

FAITH in FORMATION



Lenten Programs and Practices | 2019



Shrove Tuesday

Pancake Supper and Mardi Gras Celebration

March 5, 5:30 to 7:00 p.m. in Colhoun A, B and C

St. Paul's Shrove Tuesday Pancake Supper and Mardi Gras Celebration will offer fun, games and activities for parishioners of all ages, as well as plenty of pancakes. \$6 per person, \$4 for fifth graders and younger children, maximum \$20 per family.

Ash Wednesday

Imposition of Ashes and Holy Eucharist

March 6, 7:30 a.m., 12:00 noon and 6:00 p.m. in the nave

Child care for children four years old and younger will be offered in room 107 off the Preschool hallway during the 6:00 service. Morning Prayer and the 10:30 a.m. and 5:30 p.m. Holy Eucharist will not be offered on Ash Wednesday.

The Daily Office

Morning Prayer

Weekdays, 8:15 a.m. in the nave

Evening Prayer

Weekdays, Thursday, March 7 through Wednesday, April 17, 4:30 p.m. in the nave, live-streamed on St. Paul's Facebook group page

Compline

Sundays, March 10 through April 14, 6:15 p.m. in the nave

Wednesday Supper Series

Experiencing the Beauty and Mystery of Holy Week

Wednesdays, March 13, 20, 27, April 3 and 10, 5:30 to 7:00 p.m. in Colhoun A, led by clergy

Liturgical expression is one of the great gifts of the Episcopal tradition, and there is no greater experience of this beauty than Holy Week. We participate in services that powerfully show the journey of Jesus to the cross, from Palm Sunday through Maundy Thursday, Good Friday and the Great Vigil of Easter. As Easter comes only once a year, though, it's hard to engage with the full breadth of spirituality that these services offer. In this year's Wednesday Supper Series, we will explore more deeply each of the Holy Week services, including the specific rituals of each service and what these days

teach us about Jesus. Join us for an interactive meditation of Holy Week as we prepare for the drama of this climactic season in the church year.

- March 13 Palm Sunday
- March 20 Maundy Thursday
- March 27 Good Friday
- April 3 The Great Vigil of Easter
- April 10 The Eucharist

All five Wednesday night parish gatherings include supper for the whole family from 5:30 to 6:15 p.m. Programs will be presented from 6:15 to 7:00 p.m. The cost for supper will be \$7 for adults and \$5 for children younger than 12, with a maximum cost per family of \$20. After supper, child care for children three years old and younger will be available in room 107 off the Preschool hallway. A program will be offered for Pre-K students through fifth graders in the chapel.

Rector's Forum Lenten Series

Lessons in Vapor Management: A Lenten Tour of Ecclesiastes

Sunday March 10, 17 and 24, 10:15 to 11:00 a.m., Colhoun A, led by the Rev. D. Dixon Kinser, Rector

Ecclesiastes is one of the opaquest and most under-read books in the whole Bible and for good reason: its fundamental posture is reminding readers that they are going to die. Yikes! However, when embraced, Ecclesiastes shows all of us where real joy, peace and meaning are when the world is totally chaotic. Does anyone need any of that? Join Dixon for this three-week Lenten study on why Ecclesiastes is, actually, really good news.

The Glory of These Forty Days: The Music of Lent and Holy Week

Sunday, March 31, 10:15 to 11:00 a.m., Colhoun A, led by Dr. Mark Ardrey-Graves

There is a unique shift in the way we make and hear music in Lent and Holy Week, perhaps more than any other season of the church year. This class will explore some of the whats and whys of the distinctive flavors of Lenten music in our worship tradition. Plus, come discover the only hymn that *The Book of Common Prayer* specifically dictates to be used in the liturgy. The answer may surprise you!

A Liturgical Road Map to Holy Week

Sunday, April 7, 10:15 to 11:00 a.m., Colhoun A, led by the Rev. Darby O.

Everhard

Darby will help us map out the pathways of the liturgies during Holy Week and Easter. All are welcome to explore this liturgical journey which begins on Palm Sunday, April 14, continues with many stops along the way, with a final destination of resurrection on Easter Day, April 21.

How to Do Holy Week: Spiritual Practices in Action

Sunday, April 14, 10:15 to 11:00 a.m., Colhoun A, led by the Rev. Sara C.

Ardrey-Graves

St. Paul's offers many opportunities to grow spiritually through Holy Week—practices like Confession, Daily Eucharist, Prayer, Fasting and Stations of the Cross. Are you curious about what these practices are like? Unsure of where to start? Come join Sara for a practical walk-through and instruction in how you might participate in a new spiritual practice this Holy Week.

Episcopal 101 Confirmation Class

Sunday March 10, 17, 24, 31 and April 7, 10:15 to 11:00 a.m., in the chapel, led by clergy and Nick VanHorn

Available to all, whether a newcomer, teenager or cradle Episcopalian. These classes are a great way to explore the many ways we follow Jesus at St. Paul's. The classes offered through Lent include a deep dive into the prayer book, stewardship and faithful giving and the structure of our church leadership. Join us if you want to learn more about what it means to be an Episcopalian.

- March 10 *The Book of Common Prayer: History and Theology*. The Rev. John E. Shields
- March 17 *The Book of Common Prayer: Practical Use*. The Rev. Darby O. Everhard
- March 24 *Stewardship*. The Rev. Sara C. Ardrey-Graves
- March 31 *Episcopal Polity*. The Rev. D. Dixon Kinser
- April 7 *Confirmation Recap*. The Rev. Sara C. Ardrey-Graves

Faith and Service: Lenten Outreach Opportunities

Lent is a time of reflection and spiritual awareness as we walk the path toward Easter. Serving our neighbors during Lent is a reminder that we live our faith in community. We invite you to join us to serve a meal, pack a lunch or learn about poverty and homelessness in our city. For information on any of these Lenten outreach opportunities, contact the Rev. Nancy Vaders, Director of Outreach Ministries, at nvaders@stpauls-ws.org.

Wednesday, March 13, Prepare and Serve Dinner at the Homeless Overflow Shelter at Augsburg Lutheran Church. Learn more and volunteer to help at <https://stpaulswinstonsalem.org/augsburg-homeless-overflow-shelter/>

Monday, March 25, Lunch and Learn at City With Dwellings Community First Center. See the facility and learn how this organization is working to help homeless individuals in our community connect with resources for more sustainable living. If you are interested in participating in this event, contact the Rev. Nancy Vaders at nvaders@stpauls-ws.org.

Tuesday, March 26, Pack Bag Lunches for Homeless Overflow Shelter Guests.

Meet in the St. Paul's Kitchen from 11:30 a.m. to 12:00 noon to pack lunch bags. This is quick work and will provide a healthy lunch for those who are without access to food and shelter during the day. All supplies will be provided. To volunteer, visit <https://stpaulswinstonsalem.org/LunchBags>.

Wednesday, April 10, Provide and Serve Lunch at Winston Salem Street

School. St. Paul's will host a pizza party for the WSSS from 11:30 a.m. to 1:00 p.m. St. Paul's will provide the pizza. Sign up at <https://stpaulswinstonsalem.org/WSSS> to bring sides and serve. The Winston-Salem Street School is a non-profit private high school "dedicated to providing a quality education as a means of transforming disenfranchised members of our society into empowered citizens." The school relies on community organizations to provide at least one meal each week.

Beginning Wednesday, March 6, United Thank Offering Blue Boxes will

be available for parishioners to take home. The United Thank Offering is a program of the Episcopal Church for the mission of the *whole* church, founded and administered by women since 1889. The UTO mission is to expand the circle of thankful people. Thank offering monies are distributed annually through national and international grants. This year, St. Paul's Episcopal Church Women are sponsoring this Lenten UTO Blue Box offering, encouraging parish families to use the boxes as part of a spiritual practice of gratitude for Lent and beyond. Empty boxes will be placed for pick-up at the back of the nave, the chapel entrance, the Goodheart Entrance and the second-floor reception desk. Boxes containing donations are to be returned to the church on Sunday, May 12, when the UTO Spring Ingathering takes place and St. Paul's gives thanks for the ministry of the ECW.

Wednesday Holy Eucharist

Except for on Ash Wednesday, a service of Holy Eucharist will be offered each Wednesday at 10:30 a.m. at the side altar in the nave and at 5:30 p.m. in the chapel.

The Stations of the Cross

Parishioners may walk the Stations of the Cross in the nave and chapel on their own during church office hours, provided the rooms are not in use for services, throughout Lent. Booklets containing the liturgy will be available at the back of the nave and on the table outside the chapel.

The Labyrinth

The Labyrinth will be available from 12:00 noon to 12:45 p.m. on Wednesdays, March 13, 20, 27, April 3 and 10. Based on the labyrinth in the floor of Chartres Cathedral in France, St. Paul's Labyrinth is etched into the floor of the chapel, a balanced, circular walking path with seven concentric circles, leading from an outer entry point to the center. As a true labyrinth, it offers a single, purposeful pathway, with no dead ends, and can be walked by people of all faiths. Some people pray as they walk, opening their minds and hearts to God's peace and the presence of the Holy Spirit, while others meditate, as they follow the path to the center and back out again into the world.