

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?

2009

Lenten Offerings
at



ST. FRANCIS
EPISCOPAL CHURCH

"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).

3506 LAWDALE DRIVE N GREENSBORO, NC
27408
(336)288-4721 N WWW.STFRANCISGREENSBORO.ORG

WORSHIP

ASH WEDNESDAY February 25

- 7:30 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 April 5

- 8:00 a.m. Holy Eucharist Rite I
- 10:30 a.m. March in with Palms
Holy Eucharist Rite II

MAUNDY THURSDAY April 9

- 7:00 p.m. Holy Eucharist with foot washing
Stripping of the Altar
Children's Service: children go directly to Children's Chapel

GOOD FRIDAY April 10

- 12 Noon Good Friday liturgy
(no children's service or childcare)
- 8 p.m. Stations of the Cross,
a family event led by the EYC

EASTER SUNDAY April 12

- 9:00 a.m. Holy Eucharist with
flowering of the cross
- 11:15 a.m. Choral Festal Eucharist



3506 Lawndale Drive ✧ Greensboro, NC 27408
Phone (336)288-4721 ✧ Fax (336)288-4760

THE WEDNESDAY LENTEN SERIES

ONENESS WITH GOD'S CREATION

Schedule:

- March 4 Celebrating People
March 11 The Gift of Land
March 18 The Gift of Animals
March 25 Trees of the Holy Land
April 1 The Gift of Generosity

6:00 p.m.

Potluck Supper—Please bring a dish to share.

6:30 – 7:15 p.m.

Adult program, parish hall
Children's program, education wing

7:15 – 7:30 p.m.

Intergenerational Closing
Everyone gathers in the Parish Hall for closing service.

Children up to 11 will be examining their role as stewards of God's creation, exploring various aspects of relationship and responsibility with the created order.

Youth ages 12 through 20 will have parallel programming to the adult study, exploring the journey toward "Oneness with God's Creation."

Each session focuses on a different aspect of God's creation, so attending all sessions will greatly contribute to a fuller understanding of the richness of "Oneness with God's Creation." 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

MY COUNTRY, RIGHT OR WRONG VS. MY CHURCH, RIGHT OF WRONG

Led by The Rev. Roland Jones

"The struggle of conscience in those who are both national patriots and committed Christians"

March 1 –

National policies for armed conflict
vs. "Blessed are the Peacemakers"

✧ *The planned preventative strikes of 1954 and 2009 vs. The wisdom of Jesus*

March 8 –

National policies for the national economy
vs. "Blessed are the Poor"

✧ *The rise of the new Robber Barons vs. Social economic tragedy*

March 15 –

National policies for scientific research
vs. "Blessed are the merciful"

✧ *Government restrictions, Creationism vs. Stem cell research, Evolution and Creative Design*

March 22 –

The Culture of the Arrogant
vs. "Blessed are the meek"

✧ *"Greed is Good"*

March 29 –

The National Destiny
vs. The Historical Judgment of God

✧ *Cultural suicide*