

You Are Invited.....

“....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.”

BCP p. 265

Opportunities for Prayer and Study during Lent

Weekly: Saturdays: Worship at 5:00 PM
Sundays: Worship at 7:30 AM and 10:00 AM
Tuesdays: Bible Study 10:00 AM Millhouse Café
Lenten Learning 6:30 PM Church
Wednesdays: Noon Holy Eucharist

The Stations of the Cross may be walked anytime the church is open or call: 535-6797 (church), (251) 422-2689 (Nancy)

Daily: Daily Devotions from BCP in this booklet

Quiet Day: Saturday, March 30, 2019 9:00 AM – 1:00 PM
(Lunch included)
Topic: The Way of Love

Diocesan Lenten Learning Day: Saturday, March 23, 2019
St. Brendan’s, Franklin Park

Study Materials Available:

Pamphlet: *2019 Lenten Meditations*
from Episcopal Relief and Development
List of Daily Office Readings (Year One) from BCP
Online BCP: <http://www.bcponline.org>
Forward Day by Day: <https://prayer.forwardmovement.org>

Daily Office Readings for Lent 2019 (BCP p. 950)

Ash Wednesday (March 6)

32, 143 * 102, 130
Jonah 3:1-4:11 Heb. 12:1-14 Luke 18:9-14

Thursday (March 7)

37:1-18 * 37:19-42
Deut. 7:6-11 Titus 1:1-16 John 1:29-34

Friday (March 8)

31 * 35

Deut. 7:12-16 Titus 2:1-15 John 1:35-42

Saturday (March 9)

30, 32 * 42, 43
Deut. 7:17-26 Titus 3:1-15 John 1:43-51

Week of 1 Lent

Sunday (March 10)

63:1-8(9-11), 98 * 103
Deut. 8:1-10 1 Cor. 1:17-31 Mark 2:18-22

Monday (March 11)

41, 52 * 44
Deut. 8:11-20 Heb. 2:11-18 John 2:1-12

Tuesday (March 12)

45 * 47, 48
Deut. 9:4-12 Heb. 3:1-11 John 2:13-22

Wednesday (March 13)

119:49-72 * 49, [53]
Deut. 9:13-21 Heb. 3:12-19 John 2:23-3:15

Thursday (March 14)

50 * [59, 60] or 19, 46
Deut. 9:23-10:5 Heb. 4:1-10 John 3:16-21

Friday (March 15)

40, 54 * 51
Deut. 10:12-22 Heb. 4:11-16 John 3:22-36

Saturday (March 16)

55 * 138, 139:1-17(18-23)
Deut. 11:18-28 Heb. 5:1-10 John 4:1-26

Week of 2 Lent

Sunday (March 17)

24, 29 * 8, 84
Jer. 1:1-10 1 Cor. 3:11-23 Mark 3:31-4:9

Monday (March 18)

56, 57, [58] * 64, 65
Jer. 1:11-19 Rom. 1:1-15 John 4:27-42

Tuesday (March 19)

61, 62 * 68:1-20(21-23)24-36
Jer. 2:1-13 Rom. 1:16-25 John 4:43-54

Wednesday (March 20)

72

* 119:73-96

Jer. 3:6-18

Rom. 1:28-2:11

John 5:1-18

Thursday (March 21)

[70], 71

* 74

Jer. 4:9-10, 19-28

Rom. 2:12-24

John 5:19-29

Friday (March 22)

69:1-23(24-30)31-38

* 73

Jer. 5:1-9

Rom 2:25-3:18

John 5:30-47

Saturday (March 23)

75, 76

* 23, 27

Jer. 5:20-31

Rom. 3:19-31

John 7:1-13

Week of 3 Lent

Sunday (March 24)

93, 96

* 34

Jer. 6:9-15

1 Cor. 6:12-20

Mark 5:1-20

Monday (March 25)

80

* 77, [79]

Jer. 7:1-15

Rom. 4:1-12

John 7:14-36

Tuesday (March 26)

78:1-39

* 78:40-72

Jer.7:21-34

Rom. 4:13-25

John 7:37-52

Wednesday (March 27)

119:97-120

* 81, 82

Jer. 8:18-9:6

Rom. 5:1-11

John 8:12-20

Thursday (March 28)

[83] or 42, 43

* 85, 86

Jer. 10:11-24

Rom. 5:12-21

John 8:21-32

Friday (March 29)

88

* 91, 92

Gen. 47:1-26

1 Cor. 9:16-27

Mark 6:47-56

Saturday (March 30)

87, 90

* 136

Gen. 47:27-48:7

1 Cor. 10:1-13

Mark 7:1-23

Week of 4 Lent

Sunday (March 31)

66, 67 * 19, 46
Gen. 48:8-22 Rom. 8:11-25 John 6:27-40

Monday (April 1)

89:1-18 * 89:19-52
Gen. 49:1-28 1 Cor. 10:14-11:1 Mark 7:24-37

Tuesday (April 2)

97, 99, [100] * 94, [95]
Gen. 49:29-50:14 1 Cor. 11:17-34 Mark 8:1-10

Wednesday (April 3)

101, 109:1-4(5-19)20-30 * 119:121-144
Gen. 50:15-26 1 Cor. 12:1-11 Mark 8:11-26

Thursday (April 4)

69:1-23(24-30)31-38 * 73
Exod. 1:6-22 1 Cor. 12:12-26 Mark 8:27-9:1

Friday (April 5)

102 * 107:1-32
Exod. 2:1-22 1 Cor. 12:27-13:3 Mark 9:2-13

Saturday (April 6)

107:33-43, 108:1-6(7-13) * 33
Exod. 2:23-3:15 1 Cor. 13:1-13 Mark 9:14-29

Week of 5 Lent

Sunday (April 7)

118 * 145
Exod. 3:16-4:12 Rom. 12:1-21 John 8:46-59

Monday (April 8)

31 * 35
Exod. 4:10-20(21-26)27-31 1 Cor. 14:1-19 Mark 9:30-41

Tuesday (April 9)

[120], 121, 122, 123 * 124, 125, 126, [127]
Exod. 5:1-6:1 1 Cor. 14:20-33a,39-40 Mark 9:42-50

Wednesday (April 10)

119:145-176 * 128, 129, 130
Exod. 7:8-24 2 Cor. 2:14-3:6 Mark 10:1-16

Thursday (April 11)

131, 132, [133] * 140, 142
Exod. 7:25-8:19 2 Cor. 3:7-18 Mark 10:17-31

Friday (April 12)

22 * 141, 143:1-11(12)
Exod. 9:13-35 2 Cor. 4:1-12 Mark 10:32-45

Saturday (April 13)

137:1-6(7-9), 144 * 42, 43
Exod. 10:21-11:8 2 Cor. 4:13-18 Mark 10:46-52

Holy Week

Palm Sunday (April 14)

24, 29 * 103
Zech. 9:9-12 1 Tim. 6:12-16 (use in the morning)
Zech. 12:9-11; 13:1, 7-9 Luke 19:41-48 (evening)

Monday (April 15)

51:1-18(19-20) * 69:1-23
Lam. 1:1-2,6-12 2 Cor. 1:1-7 Mark 11:12-25

Tuesday (April 16)

6, 12 * 94
Lam. 1:17-22 2 Cor. 1:8-22 Mark 11:27-33

Wednesday (April 17)

55 * 74
Lam. 2:1-9 2 Cor. 1:23-2:11 Mark 12:1-11

Maundy Thursday (April 18)

102 * 142, 143
Lam. 2:10-18 1 Cor.10:14-17; 11:27-32 Mark 14:12-25

Good Friday (April 19)

22 * 40:1-14(15-19), 54
Lam. 3:1-9,19-33 1 Peter 1:10-20 John 13:36-38 (AM)
John 19:38-42 (PM)

Holy Saturday (April 20)

88 * 27
Lam. 3:37-58 Heb. 4:1-16 Rom. 8:1-11

Daily Office Readings may also be found at

<http://satucket.com/lectionary>

DAILY DEVOTION – IN THE MORNING

From Psalm 51

Open my lips, O Lord, *
and my mouth shall proclaim your praise.
Create in me a clean heart, O God, *

and renew a right spirit within me.
Cast me not away from your presence *
and take not your holy Spirit from me.
Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.
Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.

A Reading

Blessed be the God and Father of our Lord Jesus Christ!
By his great mercy we have been born anew to a living hope
through the resurrection of Jesus Christ from the dead.
1 Peter 1:3

A period of silence may follow.

A hymn or canticle may be used; the Apostles' Creed may be said.

Prayers may be offered for ourselves and others.

The Lord's Prayer

The Collect

Lord God, almighty and everlasting Father, you have brought
us in safety to this new day: Preserve us with your mighty
power, that we may not fall into sin, nor be overcome by
adversity; and in all we do, direct us to the fulfilling of your
purpose; through Jesus Christ our Lord. *Amen.*

DAILY DEVOTION – AT NOON

From Psalm 113

Give praise, you servants of the LORD; *
praise the Name of the LORD.
Let the Name of the LORD be blessed, *
from this time forth for evermore.
From the rising of the sun to its going down *
let the Name of the LORD be praised.
The LORD is high above all nations, *
and his glory above the heavens.

A Reading

O God, you will keep in perfect peace those whose minds are
fixed on you; for in returning and rest we shall be saved; in
quietness and trust shall be our strength. *Isaiah 26:3; 30:15*

Prayers may be offered for ourselves and others.

The Lord's Prayer

The Collect

Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your mercies' sake. *Amen.*

or this

Lord Jesus Christ, you said to your apostles, "Peace I give to you; my own peace I leave with you:" Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly City, where with the Father and the Holy Spirit you live and reign, now and for ever. *Amen.*

DAILY DEVOTION – IN THE EARLY EVENING

O gracious light,
pure brightness of the everliving Father in heaven,
O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,
and our eyes behold the vesper light,
we sing your praises, O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,
O Son of God, O Giver of Life,
and to be glorified through all the worlds.

A Reading

It is not ourselves that we proclaim; we proclaim Christ Jesus as Lord, and ourselves as your servants, for Jesus' sake. For the same God who said, "Out of darkness let light shine," has caused his light to shine within us, to give the light of revelation--the revelation of the glory of God in the face of Jesus Christ. *2 Corinthians 4:5-6*

Prayers may be offered for ourselves and others.

The Lord's Prayer

The Collect

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in

Scripture and the breaking of bread. Grant this for the sake of your love. *Amen.*

DAILY DEVOTION – AT THE CLOSE OF DAY

Psalm 134

Behold now, bless the LORD, all you servants of the LORD, *
you that stand by night in the house of the LORD.
Lift up your hands in the holy place and bless the LORD; *
the LORD who made heaven and earth bless you out of Zion.

A Reading

Lord, you are in the midst of us and we are called by your
Name: Do not forsake us, O Lord our God. *Jeremiah 14:9,22*

The following may be said

Lord, you now have set your servant free *
to go in peace as you have promised;
For these eyes of mine have seen the Savior, *
whom you have prepared for all the world to see;
A Light to enlighten the nations, *
and the glory of your people Israel.

*Prayers for ourselves and others may follow. It is appropriate that
prayers of thanksgiving for the blessings of the day, and penitence for our
sins, be included.*

The Lord's Prayer

The Collect

Visit this place, O Lord, and drive far from it all snares of the
enemy; let your holy angels dwell with us to preserve us in
peace; and let your blessing be upon us always; through Jesus
Christ our Lord. *Amen.*

What Can I Do This Lent?

If you are tired of giving up chocolate, TV, alcohol, and red meat for Lent, here are some concrete guidelines which might help this year. Maybe these suggestions will get you thinking about how you might use this season of Lent to enrich your spiritual life in a new and deeper way:

- 1) Take up a new practice of prayer.
- 2) Read a spiritual classic
- 3) Devote 20 minutes of silence to the Lord each day.
- 4) Keep a journal of your Lent and share with someone after Easter.
- 5) Write a handwritten thank you note to someone each day.

- 6) Make a list each day of your blessings.
- 7) Exercise each day
- 8) Fast one day a week; eat only one meal.
- 9) Practice the ancient tradition of Mindfulness (look it up and learn).
- 10) Attend a midweek Eucharist
- 11) Experiment with saying no
- 12) Experiment with saying yes
- 13) Eat supper with the family together
- 14) Say the Confession of sin each day, and say the Absolution as well (BCP, p.360)
- 15) Give a tangible means of affection to someone every day, i.e., try smiling.
- 16) Describe to God your feelings about a relationship you wish was better.
- 17) Clean up something which is cluttered.
- 18) Set aside and give a portion of your resources to others; the parish, the poor, a social or educational agency. Tell no one what you have done. Ask no gratitude and forgo requesting a receipt. Do not advertise what you are doing.
- 19) Do not visit or engage in outside activities for their own sake. Keep useless talking to a minimum. Do only necessary business, good works, and acts of charity.
- 20) Pray daily for the priest-in-charge and vestry of St. Mark's

“Borrowed” from the e-pistle of St. Simon's Episcopal Church, Fort Walton Beach, FL