

LENT 2010

OUR SUGGESTED PARISH LENTEN RULE FOR 2010 is built around the three traditional works of a Christian - Prayer, Fasting, and Almsgiving - to help keep us in "The Pilgrim Way."

PRAYER

1. READ each day from the Bible, using either the FORWARD DAY BY DAY, or the Daily Office Lectionary (begins on p. 951, this is YEAR TWO), allowing some time for meditation and reflection on thoughts of the day.
2. ATTEND Eucharist each Sunday and one of the additional Lenten Devotions during the week, when possible. Try to add one weekly service to your regular rule.
3. SET ASIDE time for special prayers for:
 - Persecuted Christians throughout the world
 - The unity of the Church, especially among orthodox Anglicans
 - The peace of the world
 - The hungry and unemployed
 - The lonely and weary
 - The intemperate and addicted
 - The faithless and cynical
 - The disparaging and suicidal
 - The terminally ill and dying
4. READ one of our selected library books or another suitable book.
5. USE our Lenten Pamphlet daily, *Where in the World is God?*
6. ATTEND one of our weekly classes (see calendar for details).

FASTING

1. To keep the traditional days of Lenten Abstinence of Wednesday and Friday by simpler and less expensive meals on these days. Meat and meat products are traditionally avoided on these days.
2. To give up one specific favorite food, drink or other pleasure for the entire season.
3. If this is not already your practice, to refrain from solid food for three hours before Mass.

ALMSGIVING

1. From money saved on simpler meals and abstaining from your favorite foods or other pleasures:
 - a. CONTRIBUTE to a global hunger or assistance project: Anglican Relief and Development (envelopes are on the office counter), Heifer Project, etc.
 - b. BRING a can of food each week for *Loaves & Fishes* to feed the hungry.
2. VOLUNTEER your time to various parish or community projects. Parish outreach includes Community Outreach Dinners on the third Wednesdays: February 17 and March 17 (contact Jon Greulich or Chuck Merritt.)

THE SACRAMENT OF PENANCE has been the traditional method by which we have examined the three aspects of FASTING, PRAYER, and ALMSGIVING, and will continue to be available to you throughout Lent.