

Lent at St. Michael's

"I pray that you, being rooted and established in love, may have power, together with all God's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God." Ephesians 3:17-19

The Way of Love

Forum Series: Living the Way of Love

Sundays in Lent and Eastertide, beginning March 10, following the 10:00 am service, in the Gray Lounge
Linking the Easter Vigil readings to seven spiritual practices, participants will walk through salvation history towards the empty tomb to embrace the transforming reality of love, life, and liberation.

- March 10: TURN: Dead to Sin, Alive in Christ (Romans 6:3-11)
- March 17: PRAY: Israel's Deliverance at the Red Sea (Exodus 14:10-15:1)
- March 24: LEARN: Learn Wisdom and Live (Proverbs 8:1-8, 19-21; 9:4b-6)
- March 31: BLESS: A New Heart and a New Spirit (Ezekiel 36:24-28)
- April 7: REST: The Valley of Dry Bones (Ezekiel 37:1-14)
- April 28: WORSHIP: The Gathering of God's People (Zephaniah 3:12-20)
- May 5: GO: The Empty Tomb (Luke 24:1-12)

Sunday Study: Jesus' Death as Messiah, Victim or Conqueror?

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

Why did Jesus need to die such an awful death? Did God preordain crucifixion—or did messy events get out of control? Was Jesus victim or conqueror? Our Lenten study looks at the four Gospels alongside atonement theologies asking, "What's in it for me today?" All are welcome!

- March 10: Introduction to Themes of Holy Week
- March 17: Jesus in Mark
- March 24: Jesus in Matthew
- March 31: Jesus in Luke
- April 7: Jesus in John

Engaging Scripture: Job and the Mystery of Suffering

Wednesdays, 7:00-8:30 pm in the Angel Room, beginning March 13

If we are to grow our creativity and compassion, then we cannot observe the question of suffering from a distance. Like Job, we must learn to walk with experiences of evil and suffering and ask questions even when God or our faith doesn't make sense. Join us on a journey of transformation into an ever-deepening encounter with God.

Lenten Healing Eucharist

Sunday, March 31, 6:00 pm

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

Daily Prayer

St. Michael's Lenten Booklet (available at the back of the church or in the parish office)
Daily prayers, scripture, and reflections by the people of St. Michael's for the forty days of Lent.

Day of Fellowship, Reflection & Prayer: "Living the Way of Love"

Saturday, March 16, 9:00 am – 3:00 pm, in the Church (\$10 suggested donation; lunch included)

Reflecting on the ways the Easter Vigil liturgy teaches us practices for loving God, ourselves, and others, consider how you might live into God's transformed reality of joy, freedom, service, and love!

Walking the Labyrinth (Recital Hall, 2nd Floor)

Sundays: 10:00 am – 2:00 pm

Monday – Friday: 9:00 am – 4:00 pm

Unavailable Thursday, March 14 to Saturday, March 16.

Saturdays: 12:30 pm – 4:00 pm

For thousands of years, many faiths have used the ancient path of a labyrinth for centering, reflection and prayer. Entering the single spiraling path is an opportunity to walk more slowly, quiet the mind, and focus on a spiritual question or prayer with God. Guides for walking the labyrinth are available in the Recital Hall. For other times, call the Church to verify availability: 212-222-2700.

Morning Prayer: 7:45 am, weekdays and Sunday; 9 am, Saturday and holidays

Consider making Morning Prayer a part of your Lenten practice. Pick a day and join a half-hour service that combines ancient monastic tradition with up-to-the-minute intercessory prayers. Clergy celebrate the Eucharist on Wednesdays offering brief homilies that can be a wake-up call. A day just goes better when it begins with prayer, especially in the quiet and welcome of the Chapel of the Angels.

Choral Compline – Sung Night Prayer: Wednesdays, 8:30pm

Let the St. Michael's choir sing the prayers at the close of your day. A brief service that offers God's consolation and peace in the midst of a busy week.

Reconciliation of a Penitent

The Rite of Reconciliation (*also known as Confession*) can be a meaningful practice during Lent as a way to make amends, let go and embrace a new way of living. 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.

Meeting Christ in Prayer and Daily Life

An 8-week guided prayer experience modeled on the Spiritual Exercises of St. Ignatius of Loyola. Includes small group sharing with daily prayer, Scripture readings and reflection exercises that form regular habits of prayer and inspire a sense of mission and service in the wider world.

For Children & Youth

Godly Play: The Faces of Easter

Sundays in Lent, 11:15 am to 12:15 pm, Parish House classrooms

Children in Pre-K to grade 5 get ready for Easter by hearing stories of Jesus' life, from his birth to his death and resurrection and imaginatively explore what these stories might mean. Godly Play is a creative approach to Sunday school that values openness, discovery, community and relationships. For more information and to sign up, contact Andrea: andrea@saintmichaelschurch.org

Sock Drive for Saturday Kitchen

Collection from Ash Wednesday, March 6 to Friday, March 29

Help our neighbors in need by donating new adult-sized socks. St. Michael's Middle School Group is hosting the drive and will distribute the socks to people who eat at Saturday Kitchen. All youth in 6th-8th grades are invited to help with the distribution on March 30, 9:30-11:30 am. To serve, contact Helen (javelina@pipeline.com) Kris (ishibashi0201@gmail.com).

Sandwich Lunches for Homeless People

Sunday, March 10, 11:30 am-2:30 pm, meet in St. Michael's kitchen

Youth in 6th-12th grades will make and deliver bagged lunches to homeless people at Penn Station. RSVP to andrea@saintmichaelschurch.org. (Service hours available.) All can help by bringing items for the lunches on March 10 before 11:30 am: clementines, bananas, sandwich meats, sliced cheese, sliced bread, lettuce and sandwich bags. (Please do not bring nut spreads or anything with mayonnaise.)

Mission Offering for the New York Haiti Project

Offering boxes available at the back of the church or in the parish office beginning March 5

This Lent, save money to help educate the children of rural Martel, Haiti. St. Michael's and other Episcopal churches in New York have helped the people of Martel build a school and church. Your offering will help pay teacher salaries. See www.facebook.com/TheNewYorkHaitiProject/ for more information.

Please join us during Lent for worship, community and service.

Sundays

Holy Eucharist: 7:45 am | 10:00 am | 6:00 pm

Word Made Young (*children's service*): 10:00 am

Sunday School, Youth Groups & Adult Forums follow the 10:00 am service.

Weekdays

Homework Help: Mondays, 5:45 – 7:00 pm (*To volunteer contact: hhelp@saintmichaelschurch.org*)

Grief Support Group: Mondays, 7:00 – 8:30pm (*newcomers welcome*)

CareerSearchers: Wednesdays, 7:00 – 8:30pm (*as scheduled*)

Church is open for prayer & reflection from 11:00 am- 2:00 pm.

Saturdays

Saturday Kitchen: 10:00 am (*Volunteers may arrive at 8:30 am or 9:45 am*)