

Lent at St. Michael's

"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. 265).

Study

Lectio Divina Bible Study

Wednesdays, 7:00-8:30 pm in the Church, beginning March 8

Paul writes "my life is hidden with Christ in God", but what does this mean? Come to our Lenten Bible Study to find out! Michael Taylor will be leading an engaging Bible study throughout Lent, utilizing the ancient practice for Lectio Divina (or Sacred Reading) to explore the five Lenten Gospel passages and reflect on their meaning in our daily lives. Bring your Bible, a journal, and an open mind!

Liturgy 101: Basics of Episcopal Worship

Sundays, 8:45 - 9:30 am in the Gray Lounge

Why do we stand for the Gospel? When should I make the sign of the cross? Why are there so many forms of the Eucharistic Prayer? What does it mean to bow at the name of Jesus? This Lent, join the clergy Sundays at 8:45 am in the Gray Lounge as we learn about the basics of our Liturgy and discover the meaning behind the acts of worship.

March 5: Confession

March 12: Liturgy of the Word (Scripture)

March 19: Eucharist (Communion)

March 26: Prayer

April 5: Music

Healing and Forgiveness for Ourselves and Our World

Sundays in Lent, beginning March 5, following the 10:00 am service, in the Church

"Transformation begins in you, wherever you are, whatever has happened, however you are suffering, transformation is always possible. We do not heal in isolation. When we reach out and connect with one another-when we tell the story, name the hurt, grant forgiveness, and renew or release the relationship-our suffering begins to transform." - Desmond Tutu

Join Mother Leigh on the path of forgiveness, a gift we give to ourselves. What you will need for the Journey: a journal and Desmond Tutu and Mpho Tutu's *The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World* (available on Amazon). Can't come on Sundays? Email lmackintosh@saintmichaelschurch.org to sign up for our weekly online discussion group.

For Kids

Godly Play: The Faces of Easter

Sundays in Lent, following the 10:00 am service to 12:15 pm, in the Parish House classrooms

Children in Pre-K through 5th Grade will prepare for Easter by hearing stories of Jesus' life, from his birth to his death and resurrection. They will explore what these stories might mean and respond to them imaginatively. Godly Play is a creative approach to Sunday school that values openness, discovery, community and relationships. Children do not need to be members of St. Michael's to participate. For more information, contact Andrea Dedmon: andrea@saintmichaelschurch.org or 212-222-2700, x27.

Hope Chests for Episcopal Relief and Development

Available at the back of the church or in the parish office beginning February 28

Save money for Episcopal Relief and Development (ERD) in Hope Chests during Lent. ERD is the Episcopal Church's world-wide relief agency which partners with churches and other local organizations to save lives and transform communities in close to 40 countries worldwide. They rebuild after disasters and empower people to create lasting solutions that fight poverty, hunger and disease. See www.episcopalrelief.org to learn more.

Practice

Walking the Labyrinth

Sundays: 12:30- 2:00 pm and Monday- Saturday: 9:00 am- 3:00 pm, in the Recital Hall on the 2nd Floor
You may also call the Church to verify its availability at other times: 212-222-2700

For thousands of years, many different faiths have used the ancient path of the labyrinth for spiritual centering, contemplation and prayer. To enter the single spiraling path of the labyrinth means embarking on a spiritual journey—an opportunity to walk more slowly, quiet the mind, and focus on a spiritual question or prayer with God.

St. Michael's Lenten Booklet (available at the back of the church or in the parish office)

Daily prayers, scripture, and reflections by St. Michael's parishioners, staff and clergy for the forty days of Lent.

Quiet Day: "Christ in the Desert"

Saturday, March 11, 9:00 am-3:00 pm, in the Church (\$10.00 suggested donation-lunch included)

"Life in God should be a daring venture of love, a continuous journey of putting aside our securities and entering more profoundly into the uncharted depths of God's love for us." Lent is the perfect time for creating space for God and yourself in your daily life. Join Mother Kate, Mother Leigh, and Michael Taylor as we engage in spiritual practices, reflection, and sharing around the theme of Christ in the Desert: what it means to listen, and rest in, the voice of God above all else.

Lenten Healing Eucharist

Sunday, March 26, 6:00 pm

The season of Lent marks an inward journey into our spiritual lives—a time to invite Jesus to join us in our wilderness of pain, loneliness, and loss so that we too may draw closer to God. Come gather in the sanctuary for quiet solace, rest, and reflection that you may walk with Christ and journey deeper towards the peace of God's healing, life-giving presence.

Reconciliation of a Penitent

Many people find the Rite of Reconciliation (also known as Confession) to be an especially meaningful practice during Lent. An old Anglican adage about confession is "none must, all may, some should." If you have questions about this practice or would like to make a confession, please speak with one of the clergy.

And more . . .

Soup Suppers in Lent

Wednesdays 5:45 pm – 7:30 pm, in the Reception Room (\$3.00)

Much of Jesus' ministry and teaching involved breaking bread together to build faith and strengthen relationships. Beginning Ash Wednesday and continuing every Wednesday in Lent, we invite you to a simple relaxed meal of vegetarian soup, salad, and a baguette. All ages are encouraged and welcome to share in the joys of table fellowship together!

Lent Madness 2017: The Sainly Smack Down!

The world's most popular online Lenten devotion is back for the eighth year of cut-throat competition, learning, and humor. Based loosely on the NCAA basketball tournament, this unique competition pits thirty-two saints against one another in a single-elimination bracket as voters choose their favorites throughout the season of Lent. The winner takes home the coveted Golden Halo. Lent Madness is really about being inspired by the ways in which God has worked through the lives of saintly souls across the generations. This all kicks off on "Ash Thursday," March 2. To participate, visit the Lent Madness website, at www.lentmadness.org.

Please join us during Lent for our regularly scheduled services throughout the week.

Sundays	7:45 am — Holy Eucharist	Weekdays	7:45 am — Morning Prayer (with Holy Communion on Wednesdays)
	10:00 am — Choral Eucharist		The Church is open for prayer & reflection from 11:00 am- 2:00 pm.
	10:00 am — Children's Chapel		8:30 pm — Sung Compline (Wednesday)
	Sunday School, Youth Groups & Adult Forums follow the 10:00 am service.	Saturdays	9:00 am — Morning Prayer
	6:00 pm — Intersection		10:00 am — Saturday Kitchen (Volunteers arrive by 8:30 am)