



# LENT

## The Season of Lent\*

Lent is a forty-day period before Easter. It always begins on Ash Wednesday (this year, Wednesday, February 17), and ends on Holy Saturday (this year, April 3). (Because Sundays are a day to celebrate Jesus' resurrection, we skip Sundays when we count the forty days.)

Lent originated in the very earliest days of the Church as a preparatory time for Easter, when the faithful rededicated themselves and when converts were instructed in the faith and prepared for baptism. Lent is a season of soul-searching and repentance. It is a season for reflection and taking stock.

By observing the forty days of Lent, the individual Christian imitates Jesus' withdrawal into the wilderness for forty days. Lent has been observed in the church since apostolic times.

### **What's the reason for ashes on Ash Wednesday?**

Jesus retreated into the wilderness and fasted for forty days to prepare for his ministry. It was for Him a time of contemplation, reflection, and preparation.

By observing Lent, most Christians join Jesus on his retreat. In ancient times, people marked times of fasting, prayer, repentance, and remorse by placing ashes on their foreheads, as in 2 Samuel 13:19, Esther 4:1-3,

Job 42:6, and Jeremiah 6:26. This scriptural custom entered the church from Judaism, and it is most appropriate on Ash Wednesday, when we begin a period of sober reflection, self-examination, and spiritual redirection.

Traditionally, the ashes for the Ash Wednesday service come from burning the palm fronds from the previous year's Palm Sunday celebration.

Some people only celebrate the happy times in Jesus' life: Palm Sunday, Easter Sunday, and Christmas. But as true friends, we should also watch and pray with him on Maundy Thursday, stand by him at the cross on Good Friday, and retreat with him into the wilderness during Lent.

\* This material directly quoted or indebted to the Rev. Kenneth W. Collings, *The Season of Lent*, copyright 1995-2004; used by permission; all rights reserved.

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Sunday Morning Adult Forum in Lent  
**“Drinking Deeper From Living Waters—  
Rest and Nourishment for Your Soul”**

*Sunday mornings  
10:10 a.m., Fellowship Hall*

During Lent, we continue to offer the opportunity to take a more leisurely drink from the Living Waters of the Holy Scripture passages and sermon message of that Sunday. 10:10 a.m. in the Fellowship Hall.

## **Wednesday WindDown**

*resumes Wednesday, February 24*

*6:00—7:30 p.m.*

*Parish House and Fellowship Hall*

Catch your breath midweek. Could your typical week use a little wind-down time? Join Fr. John and Rev. Kate for “Wednesday WindDown” on Wednesdays, starting on February 24. We begin at 6:00 p.m. with a potluck supper, move to a brief teaching/discussion session, and conclude with the ancient, quiet service of Compline from 7:00 to 7:30 p.m. In this period of Lent, artists from the parish will offer contemplative music during Compline. No reservations required; child care provided. Informal. Free. Quiet. Restorative. What’s not to like?

## **Freedom through Financial Fasting**

*Thursday, February 25, 7:00 p.m.*

*Parish House Library*

Join parishioners Brian Glancy and Stacy Cleveland, leaders of the Personal Finance Ministry, on Thursday, February 25, at 7:00 p.m. in the Library to learn how you can cut everyday consumption and stick only with life’s essentials. Get some basic rules for spending during the fast, as well as some things to avoid. *The Power to Prosper: 21 Days to Financial Freedom*, written by *Washington Post* personal finance columnist Michelle Singletary, will be discussed during this session. For more information contact Brian at [bglancy@verizon.net](mailto:bglancy@verizon.net) or Stacy at [stacy.cleveland@eds.com](mailto:stacy.cleveland@eds.com).

## **Contemplative Prayer Lenten Retreat**

*Saturday, March 13, 12:00-3:00 p.m.*

*Nave and Fellowship Hall*

The Contemplative Prayer Group invites you to join them on Saturday, March 13 from 12:00 noon to 3:00 p.m., in the Nave and Fellowship Hall, for a Lenten retreat featuring centering prayer, chant, and meditation led by a member of the clergy. All are welcome, and there is no cost to participate. For more information, contact Henry Stribling at [stribling@hillsborova.com](mailto:stribling@hillsborova.com) or (540)668-6348.

# Worship During Lent and Holy Week

## **Wednesday, February 17: ASH WEDNESDAY**

- 6:30 a.m.: Holy Eucharist & Imposition of Ashes  
12:00 Noon: Holy Eucharist & Imposition of Ashes  
6:00 p.m.: Children's Liturgy with Imposition of Ashes  
7:30 p.m.: Holy Eucharist & Imposition of Ashes

- Sunday, February 21:** First Sunday in Lent\*  
**Sunday, February 28:** Second Sunday in Lent\*  
**Sunday, March 7:** Third Sunday in Lent\*  
**Sunday, March 14:** Fourth Sunday in Lent\*  
**Sunday, March 21:** Fifth Sunday in Lent\*  
**Sunday, March 28:** Palm Sunday\*

**Tuesday, March 30:** St. Gabriel's Tenebrae, 7:00 p.m.

## **Thursday, April 1: MAUNDY THURSDAY**

- 7:00 p.m. Liturgy for Maundy Thursday with Children's Chapel and Foot Washing and Stripping of the Altar  
8:30 p.m. to 6:30 a.m. All-Night Prayer Vigil before the Altar of Repose

## **Friday, April 2: GOOD FRIDAY**

- 6:30 a.m. Liturgy for Good Friday  
12:00 Noon The Three Holy Hours, with Guided Meditations and Silence to 3:00 p.m.  
6:00 p.m. Children's Good Friday Liturgy  
7:30 p.m. Liturgy for Good Friday

## **Sunday, April 4: EASTER SUNDAY**

- 5:00 a.m. The Great Vigil of Easter, with Holy Baptism and Holy Eucharist  
7:30 a.m. Festive Celebration of Easter Sunday  
9:00 a.m. Festive Celebration of Easter Sunday  
11:15 a.m. Festive Celebration of Easter Sunday

*\*Our normal Sunday service schedule is:*

*7:45 a.m. Holy Eucharist*

*9:00 a.m. Holy Eucharist with Children's Chapel*

*10:10 a.m. Adult Forum, Sunday School*

*11:15 a.m. Holy Eucharist, Children's Chapel, & Prayers for Healing*