

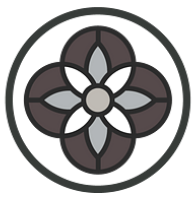


GUIDE TO LENT

SPRING 2023



St. John's
Episcopal Church



LENTEN GUIDE

ST. JOHN'S EPISCOPAL CHURCH | SPRING 2023

What is Lent?

Lent is the 40-day season of fasting and prayer leading to Easter. The word "Lent" comes from the Old English "lencten," referring to Spring and the "lengthening" of days that occurs at this time of year. Why 40 days? Because that's how long our Lord fasted and prayed in the wilderness after his baptism. During this season, our worship adopts a uniquely reflective and penitential tone. In place of our typically festive approach to worship, these changes allow us to experience a different side of the Christian life as we journey with Christ to the cross.

What is your role?

During Lent, we especially focus on communal prayer and worship. It begins on Ash Wednesday, the official start to the holy season of Lent and one of the two major fast days of the Church year. After we gather for the Imposition of Ashes, you are encouraged to make a personal commitment to give something up or take something on during Lent, adding a discipline to your life that will deepen your spirit.

SPIRITUAL DISCIPLINES

Spiritual disciplines are part of Christian life year round, and they can enhance our Lenten spiritual journey.

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

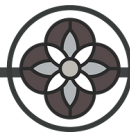
Giving up favorite foods, drinks, or bad habits is an alternative to fasting that forces you to be mindful of the hunger of others each time you crave that item or revert to a certain behavior.

ASH WEDNESDAY

7 AM | 12:10 PM | 6:30 PM



One of the two major fast days of the Church year. The Church rightly expects all practicing and able-bodied Christians to participate in the solemn Mass and Imposition of Ashes on this sacred day.



Spiritual Disciplines continued ...

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!

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 Fr. Lonnie about opportunities for personal confession.

PRACTICE YOGA

The practice of yoga is accessible to all ages and is a positive way to cultivate inner peace and tranquility. Classes are offered at St. John's all year long on Mondays at 5:30 PM.

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.

ATTEND A CLASS

St. John's offers a variety of Christian education all year long. Our "Bible Stories for Grownups" class with Fr. Lonnie explores a different story weekly at 6 PM on Wednesdays. We also have two Thursday groups (Men's Bible Study at 7 AM and The Good Book at 12 PM) that discuss weekly Scripture readings.

SEASONAL EVENTS

Lenten Prayer Partners

SIGN UP BY FEBRUARY 15

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

Breathing Under Water

SERIES BEGINS FEBRUARY 23

Join us to discuss Richard Rohr's spiritual study of the Twelve Steps and how they can be a straight line from our biggest struggle directly to God. Class meets on seven Thursday evenings throughout Lent and into May. Register online.

"The Art of Lent" Friday Book Study

WEEKLY | BEGINS FEBRUARY 24

Meets Fridays at 12 PM on Zoom. During Lent, our book will highlight a painting a day from Ash Wednesday to Easter. Explore the spiritual riches to be found in some of the world's most famous works of art! No registration required.

Prayer Beads Workshop

MARCH 4 | 10 AM-12 PM

Join us for a special workshop, offered by the Front Porch and led by parishioner Marcy Sanders. Participants will make their own set of Anglican Prayer Beads to use while praying during Lent. These beads, or rosaries, can help us think about, and be mindful of, praying and being in the presence of God. Register online.



Visit our church calendar (saint-john.org) for additional details on the weekly classes and special events highlighted in this guide:

HOLY WEEK



EASTER 2023

PALM SUNDAY

Sunday, April 2

8 AM | 10 AM

WEDNESDAY IN HOLY WEEK

Wednesday, April 5

12:10 PM | HEALING SERVICE

MAUNDY THURSDAY

Thursday, April 6

6:30 PM | LITURGY & FOOT WASHING

GOOD FRIDAY

Friday, April 7

12:10 PM | 6:30 PM

HOLY SATURDAY

Saturday, April 8

2 PM | EASTER EGG HUNT

6:30 PM | THE GREAT VIGIL OF EASTER

EASTER DAY

Sunday, April 9

8 AM | 10 AM | 12 PM

ST. JOHN'S EPISCOPAL CHURCH

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