

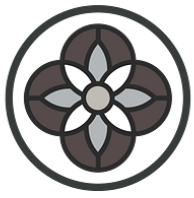


GUIDE TO LENT

SPRING 2022



St. John's
Episcopal Church



LENTEN GUIDE

ST. JOHN'S EPISCOPAL CHURCH | SPRING 2022

What is Lent?

Lent is a season of transformation and self-examination, when we ask God for forgiveness while creating space to talk about Jesus' life, death and resurrection. These forty days lead us into closer unity with God. Learn how St. John's will be observing the season and how you can prepare for Holy Week.

What is your role?

During Lent, we come together for communal prayer and worship, walking through the season as a church community. Begin by worshipping on Ash Wednesday, then make a personal commitment to one or more spiritual practices.



ASH WEDNESDAY

7 AM | 12:10 PM | 7 PM

5:30 PM – FAMILY SERVICE

8 AM TO 5 PM – CAPITOL ROTUNDA

The forty days of Lent prepare us for Holy Week, a special week where each service allows us to journey with Jesus through the events leading to his death on the cross. Services are devotional in nature and encourage self-denial, intentional worship, and attending to needs of others.

SPIRITUAL DISCIPLINES

Spiritual disciplines are part of Christian life year round, but they also enhance our Lenten spiritual journey. Here are some suggestions:

DEVOTIONALS

Establish a set time during Lent to read and then sit in silence or prayer. Find Episcopal Relief & Development's Lenten Meditation Guide online: episcopalrelief.org/church-in-action/lent/

DAILY PRAYER

Begin or end the day with Morning or Evening Prayer, found in the Book of Common Prayer. For your convenience, there's even an online version (written or audio format) of The Daily Office.

FASTING & REFLECTION

Fasting is a spiritual discipline that Jesus practiced. Hunger pains can remind you to pray for others and enter into self-reflection. If you have health concerns, please consult a doctor before a fast.

SELF-DENIAL

Giving up favorite foods, drinks, or bad habits is an alternative to fasting that forces you to be mindful of the hunger of others each time you crave that item or revert to a certain behavior.

GIVING TO OTHERS

How do Lenten sacrifices bring you closer to God? Consider giving the money you would have spent on those items/habits to a charitable organization or cause. Or donate your time & talents!



Spiritual Disciplines continued ...

PRACTICE YOGA

The practice of yoga is accessible to all ages and a positive way to cultivate inner peace and spirituality. Extend the discipline beyond Lent; St. John's offers classes on Mondays & Thursdays.

ATTEND COMPLINE

Join us for our weekly Sung Compline service, on Sundays at 7:30 PM. This ancient monastic service is held in the candlelit church, led by clergy and the St. John's Compline Choir.

LECTIO DIVINA

Encounter God in scripture using Lectio Divina, a Latin phrase meaning divine or sacred reading. This unique approach features slower and more reflective reading of the Scriptures.

ATTEND A CLASS

St. John's offers Christian education classes and Bible studies all year long. There are several classes being offered specifically during Lent. See the list to the right and our calendar for details.

STATIONS OF THE CROSS

This devotion allows us to follow in the steps of Jesus from his condemnation by Pilate, through the streets of Jerusalem to Calvary, to the Cross, and the tomb. Walk the stations in the chapel, or join us for a spoken version on Good Friday at 5 PM.

PERSONAL CONFESSION

A practice for Christians to seek Christ's healing power through guided self-reflection, admission of sins, and reconciliation with God through forgiveness. Consult with a member of the St. John's clergy about opportunities for personal confession.

SEASONAL EVENTS

Lenten Prayer Partners

SIGN UP ONLINE BY FEBRUARY 23

Participants of all ages are assigned a partner for whom they agree to pray for daily during Lent.

Practicing the Way:

Lent for Everyone: Luke, Year C

FRIDAYS | MARCH 4 TO APRIL 8

Join Mtr. Abi on Zoom for our 12 PM Friday book study. During Lent, we'll dive into how Luke's text is relevant in our own lives.

Coffee Talk: Lent Edition

SUNDAYS | MARCH 6 TO APRIL 10

Six weeks of special seasonal topics, including scripture, reason, tradition, and more. Offered at 11:15 AM Sundays, in person or over Zoom.

Monthly Soup Supper

MARCH 13 | APRIL 10

Join The Front Porch for fellowship and a light soup supper at 6:45 PM before Sung Compline.

Lenten Quiet Day

MARCH 19 | 9 AM-12 PM

Through quiet prayer and reflection, the Rev. Kathy Walker will help us prepare for Lent. Offered in person or by Zoom. Register online.



JOURNEY WITH JESUS

HOLY WEEK & EASTER 2022

PALM SUNDAY

Sunday, April 10

8 AM | 10 AM | 5:30 PM | 7:30 PM

WEDNESDAY IN HOLY WEEK

Wednesday, April 13

12:10 PM | HEALING SERVICE

5:30 PM | HOLY WEEK FOR CHILDREN

MAUNDY THURSDAY

Thursday, April 14

7 PM | LITURGY & FOOT WASHING

GOOD FRIDAY

Friday, April 15

12:10 PM | 7 PM

5 PM | STATIONS OF THE CROSS

HOLY SATURDAY

Saturday, April 16

2 PM | EASTER EGG HUNT

7 PM | THE GREAT VIGIL OF EASTER

EASTER DAY

Sunday, April 17

7:30 AM | 9 AM | 11:15 AM | 5:30 PM | 7:30 PM