

## Daily Morning Prayer:

### A Discipline for Lent

**WHAT?** A brief morning service anchored in Scripture, prayer and praise.

**WHEN?** 8:10 to 8:30 a.m., Monday-Friday, beginning March 2.

**WHERE?** Columbarium Chapel of the Resurrection

**WHO?** Anyone & everyone

**WHY?** The reading of Scripture and praying of psalms, prolonged over time, is remarkably effective toward grounding us in God. You are welcome to come and “check out” whether such regularity of prayer and praise (as your schedule permits) gives meaning to your week and deepens your devotion to Christ and his Church.

This service will be led by the Rev. Bruce Birdsey. He writes: “Is praise of God a learned response, or a spontaneous emotion, or both? Sometimes my heart *naturally* flows over, in love, gratitude, and awe. But praise is also *learned*, or at least practiced, to deepen one’s capacity for it. I find Morning Prayer on the days between Sundays a good setting for the practice of praise. I invite you to join me.”

## What is Lent?

**The word Lent** comes from the Anglo-Saxon word *lencton* meaning the time of year when the days grow long. Because Lent is determined by the movable date of Easter Day, the dates are different each year. Do you know an easy way to find these dates? (Hint: look in the Prayer Book on page 882.)

Lent is forty days long excluding Sundays. Since every Sunday is a “little Easter” celebrating the resurrection, Sundays remain feast days even during the solemn Lenten season.

In the early church, Lent was the time of preparation for the Easter baptism of converts to the faith. Persons, called catechumens, who were to receive the sacrament of baptism were expected to fast and study. The Bible readings for the five Sundays in Lent are a short course in the meaning of baptism.

### Symbols and Traditions of Lent:

- Color: purple for penitence and royalty, or rough linen or a similar material, unbleached, raw, plain, and austere, to reflect the mood of Lent.
- Ashes - these are prepared from the previous year’s palms used on Palm Sunday. The people of the Hebrew scripture put ashes on their foreheads as a sign of penitence.
- Alleluias, joyful canticles, the *Gloria in excelsis* are omitted from worship and replaced with songs and responses that are more in keeping with Lent’s contemplative mood.
- Flowers are omitted from the altar.



## Lent at GHTC

Special services and programs include:

- ❖ **Ash Wednesday**, March 1 – worship at 7:45 a.m., 12:15 & 7:00 p.m.
- ❖ **Daily Morning Prayer**, Monday-Friday, 8:10 a.m.
- ❖ **Wednesday night dinner & program**, March 15, 22, 29.
- ❖ **“Mass No. 3 in B-flat Major”** by Franz Schubert, April 2, 11:00 a.m.
- ❖ **Palm Sunday**, April 9 – full worship schedule and inter-generational Stations of the Cross at 10:00 a.m.
- ❖ **Holy Week**, Holy Eucharist, Monday, Tuesday, Wednesday, 7:45 a.m.
- ❖ **Maundy Thursday**, April 13 – Liturgy for Maundy Thursday, 7:00 p.m.
- ❖ **Good Friday**, April 14 – Good Friday Liturgy at 12:30 p.m. followed by Stations of the Cross
- ❖ **Easter Day**, April 16 – full worship schedule, 7:45, 8:45, and 11:00 a.m. and 5:00 p.m.

*More information inside!*



## Wednesday Nights

The Wednesday night program will be held March 15, 22, and 29. Dinner is from 5:45-6:15 p.m. in the parish hall. The program is from 6:15-7:00 p.m., and will conclude with Compline. Child care will be available.

The program, "One Nation Under God: Religion's Influence on U.S. Foreign Policy" will be led by Dr. Cary Blankenship. This three-part series examines the historical role of religion and religious ideas on the development and implementation of American foreign policy.

New to GHTC, Cary is a retired history professor, who with his wife Mary Ann and their two dogs moved from Kentucky to Richmond last June when they retired. Cary has earned multiple degrees – a bachelor's and two masters' degrees, as well as a Ph.D. in Diplomatic History. He taught in several overseas and American universities, including the University of Kentucky, as well as consulting and working with the state of Kentucky, promoting the state's economic development.

## Give Outside the Mite Box

Many people like to observe Lent through special devotions or readings, taking on special service projects, or by giving up something that is significant in their lives so that they can focus more on God's presence.

"Give Outside the Mite Box" is a special Lenten practice this year. Mite boxes in the shape of our church will be available to use for collecting your daily or weekly offerings. As you practice this offering we ask you to think outside *our* GHTC "box" and pray for those who live in our neighborhood – out of doors and exposed to the elements. Prior to Palm Sunday, we encourage you to use your offering money to buy a poncho, umbrella, raincoat, or boots to give to those we serve through our Red Door Ministries program. Bring them to church on Palm Sunday.

## Reading Together

Everyone is invited to read *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson. The 2016-17 VCU Common Read book examines the redeeming potential of mercy. Stevenson was a young attorney when he founded the Equal Justice Initiative, dedicated to defending the poor wrongly condemned, and those trapped in the furthest reaches of our criminal justice system.

Sarah Kye Price, our seminarian and Professor of Social Work at VCU, will lead a discussion of the book at the Sunday Adult Forum on April 2.

On Wed., April 12, Sarah will lead a tour of the art exhibit *Art 180: Performing Statistics* in VCU's Cabell Library. Lunch will be served here at noon and then we will go to the exhibit together.

## Lenten Meditations

### God Journals & Guided Meditation

Join Episcopal Campus Ministry at VCU at 4:00 p.m. on Sundays in Lent, beginning March 12, for a time of reflection and guided meditation. This year we will focus on "God Finds" journals. We will have a Jesuit inspired guided meditation, study scripture, and share stories, orally and in journals, about how we have encountered God in the past week.

**Our Labyrinth** will be available in the parish hall during Holy Week.

### Online resources include:

*Contemplative Practices: A Notebook of Resources* from the GHTC Pastoral Care Team, available on our website: [www.ghtc.org](http://www.ghtc.org)

The Society of St. John the Evangelist: [www.ssje.org](http://www.ssje.org)

Forward Movement: [www.forwardmovement.com](http://www.forwardmovement.com)

Pray as You Go: [www.pray-as-you-go.org](http://www.pray-as-you-go.org)

Lent Madness: [www.lentmadness.org](http://www.lentmadness.org)

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