

LENT, A SEASON OF:

FASTING:

Counter-cultural at least, fasting is a spiritual tool that has many uses. By changing our eating habits through giving up on snacks, or late-night meals we not only learn to control our food instead of the reverse, we also learn the benefit of hunger: appreciation and gratitude. Fasting might be even more useful in contexts other than food. Perhaps we have gotten into a rut of saying mostly negative things to a family member, or of driving too aggressively, or watching too much TV. Fasting might take the form of giving up complaining in favor of positive feedback. Slowing down in order to let the anxiety of the world pass by, or a change in habit.

ALMSGIVING:

Traditionally one of the hallmarks of Lent has been practicing generosity. We used 'mite' boxes as children years ago as a way for our parents to help us learn to be aware of others. The coins we put into our boxes over 40 days added up slowly until our little gift was added to every other child's gift in the parish. Then that gift was added to all the other parishes and that gift to all of the other Diocesan totals. Then the United Thank Offering had significant funds for grants. Then some other people had food, clothing or shelter that we did not even know and they knew someone was paying attention. Find a way to give!

PRAYER:

Intercession, thanksgiving, praise, contrition, adoration and sighs too deep for words are only some of the ways to pray. "Be still and know that I am God." Take 5 minutes a day to sit quietly, turn off the music in the car or eat a meal in silence.

Are you ready?


ST. FRANCIS
EPISCOPAL CHURCH
3506 Lawndale Drive
Greensboro, NC 27408

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Permit No. 159
Greensboro, NC

2010

Lenten Offerings
at



"I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by the reading and meditating on God's holy Word" (BCP p.265).

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THE WEDNESDAY LENTEN SERIES

WORSHIP

ASH WEDNESDAY	February 17
7:00 a.m.	Holy Eucharist and Imposition of Ashes, at St. Francis
12 Noon	Holy Eucharist and Imposition of Ashes, at St. Francis
7:00 p.m.	Holy Eucharist and Imposition of Ashes, at Church of the Redeemer, 901 E. Friendly Ave

HOLY WEEK

PALM SUNDAY	March 28
8:00 a.m.	Holy Eucharist Rite I
10:30 a.m.	March in with Palms Holy Eucharist Rite II
MAUNDY THURSDAY	April 1
7:00 p.m.	Holy Eucharist with foot washing Stripping of the Altar
GOOD FRIDAY	April 2
12 Noon	Good Friday liturgy (no children's service or childcare)
8 p.m.	Stations of the Cross
EASTER SUNDAY	April 4
9:00 a.m.	Holy Eucharist with flowering of the cross
11:15 a.m.	Choral Festal Eucharist

IMAGES OF HOPE

In our lives, community, Diocese and around the world
6:00 p.m.

Potluck Supper - Please bring a dish to share.
6:30 – 7:30 p.m.
Adult program - Parish Hall
Children's program - Education Wing

Children up to 11 will be exploring various aspects of Hope.

February 24 - Haiti: Reid Joyner and Kathy Gregg
The Episcopal Relief and Development Fund

March 3 - A Theology of Hope, The Migrant Worker's Ministry in North Carolina: The Rev. Michael Moulden

March 10 - Hope in our community and personal lives: Ms. Donna Lee

March 17 - A Seder Meal led by Rabbi Eli Havivi

March 24 - "Letter's to God" a preview and discussion of a movie about a young boy's faith during his life with cancer. This true story has been made into a movie with the help of many, including our own Mike and Jean Twilley. The National release date is set for early April

Each session focuses on a different aspect of the ways we are able to connect with God's manifestation of Hope. We will hear about a personal/communal encounter with Hope in the way Donna Lee lives with cancer. We will hear the latest on the Episcopal Church's response to the people of Haiti. The Seder Meal will connect us to our historic and present need for God's gift of Hope. Make plans to spend your Wednesdays in Lent with your St. Francis family!

SUNDAY MORNING ADULT FORUM

9:15-10:15, PARISH HALL, SUNDAYS IN MARCH

THE FIRST PASSION OF JESUS

Led by Samuel Moss

Holy Week Explorations

LENT 1 February 21

✧ *Sunday: 'When they were approaching Jerusalem...'*

LENT 2 February 28

✧ *Monday: 'On the following day...'*

LENT 3 March 7

✧ *Tuesday: 'In the morning...'*

LENT 4 March 14

✧ *The Passover Seder and the Last Supper (a special Parish Hall Eucharist)*

LENT 5 March 21

✧ *The Journey Continues...*