

St. Peter's Episcopal Church
4250 N. Glebe Rd. Arlington, VA 22207
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Lent 2010

I long have been deeply moved by the wisdom of the desert fathers and mothers who began living in the deserts of Egypt in the third and fourth centuries of the church. The most famous of them was St. Anthony of Egypt (251?-356 AD). His biography, written by St. Athanasius, inspired thousands of young men and woman to flee the cities of the Byzantine world for the solitude of the desert. These spiritual warriors, as they saw themselves, had left everything for the sake of Jesus Christ. Now they had arrived in the desert to resist the world, the flesh, and the devil. Many were unprepared for this task and as a result sought out the advice of spiritual elders. This advice was soon collected and widely distributed in the ancient Christian world.

The teachings of the elders were not systematic but rather were a collection of answers to questions from those who came to them for spiritual advice and counsel. A good many of the requests directed to these men began with these simple words, "Speak to me a word that I may live." The answers the seekers received most often were not what they expected. Often they sent the seeker away to re-engage with the very question he or she had hoped the elder would solve.

One elder apparently was asked why it was so difficult to grow in the life of service and prayer to God. He answered: "The reason we do not get anywhere is that we do not know our limits, and we are not patient carrying on the work we have begun. But without any labor at all we want to gain possession of virtue." The last sentence is telling. The young seeker thought that his radical renunciation of the world should be enough to catapult him to virtue. The only way, however, that we gain virtue is by repeated effort.

Virtue in the ancient world was understood to be something gained by practice. We learn to love as we love, to be a giving person as we give, to be forgiving as we forgive and so forth. None of these virtues can be purchased off the shelf or given to us by God or anyone else. To learn to do these things we have to do them. And we most likely will not learn how to do them unless we fail over and over again. "The reason we do not get anywhere is that we do not know our limits, and we are not patient carrying on the work we have begun. But without any labor at all we want to gain possession of virtue."

This booklet provides many resources to help you in your growth in virtue and grace during this Lenten season. It takes discipline and effort to grow and mature. Lent is the season the church sets aside for particular devotion and dedication, not to burden us with one more thing to do, but as a time in which we can learn more about ourselves and our limits. May you have a blessed and holy Lent.

Faithfully yours,



The Rev. Dr. Craig A. Phillips,
Rector

This booklet provides many resources to assist you in your daily Lenten devotions and readings. May you be drawn closer to our Savior Jesus Christ in this Lenten season.

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LENTEN CALENDAR

FEBRUARY

- 17 ASH WEDNESDAY**
 7:30 AM – Holy Eucharist Rite II, with Imposition of Ashes
 6:00 PM – Holy Eucharist Rite II, with Imposition of Ashes
 7:30 PM – Holy Eucharist Rite II, with Imposition of Ashes
- 18 THURSDAY**
 10:15 AM – Lenten Program: The Seven Deadly Sins
- 19 FRIDAY**
 7:30 AM – Lenten Program: Henri Nouwen’s *The Return of the Prodigal Son*
- 21 SUNDAY – LENT I**
 8:00 AM – Holy Eucharist Rite I
 9:00 AM – Holy Eucharist Rite II, Family Service
 10:00 AM – Adult Forums: Option I: Benedictine Virtues, Part 1, led by The Rev. Dr. Craig A. Phillips;
 Option II: Shine Mont Summer Camps, led by Paris Ball, Diocese of Virginia
 11:00 AM – Holy Eucharist Rite II
 5:00 PM – Family Lenten Program
- 22 MONDAY**
 7:30 PM – Prayer Group
- 23 TUESDAY**
 6:30 PM – Region 3 Lenten Program: “The Physics of Prayer”
 St. George’s Episcopal Church, 915 N. Oakland St.
- 24 WEDNESDAY**
 6:30 PM – Handbell Choir Practice
 7:30 PM – Adult Choir Practice
 7:30 PM – Godzilla
- 25 THURSDAY**
 10:15 AM – Lenten Program: The Seven Deadly Sins
- 26 FRIDAY**
 7:30 AM – Lenten Program: Henri Nouwen’s *The Return of the Prodigal Son*
- 28 SUNDAY – LENT II**
 8:00 AM – Holy Eucharist Rite I
 9:00 AM – Holy Eucharist Rite II, Family Service
 10:00 AM – Adult Forums: Option I: Planning Team Report; Option II: Julian of Norwich, led by
 Margaret Cohea and Catharine Gibson
 11:00 AM – Holy Eucharist Rite II
 5:00 PM – Family Lenten Program

MARCH

- 2 TUESDAY**
 6:30 PM – Region 3 Lenten Program: “The Power of Love”
 St. Michael’s Episcopal Church, 1132 N. Ivanhoe St.
- 3 WEDNESDAY**
 6:30 PM – Handbell Choir Practice
 7:30 PM – Adult Choir Practice

A LENTEN FAMILY PROJECT: “PRETZELS”

Pretzels? A Lenten project? Yes! Pretzels originated as a Lenten bread in the Middle Ages. Today, pretzels have become so much a part of everyday life, sold year round in grocery stores, snack counters and by street vendors, that their Lenten significance has been lost. Fasting, giving up meals altogether, or eating simplified meals has been a part of the Lenten tradition of self-discipline since the early New Testament Church. Thus, meal times became a focal point for Lenten prayer. In the Middle Ages, the monks at various monasteries in Europe conceived the idea of folding their bread sticks into the shape of arms folded in prayer. As they ate these 'praying arm' bread sticks, they could continually focus on the meaning of Lent for their personal devotion.

Making pretzels is relatively easy and can be a fun project for the family. While you are making them, you can talk about where the practice started, why it was done, and why Lent is a time of prayer, devotion, and self-examination.

INGREDIENTS:

- | | |
|--------------------|----------------|
| 1½ cups warm water | 4-5 cups flour |
| 1 pkg. dry yeast | 2 egg whites |
| 1 teaspoon salt | Coarse salt |
| 1 tablespoon sugar | |

METHOD:

Dissolve the yeast in the warm water. Add sugar and salt; gradually stir in flour until the dough is stiff. Knead dough until smooth (about 10 minutes).

Divide dough into small pieces. Roll into ropes and twist into pretzel shape. Brush with lightly beaten egg whites; sprinkle with coarse salt. Bake at 425 degrees F. for 12-15 minutes. (If you want hard pretzels reduce water to 1¼ cups and add ¼ cup melted margarine or butter.) These pretzels should be enjoyed right away!

LENTEN READING FOR CHILDREN

Lent is a good time to put into practice some family reading time. Books are a good way to begin a process of self-reflection by helping us to get inside the story, live it, ask questions about it, and let it challenge and shape our thoughts and ideas.

The Quiltmaker's Gift by Jeff Brumbeau. A magical tale about a greedy king and a generous quilt maker who gives the quilts she makes only to the poor.

Miss Rumphius by Barbara Cooney (ages 4-8). The story of how one woman brings beauty to her town after travelling all over the world and inspires a young girl. A sweet picture book to read aloud.

The Clown of God and Patrick: Patron Saint of Ireland by Tomie Depaola. Depaola writes beautifully illustrated books for elementary school aged children. The Clown of God is a moving story about a travelling juggler who takes refuge in a monastery at the end of his life. DePaola's book on St Patrick provides a good introduction to the Irish saint just in time for St. Patrick's Day.

Miss Hunnicutt's Hat by Jeff Brumbeau. When the residents of Littleton hear that the Queen is coming to town they immediately begin to beautify the town. They are scandalized when Miss Hunnicutt appears wearing a new hat from Paris with a chicken on it. "It has to go!" the people all say. But Miss Hunnicutt stands up for her right to wear what she likes. (Kindergarten to 3rd Grade).

Because of Winn-Dixie by Kate DiCamillo. (Newbery Honor Book, 2001). The story of a year-old girl named Opal who lives in Naomi, Florida with her preacher father and a big brown stray dog she meets one day on an errand to the local grocery store.

The Grannyman by Judith Byron Schachner. Simon is an old cat who becomes quite discouraged in his old age. His family comes up with solution to cure Simon's blues: a new kitten! His new and unexpected companion lifts Simon's spirits and earns him a new nickname.

A Wrinkle in Time by Madeleine L'Engle. One of the most beloved children's books of all time and a 1963 Newbery Medal winner. (Age 9 and older)

If you Give a Mouse a Cookie by Laura Numeroff. A wonderful book to read aloud to young children (ages 4-8).

The Giving Tree by Shel Silverstein. A classic children's book that is also well-loved by adults.

The Velveteen Rabbit by Margery Williams. A nursery tale that tells of how, because of the love of a boy, a stuffed rabbit became real.

The Wind in the Willows by Kenneth Grahame. A classic tale for all ages of the joys and trials of friendship.

4	THURSDAY 6:00 AM – SOME 10:15 AM – Lenten Program: The Seven Deadly Sins
5	FRIDAY 7:30 AM – Lenten Program: Henri Nouwen's <i>The Return of the Prodigal Son</i> 10:15 AM - Lenten Program: The Seven Deadly Sins
7	SUNDAY-LENT III 8:00 AM – Holy Eucharist Rite I 9:00 AM – Holy Eucharist Rite II, Family Service 10:00 AM – Adult Forums: Option I: Teach Us to Pray, led by the St. Peter's Prayer Group Option II: TBA 11:00 AM – Holy Eucharist Rite II 5:00 PM – Family Lenten Program
8	MONDAY 7:30 PM – Prayer Group
9	TUESDAY 6:30 PM – Region 3 Lenten Program: "Soul Searching" Trinity Episcopal Church, 2217 Columbia Pike
10	WEDNESDAY 6:30 PM – Handbell Choir Practice 7:30 PM – Adult Choir Practice 7:00 PM – Godzilla
11	THURSDAY 10:15 AM – Lenten Program: The Seven Deadly Sins
12	FRIDAY 7:30 AM – Lenten Program: Henri Nouwen's <i>The Return of the Prodigal Son</i> 11:00 AM – Meals on Wheels
14	SUNDAY-LENT IV 8:00 AM – Holy Eucharist Rite I 9:00 AM – Holy Eucharist Rite II, Family Service 10:00 AM – Adult Forums: Option I: Benedictine Virtues, Part 2, led by the Rev. Dr. Craig A. Phillips; Option II: Parish Retreat to Shrine Mont, led by Lisa Lettau. 11:00 AM – Holy Eucharist Rite II 5:00 PM – Family Lenten Program
16	TUESDAY 12:00 PM – Third Tuesday Lunch 6:30 PM – Region 3 Lenten Program: "The Mystery of the Trinity" St. Peter's Episcopal Church, 4250 N Glebe Rd.
17	WEDNESDAY 6:30 PM – Handbell Choir Practice 7:30 PM – Adult Choir Practice
18	THURSDAY 10:15 AM – Lenten Program: The Seven Deadly Sins
19	FRIDAY 7:30 AM – Lenten Program: Henri Nouwen's <i>The Return of the Prodigal Son</i>
21	SUNDAY-LENT V 8:00 AM – Holy Eucharist Rite I 9:00 AM – Holy Eucharist Rite II, Family Service 10:00 AM – Adult Forums: Option I: Stephen Ministry Series: Grief and Loss, led by The Rev. Charlie Spigner; Option II: Being a Seminarian, led by Laura Doud Cochran 11:00 AM – Holy Eucharist Rite II 5:00 PM – Family Lenten Program

- 22 **MONDAY**
7:30 PM – Prayer Group
- 23 **TUESDAY**
6:30 PM – Region 3 Lenten Program: “The Mind of the Spirit”
St. Mary’s Episcopal Church, 2609 N. Glebe Rd.
- 24 **WEDNESDAY**
6:30 PM – Handbell Choir Practice
7:30 PM – Adult Choir Practice
7:30 PM – Godzilla
10:15 AM - Lenten Program: The Seven Deadly Sins
6:00 PM - Seder Meal and HE Rite II
- 25 **THURSDAY**
10:15 AM – Lenten Program: The Seven Deadly Sins
- 26 **FRIDAY**
7:30 AM – Lenten Program: Henri Nouwen’s *The Return of the Prodigal Son*
- 28 **SUNDAY–PALM SUNDAY**
8:00 AM – Holy Eucharist Rite I
9:00 AM – Holy Eucharist Rite II, Family Service
10:00 AM – Adult Forum: Plenary Session: Holy Week, led by
the Rev. Dr. Craig A. Phillips and Margaret Coeha.
11:00 AM – Holy Eucharist Rite II
- 30 **TUESDAY**
6:30 PM – Region 3 Lenten Program: “The Life to Come”
St. John’s Episcopal Church, 415 S. Lexington St.
- 31 **WEDNESDAY**
6:30 PM – Handbell Choir Practice
7:30 PM – Adult Choir Practice
- APRIL**
- 1 **THURSDAY – MAUNDY THURSDAY**
6:00 AM – SOME
10:15 AM – Lenten Program: The Seven Deadly Sins
6:00 PM – Seder Meal and Holy Eucharist Rite II
- 2 **FRIDAY – GOOD FRIDAY**
7:30 AM – Lenten Program: Henri Nouwen’s *The Return of the Prodigal Son*
12:00 PM – Good Friday Liturgy and Mass of the Pre–Sanctified
6:00 PM – Family Stations of the Cross
7:30 PM – Good Friday Liturgy and Mass of the Pre–Sanctified
- 3 **SATURDAY – HOLY SATURDAY**
7:30 PM Regional Easter Vigil Service: Holy Eucharist Rite II
St. Andrew’s Episcopal Church, 4000 Lorcom Lane
- 4 **SUNDAY – EASTER DAY**
8:00 AM Holy Eucharist Rite I
9:00 AM Holy Eucharist Rite II, Family Service
10:00 AM Easter Egg Hunt for young children on the church lawn
11:00 AM Holy Eucharist Rite II

SUGGESTED LENTEN READING

Many people like to read a book or two during Lent to deepen their understanding of how God works in their lives. Here is a list of different sorts of books; each of which will challenge and enrich the sensitive reader:

Where God Happens: Discovering Christ in One Another by Rowan Williams (2005). Rowan Williams, the current archbishop of Canterbury, maintains that the place where "God happens" is to be found in our one-on-one encounters with each other. The book offers a fresh reading of the 4th century Christians who retreated to the deserts of Egypt, Syria, and Palestine and shows how their lives can serve as role models for us today, particularly within the Anglican Communion.

The Hymnal 1982. Many of the hymns in the hymnal of the Episcopal Church provide excellent material for prayer and meditation. Some are ancient; others are not. Why not meditate on a different unfamiliar hymn text each day during Lent?

Gracious Christianity by Douglas Jacobsen and Rodney Sawatsky (2006). This brief and accessible book introduces broad themes in Christian belief by focusing on the central roles of love and grace. A reading guide and additional resources are provided by the author on-line.

The Scandalous Gospel of Jesus by Peter Gomes (2007). Gomes is always an entertaining preacher and writer. In this recent book he redirects the reader's attention from Jesus himself to the content of Jesus' message, reminding us that what Jesus actually had to say about society was and is in many ways 'scandalous' and uncomfortable.

I Heard the Owl Call My Name by Margaret Craven. A simple but deeply moving tale of an Anglican priest who finds God and himself among the Native Americans of the Canadian Northwest.

The Gifts of the Jews: How a Tribe of Desert Nomads Changed the Way Everyone Thinks and Feels by Thomas Cahill (the author of *How the Irish Saved Civilization*). This book is an excellent introduction to the Old Testament and ancient Jewish culture. The next book in the series, *Desire of the Everlasting Hills: The World Before and After Jesus*, provides a fascinating look at how Jesus fit into the fabric of the 1st century .

Walking Across Egypt by Clyde Edgerton. The story of a spunky woman, a stray dog, a teenage delinquent, and the best home-cooking in Lister, North Carolina.

Gilead (2004) and its companion volume, *Home* (2008), by Marilynne Robinson, bring the reader into the families of two small-town ministers in 19th-century Iowa as they address relations between the generations, particularly between sons and fathers.

Father Joe: The Man who Saved my Soul by Tony Hendra. A true story about the life-long relationship between Father Joe, a Benedictine Monk and the satirist Tony Hendra. Hendra is a writer, actor, and former editor of *Spy Magazine* and the *National Lampoon*.

FIFTH SUNDAY IN LENT

O Almighty God, who alone canst order the unruly wills and affections of sinful men: Grant unto thy people that they may love the thing which thou commandest, and desire that which thou dost promise; that so, among the sundry and manifold changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. Amen.

SUNDAY	John 8: 46-59	THURSDAY	Mark 10: 17-31
MONDAY	Mark 9: 30-41	FRIDAY	Mark 10: 32-45
TUESDAY	Mark 9: 42-50	SATURDAY	Mark 10: 46-52
WEDNESDAY	Mark 10: 1-16		

THE SUNDAY OF THE PASSION: PALM SUNDAY

Almighty and everlasting God, who, of thy tender love towards mankind, hast sent thy Son our Savior Jesus Christ to take upon him our flesh, and to suffer death upon the cross, that all mankind should follow the example of his great humility: Mercifully grant that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

PALM SUNDAY	Luke 19: 41-48 ^{***}	MAUNDY THURSDAY	Mark 14: 12-25
MONDAY	Mark 11: 12-25	GOOD FRIDAY	John 13: 36-38 ^{**} John 19: 38-42 ^{***}
TUESDAY	Mark 11: 27-33	HOLY SATURDAY	Romans 8:1-11 ^{***}
WEDNESDAY	Mark 12: 1-11	EASTER VIGIL	

EASTER DAY John 1: 1-18^{**} Luke 24: 13-35 or John 20: 19-23^{***}

**** Intended for use in the morning. *** Intended for use in the evening.**

THE WOUNDED LAMB OF GOD represents Jesus crucified. The lamb holds a cross. The blood, which flows into a chalice, signifies the body and blood of Christ (communion). The three-rayed nimbus (halo) signifies a member of the Trinity. This is a symbolic rendering of "the Lamb of God who takes away the sin of the world" (John 1:29).



EXHORTATION TO THE OBSERVANCE OF A HOLY LENT

Dear People of God: The first Christians observed with great devotion the days of our Lord's passion and resurrection, and It became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need that all Christians continually have to renew their repentance and faith.

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 reading and meditating on God's holy Word.

From The Book of Common Prayer

TWO WOODCUTS BY ALBRECHT DÜRER
from c. 1500

The parable of the sower



The feeding of the five thousand



A SIMPLE FAMILY LENTEN SERVICE FOR DAILY USE

LEADER: Grace to you and peace from God our Father and the Lord Jesus Christ.
 ALL: Thanks be to God.
 LEADER: Rend your heart, and not your garments and turn unto the Lord your God.
 ALL: For he is gracious and merciful, slow to anger and of great kindness.
 LEADER: *(Reads the Bible passage suggested for the day — see list below.)*
 ALL: Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.
 LEADER: Let us pray. *(The Collect for the week is read by the Leader, or said in unison by all. Additional prayers may be said for the Church, the family, those in sickness or trouble, etc.)*
 ALL: **The Lord's Prayer.**
 LEADER: The almighty and merciful Lord — Father, Son, and Holy Spirit — bless us and keep us. Amen.

COLLECTS AND SUGGESTED BIBLE PASSAGES FOR LENT

ASH WEDNESDAY

Almighty and everlasting God, who hatest nothing that thou hast made and dost forgive the sins of all those who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

ASH WEDNESDAY Luke 18: 9-14 FRIDAY John: 17: 9-19
 THURSDAY John 17: 1-8 SATURDAY John: 17: 20-26

FIRST SUNDAY IN LENT

Almighty God, whose blessed Son was led by the Spirit to be tempted of Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. Amen.

SUNDAY John 12: 44-50 THURSDAY Mark 2: 1-12
 MONDAY Mark 1: 1-3 FRIDAY Mark 2: 13-22
 TUESDAY Mark 1: 14-28 SATURDAY Mark 2: 23—3: 6
 WEDNESDAY Mark: 1: 29-45

SECOND SUNDAY IN LENT

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from thy ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of thy Word, Jesus Christ thy Son; who with thee and the Holy Spirit liveth and reigneth, one God, for ever and ever. Amen.

SUNDAY John 5: 19-24 THURSDAY Mark 4: 21-34
 MONDAY Mark 3: 7-19a FRIDAY Mark 4: 35-41
 TUESDAY Mark 3: 19b-35 SATURDAY Mark 5:1-20
 WEDNESDAY Mark: 4: 1-20

THIRD SUNDAY IN LENT

Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

SUNDAY John 5: 25-29 THURSDAY Mark 6: 30-46
 MONDAY Mark 5: 21-43 FRIDAY Mark 6: 47-56
 TUESDAY Mark 6: 1-13 SATURDAY Mark 7: 1-23
 WEDNESDAY Mark 6: 13-29

FOURTH SUNDAY IN LENT

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which giveth life to the world: Evermore give us this bread, that he may live in us, and we in him; who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. Amen.

SUNDAY John 6: 27-40 THURSDAY Mark 8: 27—9: 1
 MONDAY Mark 7: 24-37 FRIDAY Mark 9: 2-13
 TUESDAY Mark 8: 1-10 SATURDAY Mark 9: 14-29
 WEDNESDAY Mark 8: 11-26

