

# ST. ANDREW'S EPISCOPAL CHURCH

## AN INVITATION TO A HOLY LENT



### ASH WEDNESDAY SERVICES - 2/14/18

**10 a.m. at The Episcopal Home (regular Holy Eucharist Service with Healing Prayers with the addition of the Imposition of Ashes)**

**11 a.m. to 1 p.m. - Ashes to Go at the Shippensburg Post Office**

**6 p.m. Traditional Ash Wednesday service at St. Andrew's Episcopal Church (Imposition of Ashes, Holy Communion, Music)**

### Forming our Young People During Lent



Here's an insightful and helpful article which offers simple and concrete ways you can develop and enter more fully the spirituality of your family.

Please [click here](#) for the article.

#### **BUILDING FAITH Lenten Ideas for Children to do at home**

We know our young people are so often aware of the holy in their lives in ways that we as adults are not – and one way to reinforce and continue this natural seamlessness children often have with God is to set aside space and time to pray together as a family. Lent is a perfect time, rather than "giving up" something to "add" something to your family life, especially what that thing added brings everyone closer to God.

## Godly Play & Building Faith: Brick by Brick Youth Choir Rehearsal

During the season of Lent our curriculum for Godly Play and Building Faith: Brick by Brick will draw the children into the stories of Jesus' life and ministry as we head into the glorious story of Easter Day. Our classes will meet Sundays at 9 a.m.



Youth Choir Rehearsal will be on the 3rd Sundays of each month at 9:30 – so that means it's THIS Sunday! The young people will be preparing for their musical offering on Easter Day.



## Pre-confirmation Classes Ages 9-12 February 25th & March 25th

We are forming our young people in their faith through our Pre-Confirmation Classes. We meet the last Sunday of each month from 11:15 am-12:15 pm.

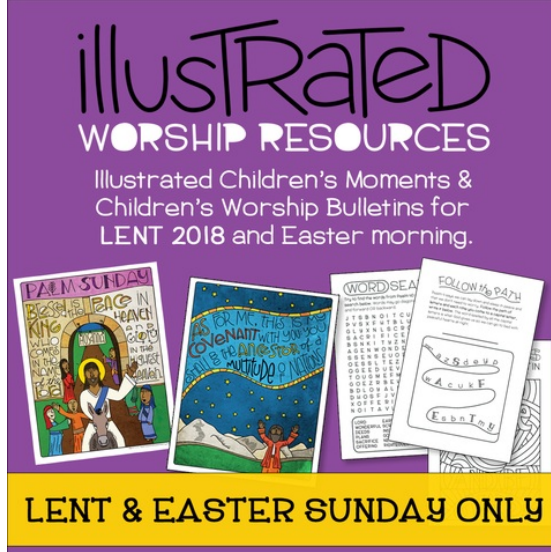
Most importantly, during the classes we're exploring any and all questions they bring forward – and we are working our way through our Book of Common Prayer, starting with the sections of the Sunday Holy Eucharist service.

This is an amazing group of young people and it's a joy to help them explore and learn.

## Illustrated Children's Ministry Lent & Easter

We will be having special bulletin inserts for our young people during Lent and Easter this year that include images connected to the lessons that they can color as well as exercises.

I have a feeling it will be quite a colorful season this year!



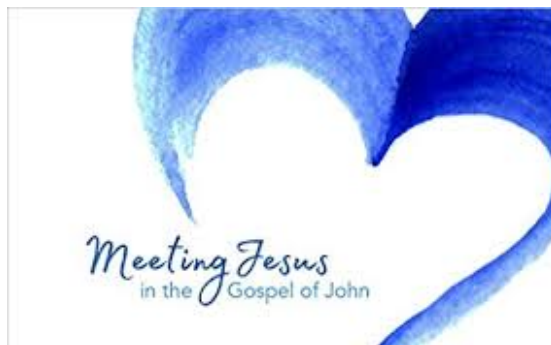
## A Lenten Devotional: Meeting Jesus in the Gospel of John

### Lenten Devotional

Most of us are most familiar with the synoptic gospels (Matthew, Mark, and Luke) because in our three-year lectionary cycle (the lessons we read on Sunday) we concentrate on one of these gospels each year.

The Gospel of John is unlike the other gospels in many ways—specifically in the stories told and in the image presented of Jesus.

The Society of St. John the Evangelist (SSJE) which is an Episcopal Religious Order for Men located in Cambridge MA has worked with Virginia Theological Seminary to create a Lenten Devotional Program designed to open up this gospel to us.



There are daily prayer videos sent directly to you in your inbox, a prayer devotional booklet to help guide your path, and the opportunity to meet anew this particular Jesus and to ponder how he is speaking to you this day. You can access this devotional program at this website: <http://meetingjesusinjohn.org/>

## Engage in St. Andrew's Ongoing Spiritual Practices- Morning Prayer & Meditation/Centering Prayer

### Daily Prayer & Meditation

Each week we come together to pray the Daily Office on Tuesdays and Wednesdays in the Parish



Library at 9 a.m. No experience is needed. We'll guide you through this prayerful ritual which is a rhythm of prayer and scripture. It lasts about 20 minutes. On Thursday mornings, we begin meditating at 8:45 a.m. after silently reflecting on a text, often from a book written by Joan Chittister.

All of these opportunities add structure around our prayer lives which can be very helpful to developing or maintaining a spiritual practice. Doing it together really helps!

## Spiritual Resources & Practices on our [Website](#)

### Finding Pathways to God

We have recently revitalized and updated our parish website. Please check it out!

[www.standrewsshippenburg.org](http://www.standrewsshippenburg.org).

We'd love your feedback and for you to offer a review of our parish when you search for us on google.

Also, we have a tab devoted to **Spirituality: Knowing God.**

This section offers a multitude of spiritual practices and resources to draw you closer to God. If you have others to add, please talk with Mother Barbara.



## Entering Lent through Music

### Music to feed your spiritual life during the season of Lent

Here's [an article](#) that offers suggestions for music that will fill your soul – and is especially appropriate for Lent. Much of it is



moving Gregorian Chant.

Here's something interesting – it's someone's Spotify playlist of Lenten music, most of which is secular, but which clearly has a Lenten theme. As the article says, "it expands the vocabulary of sacred". [Click here](#) for more information.

## Wednesday Evening Exploration

### Celtic Spirituality Sessions February 21st, 28th, March 7th

We continue our exploration of Celtic Spirituality by reading and discussing John Philip Newell's book, *Christ of the Celts*, and to read together during our dinner time Joan Maloof's book, *Nature's Temples: Old Growth Forests*.

We continue our walk more deeply into how God is revealed to us and continues to speak to us through God's primary or first revelation, our earth. Our sessions are on Wednesday evenings at Mother Barbara's home.



### Where did Jesus Walk? Why does that matter to us? March 14th

During our time together, Mother Barbara will share her photos from the Holy Land as we trace the travels of Jesus from his birth, through his ministry, and to his death. We will also explore why where Jesus travelled matters to us now. Perhaps there is information in his travel trajectory that actually shapes our path of ministry too?

### Biblical Scholarship & Our Understanding of God March 21st

Always there is new biblical scholarship, the study and exploration of the Bible, either from new sources found or from additional study of existing sources. Some of the information gathered can actually shift our thinking about what was meant by the authors of the sacred texts and therefore can open up our thinking about the meaning of God in our lives.



Join us as we meet with Dr. Deirdre Good who was Mother Barbara's New Testament seminary professor and who is now the resident Theologian at Trinity Episcopal Church in New York City. This is a very exciting opportunity to learn from someone who is incredibly knowledgeable and accessible.



We'll explore all this together with the purpose of understanding Jesus' background better and enter into our ritual more fully.

### From Seder to Holy Communion March 28th

We know that when Jesus gathered with his disciples for what we call the Last Supper, Jesus was celebrating the Jewish festival of Passover. Have you ever wondered how the Christians developed the ritual of Holy Eucharist and what symbolism or traditions came to us directly from the richness of the Jewish festival meal.

## Leadership Day on Spiritual Practices

### Spiritual Direction Workshop March 17th

Mother Barbara will be presenting a workshop on Spiritual Direction on this day dedicated to learning and sharing spiritual practices that open us to the presence of God.

In Mother Barbara's workshop, she will share with you what Spiritual Direction is (and isn't), what to expect, what risks



you take by engaging in this spiritual practice (and what risks you take by NOT engaging in it) and what some of the joys or fruits of spiritual direction may be for you.

She will also teach you other spiritual practices which will help prepare your heart for the openness that is desirable so that God's voice can be heard during the spiritual direction time.

Then the really fun begins – as we explore together how these spiritual practices can in practical and mystical ways open up your Sunday worship experience – plus how because of your openness to the Spirit, you may actually be opening up the Sunday worship experience for others!

Our parishioner Jeanine Goodwin is presenting a similar workshop on Spiritual Direction this Saturday, 2/17 through our Diocesan Leadership Day.

If you are interested in registering for either of these workshops, please go to our [Diocesan website](#) and register or contact Mother Barbara if you are interested in additional information.

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## Biblical Study



### Approaching the Gospels March 4th

Each month we gather to look at one story in Jesus' life in the 3 synoptic gospels (Matthew, Mark, and Luke) to see what is similar and what is different. We use a contemplative dialogue technique of facilitated conversation so as to allow the insights and revelations of everyone in the group to be shared and pondered by all. No biblical experience is required. We meet from 11:30 am - 12:30 pm in the parish library.

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### Reading the Bible in a Year Instructional Meeting 2/18 between 2-4 p.m. at our Harrisburg Cathedral

Join others from around our diocese and read the entire Bible in a year!

Come to the Cathedral this Sunday

from 2-4 p.m. to learn how you can bring this here to St. Andrew's. If you can't make that time, let Mother Barbara know and she can connect you with the Dean of the Cathedral so you can work with her to figure this out! Think how much richer we all will be if a group of us worked our way with intention and reflection through the sacred texts this year!



*In this, the church's holy spring, we ask you, O God to renew us. With a gentle breath, blow from our lives the dust of sin, and make us your people again. Lift us from guilt, and shame, and regret, to repair all we've broken, and give us the gift of repentance. With the lengthening days, stretch our hearts, too, to be ready for your risen life; through Christ our Lord. Amen.*

## Holy Week Schedule

3/25 - Palm Sunday 8 & 10 a.m.  
3/29 - Bible Foods Dinner 5:30 p.m. & Maundy Thursday Service 7 p.m.  
3/30 - Good Friday Stations of the Cross 6:30 p.m.  
3/31 - Easter Eve Vigil - 6:30 p.m.

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[Visit our website](#)