

Saint John's Episcopal Church



LENT is a time for us to delve into our spiritual development and commit more time toward faith formation than at other times during the year. It is also a time for us to strengthen our community by getting to know others in our church through prayer and small group study. This year, in an attempt to accommodate the wide range of schedules among our parishioners, programs will be offered on both Wednesday and Friday nights, so check carefully to see which ones you would like to attend. Please sign up ahead of time to help us with planning.

SCHEDULE

February 25, Ash Wednesday Services at 10:30 a.m. and 7:00 p.m.

Wednesday Lenten Program: March 4, 11, 18, 25 and April 1

- 5:30-5:50 p.m. • Stations of the Cross – Sanctuary
- 6:00-6:30 p.m. • Dinner – Parish Hall
- 6:30-7:15 p.m. • Adult & Family Programming
- 7:30-7:45 p.m. • Holden Evening Prayer – Sanctuary

Friday Lenten Program: Feb. 27, March 6, 13, 20, 27 and April 3

- 6:00-6:30 p.m. • Lenten Candle-Lit Evening Prayer – Sanctuary
- 6:30-7:00 p.m. • Pizza Dinner – Parish Hall
- 7:00-9:30 p.m. • Movie & Discussion – Youth House

Youth Groups will remain with their regular schedule (Youth House)

Lenten Liturgy Notes *by Fr. Peter Swarr*

Traditionally, Lent has been a time of special devotion and preparation. People preparing for Baptism would undertake very intense programs of education and spiritual practices throughout the forty days of Lent. Here at St. John's we will be entering into this time of devotion and study in many and various ways. Everyone who worships at St. John's will notice some changes in our Sunday worship services, changes which are meant to make our common worship an aid in Lenten devotion and growth. St. John's services will begin with the Penitential Order which reminds us of the constant need we have as humans to strive to turn to God in all of life. The type of bread and wine we use will change, helping us to remember that Lent is a time for intentional change which impacts our day to day actions. Finally the type of sermons the clergy will be preaching is changing. We will be preaching a sermon series based on a number of the sacraments of the Church. On March 8 we will learn about the sacrament of Reconciliation, on March 15 we will learn about the sacrament of Confirmation, on March 22 we will learn about Baptism, and March 29 will focus on the Eucharist through an instructed Eucharist.

We hope and pray that this shift in our common worship life might be an aid to you as we enter Lent in the hopes of growing ever more deeply connected with the One who gives us life and hope.

The Stations of the Cross at St. John's *by Fr. Peter Swarr*

Throughout the Season of Lent the clergy of St. John's invite you to walk the Stations of the Cross on Wednesdays. Christians have been walking the Stations of the Cross as a Lenten discipline for well over 500 years. In this twenty minute service which takes place in the Sanctuary we will walk with Christ as he heads towards the Cross and eventually towards his resurrection.

The Stations of the Cross will take place two times on Wednesdays, once at 10:00 am before the Healing Service and Holy Eucharist, and again at 5:30 pm before our Wednesday Evening Lenten Program.

For many, walking the Stations of the Cross is a poignant and powerful way to enter into the mysteries of Lent and of God's vast love for us.

WEDNESDAYS IN LENT 2009

Lenten Suppers - Wednesday Nights

As is our custom, we will have a simple dinner on Wednesday nights during Lent. Please join us for soup and salad at 6:00 p.m. prior to the evening program.

Wednesday Evening Lenten Family Program

The Wednesday Evening Lenten Family program begins March 4. The Lenten Family Program allows families to spend time together while gaining a deeper understanding of the meaning of Lent. Our theme this year is "Anticipation – Not Instant Gratification". All the lessons teach us to wait with patience for great things to happen. Please plan on joining us for the following programs:

March 4 – Growing Our Garden

Seeds, planted and nurtured over time, grow into a bountiful harvest. We will learn about and plant seeds in containers that will eventually be planted in the Youth House Garden.

March 11 – Bucket Program

Fill someone's bucket with kindness and watch it grow. This lesson will provide practical ideas for those young and old to fill their family's and friend's buckets with kindness.

March 18 – Prayer and Pretzels

There are many ways to talk to God. We will learn ways to pray and talk about when to pray. Traditionally, pretzels are said to be shaped like arms folded in prayer, so we will shape and bake pretzels as a reminder to pray.

March 25 – Butterflies and Resurrection Cookies

This lesson is about new life, beginning, growing, and changing like cocoons that turn into butterflies. Resurrection cookies are mixed and then taken home to bake slowly overnight in a sealed oven. The

WEDNESDAYS IN LENT 2009

hollow cookies taken out of the oven the next day are a reminder that Jesus was sealed in the tomb which was found empty on Easter Day.

April 1 – Stations of the Cross

Join Father Peter as he leads us through the story of Holy Week and the Resurrection shown on the Stations of the Cross reliefs in the Sanctuary. Put together your own Stations of the Cross to take home.

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## **A Wing and A Prayer - Wednesday Nights**

Once again during the adult program on Wednesday nights, we will be having a book discussion. The book is *A Wing and a Prayer* by our Presiding Bishop, Katharine Jefferts Schori. This thought provoking and inspiring book will not only give us a glimpse into the life of our presiding bishop, it will also enable us to reflect through the lens of scripture on our need to serve our members as well as those on the outside. The book discussion will be held from 6:30 – 7:20 PM. Sign up on the *Sign-Me-Up!* board.

## **Holden Evening Prayer**

*by Scott Elsholz*

The music for our Wednesday Lenten program is excerpted from Marty Haugen's exquisite Holden Evening Prayer service. Written in 1985-1986 while Haugen was the musician-in-residence at Holden Village, a Lutheran retreat center in Washington State, this lovely setting of vespers follows the traditional form while using contemporary and inclusive language. Join us in singing this rich contemporary reflection on words that have sustained Christians through the centuries and throughout the world.

# FRIDAYS IN LENT 2009

## Friday Evening Prayer at St. John's

by Fr. Peter Swarr

**As you prepare for Lent, are you feeling stressed?**

**Tired? Overwhelmed? Disconnected?**

**Do you want to be still, quiet, listen to God, pray, and share?**

Starting **Friday, February 27** at 6:00 p.m., people will be invited to gather in the sanctuary of St. John's for a time of quiet prayer, sharing, listening, and resting in the presence of God. This candle-lit evening prayer service, which should last about 30 minutes, will include a number of different forms of prayer (*Examen*, intercessory prayer, and *Lectio Divina*). Our hope is that this time every Friday night in Lent can be a way for us to find some quiet with God and each other in the midst of our busy lives. We also hope that it can foster a deeper sense of community among those who gather on Fridays. If you are interested, have any questions, or just want to know more, talk to or email Fr. Peter Swarr.



### ***Friday Night Pizza***

Following the prayer service and prior to the movie showings, pizza and salad will be available for those who want it. Sign up on the *Sign-Me-Up!* board.

# FRIDAYS IN LENT 2009

## Friday Faith and Film: 7:00 - 10:00 p.m.

Our *Faith and Film* series will be held on Friday nights during Lent. Film offers many opportunities to talk about theological themes, including hope, redemption, risking our life for others, and listening to God speak through our hearts. This series includes a wide range of movies from comedy and drama to documentary. Each film will be followed by a discussion led by Pastor Dorian and/or Joseph Cospito.

### February 27

*The Shawshank Redemption* (1994) R

Upstanding banker Andy Dufresne (Tim Robbins) is framed for a double murder in the 1940s and begins a life sentence at the Shawshank prison, where he's befriended by an older inmate named Red (Morgan Freeman). During his long stretch in prison, Dufresne comes to be admired by the other inmates for his upstanding moral code and unquenchable sense of hope. A fabulous movie about redemption and hope.

### March 6

*Romero* (1989) PG-13

Archbishop Oscar Romero (Raul Julia) stands between 1980s El Salvador's ruling military elite and a band of Marxist guerillas as a man with simple demands: freedom and justice for all people. He braces for violence from both factions with quiet resolve, but in a tragic twist, Romero's words fall short of delivering true change during his lifetime. The film, based on real events, was shot on location in Mexico. Romero is a moving story about the power of the Gospel transforming the Church.

### March 13

*Strictly Ballroom* (1992) PG

This quirky, tenderly hilarious romantic comedy is sure to leave you tapping your toes. *Strictly Ballroom* is the off-beat story of a championship ballroom dancer (Paul Mercurio) who breaks all the rules by choosing an ugly duckling dancing partner (Tara Morice). Underneath the humor are the themes of family secrets, faith and fear, and parental expectations.

# FRIDAYS IN LENT 2009

## March 20

*Hotel Rwanda* (2005) PG-13

Amid the holocaust of tribal fighting in Rwanda that sees the savage butchering of hundreds of thousands of men, women and children, one ordinary man (Oscar nominee Don Cheadle) musters the courage to save more than 1,000 helpless refugees by sheltering them in the hotel he manages. This is a powerful film about taking risks to save others.

## March 27

*The Bucket List* (2007) PG-13

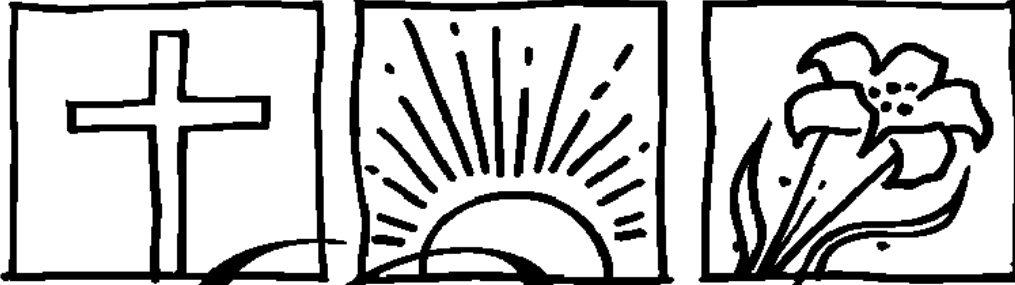
When corporate mogul Edward Cole (Jack Nicholson) and mechanic Carter Chambers (Morgan Freeman) wind up in the same hospital room, the two terminally ill men bust out of the cancer ward with a plan to experience life to the fullest before they kick the bucket. In a race against the reaper, the new friends hit the tables in Monte Carlo, down outrageous amounts of caviar, and tear up the road in supercharged cars. A beautiful film about a difficult topic.

## April 3

*For the Bible Tells Me So* (2007) NR

In this Sundance documentary, director Daniel Karslake goes to the Bible to examine the ways in which conservative Christian groups have used—and sometimes exploited—Holy Scripture to deny basic human rights to gays and lesbians around the world. Highlights include interviews with V. Gene Robinson, the first openly gay bishop in the Anglican Communion, and Chrissy Gephardt, the lesbian daughter of former U.S. Rep. Dick Gephardt.





LENT  
2009

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