

# LENT 2023

CHRIST CHURCH CATHEDRAL

## BEGIN LENT ON ASH WEDNESDAY, February 22, 2023

*Schedule of services:*

8am, Holy Eucharist and Imposition of Ashes

12 Noon, Holy Eucharist and Imposition of Ashes with music.

5:30pm, Holy Eucharist and Imposition of Ashes with the choir and Bishop Fisher.

7:00pm, miércoles de Ceniza (servicio en Español)



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## SUNDAY FORUMS IN LENT ON HOLY HABITS

*After the 10 am service, grab some coffee and join.*

### Sunday, February 26

Introductory conversation- "What are your plans for Lent?"

### Sunday, March 5 - SERVING

A conversation with ROCA, a local community agency dedicated to serving the at-risk community in our city.

### Sunday, March 12 – KEEPING SABBATH

A conversation with parishioner Laurel Stewart about monastic retreats.

### Sunday, March 19, FASTING

A conversation with Sheikh Yawar Baig, The Islamic Society of Western Massachusetts

### Sunday, March 26, PRAYING

A conversation with the Daughters of the King about the practice of prayer

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## FRIDAYS IN LENT: STATIONS OF THE CROSS

**6:00 PM, at Christ Church Cathedral and St. Peter's Episcopal Church.**

A meditative walk with Jesus through his last steps. We join him from his arrest through the moment of the empty tomb. Share with others from the 12:15 service and find new ways in which Jesus's sacrificial love speaks to us today. The schedule will be available soon.



**FOR THOSE WHO LIKE ZOOM**

## **ADULT FORMATION: AN INVITATION TO A HOLY LENT**

Hampden Deanery Lenten Study, Wednesdays from 6:00-7:15 PM on Zoom

To join, please click the link:

<https://us02web.zoom.us/j/82856913744?pwd=Q1hDOEszM3R2cGsvUGI1dWVMWXRIZz09>

At the Ash Wednesday Service every year, we hear this: “I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word” (BCP, 265). In this series, leaders from area Churches will facilitate conversations about each of those practices. We hope the group will share wisdom based on our experiences so that we can support each other in observing a truly holy Lent.

### **March 1 (Saint David’s Day!): Self- Examination and Repentance**

The Rev. Mike Devine, St Peter’s, Springfield

### **March 8: Prayer**

The Rev. Tom Callard, Christ Church Cathedral, Springfield

### **March 15: Fasting**

The Rev Harvey Hill, St. David’s, Agawam

### **March 22: Self Denial**

The Rev. Terry Hurlbut, St. David’s, Agawam

### **March 29: Reading and Meditating on God’s Holy Word**

The Rev Harvey Hill, St. David’s, Agawam

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## **JOIN THE GRATITUDE CHALLENGE WITH THE UNITED THANK OFFERING**

### **A GRATEFUL LENT: Noticing and giving thanks for small things in our daily life**

The United Thank Offering invites you to join their gratitude challenge. You may sign up to receive a text message from UTO each of the 40 days of Lent and notice all the small things you often overlook and give thanks for them. You can find them @UnitedThankOffering on Facebook and Instagram, or sign up to receive daily text messages during lent at [www.unitedthankoffering.org/lent](http://www.unitedthankoffering.org/lent).