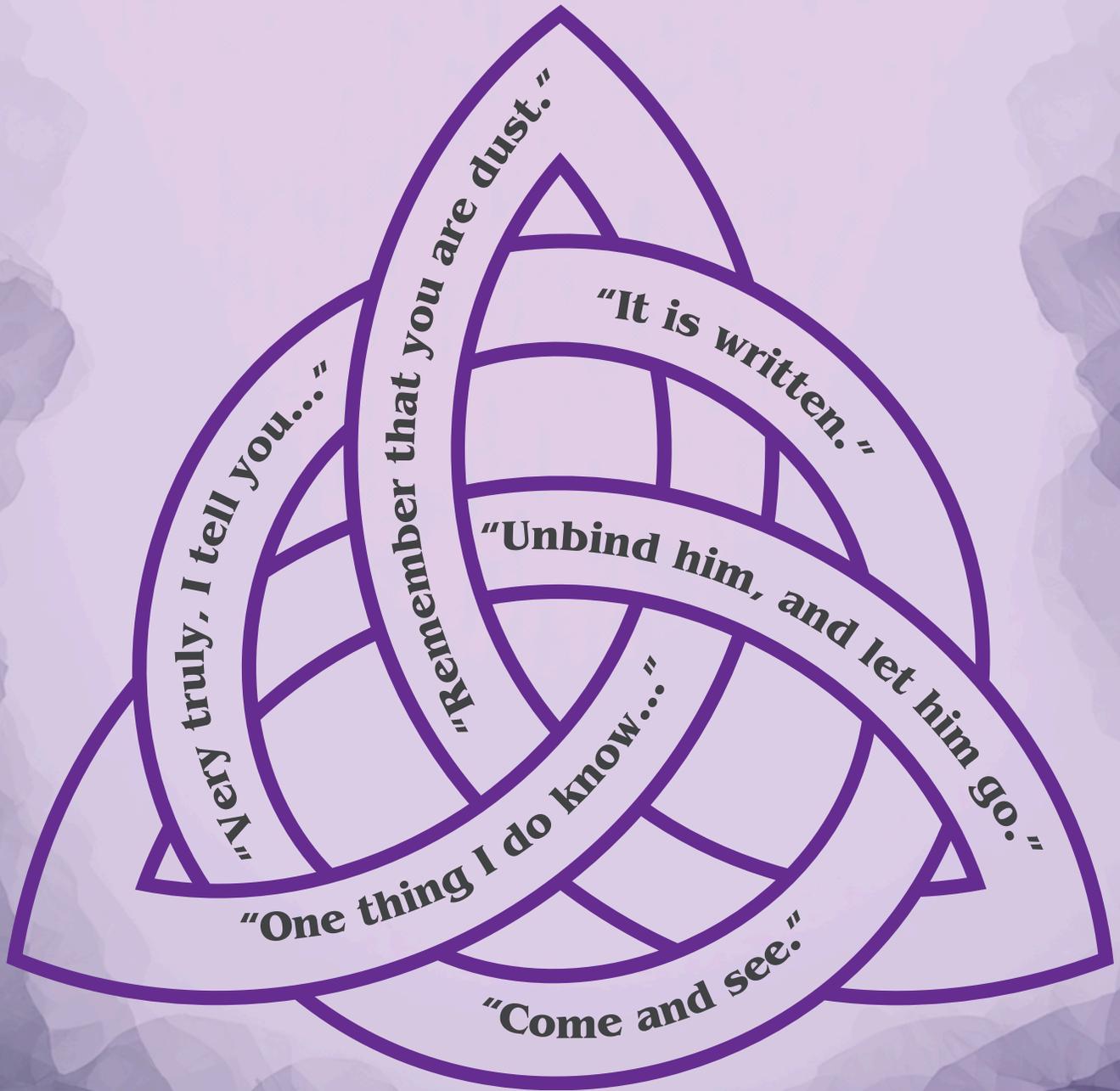


"And So We Say It Again"

A LENTEN GUIDE 2026



A Letter from the Rector: Returning to What Forms Us

Dear Friends,

Lent comes to us every year, and every year we hear many of the same words again: *remember, repent, return, pray*. It can be tempting to wonder whether repetition dulls their meaning. But the Church has always trusted the opposite to be true.

From the beginning, God has known that human beings are shaped by what we remember and repeat. So God gives words to be written on hands and doorposts, taught to children, spoken when we rise and when we lie down. Jesus himself prays with inherited words, teaches in refrains, and leaves us not with an idea but with an action: *Do this in remembrance of me*.

This Lent, our theme is **“And so we say it again.”** Together, we will lean into the steady, grounding wisdom of shared words—Scripture, prayer, and litany—spoken not once, but again and again. Not because nothing has changed, but because we are always being changed.

In a world where other voices repeat themselves endlessly—headlines, algorithms, outrage cycles—the Church offers a different kind of repetition: words that do not manipulate, flatter, or exhaust us, but slowly form us in truth, humility, and hope.

This guide is not meant to add more to your life, but to deepen what is already here. May these familiar words, practices, and gatherings shape us gently and faithfully as we walk the road to the cross—and beyond it, to resurrection.

Grace and peace,

Fr. Lonnie
Fr. Lonnie

Why Repetition Works

Repetition is not about saying the same thing because we have nothing new to add. It works because human beings are formed over time by what we hear and say most often.

- Repetition moves words from our heads into our hearts.
- Repetition creates shared language, so we are formed together, not alone.
- Repetition trains our instincts, shaping how we respond before we have time to think.
- Repetition gives us trustworthy words when our own fail.

Worship Services During Lent

Why Worship Looks Different in Lent

During Lent, our worship intentionally changes—not to be gloomy, but to tell the truth. Lent invites us not just to pray different words, but to hear familiar ones more carefully.

You will notice:

- **Purple** as the liturgical color, symbolizing penitence
- The absence of Alleluia until Easter
- The Decalogue and Confession of Sin at the start of worship
- The Kyrie eleison in place of the Gloria
- The use of the Great Litany on the First Sunday of Lent
- A Taizé-style prayer at the beginning of the 11:15 a.m. services

These repeated elements teach us how to pray honestly in every season of life.

Shrove Tuesday & Ash Wednesday

Shrove Tuesday: A Celebration!

Shrove Tuesday Celebration | Tuesday, February 17 | 6:00 PM

Before we enter the season of restraint, we gather for joy. Traditionally, Shrove Tuesday was a time to use up rich foods before the Lenten fast—and to gather as a community before turning toward the wilderness together. Join us for music, fellowship, and pancakes!



Ash Wednesday: The Beginning We Return To

**Ash Wednesday Services | Wednesday, February 18
7:00 PM, 12:10 PM & 6:30 PM***



Ash Wednesday marks the beginning of Lent and stands as one of the Church's most honest holy days. We come forward to hear words we have heard before and will hear again:

"Remember that you are dust, and to dust you shall return."

These words are not meant to shame or frighten us. They tell the truth about our lives and place that truth firmly within God's mercy.

**6:30 PM service will be livestreamed and have incense.*

Special Lenten Services & Events



Vessels of Faith: Crafting a Lenten Communion Set **Sunday, February 15 | 10:15 AM | Carter Chapel**

Parishioner James Kummer shares the story behind the handcrafted wooden Communion set created for Lent. Made from meaningful woods connected to family, faith, and St. John's itself, these sacred vessels reflect a Trinitarian theme and invite reflection as we prepare for the Lenten season.

Lent I Worship Service

Sunday, February 22 | 7:45, 9, & 11:15 AM | Church

On Lent 1 at St. John's, we will begin this holy season together by praying the Great Litany—an ancient and beautiful prayer of the Church that invites us to come before God just as we are. The Great Litany gives voice to that shared journey as we walk with Jesus through repentance, trust, and hope. At the 9 a.m. and 11:15 a.m. services, our choir will process through the church, weaving among the congregation as we all pray the Great Litany together.



Morning Prayer in Carter Chapel

Tuesdays during Lent | Starting February 24
7:10 AM | Carter Chapel

Begin your day in prayer in the quiet beauty of Carter Chapel. Join St. John's lay leaders as we gather for the Daily Office, grounding ourselves in scripture, silence, and shared prayer. All are welcome.



Lenten Service of Comfort & Healing:

Feast of the Annunciation

Wednesday, March 25 | 12:10 PM | Carter Chapel

This midday service will offer a sacred space for those carrying grief, anxiety, or burdens during Lent. We will observe the Feast of the Annunciation, when Gabriel told Mary she would bear the Christ child, reminding us that even as we journey toward the cross, God's promise of new life is already unfolding. In Lent's solemnity, the Annunciation will shine with unexpected joy, calling us to hold onto hope.



Special Lenten Services & Events

Lenten Quiet Day

sponsored by the St. John Chapter of the Daughters of the King
Saturday, March 14, 9 AM - 12 PM | St. John's Campus



Step away from the noise of everyday life this Lent and join us for a **Lenten Quiet Day**—a gentle morning set apart for rest, reflection, and renewal.

Come for as long as you're able and shape the morning in the way that best meets your spirit. Offerings include an **Anglican Prayer Beads workshop**, a **reading room**, **quiet prayer in the gardens** (weather permitting), and **silent prayer in Carter Chapel**. We will close the morning with an **Instructed Holy Eucharist led by Fr. Lonnie Lacy**.

Whether you stay for the whole morning or just a few quiet moments, all are welcome.

A full schedule will be shared soon. If you would like to attend the Anglican Prayer Beads workshop, please register online.

SCAN OR VISIT FOR MORE INFO:
saint-john.org/lentenquietday26



A Model Passover Seder with Rabbi Paul Sidlofsky **Thursday, March 26, 5:45 - 8:30 PM | Alfriend Hall**

Join us at St. John's for a special and meaningful evening as Rabbi Paul Sidlofsky of Temple Israel leads us through a model **Passover Seder**—a ceremonial meal designed to teach and invite participation, even though Passover itself has not yet begun.

This is not a typical dinner, but a carefully structured and prayerful meal with timed and symbolic moments that unfold at a gentle, intentional pace. The evening lasts approximately two and a half hours and moves step-by-step through the Seder ceremony, the shared meal, and a concluding blessing.

This interactive evening offers a unique opportunity to learn the story of the Israelites and to explore traditions that would have been familiar to Jesus and his disciples. The meal will be simple, the experience will be participatory, and all ages are welcome (wine will be served). Come ready to listen, learn, and linger, this is a sacred meal meant to be experienced, not rushed.

Register online. Cost: \$20/ADULTS, \$10/CHILDREN

SCAN OR VISIT FOR MORE INFO:
saint-john.org/model seder2026



The Great Litany & The Gospels

The Great Litany: Saying the Truth Together

The First Sunday in Lent opens with the Great Litany—one of the Church’s oldest prayers, first composed by Archbishop Thomas Cranmer in 1544, even before the first Book of Common Prayer.



For centuries, God’s people have returned to this prayer to name sin, fear, and need with honesty—and to do so together.

Especially fitting for Lent, the Great Litany is shaped by gentle, persistent repetition, returning again and again to the simple plea, “Good Lord, deliver us.” In keeping with our Lenten Guide theme, this repeated prayer invites us to come just as we are, trusting that Christ meets us in our weakness and walks with us, step by step, through this season of renewal.

In a world shaped by fear and distorted narratives, the Great Litany teaches us to tell the truth without panic or despair. Its steady repetition reminds us that we do not face what is broken alone.

This Lent, a specially recorded version of the Great Litany (BCP p.148) is available to pray beyond Sunday morning—at home, on a walk, or when your own words feel insufficient. Scan the QR Code below or find the recording wherever you get your podcasts.

SCAN OR VISIT FOR MORE INFO:
saint-john.org/thegreatlitany



“Wait for the Lord, whose day is near...”

During Lent, our 11:15 a.m. worship service at St. John’s begins with a time of Taizé prayer. Rooted in a simple, ecumenical tradition from a monastic community in France, Taizé prayer invites us into quiet through gentle, repeated chant, candlelight, and moments of silence. We begin with a Taizé-style song and allow it to unfold slowly and unhurriedly, creating space for stillness, reflection, and listening for God’s “still, small voice” as we enter worship together.

The repeated words and melodies are an intentional part of this prayerful beginning. As we sing the same simple phrases again and again, the words are given time to linger in our hearts and minds, shaping our prayer and helping us stay with the rhythm of Lent—slowing down, letting go, and allowing God’s presence to meet us gently in the quiet.

The Great Litany & The Gospels

Words We Say Again: The Lenten Gospel Journey

Each Sunday in Lent centers on words Jesus speaks—words we are invited to dwell with, to be spoken, remembered, and trusted across a week, allowing Scripture itself to work slowly on the heart and imagination.

▷ **First Sunday in Lent — Luke 4:1-13: “It is written.”**

Jesus meets temptation not with novelty, but with Scripture deeply known and trusted.

▷ **Second Sunday in Lent — John 3:1-21: “Very truly, I tell you...”**

Words that slow us down and invite us to listen carefully for truth.

▷ **Third Sunday in Lent — John 1:35-42: “Come and see.”**

An invitation repeated, not argued—trust built through presence.

▷ **Fourth Sunday in Lent — John 9:1-41: “One thing I do know...”**

Testimony rooted not in certainty, but in lived encounter.

▷ **Fifth Sunday in Lent — John 11:1-45: “Unbind him, and let him go.”**

Words of release, spoken into places long bound.

▷ **Passion Sunday and Holy Week: “What is truth?”**

A haunting question that follows us to the cross.



Lenten Practices: Saying it Again with Our Lives

Learning to Notice What We Repeat

Much of Lent's work happens when we begin to notice the words we hear and say again and again. Just as students learn best not by endless rereading but by active engagement, Christians are formed by paying attention to repetition in Scripture and worship. Try one or more of these simple practices:

➤ Teach It Simply

Choose a repeated phrase from worship or Scripture—such as *“Lord, have mercy”* or *“It is written.”* Explain what it means in a sentence or two, as if teaching a child. Where words falter, return to the prayer or text and listen again.

➤ What Stays With You

After worship or prayer, close your book and recall what you remember without checking. Which words surface first? These are often the words already shaping your heart.

➤ Notice the Refrain

Listen for repeated responses—*“And also with you,” “Thanks be to God,” “Amen.”* Ask what these words train you to say about God, yourself, and the world.

➤ One Phrase for the Week

Carry a single phrase with you through the week. Say it while walking, working, or waiting, letting it interrupt other voices competing for your attention.

These practices are not about mastery. They help us recognize how repetition forms us—slowly, patiently, and together—into people who can tell the truth and trust it.

The Great Litany: Practicing Honest Repetition

The Great Litany is a powerful place to practice noticing repetition. As the prayers name danger, sin, suffering, and fear, the repeated response—*“Good Lord, deliver us”*—does quiet but steady work.

Try this during the First Sunday in Lent:

- Notice what phrases make you uncomfortable or attentive.
- Listen for what is named again and again—and what is not.
- Pay attention to how repeating the response together changes how fear is held.

Lenten Practices: Saying it Again with Our Lives

Lenten Practices: Creating Space and Steady Formation

Lent has always been shaped by three practices: fasting, prayer, and almsgiving. These are not spiritual achievements, but steady rhythms that make room for God.

Giving Something Up: Creating Space

Giving something up for Lent is an act of intentional restraint—not to prove discipline, but to notice what shapes us and what we rely on.

You might consider:

- Giving up dining out and donating the savings to hunger ministries
- Giving up streaming or social media to reclaim time for prayer or conversation
- Giving up sleeping in occasionally to offer time in service to others

Whatever you choose, let it create space to say again the words that matter most.

Taking Something On: Steady Formation

Instead of—or alongside—fasting, consider taking on a simple, repeatable practice:

- Attending weekday Morning Prayer, Wednesday Eucharist, or Sunday Sung Compline
- Praying Morning or Evening Prayer regularly
- Keeping a brief gratitude or prayer journal

The goal is not intensity, but steadiness.

Reconciliation and Confession

Lent invites honest self-examination. For some, this leads to the sacramental rite of Reconciliation of a Penitent (Book of Common Prayer, p. 861). This private, pastoral conversation with a priest is held in complete confidentiality. If you feel drawn to this practice, please speak with a member of the clergy.

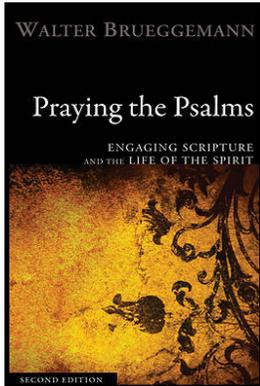
Prayer and Daily Devotion

Prayer is the heart of Lent. Whether through the Daily Office, silence, spoken prayer, or shared worship, Lent calls us to return again and again to God. We list several resources for you in this guide, but know you are always welcome to visit the church, Carter Chapel, or Eve's Garden.

Lenten Resources

Books to Accompany You This Lent

These are offered not as required reading, but as companion resources that help you notice what is shaping you as you return again and again to prayer, Scripture, and the shared life of the Church. Each approaches our Lenten theme from a different angle, but all attend to the same truth: we are formed by the words we return to.

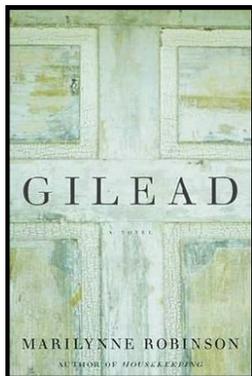


Praying the Psalms: Engaging Scripture and the Life of the Spirit by Walter Brueggemann

Genre: Scripture / Theology / Prayer

What it offers: A guide to entering the Psalms as a shared language of prayer—words of praise, lament, protest, and trust that Christians have returned to for centuries. Brueggemann shows how praying these ancient words forms honesty before God and reshapes the inner life over time.

Who this might be for: Anyone wanting a deeper, truer prayer life, especially those drawn to Scripture and the Daily Office.

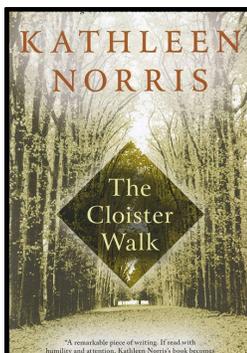


Gilead by Marilynne Robinson

Genre: Novel / Narrative Theology

What it offers: A quiet, luminous novel told as a pastoral letter from a preacher to his son. Through memory, blessing, Scripture, and repeated acts of grace, Gilead shows how a life is slowly formed. This book does its work through story rather than instruction.

Who this might be for: Readers who don't think of themselves as "devotional" people, or anyone who prefers story to spiritual manuals.



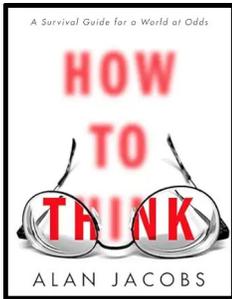
The Cloister Walk by Kathleen Norris

Genre: Spiritual Memoir / Monastic Life

What it offers: A poet's honest encounter with monastic prayer and liturgical rhythm. Norris explores how repeated psalms, shared prayer, and ancient practices quietly retrain attention and imagination in a noisy world. Accessible, thoughtful, and unsentimental.

Who this might be for: Those curious about contemplative prayer, liturgy, or why returning to the same words can be life-giving rather than dull.

Lenten Resources

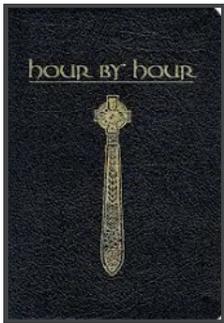


How to Think by Alan Jacobs

Genre: Cultural Criticism / Spiritual Formation

What it offers: A wise, humane reflection on how constant commentary, outrage, and speed shape the way we think and react. Jacobs calls readers back to patience, attentiveness, and humility—habits essential for prayer, discernment, and faithful living.

Who this might be for: Anyone feeling overwhelmed by news, social media, or competing voices, and longing for a quieter, truer way of engaging the world.



Hour by Hour by Forward Movement

Genre: Spiritual Formation / Prayer Book

What it offers: Pray without ceasing with this compact edition of the Daily Office complete with prayers and psalms for one week. This book is excerpted from The Book of Common Prayer and will enable anyone to say the hours every day: Morning Prayer, Noonday Prayer, Evening Prayer, and Compline.

Who this might be for: Anyone looking to pray consistently and with intention throughout the day and week. This book offers a simple way to navigate the Book of Common Prayer.

Daily Devotions

The Daily Office, *Book of Common Prayer*

Begin or end the day with Morning or Evening Prayer, found in the *Book of Common Prayer*.

Episcopal Relief & Development: 2026 Lenten Meditations

Written by Sister Monica Clare, an Episcopal nun, author and unlikely TikTok star, our 2026 meditations offer an invitation to rediscover—or deepen—holy habits of prayer, worship and engagement with Scripture.

episcopalrelief.org

LENTEN EVENTS

Vessels of Faith: Crafting a Lenten Communion Set

Sunday, February 15 | 10:15 AM | Carter Chapel

Learn the story behind the handcrafted wooden Communion set created for Lent.

Ash Wednesday: The Beginning We Return To

Wednesday, February 18 | 7:00 PM, 12:10 PM & 6:30 PM*

Ash Wednesday marks the beginning of Lent: *“Remember that you are dust, and to dust you shall return.”* *6:30 PM service will be livestreamed and have incense.

Friday Book Study

Fridays during Lent | Starting February 20 | 12 PM on Zoom

Book study featuring “Psalms, The Prayer Book of the Bible,” by Dietrich Bonhoeffer.

Lent I Worship Service

Sunday, February 22 | 7:45, 9, & 11:15 AM | Church

On the First Sunday in Lent at St. John’s, we will begin the season by praying the Great Litany together, with the choir processing among the congregation at the 9 a.m. and 11:15 a.m. services.

Morning Prayer in Carter Chapel

Tuesdays during Lent | Starting February 24 | 7:10 AM | Carter Chapel

Join St. John’s lay leaders as we gather and pray the Daily Office.

Lenten Quiet Day

Saturday, March 14, 9 AM - 12 PM | St. John’s Campus

Step away from the noise of everyday life for a gentle Lenten Quiet Day of rest, reflection, and renewal, complete with an Anglican Prayer Beads Workshop, contemplative prayer, and an Instructed Holy Eucharist led by Fr. Lonnie Lacy. This event is sponsored by the St. John Chapter of the Daughters of the King. *REGISTER ONLINE.*

Lenten Service of Comfort & Healing: Feast of the Annunciation

Wednesday, March 25 | 12:10 PM | Carter Chapel

Lent can be a heavy season, but even in sorrow, light breaks through. This special 12:10 p.m. Wednesday Comfort & Healing Service, tied to the Feast of the Annunciation, invites us to bring our burdens before God in prayer, music, and anointing.

A Model Passover Seder with Rabbi Paul Sidlofsky

Thursday, March 26, 5:45 - 8:30 PM | Alfriend Hall

Join us at St. John’s for a two-and-a-half-hour, guided model Passover Seder led by Rabbi Paul Sidlofsky—a participatory, prayerful, and gently paced ceremonial meal that invites all ages to learn, listen, and linger with traditions familiar to Jesus and his disciples (cost: \$20 adults, \$10 children). *REGISTER ONLINE.*

