched as loved ones near and far and from different chapters of my life popped on the screen, told a funny story, shared a memory, or simply filmed a moment in their day with a closing, ‘Happy birthday! We miss you!’ It may sound simple, saccharine even, but afterward, I was full to the brim with the undeniable sense of being loved. It took weeks for that feeling to wear off, if it ever fully did—and it buoyed me. All of a sudden, I had more capacity for grace. My heart softened. The conflicts and challenges in my life were dimmed by a new perspective. I found it easier to extend love for people I found hard to love. The noise of my life quieted enough for me to see clearly the point of it all—to be love, to give love, to receive love. As we journey together this Lent, my prayer is that you’ll be buoyed by this same undeniable feeling of God’s love. May it fill you up, spill over, and expand you—so that you can wake up every day fully trusting that you belong to God.”

—Rev. Lisle Gwynn Garrity, Founder, Creative Director