

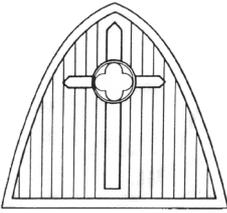
LENT



AT ST. MARY'S

SELF EXAMINATION. DISCERNMENT. SPIRITUAL RENEWAL.

CONSIDER THE WAYS YOU CAN MAKE THIS SEASON OF LENT HOLY...



# SEEKING A HOLY LENT

ST. MARY'S EPISCOPAL CHURCH

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2017 LENTEN OFFERINGS

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Lent is a time that invites us to return to the presence of God, who never stops seeking our presence, and to prepare for the mystery and celebration of Jesus' death and resurrection at Easter. All of us are invited to the observance of a holy Lent, in the words of the Book of Common Prayer, "by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word." We hope that your observance of a holy Lent will include time at St. Mary's in our services, classes, fellowship, and other offerings, or simply in prayer and contemplation in this beautiful place.

## HOW CAN YOU MAKE THIS A HOLY LENT?

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IF YOU'RE WANTING TO GROW IN YOUR PRAYER LIFE...

- ❖ Come to our **Noonday Prayer service at 12 p.m. every Wednesday** and **Evening Prayer at 5:30 p.m. every Wednesday in March** in Little St. Mary's.
- ❖ Consider implementing new spiritual disciplines in your daily life to increase your awareness of God's presence.

Men of all ages are invited to join Bob Hetherington on **Tuesday mornings at 7:30 a.m. in the Old Parish Hall for five weeks beginning March 7**. This Lenten discipline is a one-hour time of silence, reflection, sharing and prayer that focuses on the Gospel reading for the following Sunday.

Parishioner Brantley Holmes invites women of all ages to a **weekly Bible Study on Thursdays at 7:15 p.m. in the Library**. The Bible: What is it, how was it given to us, and how should we read it? They'll explore how to read the Bible as part of everyday life and listen to what God is saying.



The **Lectionary Bible Study** continues to meet in the Library on **Wednesdays at 10 a.m.** Led by parishioner Frank Eakin, each Bible study session focuses on the Lectionary readings assigned for the succeeding Sunday.

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IF YOU'RE LOOKING TO GO DEEPER ON SUNDAY MORNINGS...

- ❖ **Celebrate having Eucharist every Sunday at 11 a.m.** Holy Eucharist during Lent is a time of feasting, a much-needed break in the midst of the forty days of fasting. Sundays are a time when we come together as the Body of Christ to rejoice in God's goodness and prepare to go out into the world and serve.
  - ❖ **Say the Nicene Creed with "we" gladly.** The Nicene Creed may be said in the first person singular or first person plural in Holy Eucharist: Rite One. During Lent, we emphasize how we collectively stand together and affirm our faith by using "we" at our 9 a.m. service.
  - ❖ **Repent and remember why you need God.** During Lent, the Book of Common Prayer encourages us to use the **Great Litany** and the **Penitential Order** to begin our Eucharistic services, where we recite special prayers and the **Ten Commandments** to help us reflect especially on God's mercy.
  - ❖ Join parishioner Tracy Harvey for **weekly discussion about whole hearted living this Lent.** Each Sunday in March at 10 a.m. in the Library, Tracy will lead a Lenten book study on *The Gifts of Imperfection* by the best-selling author Brené Brown.
  - ❖ **Deepen your understanding of the essentials of being Christian.** Each Sunday in New Parish Hall at 10:10 a.m. Weezie Blanchard, Andrew Moore, and Bob Hetherington invite parishioners to discuss and consider what it means to be Christian and how we live that in our daily lives.
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IF YOU'RE PRESSED FOR TIME DURING THE WORKWEEK...

- ❖ Make a special effort to join us for **Evening Prayer** on your way home from the office at **5:30 p.m. on Wednesdays** in Little St. Mary's.
- ❖ Sign up to receive our **Lenten devotions in your email inbox** at [bit.ly/1nCXYGt](https://bit.ly/1nCXYGt).



❖ Attend the **Community Lenten Series** weekdays during Lent at **St. Paul's Episcopal Church in Downtown Richmond** to hear great preaching and enjoy a delicious lunch.

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IF YOU'RE A KID...

❖ Find out about **Stations of the Cross at 5 p.m. on Wednesdays starting March 15** with an engaging Shadow Play opportunity. The children will present Stations of the Cross at 5 p.m. on Wednesday, April 5.

❖ Discover what Lent is all about on **Wednesdays at 6:15 p.m beginning March 15.**

❖ Pick up a **Lenten children's book or Lent in a Bag** on the table in the Café to guide you and your family through Lent at home.

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IF YOU'RE SEEKING REFRESHMENT...

❖ Come to Little St. Mary's any time between 8:30 a.m. and 4:30 p.m. on weekdays to enjoy a moment of silence or time for prayer. We're open!

❖ Enjoy the beautiful music St. Mary's Choir has to offer through a spiritually renewing **Choral Evensong on Sunday, March 19 at 5:30 p.m. in New St. Mary's.**

❖ Join your St. Mary's family for a **simple supper on Wednesdays beginning March 15.** Serving begins at 5:45 p.m., with a children and youth program following at 6:15 p.m. and a **speaker for adults at 6:30 p.m.** This year's speaker series focuses on Christian Community beginning right here at St. Mary's and then looking outward into the larger Metropolitan Richmond area, the Diocese, and the worldwide Anglican Communion.

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IF YOU'RE LOOKING TO BECOME MORE INVOLVED IN OUR COMMON LIFE...

❖ Consider participating in Fellowship, Outreach, Pastoral Care, or another area of St. Mary's that enriches our common life. Contact Ashley Cameron at [acameron@stmarysgoochland.org](mailto:acameron@stmarysgoochland.org) or Andrew Moore at [amoore@stmarysgoochland.org](mailto:amoore@stmarysgoochland.org).

