

GUIDE TO LENT

29 J E S U S A N S W E R E D, " T H E F I R S T I S,

HEAR, O ISRAEL:
THE LORD OUR GOD,
THE LORD IS ONE;

30

YOU SHALL LOVE THE
LORD YOUR GOD WITH ALL
YOUR HEART, AND WITH
ALL YOUR SOUL, AND WITH
ALL YOUR MIND, AND
WITH ALL YOUR STRENGTH.

31 T H E S E C O N D I S T H I S,

"YOU SHALL LOVE YOUR
NEIGHBOR AS YOURSELF."
THERE IS NO OTHER COMMAND-
MENT GREATER THAN THESE."



St. John's
Episcopal Church

SPRING 2024

Join us on a Lenten Pilgrimage

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 tone.



Spiritual Pilgrimage: a journey from the known to the unknown, to search for something life-giving. Ancient Celtic saints called it 'wandering for the love of God.'

This Lent, we invite you to make a pilgrimage of penitence, reflection, silence, and stillness. Lent is a 40 day journey that cannot be rushed. Take your time. Pray with intention. Set your own pace. Pause often. Recognize where Lent is leading you.

The destination is the same for us all: Christ's glorious resurrection. This season is led by Christ's deep and abiding love for us. We hope during this time you will rediscover the great love that is Jesus Christ. Our pilgrimage will ring with joy when we come together to celebrate at the Great Vigil of Easter.

Waymarkers for a Lenten Pilgrimage



Waymarker: a sign or marker of a practice that provides directional information. Typically placed along a trail to help hikers stay on the correct path.

Worship

Our Sunday liturgy changes during Lent. The service on February 18 begins with The Great Litany (BCP 148).

The Great Litany is a prayer sung on only the first Sunday in Lent. We will all sing together as the choir and altar party process. The repeated phrases give us the freedom to hear the priest's many petitions.

For the following four Sundays, our services begin with reciting the Ten Commandments (The Decalogue) and praying the Confession. This practice at the beginning of our worship shows both our intentional return to God and our faithful penitence.

Pray

Lent is a season to devote yourself to prayer. Whether it is following the Daily Office in the Book of Common Prayer, praying for your Lenten Prayer Partner, or simply sitting in reverent silence, set aside time every day this season to pray. Try a different place to pray than usual, like Eve's Garden or other spaces around the church. If you find yourself struggling for the words, we have some possibilities for you in this guide.

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. – The Book of Common Prayer, p. 232

Reconcile

This is a season to stop for self-examination and introspection. It is a time to nourish the yearning to come closer to God. This practice can lead to a need for penitence.

The Episcopal Church offers the sacramental rite called Reconciliation of a Penitent, the practice of 1:1 personal confession with a priest. You can read about this in the Book of Common Prayer, p. 861. If you feel the need for personal confession, please consult with our clergy.

*God, of your goodness
give me yourself, for
you are sufficient for
me. I cannot properly
ask anything less, to be
worthy of you. If I were
to ask less, I should
always be in want. And
you alone do I have all.
-Julian of Norwich*

Make Space

The tradition of self-denial during Lent is a way to say "no" to what we want and say "yes" to the will of God. The purpose of this self-denial isn't misery for misery's sake. It's for the sake of clearing space for prayer and making our hearts more in tune to the suffering of Christ. People often give up favorite foods, drinks, or bad habits. When you give something up on your Lenten pilgrimage, with what do you fill that space?

Engage

As we clear our hearts and minds of focusing on ourselves and grow closer to God, we remember those in our community who are in need. Consider giving of yourself to a local non-profit or helping in a new area at St. John's. Be the hands and feet of Christ for others.

Fast

Fasting is a spiritual discipline that many have practiced throughout the millennia. "Fasting was part and parcel of a communal call on God to act when the odds seemed overwhelming. Fasting was not merely a rite used to ask for forgiveness but a plea to God to help those who couldn't help themselves." The Rev. Canon Dana Colley Corsello

If you have health issues, please consult a doctor before fasting.

*Lord of the silences -
speak to me:
in the blowing wind;
in the rustling of the grass;
in the sound of the sea;
in the beating of my heart;
In the stirring of my spirit -
speak, Lord.
I am listening.
-Pat Bennett,
In the Hermit's Cell*

Lenten Guest Speaker

St. John's will have the benefit of special guest speaker Tim Ternes on Feb. 28-29. Tim is a gifted tour guide. His intimate knowledge and enthusiasm for the Bible is both amazing and inspiring. As the Director of The Saint John's Bible, he travels extensively throughout the year (over 150,000 air miles annually!). Come and let him open your mind and see the Bible with fresh eyes.

LENT 2024



EVENTS

Choral Evensong

February 25 | Sunday | 5:30 PM

This service of Evening Prayer includes sung settings of scripture, prayers, and poems – one written in 1631, and one written in 2021. All are welcome at this timeless and introspective service of worship.

Friday Book Study

Every Friday, starting Feb. 16 | 12 PM on Zoom

Book study featuring Get Over Yourself; God's Here!: A Forty-Day Journey of Repentance by Kate Moorehead.

A Lenten Morning Retreat

February 28 | Wednesday | 9 AM - 12 PM

Join us for a special Lenten mini-retreat entitled: "For She is a Reflection of Eternal Light: Women and Wisdom in The Saint John's Bible," led by Tim Ternes. We will travel through the Wisdom books and reflect upon women in the Bible.

Evensong & Dinner for All Ages

February 28 | Wednesday | 5:30 PM

*Led by the St. John's Choir School, Fr. Lonnie, Mtr. Leslie, and Tim Ternes, this Choral Evensong for children and families will celebrate the feast day of Anna Julia Haywood Cooper, a writer, teacher, and activist. We will focus on the love of learning and how that leads us all to God's wisdom.
All are welcome to stay for supper!*

John's Prologue - Bible Study

February 29 | Thursday | 7 AM

Hosted by the Men's Bible Study, all are welcome to examine John's prologue with guest speaker, Tim Ternes.

An Evening of Word & Image: God's Love Story for Humanity

February 29 | Thursday | 5:30 - 7:30 PM | Adult beverages served

Following a light reception, special guest speaker Tim Ternes will lead us through Visio Divina (a "sacred seeing") of The Saint John's Bible as we consider the Bible as God's never-ending love story for all of humanity.

A Lenten Evening of Sound & Stillness

March 22 | Friday | 6:00 - 8:30 PM

Toward the end of your Lenten pilgrimage, The Front Porch invites you to an evening of sound and stillness with a sound bath. Enjoy an oasis of communal peace and quiet as we approach Holy Week.

ONGOING SERVICES AND GATHERINGS

Sung Compline | Sunday | 7:30 PM

Centering Prayer | Monday | 7 PM

Healing Service | Wednesday | 12:10 PM

Contemplative Lunches | every other Thursday | 12:30 PM

ST. JOHN'S EPISCOPAL CHURCH

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