

# LENT 2013

## FORMATION IDEAS, ACTIVITIES & RESOURCES FOR CHILDREN, YOUTH & ADULTS



“Lent” comes from the Anglo-Saxon word *lencton* – meaning “spring” or “lengthening” from the time of year when the days grow long. The season begins on Ash Wednesday (February 13, 2013) and ends with the Easter Triduum (Maundy Thursday through Easter Day), covering 40 days (excluding Sundays which are little feasts of the Resurrection). Some believe that the word “Lent” may derive from the Latin *lentare*, which means “to bend.” This understanding reinforces a sense of Lent as a time of preparation for personal and collective transformation. Having nurtured ourselves through Advent, Christmas and Epiphany, Lent becomes the time to look truthfully at ourselves and make changes.

In the early church, Lent was the time of preparation for the Easter, *Pascha* (Christian Passover) baptism of converts to the faith. Persons were to receive the sacrament of “new birth” following a period of fasting, penitence and preparation. Just as the children of Israel had been delivered from the bondage of Egyptian slavery, we are delivered from the bondage of sin. The bible readings appointed for the Sundays in Lent continue to offer us a short course on the meaning of baptism – our sacrament of initiation into the Body of Christ.

### TRADITIONS OF LENT:

#### *Liturgical Colors:*

- **Purple** is used in vestments and altar hangings for penitence and royalty.
- **Rough linen** or unbleached fabric can also reflect the mood of Old Testament mourning (wearing sackcloth)

#### *Symbols:*

- **Ashes** (prepared from the previous year’s palms symbolize our mortality and sorrow for our sins. Job (Job 42:6) and the king of Ninevah (Jonah 3:6) put ashes on their foreheads as a sign of repentance, while also wearing sackcloth
- **Responses & Music** follows a more contemplative stance. Joyful canticles, Alleluias and the *Gloria in excelsis* are omitted from worship. Altar flowers may also be absent.

#### *Notable days and practices:*

- **Shrove Tuesday** (the day before Ash Wednesday) was the day all households were to use up all milk, eggs and fat to prepare for the strict fasting of Lent. These ingredients were made into pancakes, a meal which came to symbolize preparation for the discipline of Lent, from the English tradition. “Shrove” comes from the verb “to shrive” (to confess and receive absolution) prior to the start of the Lenten season. Other names for this day include *Carnival* (farewell to meat) and *Mardi Gras* (Fat Tuesday of the French tradition).

- **Ash Wednesday** takes its name from the ashes used as early as the 3<sup>rd</sup> century to publicly signify contrition. With roots in the ancient Jewish festival of Yom Kippur, the Day of Atonement, it is a day to honestly face one's self – to be one with God, our neighbor, all of creation and ourselves. It began to be observed in the 7<sup>th</sup> century as a time for disciplining penitents. By the 11<sup>th</sup> century, Christians had come to recognize the universal need for self-examination and repentance. Believers began to be blessed with ashes on their foreheads as they began their Lenten fast as a reminder that we are dust, and to dust we return.
- **Retreats** are a common practice during Lent; a time set aside for teaching and learning, fasting and self-denial, meditation, quiet and spiritual growth in our relationship with God
- **Study and Preparation** is also customary for Christians and many churches plan special programs in which prayer practices, Bible study or service to others are offered. It is a time for those who will be baptized at the Easter Vigil (or to be Confirmed in the spring) to study and reflect on the Christian faith and their relationship to Jesus Christ.

*Hymns:*

- Forty Days and Forty Nights (Hymnal 1982 #150)
- The Glory of These Forty Days (Hymnal 1982 #143)
- The God of Abraham praise (Hymnal 1982 #401)
- Sh'ma Yisrael (Hear, O Israel) (Wonder, Love and Praise #818)
- How great thou art (Lift Every Voice and Sing #60)
- I love to tell the story (Lift Every Voice and Sing #64)
- We are climbing Jacob's ladder (Lift Every Voice and Sing #220)

## ASH WEDNESDAY

Ethical issues are raised in the Litany of Penitence (BCP 267-269):

- Exploitation of other people
- Dishonesty in daily life and work
- Indifference to injustice, human need, suffering, and cruelty
- Prejudice and contempt toward those who differ from us
- Waste and pollution of God's creation

Exploring more fully the Baptismal Covenant and the covenant of the Torah during Lent helps us become increasingly aware of how far we have strayed from God's ways. Lent is a time for us to renew our Baptismal promises and repent.

## PREPARATION FOR BAPTISM IN YEAR C

*The lectionary readings for Lent in Year C can be used to explore the five great themes related to Baptism.<sup>i</sup>*

Following the Revised Common Lectionary (RCL), we can hear the themes that are posed in the Baptismal Liturgy:

### *The First Sunday in Lent, February 17, 2013*

*Baptismal Theme: Creed*

The Apostles' Creed, in which belief leads to faithfulness: *I believe in God, the Father almighty, creator of heaven and earth . . .* (BCP304)

#### ***Baptismal theme, expressed in the lectionary readings***

Belief and acceptance of Jesus as Lord. The ancient creed outline God's mighty acts for Israel spoken at the time of offering the first fruits of the harvest is matched in this week's reading by the simple statement from Romans, "Jesus is Lord." Jesus responded to temptation by his own "creed" take from Deuteronomy 4:4, 8, 12: ". . . One does not live by bread alone . . . Worship the Lord our God, and serve only him. . . Do not put the Lord your God to the test."

### *The Second Sunday in Lent, February 24, 2013*

*Baptismal Theme: Covenant*

The Baptismal Covenant: *Let us join with those who are committing themselves to Christ and renew our own baptismal covenant.* (BCP 303)

#### ***Baptismal theme expressed in the lectionary readings***

The Baptismal Covenant in the Book of Common Prayer includes The Apostles' Creed followed by five statements of our commitment to live according to our beliefs. The response to each statement of commitment is the same: "I will, with God's help." Keeping covenant means making right choices (the narrow road) and joining Jesus "on the way" to Jerusalem.

### *The Third Sunday in Lent, March 3, 2013*

*Baptismal Theme: Calling*

The welcome given to the newly baptized: *We receive you into the household of Christ. Confess the faith of Christ crucified, proclaim his resurrection, and share with us in his eternal priesthood.* (BCP 308)

#### ***Baptismal theme expressed in the lectionary readings***

Baptism is a calling into ministry. For the Christian, baptism is the "burning bush" experience that makes sense of the rest of one's life in Christ. The fact that baptism comes for many in infancy means that the church must constantly look back to baptism to reaffirm the sacred calling to participate with God in continuing acts of salvation. The gospel reading is a solemn reminder that with the call comes accountability. God expects the Christian and the church to bear fruit: "If it bears fruit next year, well and good; but if not, you can cut it down." (Luke 12:9)

### *The Fourth Sunday in Lent, March 10, 2013*

#### *Baptismal Theme: Eucharist*

The Holy Eucharist is the sacrament of baptismal renewal and reconciliation, and a foretaste of the Reign of God: *Offer to God a sacrifice of thanksgiving, and make good your vows to the Most High.* (Offertory sentence at the Eucharist, BCP 376)

#### *Baptismal themes expressed in the lectionary readings*

“Holy Baptism is appropriately administered with the Eucharist as the chief service on a Sunday or other feast” (BCP 298). It has been said that the Eucharist is the only “repeatable” part of the baptismal rite. Those made sons and daughters of God at their baptism are welcomed to the feast of the Eucharist as the prodigal son was welcomed by his father with sandals, a ring, and feasting. Christians are fed for the journey both as a remembrance and as a promise.

### *The Fifth Sunday in Lent, March 17, 2013*

#### *Baptismal theme: Promise*

The Thanksgiving over the Water: We thank you, Father, for the water of Baptism. In it we are buried with Christ in his death. By it we share in his resurrection. Through it we are reborn by the Holy Spirit. Therefore in joyful obedience to your Son, we bring into his fellowship those who come to him in faith, baptizing them in the Name of the Father, and of the Son, and of the Holy Spirit. (BCP 306-307)

#### *Baptismal theme expressed in the lectionary readings*

God did a “new thing” as Moses led the slaves of Egypt through the water of the Sea of Reeds into the wilderness at Sinai. God did a “new thing” as Joshua led the people across the Jordan River and celebrated Passover in the Promised Land. God promises a “new thing,” a “new Exodus” when water will flow in the desert for God’s people. God does a “new thing” in leading Christians into the waters of baptism where they are “buried with Christ” so that they may “share in his resurrection.”



## PRAYERS

**Dearest Jesus, teach me**

To be generous;  
Teach me to serve as you deserve;  
To give and not to count the cost,  
To fight and not to heed the wounds,  
To toil and not to seek for rest,  
To labor and not to seek reward,  
Save that of knowing  
that I do your will. Amen  
(*St. Ignatius of Loyola, 1491-1556*)

**Almighty and eternal God,**  
who drew out a fountain of living  
water in the desert for the people...  
draw from the hardness of our hearts  
tears of compunction,  
that we may be able  
to lament our wrong-doing,  
and may merit to receive you  
in your mercy. Amen  
(*Latin, late 14<sup>th</sup> century*)

**Everything happens**<sup>ii</sup> (adapted from Ecclesiastes 3)

Leader: Everything that happens on earth  
happens at the time God chooses.  
Women: God sets the time for birth and the time for death,  
Men: the time for sorrow and the time for joy,  
Women: the time for tearing and the time for mending,  
Men: the time for scattering and the time for gathering,  
Women: the time for seeking and the time for losing,  
Men: the time for keeping silence and the time for speaking.  
Leader: Everything that happens on earth  
All: Happens at the time God chooses.

Lord Jesus, in these weeks when we remember your time of fasting and temptation in the desert, help us to better learn to find and love you in our neighbor, recognize and serve you in your creation, and hear and follow you in Scripture.<sup>iii</sup>

**O Son of God**

do a miracle for me  
and change my heart.  
Thy having taken flesh  
to redeem me  
was more difficult  
than to transform my wickedness.  
*Irish, 15<sup>th</sup> century*

***From the Rule of St. Columba of Iona***

Thy measure of prayer shall be until thy tears come;  
Or thy measure of work or labour till thy tears come;  
Or thy measure of work or labour, or of the genuflections,  
Until thy perspiration come often, if thy tears are not free.

## FOR CHILDREN AND THEIR FAMILIES

### “Pancake” Relay

*Materials:* Frisbees or plastic coffee can lids, 1 per team (this is to replace real pancakes – so no edible food is used), paper or plastic dinner plates, 1 per team

*Play:*

1. Divide participants into relay teams of 6-8 people and have them each form a line, one behind the other at a ‘starting line.’
2. Give the starting participant on each team a “pancake” and a dinner plate.
3. Each participant runs to a predetermined finish line and then back to the team, flipping the pancake as they run. Set a minimum number of flips (perhaps 6).
4. As each participant returns to the team, he or she should pass the pancake and plate to the next in line.

### Putting Away the Alleluia

The Church has the custom of not speaking or singing the word “Alleluia” during Lent. Expressing joy, putting it “away” for Lent is like putting away a favorite toy for a while – to appreciate it better later. Churches often take banners down; eliminate flowers in the sanctuary. A symbolic ritual to help children move into this season is to “say goodbye” to the Alleluia. Decorate a banner or poster board with the word “Alleluia” in large letters. Everyone can participate in decorating the poster with markers, glitter, stickers, sequins, etc. Using the below prayer, it can then be ‘veiled,’ put in a dark corner or closet of the church, or physically buried (make sure you put it in a waterproof bag or container and mark the spot!). On Easter, there can be a celebration as it is unburied!

### *A Ritual for Saying “Goodbye”<sup>iv</sup>*

*Reading:* Psalm 112:1-7

*Song:* A favorite Alleluia song

*Leader:* It’s time to say goodbye to our friend, the alleluia, to let it rest for a while, so that it will return to us at Easter full of enthusiasm to remind us again who we really are: loved children of God.

*Prayer:* Lord God, our creator, as we bury this sign of heaven’s song, help us to turn ourselves to living a good Lent. Help us to give up things that stand between us and your love, and walk with Jesus on the road that leads us closer to you. We give up our alleluia only for a while so that we may make a more beautiful music in our heart and life when we sing it again at Easter. Amen.

*Leader:* You are now invited to say your own good-bye to the alleluia, if you wish.

*Prayer:* Lord, we have given up for a time the song of heaven so that we may prepare our hearts and minds to be ready for heaven. Help us, in Jesus, to die to selfish habits that keep us from you and to live more fully your peace and joy. Help us to be renewed in your Spirit as we live this Lent. Amen.

## ***Bury the “Alleluia”***

*When the Leader says “Alleluia,” the children reply with “Praise the Lord, Alleluia.”*

(Shout) ALLELUIA

(Shout) **Praise the Lord. Alleluia.**

Forty days of Lent: Jesus spent 40 days in the desert  
to seek God’s will.

Then He taught, preached, and healed to show God’s love.

Alleluia.

**Praise the Lord. Alleluia.**

Lent begins on Ash Wednesday:

we are marked by the sign of the cross

because we came from ashes and we return to ashes.

Alleluia.

**Praise the Lord. Alleluia.**

Lent ends with Palm Sunday;

a parade with branches

when Jesus came into Jerusalem

the first day of Holy week.

Alleluia.

**Praise the Lord. Alleluia.**

He celebrated the Last Supper

was betrayed with a kiss,

was accused and whipped.

He hung on a cross, laid in a tomb, and rose on Easter

That we may see God’s love.

Alleluia.

**Praise the Lord. Alleluia.**

During Lent we bury the “alleluia”

to remember that He died for us.

It returns on Easter

with new life in Christ.

Alleluia.

**Praise the Lord. Alleluia.**

(Shout) ALLELUIA.

(Shout) **Praise the Lord. Alleluia.**

(whisper) Alleluia.

(whisper) **Praise the Lord. Alleluia.**

(Silently bury the “alleluia”)

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## Farewell to “Alleluia”

*Procession making noise & shouting “Alleluia”*

Leader: O God, make speed to save us, hallelujah, hallelujah.

People: O Lord, make haste to help us, alleluia, alleluia.

Leader: “Alleluia” is Greek for “Praise the Lord”.

People: Our God is a loving God, worthy of praise.

Leader: The faithful people of God praise him for the great deeds he has done.

People: God created us out of dust, restored the land, took Israel out of exile, spoke through the prophets, and gives hope and forgiveness through his Son, Jesus Christ.

Leader: The Book of Psalms contains “Hallels” (Psalms 113-118) or special chants. These hymns of praise were sung on each step going up to the Temple during festive celebrations and pilgrimages.

People: Praise the Lord, all nations! Extol him, all peoples! For great is his steadfast love toward us; and the faithfulness of the Lord endures for ever. Praise the Lord. Psalm 117

Leader: Hallelujah! Praise God in his holy temple. Psalm 150:1

People: Let everything that has breath praise the Lord, Hallelujah. Psalm 150:6

Leader: We have much for which to be thankful. But there is not always joy in our lives. There is sadness and loneliness in the world. Sometimes we need time to think. Jesus spent forty days in the wilderness praying to God. Lent is our forty days of quiet time to prepare for the mystery of Easter. This is a time when we do not say “alleluia” in Church. “Alleluia” is reserved for the great festive celebration of Easter.

People: How shall we sing the Lord’s song in a foreign land? Psalm 137:4

*(Silently bury the “Alleluia”)*

Leader: Almighty God, you bid your faithful people to rejoice in praise, but also to repent and reflect in silence. Give us grace and courage to devote our hearts to you and to love others as you would, through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, on God, forever and ever. Amen.



*Scripture from the Revised Standard Version of the Bible  
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## Ash Wednesday Scavenger Hunt<sup>v</sup>

Invite older children to search for hidden items (a knotted rope, chocolate bar wrapper, bandage, bag of sand or stones, pictures of homebound parishioners, paper heart or happy face, taped-shut box, sock or sweater, light bulb). When all have been found, ask the participants to bring them forward at the appropriate times during the reading of an adaptation of Isaiah 58:

Fast by outward acts of justice and mercy rather than in ritualistic fashion. Untie those who are unfairly bound (rope), take away heavy loads from people who are worn out (sand or stones), set free everyone you know who feels trapped (box), share the food you have with the very hunger (candy wrapper), look after the ones whom everyone forgets (pictures), share your clothes with the shivery and poorly dressed (sock or sweater), be kind to your own family (heart or face). If you do these things, your life will be like God's own sun (light bulb), and whatever hurts in your life will be quickly healed (bandage).

## Making Pretzels

The pretzel has been used during Lent for over 1500 years. It is thought that originally pretzels were made by monks to resemble arms crossed in prayer. These breads were called "little arms." This can have deep spiritual meaning for us during Lent. Since basically only flour and water are used, pretzels can remind us of fasting.

*Ingredients:* 1 cake yeast, 1 ½ cup warm water, 1 tsp. salt, 1 T. sugar, 4 cups flour  
*Directions:* Dissolve yeast in warm water and sugar for about 5 minutes. Mix the flour and salt and add yeast mixture. Knead well (7-8 minutes), adding more flour if necessary to form firm dough. Let rise, covered, in a greased bowl until double. Preheat oven to 475°F. Divide dough into 32 equal parts. Roll each part into a snakelike strand, form strand into pretzel shape, and place on greased baking sheet. Brush with beaten egg and sprinkle with coarse salt if desired. Bake for about 10 minutes or until done.

*Heavenly Father, we ask you to bless these little breads. Each time we eat them may we be reminded of the special season we are in and that through prayer we will become better people to each other. Let us not forget those who are in need of our prayers daily. Keep your loving arms around us, O Father, to protect us always. Amen.*

## Prayer Cloth

Make a prayer cloth for a prayer table or the center of the family dinner (or classroom).

*Materials:* unbleached muslin or white cloth, magic markers, paper, pencils, scissors, ruler

*Preparation:*

1. Count the number of people who will contribute to the prayer cloth and divide it so that everyone will have a section. Rule out vertical and horizontal lines to form squares, or draw circles around plates or form irregular patchwork sections.
2. Talk about why it is important to pray: We give a little of our time and attention to God, who gives us everything. We put aside busy thoughts to make room in our minds and hearts for God and the wonderful gifts God wants us to give us: peace, joy, light, forgiveness, compassion, kindness, healing, happiness – the expansion of all our talents and gifts.
3. Each person chooses a section of the cloth to draw a symbol of a treasure that prayer brings, such as a dove, peace sign, heart, sun, jeweled cross, treasure box, rainbow, lamb, candle, etc.
4. Draw the symbol on the paper with pencil. Outline it with a dark marker.
5. Place the paper drawing under the cloth, to form a guide on the cloth for drawing. Trace the drawing with markers, filling in where needed.

## PRINT RESOURCES FOR FAMILIES & MULTI-GENERATIONS

*Bible Stories for the Forty Days* by Melissa Musick Nussbaum (Liturgy Training Publications) offers a story from the Bible for each day of Lent, accompanied by colorful illustrations. Characters from the Old and New Testaments take us through the forty days of preparation towards Easter joy.

*Risen With Christ* by Gretchen Wolff-Pritchard (1988: The Sunday Paper) offers a multitude of activities for church and home including liturgies & experiences for Maundy Thursday, Good Friday and the Great Vigil.

*Forty Days and Forty Nights: A Lenten Ark Moving Toward Easter* by Judy Jarrett and Peter Mazar (Liturgy Training Publications) is a calendar for counting down the days of Lent by opening one window per day on this three-dimensional Noah's ark. A companion booklet connects the animals on the ark with prayer and Lenten values.

*The Easter Story* by Brian Wildsmith (2000: Eerdmans – paperback to be released Feb. 2008) is a beautifully illustrated storybook about the ministry and passion of Jesus for ages 4-8.

*The Story of the Cross* by Mary Joslin (2002: Loyola Press) is an illustrated Stations of the Cross for children that draw on accounts from the four Gospels, including stories of Jesus' teachings and ministry. Each station includes an illustration, brief explanation and prayer. For ages 3-8.

CandlePress booklets offer a variety of activities on a theme that can take place over the weeks of Lent. [www.candlepress.com](http://www.candlepress.com)

- Lent Table Cards
- Through the Cross (for Holy Week)

*What is Lent?* Coloring book from Channing Bete, Inc. offers puzzles and coloring pages

*Lent and Easter in the Domestic Church: Activities to Celebrate Catholic Liturgical Seasons* by Catherine and Peter Fournier (2002: Ignatius Press) has many activities for experiencing Lent at home.

*Give Us This Day: Lenten Reflections on Baking Bread and Discipleship* (2007: Seabury Books) Using bread as a metaphor for the spiritual journey, the book includes recipes for families, church school classes and youth groups as well as individuals that connects baking, food and social justice along with prayer and reflections. Mediations for every day in Lent – from Shrove Tuesday pancakes to Easter Challah Bread.

*What We Do In Lent: A Child's Activity Book* by Anne E. Kitch (2007: Morehouse Publishing) A pen-and-ink book for children ages 4-7 filled with puzzles, word games and pictures along with explanations about the season of Lent.

*Celebrating Seasons* (2008: LeaderResources) has ideas and activities for all the seasons of the Church Year, including Ash Wednesday, Lent and Good Friday.

*From Caterpillar to Cocoon to Butterfly: God's Metaphor of Metamorphosis* (2008: LeaderResources) Uses the metaphor of the life cycle of the Monarch butterfly to explore spiritual growth during Lent.

Note: Butterfly Gardens are great ways to experience the life cycle of a butterfly. They can be found from many nature company resources as well as Beulah Enterprises ([www.beulahenterprises.org](http://www.beulahenterprises.org))

*Together for a Season: All-age seasonal resources for Lent, Holy Week and Easter* by Gill Ambrose, Peter Craig-Wild, Diane Craven and Peter Moger (2007: Church House Publishing) includes a variety of creative activities for multi-sensory worship, includes CD-ROM.

*Things to Make and Do for Lent and Easter* by Martha Bettis Gee (1998: Bridge Resources) Numerous projects and activities for children

*Before and After Easter: Activities and Ideas – Lent to Pentecost* by Debbie Trafton O'Neal (2000: Augsburg) Ideas and activities to do with children

*Alleluia! Messages for Children on Lent and Easter Themes* by Elaine Ward (2003: CSS Publishing) Explanations on the various themes and symbols for Lent and Easter

*Family Countdown to Easter: A Day-By-Day Celebration: With Stickers* by Debbie Trafton O'Neal (1999: Augsburg) A day at a glance with stickers to count the days from Shrove Tuesday to Easter.

*Lenten Journey Poster for 2013* by Jay Sidebotham (2013: Morehouse Church Supplies) A journey of simple devotions and meditations leading through the forty days from Ash Wednesday through Easter week.

## ALMSGIVING AND OUTREACH

Giving to others is important throughout the year, but especially during Lent. Households can prayerfully consider what portion of their income they will share with the poor or those in need.

Collecting money or food for those in need is an act of discipleship that recalls the practice of almsgiving of the early Church. There are a number of worldwide organizations, as well as local charities in addition to specific Episcopal initiatives that respond to disasters and provide additional ways for individuals to express their Lenten devotion. Using a family mite-box or jar/bowl for coins located at a central place where the family gathers for meals and prayers of thanksgiving can serve as a reminder to keep those who are in need foremost in our thoughts. Each evening the following table blessing can be prayed:



*I was hungry:* And you gave me food.  
*I was thirsty:* And you gave me drink.  
*I was a stranger:* And you welcomed me.  
*I was naked:* And you clothed me.  
*I was ill:* And you comforted me.  
*I was in jail:* And you came to see me.

Lord Jesus Christ, make our Lenten offerings turn us toward all our brothers and sisters who are in need. Bless this table, our good food, and ourselves. Send us through Lent with good cheer, and bring us to the fullness of your Passover. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

There are many agencies and organizations that your parish can suggest families contribute to:

- *Episcopal Relief & Development* – Bulletin inserts, mite boxes, prayer booklets and bookmarks, materials for children <http://www.er-d.org/Lentenresources/>
- *Heifer Project International* – <http://www.heifer.org> has many resources to assist in teaching about sharing one’s resources and funds
- *Operation Rice Bowl* – <http://orb.crs.org/index.cfm> is Catholic Relief Services’ Lenten solidarity program that reaches out to others around the world through prayer, fasting, learning and giving
- *Church World Service* has a variety of project for mission: health kits, school kits, baby kits, blankets, emergency clean-up buckets, etc. <http://www.churchworldservice.org/>
- *CandlePress* – <http://www.candlepress.com> has an idea and template for covering a soup can with a “What can we do?” label for saving coins to give toward the Millennium Development Goals.
- *Episcopalians for Global Reconciliation* focus on how we can engage the Millennium Development Goals – a variety of resources for study during Lent <http://www.e4gr.org>

## DEVOTIONALS FOR INDIVIDUAL OR GROUP USE

*Episcopal Relief & Development* annually offers a downloadable Lenten Devotional Booklet. For 2013 the devotional provides a particular focus on alleviating hunger and improving food supply while helping us prepare for spiritual healing. <http://www.episcopal.org/Lent/>

*40 Days The Daily Office for Lent* edited by Frank Tedeschi (2006: Morehouse) provides an accessible, doable introduction to the private recitation of Morning and/or Evening Prayer for the days of Lent. For those who desire to “take on” a daily discipline for Lent.

*A Practical Christianity: Meditations for the Season of Lent* by Jane Shaw (Morehouse Publishing, 2011) is a devotional book that challenges readers to take up the practice of being a Christian in everyday life.

*A Time to Turn: Anglican Readings for Lent and Easter Week* by Christopher Webber (2004: Morehouse) offers reflections for each day of Lent based on the writings of numerous authors such as Harriet Beecher Stowe, John Keble, Lancelot Andrewes, John Donne and Christina Rossetti.

*Blessed is She: Living Lent with Mary* by Tim Perry (2006: Church Publishing) Using the Gospel of Luke, the character of Mary is reflected upon that can be used as a weekly study with the questions for reflection provided.

*Come and See: The Transformation of Personal Prayer* by David Keller illustrates how prayer can become a life-long vocation in one’s day-to-day life.

*Day by Day: Loving God More Dearly* by Frederick Borsch (2009: Church Publishing) uses the prayer written in the Middle Ages by Richard of Chichester (and made popular by “Godspell”) for daily mediation.

*Disciples on the Way: 40 Days of Lent* by Carol Mead (Morehouse Publishing, 2012) offers daily mediations on discipleship for Lent 2013.

*Do You Believe? Living the Baptismal Covenant* by Nancy Ann McLaughlin (2006: Morehouse) explores how parishes can integrate the Baptismal Covenant into the life and work of the congregation, using research from 40 Episcopal parishes. Questions follow each chapter to engage readers in building a dynamic relationship with God.

*The Desert: An Anthology for Lent* by John Moses (1997: Morehouse) explores the tradition and relevance of desert spirituality in the life and worship of the church today and offers a collection of pertinent writings by these and many other ancient and contemporary authors: Thomas à Kempis, Mother Mark Clare, Henri Nouwen, René Voillaume, Charles de Foucauld, Thomas Merton, R. S. Thomas.

*Gifts from Within: Women's Meditations for Lent* by the Women of Brigid's Place (2002: Morehouse) uses the words of women from various backgrounds to explore their uniqueness and the gifts of their feminine spiritual nature.

*Grace's Window: Entering the Seasons of Prayer* by Suzanne E. Guthrie (2008: Morehouse) offers meditations for throughout the year.

*Henri Nouwen: A Book of Hours* compiled by Robert Waldron (2009: Morehouse) A compilation based on the writings of Henri Nouwen.

*Lent with Evelyn Underhill* by G.P. Mellick Belshaw (2006: Morehouse) Daily readings into the interior life in the mystical tradition.

*Living Lent: Meditations for These Forty Days* by Barbara Cawthorne Crafton (1998: Morehouse) The hymns of the season are the source for these daily devotions.

*Living Water: Baptism as a Way of Life* by Klara Tammany (2001: Church Publishing) explores the Baptismal Covenant through reflections, poetry, prayer and personal exercises. Excellent resource for those preparing for Baptism or renewing one's Baptismal Vows.

*The Lenten Labyrinth: Daily Reflections for the Journey of Lent* by Edward Hays (1994: Forest of Peace) Using the labyrinth as a metaphor for the spiritual journey, there are daily reflections for each of the days of Lent.

*Lessons in Love from the Cross* by Donna Olsen (1997: LeaderResources) offers two programs that can each be used as part of an Adult Lenten Study: "Journey to Easter" that is based on the 14 Stations of the Cross and "Words of Truth – Words of Life" based on the 7 last words of Christ from the cross.

*Love Set Free: Meditations on the Passion According to St. John* by Martin L. Smith (2012: Morehouse) A short book on how, in the Christian mystery, love itself must be crucified and die to be reborn as the grace of communion . . . as love set free.

*Not By Bread Alone 2010: Daily Reflections for Lent* by Jay Cormier (2010: Morehouse Publishing) is a pocket-sized book of seasonal scripture readings, essays and reflection questions for daily mediation.

*Praises Abound: Hymns for Lent and Easter* by Russell Schulz-Widmar (2012: Morehouse Publishing) is a collection of hymns and meditations for daily devotion through Lent and early Easter.

*A Season for the Spirit: Readings for the Days of Lent* by Martin Smith (2004: Church Publishing) 40 daily meditations for Lent, each beginning with a prayer, passage of scripture or quotation for further reflection and study. For individual or group use.



*Six Smooth Stones* by Sister Barbara Jean Brown (2008: LeaderResources) offers 5 Lenten disciplines: to learn and practice: spiritual reading, contemplation, mercy, worship and fasting.

*The Song Forever New: Lent and Easter with Charles Wesley* by Paul Wesley Chilcote (2009: Morehouse Publishing) is a daily devotional inspired by the hymns of Charles Wesley, including “Love Divine, All Loves Excelling.”

*The Text This Week* offers a multitude of links for storytelling, liturgy, artwork and children’s activities for Lent. <http://www.textweek.com/lent.htm> as well as *Anglicans On-Line* <http://anglicansonline.org/special/lent.html>

*The Week That Change the World: The Complete Easter Story* by Timothy Dean Roth (2009: Seabury Books) offers a synthesis of the four gospel accounts of the passion and resurrection of Christ. Study Guide included.

*What Wondrous Love: Holy Week in Word and Art* (2012: Morehouse Education Resources) is a DVD featuring six individual “chapter” commentaries that make the artwork of John August Swanson come alive through the biblical narrative of Holy Week with scholars from Candler School of Theology.

*Windows into the Light: A Lenten Journey of Stories and Art* by Michael Sullivan (2009: Morehouse) reflections on the holy days and Sundays in Lent with prayer, scripture and poetry.

## MORE ADULT LENTEN STUDY BOOK POSSIBILITIES

- Allen, Diogenes. *Temptation* (Church Publishing)
- Belcher, James A. *Quiet Moments and Holy Places* (Forward Movement)
- Bena, David John. *Your Faith (with study guide)* (Forward Movement)
- Bonaugh, Hope Drake. *How to Keep a Holy Lent* (Forward Movement)
- Brewer, Rick and Angela Hock. *Practically Christian* (LeaderResources) Baptismal Vows & Prayer
- \_\_\_\_\_. *The Seventh Day: Embracing Sabbath Spirituality* (1998: Leader Resources)
- *Create in Us a New Heart* (Leader Resources) includes several programs: *Falling in Jerusalem* (meditations, scripts, readings), *Children’s Stations of the Cross*, *Community Meditations of the Cross*, and *People of the Way* (artistic exploration of the Way of the Cross)
- Crossan, John Dominic and Marcus J. Borg. *The Last Week: What the Gospels Really Teach About Jesus’s Final Days in Jerusalem* (2007: HarperOne)
- Ferlo, Roger. *Opening the Bible* (Cowley)
- Guenther, Margaret. *The Practice of Prayer* (Cowley)
- Hawkins, Peter S. *The Language of Grace* (2004: Seabury)
- Holtz, Albert. *Pilgrim Road: A Benedictine Journey through Lent* (2006: Morehouse)
- Iona Worship Group. *Stages on the Way* (Wild Goose Worship Group)
- Johnson, Michael. *Engaging the Word* (Cowley)



- Kennedy, James W. *Holy Island: A Lenten Pilgrimage to Lindisfarne* (Forward Movement)
- Lee, Jeffrey. *Opening the Prayer Book* (Cowley)
- Leech, Kenneth. *We Preach Christ Crucified* (2005: Seabury)
- McIntosh, Mark. *Mysteries of Faith* (Cowley)
- Moses, John. *The Desert: An Anthology for Lent* (1997: Morehouse)
- Olsen, Donna J. and Douglas P. Johnson. *Journey to Easter* (Leader Resources)
- \_\_\_\_\_. *Words of Truth – Words of Life* (1997: Leader Resources)
- Perry, Tim. *Blessed is She: Living Lent with Mary* (2006: Morehouse)
- Sprague Minka Shura. *One to Watch, One to Pray: Introducing the Gospels* (Church Publishing)
- Weil, Louis. *A Theology of Worship* (Cowley)
- Webber, Christopher. *A Time to Turn: Anglican Readings for Lent and Easter Week* (2005: Morehouse)
- *What You Should Know About Lent: A Scriptographic Booklet* (1981: Channing L. Bete)

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<sup>i</sup> These ideas are taken from *The Prayer Book Guide to Christian Education*, 3<sup>rd</sup> edition by Sharon Ely Pearson and Robyn Szoke (2009: Morehouse Publishing)

<sup>ii</sup> *Stages on the Way: Worship Resources for Lent, Holy Week & Easter* (Iona Community / Wild Goose Worship Group, 2000: GIA Publications)

<sup>iii</sup> by Avery Brooke. *Plain Prayers in a Complicated World* (1993: Cowley Publications)

<sup>iv</sup> *Arts and Crafts for Lent: From Mardi Gras to Passiontide* by Jeanne Heiberg (1997: Paulist Press)

<sup>v</sup> from *Best of Blessings: Lent, Holy Week and Easter* by Ginny Arthur, editor (1998: Anglican Book Centre)