

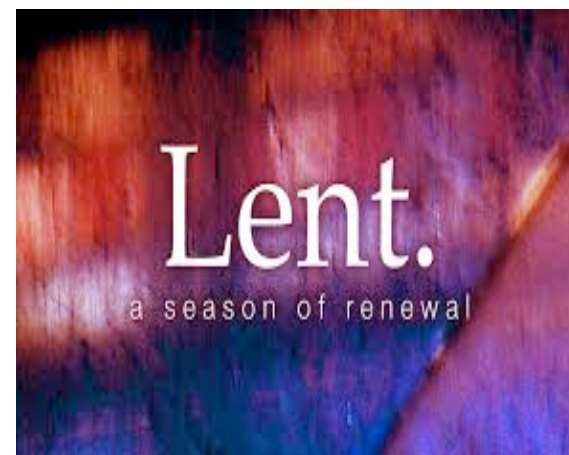
LENT

Originating in the fourth century of the church, the season of **Lent** spans 40 weekdays beginning on Ash Wednesday and climaxing during Holy Week with Holy Thursday (Maundy Thursday), Good Friday, and concluding Saturday before Easter. Originally, Lent was the time of preparation for those who were to be baptized, a time of concentrated study and prayer before their baptism at the Easter Vigil, the celebration of the Resurrection of the Lord early on Easter Sunday. But since these new members were to be received into a living community of Faith, the entire community was called to preparation. Also, this was the time when those who had been separated from the Church would prepare to rejoin the community.

Today, Lent is marked by a time of prayer and preparation to celebrate Easter. Since Sundays celebrate the resurrection of Jesus, the six Sundays that occur during Lent are not counted as part of the 40 days of Lent, and are referred to as the Sundays **in** Lent. The number 40 is connected with many biblical events, but especially with the forty days Jesus spent in the wilderness preparing for His ministry by facing the temptations that could lead him to abandon his mission and calling. Christians today use this period of time for introspection, self examination, and repentance. This season of the year is equal only to the Season of Advent in importance in the Christian year, and is part of the second major grouping of Christian festivals and sacred time that includes Holy Week, Easter, and Pentecost.

Lent has traditionally been marked by penitential prayer, fasting, and almsgiving. Some churches today still observe a rigid schedule of fasting on certain days during Lent, especially the giving up of meat, alcohol, sweets, and other types of food. Other traditions do not place as great an emphasis on fasting, but focus on charitable deeds, especially helping those in physical need with food and clothing, or simply the giving of money to charities. Most Christian churches that observe Lent at all focus on it as a time of prayer, especially penance, repenting for failures and sin as a way to focus on the need for God's grace. It is really a preparation to celebrate God's marvelous redemption at Easter, and the resurrected life that we live, and hope for, as Christians.

2016



“The Father removes every branch in me that bears no fruit. Every branch that bears fruit, He prunes to make it bear more fruit,” (Jn. 15:2).

Ash Wednesday Worship (February 10):

Holy Eucharist with Imposition of Ashes at:

7:00 am (spoken)

4:00 pm – especially suitable for families; with music & choir

7:30 pm (spoken)

Additional Lenten Liturgies:

Evening Prayer 6:00pm: Monday - Saturday

Holy Eucharist with Healing: Wednesdays, 12:00 pm

Saturday, February 13th, and Saturday, March 12th, 5:00 p.m.: Holy Eucharist and the Blessing of Pets

Guest Preachers

Please plan to join us for worship on Sundays in Lent. Our preachers will be: Brenda Milouchev, Jeff Roy, Josh Costell, Bob McGill, Ophelia

Adult Education:

“Great World Religions: Islam”;

Fridays 9 am and Sundays, 11:30 am

Recommended Reading: (found in the Narthex) \$10

[Pauses for Lent](#) by Trevor Hudson

Solemn Communion Classes: begins with Parent Information Meeting in the Church following the 10am service on Sunday, February 14th

Lenten Food Drive February 10th – March 24th

As we have done in the past, St. George's will hold a non-perishable food drive during the season of Lent. Red Chuck Wagons are located in the Narthex and in Ralph Hall for the deposit of your generous donations of food.

40 ideas for keeping a Holy Lent

Day 1: Pray for your enemies

Day 2: Walk, carpool, bike or bus it.

Day 3: Don't turn on the car radio

Day 4: Give \$20 to a non-profit of your choosing

Day 5: Take 5 minutes of silence at noon

Day 6: Look out the window until you find something of beauty you had not noticed before

Day 7: Give 5 items of clothing to Goodwill

Day 8: No complaining day

Day 9: Do someone else's chore

Day 10: Buy a few \$5 fast food gift cards to give to homeless people you encounter

Day 11: Call an old friend

Day 12: Pray the Paper (pray for people and situations in today's news)

Day 13: Read Psalm 139 <http://bible.oremus.org>

Day 14: Pay a few sincere compliments

Day 15: Bring your own mug

Day 16: Educate yourself about human trafficking
www.praxus.org

Day 17: Forgive someone

Day 18: Internet diet

Day 19: Change one light in your house to a compact florescent

Day 20: Check out evening prayer at St. George's

Day 21: Ask for help

Day 22: Tell someone what you are grateful for

Day 23: Introduce yourself to a neighbor

Day 24: Read Psalm 121 <http://bible.oremus.org>

Day 25: Bake a cake

Day 26: No shopping day

Day 27: Light a virtual candle
http://rejesus.co.uk/spirituality/post_prayer/

Day 28: Light an actual candle

Day 29: Write a thank you note to your favorite teacher

Day 30: Invest in canvas shopping bags

Day 31: Use Freecycle www.freecycle.org

Day 32: Donate art supplies to your local elementary school

Day 33: Read John 8:1-11 <http://bible.oremus.org>

Day 34: Worship at a friend's mosque, synagogue or church and look for the beauty

Day 35: Confess a secret

Day 36: No sugar day – where else is there sweetness in your life?

Day 37: Give \$20 to a local non-profit

Day 38: Educate yourself about a saint www.catholic.org/saints

Day 39: Pray for peace

Day 40: Pray for your enemies (you probably have new ones by now) then decide which of these exercises you'll keep for good