

To Keep a Good 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 which 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.*

-- Book of Common Prayer, p. 264

What Is Lent?

Lent is that season of the liturgical year when the Church prepares for the Feast of the Resurrection of Christ at Easter. Our English word for this holy season, "Lent", comes from the Anglo-Saxon word "lencten," meaning "the time of the lengthening days" or simply "spring." Lent extends for forty days (Sundays are not counted, because every Sunday is a "little Easter"). Beginning on Ash Wednesday, the season of Lent is decidedly penitential.

Many customs and traditions surround the Lenten season, some of them very old, others more recent. They vary from country to country, and the various Christian churches

use them to a greater or lesser extent. We must never forget, however, that Lent is not for the traditions and practices we keep. Rather, the point of Lent is conversion. Conversion is all too often thought of as a moment of intense emotion, in which a sinner becomes "a new person." Such moments do happen, of course, but when they do, they are only the beginning of conversion.

Conversion is a life-long work of discipline in which Christians consciously form their mind, their time, their life according to the teaching of Christ and his Church. In Lent, we take extra care in this work. All our Lenten exercises are intended to lead us closer to Christ. Otherwise, all our doings are worth nothing.

What a gift, what an opportunity, what a blessing this holy season affords! What a chance to grow in holiness and spiritual discipline! Can you imagine a better present to yourself than the chance to change, to leave behind your old self, to look at yourself and the whole world in a new way, to become anchored ever more firmly in the knowledge of God and the life of prayer and service? The only way to keep a holy Lent is to start from this perspective.

HOW DO I BEGIN LENT ON THE RIGHT FOOT?

As with anything of God, begin with prayer. Prayerfully ask, "Can I make an extraordinary commitment to God for six weeks? Prayerfully ask, "What do I need to do that I might not ordinarily do?" We do this by committing to a Rule of life for just six weeks. Church year has a lovely and practical balance to it. Both Feasts and Fasts are necessary.

Lent is a time to focus on structure, order and discipline. Let us not forget that "disciple" and "discipline" come from the same root. Good intentions and resolutions rarely make it past the first week, whereas a written rule, kept close at hand, inspires us to persevere. It is best to give up and take on things which can be kept to and realistic.

Adopting a Rule of Life

Step 1

Resolve to keep the barebone rules which the Church lays down for all of her members. If all Christians adopted these basic rules, the work of conversion would be substantially advanced. If you've *never* tried to live under a Rule, these basics may be enough to begin with. They are:

Prayer:

Worship with the Church at God's altar every Sunday (The 4th Commandment)

Fasting & Self Denial (see Book of Common Prayer, p. 17):

1. Ash Wednesday and Good Friday are days of fasting (eat only one simple meal)
2. Keep Friday as a "day of special devotion."
 - *This means practicing self-denial, traditionally abstaining from flesh meat.*
 - *Children, the elderly, those who are ill, travelers and pregnant & nursing women are excused from the rules of fasting.*

Step 2

With the basics taken care of, now make the Rule a little more personal, perhaps by adding *some* of these elements:

I. Mass. Sunday Mass is a matter of obligation for Christians, but Lent might be a good time to add a weekday Mass to your usual observance.

This Lent I resolve to:

III. Spiritual Reading. An ancient custom is to take a spiritual book for regular reading during Lent.

This Lent I resolve to:

II. Stations of the Cross. Beginning on February 18, Stations will be prayed each Friday at 12:05pm. This devotion makes our Lord's crucifixion ever more real for us.

This Lent I resolve to:

IV. Service. As well as giving-up in Lent, some may want to take on some special service, such as visiting the sick or shut-in, volunteering at the Shelter, taking care of a neighbor who may need it, or some special project at church.

This Lent I resolve to:

V. Self Denial. You may want to give up some special pleasure or recreation for Lent, and perhaps give what you would have spent on it to a charity or the Church.

This Lent I resolve to:

VI. Scripture Reading and Classes. If reading the Bible is not part of your daily routine, Lent would be a good time to start. Christian Education classes are offered throughout Lent on Wednesdays and Sundays.

This Lent I resolve to:

Schedule of Services and Events

SHROVE TUESDAY *March 8*

5:30pm to 7:30pm Pancake Supper in the Great Hall

ASH WEDNESDAY *March 9*

12:10pm Mass (Ashes will be distributed)

7 pm Mass (Ashes will be distributed)

Both Masses are in the Church

TUESDAYS IN LENT

The St James' Rosary Group meets 10am at various homes.

Weekly location is listed in the Sunday Bulletin.

WEDNESDAYS IN LENT

Mar 23, 30, April 6, 13 (in recess April 16)

5:30 pm Mass with Hymns

6:00 pm Community Meal

6:30 pm Faithweavers

Grapple

Adult Class (*Topics are listed in the Sunday Bulletin*)

FIRST & THIRD THURSDAYS IN LENT (*March 10, 2, April 7*)

10:00am Said Mass (in the Chapel)

FRIDAYS IN LENT

12:05 pm Stations of the Cross (in the Church) *Begins on March 18*

12:40 pm Light Lunch (in the Great Hall)

SUNDAYS IN LENT

7:45 am Quiet Eucharist

9:00 am Christian Education for all ages

10:00 am Sung Mass

In the Sunday Morning Adult Class

ANGLICAN ESSENTIALS : 2011

A Inquirer's course for those considering membership at St James' and Confirmation / Reception into the Anglican Communion. Refresher for everyone else! In the Great Hall on Sunday at 9am. Taught by Fr Anderson.

- Sun. March 13th** (Lent I) What is a catholic, an Anglican, an Episcopalian?
A brief outline of the English Church history.
- Sun. March 20th** (Lent II) What is the Gospel? (the Good News)
- Sun. March 27th** (Lent III) Worship & the Sacraments of Initiation:
Baptism & Confirmation.
- Sun. April 3rd** (Lent IV) The "Three-legged Stool:" Scripture, Tradition and Reason.
- Sun. April 10th** (Lent V) The Holy Eucharist.
- Sun. April 17th** (Palm Sunday) Understanding the Rites of Holy Week.
- Sun. April 24th** (Easter Day) *No classes.*
- Sun. May 1st** (Easter II) The Church: One, Holy, Catholic & Apostolic.
- Sun. May 8th** (Easter III) Holy Orders: Bishops, Priests & Deacons.
- Sun. May 15th** (Easter IV) The Precepts of the Church:
What the Church expects of her members.
- Sun. June 5th** (Ascension Sunday) *The Bishop's Visitation.*

An Order for Daily Prayer in Lent

In the Morning, say this 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, & to the Holy Spirit: * as it was in the beginning, is now,
and will be for ever. Amen.

In the Evening, say this from 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.
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.

Read a passage of Scripture (see daily selections)

Spend a few moments in **silence** to examine your day, and **confess your sins** against God and others.

Offer special thanks for the following blessings:

Offer special prayers for the following concerns:

Other prayers may be offered.

Say The Our Father

Say the Hail Mary

Say this Concluding Prayer

In the morning ...

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.

In the evening ...

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.

✠ The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us. Amen.

Daily Scripture Readings

Week of Ash Wednesday

W Mar 9	Luke 18:9-14
Th Mar 10	John 17:1-8
F Mar 11	John 17:9-19
S Mar 12	John 17:20-26

Week of Lent I

M Mar 14	Mark 1:1-13
T Mar 15	Mark 1:14-28
W Mar 16	Mark 1:29-45
Th Mar 17	Mark 2:1-12
F Mar 18	Mark 2:13-22
S Mar 19	Luke 2:41-52 (<i>St Joseph</i>)

Week of Lent II

M Mar 21	Mark 2:23—3:6
T Mar 22	Mark 3:7-19a
W Mar 23	Mark 3:19b-35
Th Mar 24	Mark 4:1-34
F Mar 25	Luke 1:26-38 (<i>Annunciation BVM</i>)
S Mar 26	Mark 4:35-41

Week of Lent III

M Mar 28	Mark 5:1-20
T Mar 29	Mark 5:21-43
W Mar 30	Mark 6:1-13
Th Mar 31	Mark 6:13-29
F Apr 1	Mark 6:30-46
S Apr 2	Mark 7:1-23

Week of Lent IV

M Apr 4	Mark 7:24-37
T Apr 5	Mark 8:1-10
W Apr 6	Mark 8:11-26
Th Apr 7	Mark 8:27—9:1
Fr Apr 8	Mark 9:2-13
S Apr 9	Mark 9:14-29

Week of Lent V

M Apr 11	Mark 9:30-41
T Apr 12	Mark 9:42-50
W Apr 13	Mark 10:1-16
Th Apr 14	Mark 10:17-31
F Apr 15	Mark 10:32-45
S Apr 16	Mark 10:46-52

Holy Week

M Apr 18	Mark 11:12-25
T Apr 19	Mark 11:27-33
W Apr 20	Mark 12:1-11
Th Apr 21	Mark 14:12-25
F Apr 12	John 13:36-38
S Apr 3	Romans 8:1-11

Some Prayers

For the Parish

Almighty and everliving God, ruler of all things in heaven and earth, hear our prayers for our parish family. Strengthen the faithful, arouse the careless, and restore the penitent. Grant us all things necessary for our common life, and bring us all to be of one heart and mind within your holy Church; through Jesus Christ our Lord. *Amen.*

For Peace in the World

Eternal God, in whose perfect kingdom no sword is drawn but the sword of righteousness, no strength known but the strength of love: So mightily spread abroad your Spirit, that all peoples may be gathered under the banner of the Prince of Peace, as children of one Father; to whom be dominion and glory, now and for ever. *Amen.*

A Prayer for Priests

Lord Jesus, we pray for our priests. You have given them to us for OUR needs. We pray for them in THEIR needs.

We know that you have made them priests in the likeness of your own priesthood. You have consecrated them, set them aside, anointed them, filled them with the Holy Spirit, appointed them to teach, to preach, to minister, to console, to forgive, and to feed us with your Body and Blood.

Yet we know, too, that they are one with us and share our human weaknesses. We know too that they are tempted to sin and discouragement as are we, needing to be ministered to, as do we, to be consoled and forgiven, as do we. Indeed, we thank you for choosing them from among us, so that they understand us as we understand them, suffer with us and rejoice with us, worry with us and trust with us, share our lives and our faith.

We ask that you give them this day your presence in their hearts, your holiness in their souls, your joy in their spirits. And let them see you face to face in the breaking of the Eucharistic bread.

We pray to you, O Lord, through Mary the Mother of all priests, for your priests and for ours. *Amen.*