

THE TERMS

Holy Week is a general term for the days from Palm Sunday to Holy Saturday.

Palm Sunday marks Jesus humble entry into Jerusalem, riding on a donkey, while many greeted him waving palms.

Maundy Thursday gets its name from Jesus' 'new commandment' to 'love one another' spoken at his Last Supper, where he washed the disciples' feet. "Maundy is a Latin word meaning "to command".

Good Friday marks Jesus' trial, crucifixion and death.

Easter Vigil/Holy Saturday (the day before Easter Sunday), historically held in the evening with a relighting of the Paschal Candle and celebrating the Lord's Supper. It is also often offered as a Prayer Vigil Day, in the chapel, where people may sign up to sit in silent prayer for a time period.

Easter Sunday is celebrated with joy! The message "He is risen indeed!" turns the events of Holy Week and the story of our own lives into a victory. This day initiates the Easter season: 50 days in total.

Paschal is a term for Easter borrowed from the Jewish Passover. As the Jews celebrated God's rescue of his peoples from slavery, so Christians celebrate their liberation from sin's bondages through the sacrifice of Jesus, Lamb of God.

Repentance in Christianity means a sincere turning away, in mind, heart and action, from sin and self, and returning to God. A change of mind that is radical in leading to action – away from a sinful course and towards God.

THE SYMBOLS

Colours: The usual color for Lent is purple, signaling repentance. Black may be seen on Ash Wednesday and Good Friday, red on Palm or Passion Sunday. Easter's color is white for purity and celebration.

Ashes: Lent begins with a quiet Ash Wednesday service, when we receive a smudge of ashes on our foreheads: a solemn, public reminder of our mortality and repentance. These ashes are made from palms from the previous year's Palm Sunday.

Palms: an ancient Jewish and Roman symbol of victory, used in triumphal processions and for decoration.

Crown of thorns: Like the cross itself, Jesus' painful crown is a sign both of his humiliation on our behalf as well his kingship.

Darkness; uncovered altar: Some churches leave their interior dark and the chancel furniture bare between Thursday or Friday and Easter to symbolize the death of our Lord. During this time we keep a vigil of prayer and intercession in the church and at home.

Easter or Paschal Candle: This symbol of our risen Saviour, the Light of the world, may be lit for the first time at the Easter vigil and at regular services through the following year.

FASTING

Fasting during Lent is a sign of a "heart hungry for God". During Lent, some sort of fast can help us to identify with Jesus' 40 day fast in the wilderness. Fasting is first of all always for God, before it is for any other purposes. It may strengthen and focus our prayer, humbling ourselves before God. It is an aid in self-discipline, changing of habits, or other character changes we seek. It can also strengthen us against any temptations we may be seeking to be free from.

Fasting also speaks against our society's culture of materialism, reminding us to prayer for those in great hunger and need, both locally and around the world.

Fasting can involve denying yourself or resisting foods you like such as sweets, chocolate, wine, etc. during the 6 weeks of Lent. Alternately, here are other suggestions for fasting: (in the words of Pope Francis). Perhaps one of these might be something you choose to do for Lent.

Fast from hurting words and say kind words. Fast from sadness and be filled with gratitude. Fast from anger and be filled with patience. Fast from pessimism and be filled with hope. Fast from worries and trust in God. Fast from complaints and contemplate simplicity. Fast from pressures and be prayerful. Fast from bitterness and fill your hearts with joy. Fast from selfishness and be compassionate. Fast from grudges and be reconciled. Fast from words and be silent so you can listen.

INTERCESSIONS, DAILY PRAYERS and DEVOTIONS

Lent is an opportunity for strengthening our personal relationship with God, as we open our hearts and minds to hear God's voice, receive God's love: to take time to invite God to change us in our character and discipleship.

Intercessory prayers refer to praying for others on their behalf. Some suggestions are: a) prayers for all our parish family members to know love and healing in new and deeper ways. b) prayer for an increase in the Holy Presence of God and Christ, for us to experience physical, emotional or spiritual healing. c) prayers for a renewal in the Holy Spirit, for God's vision and direction for our parish community.

RESOURCES:

PWRDF Nurturing Creation Lenten Course: Climate Action and Women. Nurturing Creation. Lenten Conversation - each day our one of 3 writers invite you to read scripture, reflect and pray with them. To sign up for this free, online resource, go to the following link: <https://pwrdf.org/lent2022/>

CHURCH LIBRARY:

Devotional Books with daily readings and reflections. Books to guide/ deepen a Christian practice such as meditation, prayer, centering or contemplative prayers or inspired by wise words by past and present Christian writers.

DAILY READINGS

The following selections help us relive most of Jesus' ministry by reading through Luke's Gospel. At week's end we pause to listen to the prophet Isaiah. On Sundays a Psalm sings to us the centuries-long story of love and frustration through faith.

Ash Wednesday	Luke 3:1-9	(Mar. 2)
Thursday	Luke 3:15-22	
Friday	Luke 4:1-13	
Saturday	Isaiah 42:1-9	

First Sunday in Lent	Psalm 51	(Mar. 6)
Monday	Luke 4:14-30	
Tuesday	Luke 4:31-44	
Wednesday	Luke 5:1-16	
Thursday	Luke 5:17-39	
Friday	Luke 6:1-16	
Saturday	Isaiah 40:1-11	

Second Sunday in Lent	Psalm 105	(Mar. 13)
Monday	Luke 6:17-49	
Tuesday	Luke 7:1-35	
Wednesday	Luke 7:36-50	
Thursday	Luke 8:1-21	
Friday	Luke 8:22-56	
Saturday	Isaiah 65:17-25	

Third Sunday in Lent	Psalm 107	(Mar. 20)
Monday	Luke 9:1-17	
Tuesday	Luke 9:18-36	
Wednesday	Luke 10:1-24	
Thursday	Luke 11:1-13	
Friday	Luke 11:29-54	
Saturday	Isaiah 60:1-5	

Fourth Sunday in Lent	Psalm 103	(Mar.27)
Monday	Luke 12:1-12, 22-34	
Tuesday	Luke 12:35-59	
Wednesday	Luke 13:10-35	
Thursday	Luke 14	
Friday	Luke 15	
Saturday	Isaiah 11:1-5	

Fifth Sunday in Lent	Psalm 22	(April 3)
Monday	Luke 16:19-17:10	
Tuesday	Luke 17:22-37	
Wednesday	Luke 18:1-17	
Thursday	Luke 18:18-34	
Friday	Luke 18:35-19:10	
Saturday	Isaiah 61	

Palm Sunday	Luke 19:28-44	(April 10)
Monday	Luke 19:45-20:19	
Tuesday	Luke 20:45-21:19	
Wednesday	Luke 21:20-38	
Maundy Thursday	Luke 22:1-65	
Good Friday	Luke 22:66-23:56	
Holy Saturday	Isaiah 53	

Easter Sunday	Luke 24	(April 17)
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ST. MARTIN'S ANGLICAN CHURCH

1009 Prominence Way S.W. Calgary, Alberta
T3H 2B4

Phone: (403-249-3014)

E-mail: officestmartins@gmail.com

Website: www.stmartinscalgary.ca

LENT

Lent, from the Anglo-Saxon "lencten" means springtime. The season lasts from Ash Wednesday to Holy Week: including Maundy Thursday, Good Friday and Saturday's Easter Vigil.

Lent is the church's "springtime". Out of the darkness of winter (sin) emerges a people - the church - reborn in their Lord's resurrection. Easter is the oldest Christian season. The observance of Lent first appeared between 200-300 A.D. Lent was a time for those preparing for baptism to be instructed in the Christian faith. The period of Lent lasting 40 days, models Jesus' time in the wilderness, where he prepared for his ministry.

Today Lent calls us to look back on the impact of our baptism in our lives. How are we living out our life in Christ? This is an opportunity to reflect (turn inwards) through prayer and reading, putting distractions aside to draw closer to and asking God to clear our lives of sin/ weakness, through repentance.

Lent begins with Ash Wednesday's repentance, leading us to Holy Week's bitter story of Jesus' last days, to Easter's joy.

*Note: It is customary **not to say "Alleluia"** and to **omit the Gloria** in liturgies during Lent, to help communities enter more deeply into the spirit of the season.*