

You Are Invited.....

“...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 p. 265

Opportunities for Prayer and Study during Lent

Weekly: Sundays: Worship at 10:00 AM via Zoom

Daily: Daily Devotions from BCP in this booklet
Daily Meditation from prayer.forwardmovement.org
Morning at the Office – Morning Prayer Podcast from Forward Movement (podbean)
episcopalrelief.org Daily Meditations

Study Materials Available:

2021 Lenten Meditations (online only)
from Episcopal Relief and Development
subscribe at Lent-Episcopal Relief and Development
List of Daily Office Readings (Year One) from BCP
Online BCP: <http://www.bcponline.org>

Book Study: Book: *Love is the Way, Holding on to Hope in Troubling Times* by Bishop Michael Curry
Thursdays at 7:00 pm via Zoom
Meeting I.D. 962 4868 1707

‘Daily Office Readings for Lent 2021 (BCP p. 950)

Ash Wednesday (Feb. 17)

32, 143 * 102, 130
Jonah 3:1-4:11 Heb. 12:1-14 Luke 18:9-14

Thursday (Feb. 18)

37:1-18 * 37:19-42
Deut. 7:6-11 Titus 1:1-16 John 1:29-34

Friday (Feb. 19)

31 * 35
Deut. 7:12-16 Titus 2:1-15 John 1:35-42

Saturday (Feb. 20)

30, 32 * 42, 43
Deut. 7:17-26 Titus 3:1-15 John 1:43-51

Week of 1 Lent

Sunday (Feb. 21)

63:1-8(9-11), 98 * 103
Deut. 8:1-10 1 Cor. 1:17-31 Mark 2:18-22

Monday (Feb. 22)

41, 52 * 44
Deut. 8:11-20 Heb. 2:11-18 John 2:1-12

Tuesday (Feb. 23)

45 * 47, 48
Deut. 9:4-12 Heb. 3:1-11 John 2:13-22

Wednesday (Feb. 24)

119:49-72 * 49, [53]
Deut. 9:13-21 Heb. 3:12-19 John 2:23-3:15

Thursday (Feb. 25)

50 * [59, 60] or 19, 46
Deut. 9:23-10:5 Heb. 4:1-10 John 3:16-21

Friday (Feb. 26)

40, 54 * 51
Deut. 10:12-22 Heb. 4:11-16 John 3:22-36

Saturday (Feb. 27)

55 * 138, 139:1-17(18-23)
Deut. 11:18-28 Heb. 5:1-10 John 4:1-26

Week of 2 Lent

Sunday (Feb. 28)

24, 29 * 8, 84
Jer. 1:1-10 1 Cor. 3:11-23 Mark 3:31-4:9

Monday (March 1)

56, 57, [58] * 64, 65
Jer. 1:11-19 Rom. 1:1-15 John 4:27-42

Tuesday (March 2)

61, 62 * 68:1-20(21-23)24-36
Jer. 2:1-13 Rom. 1:16-25 John 4:43-54

Wednesday (March 3)

72 * 119:73-96
Jer. 3:6-18 Rom. 1:28-2:11 John 5:1-18

Thursday (March 4)

[70], 71 * 74
Jer. 4:9-10, 19-28 Rom. 2:12-24 John 5:19-29

Friday (March 5)

69:1-23(24-30)31-38 * 73
Jer. 5:1-9 Rom. 2:25-3:18 John 5:30-47

Saturday (March 6)

75, 76 * 23, 27
Jer. 5:20-31 Rom. 3:19-31 John 7:1-13

Week of 3 Lent

Sunday (March 7)

93, 96 * 34
Jer. 6:9-15 1 Cor. 6:12-20 Mark 5:1-20

Monday (March 8)

80 * 77, [79]
Jer. 7:1-15 Rom. 4:1-12 John 7:14-36

Tuesday (March 9)

78:1-39 * 78:40-72
Jer. 7:21-34 Rom. 4:13-25 John 7:37-52

Wednesday (March 10)

119:97-120 * 81, 82
Jer. 8:18-9:6 Rom. 5:1-11 John 8:12-20

Thursday (March 11)

[83] or 42, 43 * 85, 86
Jer. 10:11-24 Rom. 5:12-21 John 8:21-32

Friday (March 12)

88 * 91, 92
Gen. 47:1-26 1 Cor. 9:16-27 Mark 6:47-56

Saturday (March 13)

87, 90 * 136
Gen. 47:27-48:7 1 Cor. 10:1-13 Mark 7:1-23

Week of 4 Lent

Sunday (March 14)

66, 67 * 19, 46
Gen. 48:8-22 Rom. 8:11-25 John 6:27-40

Monday (March 15)

89:1-18 * 89:19-52
Gen. 49:1-28 1 Cor. 10:14-11:1 Mark 7:24-37

Tuesday (March 16)

97, 99, [100] * 94, [95]
Gen. 49:29-50:14 1 Cor. 11:17-34 Mark 8:1-10

Wednesday (March 17)

101, 109:1-4(5-19)20-30 * 119:121-144
Gen. 50:15-26 1 Cor. 12:1-11 Mark 8:11-26

Thursday (March 18)

69:1-23(24-30)31-38 * 73
Exod. 1:6-22 1 Cor. 12:12-26 Mark 8:27-9:1

Friday (March 19)

102 * 107:1-32
Exod. 2:1-22 1 Cor. 12:27-13:3 Mark 9:2-13

Saturday (March 20)

107:33-43, 108:1-6(7-13) * 33
Exod. 2:23-3:15 1 Cor. 13:1-13 Mark 9:14-29

Week of 5 Lent

Sunday (March 21)

118 * 145
Exod. 3:16-4:12 Rom. 12:1-21 John 8:46-59

Monday (March 22)

31 * 35
Exod. 4:10-20(21-26)27-31 1 Cor. 14:1-19 Mark 9:30-41

Tuesday (March 23)

[120], 121, 122, 123 * 124, 125, 126, [127]
Exod. 5:1-6:1 1 Cor. 14:20-33a,39-40 Mark 9:42-50

Wednesday (March 24)

119:145-176 * 128, 129, 130
Exod. 7:8-24 2 Cor. 2:14-3:6 Mark 10:1-16

Thursday (March 25)

131, 132, [133] * 140, 142
Exod. 7:25-8:19 2 Cor. 3:7-18 Mark 10:17-31

Friday (March 26)

22 * 141, 143:1-11(12)
Exod. 9:13-35 2 Cor. 4:1-12 Mark 10:32-45

Saturday (March 27)

137:1-6(7-9), 144 * 42, 43
Exod. 10:21-11:8 2 Cor. 4:13-18 Mark 10:46-52

Holy Week

Palm Sunday (March 28)

24, 29 * 103
Zech. 9:9-12 1 Tim. 6:12-16 (use in the morning)
Zech. 12:9-11; 13:1, 7-9 Luke 19:41-48 (evening)

Monday (March 29)

51:1-18(19-20) * 69:1-23
Lam. 1:1-2,6-12 2 Cor. 1:1-7 Mark 11:12-25

Tuesday (March 30)

6, 12 * 94
Lam. 1:17-22 2 Cor. 1:8-22 Mark 11:27-33

Wednesday (March 31)

55 * 74
Lam. 2:1-9 2 Cor. 1:23-2:11 Mark 12:1-11

Maundy Thursday (April 1)

102 * 142, 143
Lam. 2:10-18 1 Cor. 10:14-17; 11:27-32 Mark 14:12-25

Good Friday (April 2)

22 * 40:1-14(15-19), 54
Lam. 3:1-9,19-33 1 Peter 1:10-20 John 13:36-38 (AM)
John 19:38-42 (PM)

Holy Saturday (April 3)

88 * 27
Lam. 3:37-58 Heb. 4:1-16 Rom. 8:1-11

Daily Office Readings may also be found at
<http://satucket.com/lectionary>

DAILY DEVOTION – IN THE MORNING

From Psalm 51

Open my lips, O Lord, *
and my mouth shall proclaim your praise.
Create in me a clean heart, O God, *
and renew a right spirit within me.
Cast me not away from your presence *
and take not your holy Spirit from me.
Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.
Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.

A Reading

Blessed be the God and Father of our Lord Jesus Christ!
By his great mercy we have been born anew to a living hope
through the resurrection of Jesus Christ from the dead.
1 Peter 1:3

A period of silence may follow.

A hymn or canticle may be used; the Apostles' Creed may be said.

Prayers may be offered for ourselves and others.

The Lord's Prayer

The Collect

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. Amen.

DAILY DEVOTION – AT NOON

From Psalm 113

Give praise, you servants of the LORD; *
praise the Name of the LORD.
Let the Name of the LORD be blessed, *
from this time forth for evermore.
From the rising of the sun to its going down *
let the Name of the LORD be praised.
The LORD is high above all nations, *
and his glory above the heavens.

A Reading

O God, you will keep in perfect peace those whose minds are fixed on you; for in returning and rest we shall be saved; in quietness and trust shall be our strength. *Isaiah 26:3; 30:15*

Prayers may be offered for ourselves and others.

The Lord's Prayer

The Collect

Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your mercies' sake. *Amen.*

or this

Lord Jesus Christ, you said to your apostles, "Peace I give to you; my own peace I leave with you:" Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly City, where with the Father and the Holy Spirit you live and reign, now and for ever. *Amen.*

DAILY DEVOTION – IN THE EARLY EVENING

O gracious light,
pure brightness of the everliving Father in heaven,
O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,
and our eyes behold the vesper light,
we sing your praises, O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,
O Son of God, O Giver of Life,
and to be glorified through all the worlds.

A Reading

It is not ourselves that we proclaim; we proclaim Christ Jesus as Lord, and ourselves as your servants, for Jesus' sake. For the same God who said, "Out of darkness let light shine," has caused his light to shine within us, to give the light of revelation—the revelation of the glory of God in the face of Jesus Christ. *2 Corinthians 4:5-6*

Prayers may be offered for ourselves and others.

The Lord's Prayer

The Collect

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. *Amen.*

DAILY DEVOTION – AT THE CLOSE OF DAY

Psalm 134

Behold now, bless the LORD, all you servants of the LORD, *
you that stand by night in the house of the LORD.
Lift up your hands in the holy place and bless the LORD; *
the LORD who made heaven and earth bless you out of Zion.

A Reading

Lord, you are in the midst of us and we are called by your
Name: Do not forsake us, O Lord our God. *Jeremiah 14:9,22*

The following may be said

Lord, you now have set your servant free *
to go in peace as you have promised;
For these eyes of mine have seen the Savior, *
whom you have prepared for all the world to see;
A Light to enlighten the nations, *
and the glory of your people Israel.

*Prayers for ourselves and others may follow. It is appropriate that
prayers of thanksgiving for the blessings of the day, and penitence for our
sins, be included.*

The Lord's Prayer

The Collect

Visit this place, O Lord, and drive far from it all snares of the
enemy; let your holy angels dwell with us to preserve us in
peace; and let your blessing be upon us always; through Jesus
Christ our Lord. Amen.

Abstinence and Fasting

Abstinence means to refrain from some particular type of food
or drink. One traditional expression of abstinence is to avoid meat on
Fridays in Lent or through the entire year, except in the seasons of
Christmas and Easter. It is common to undertake some particular act
of abstinence during the entire season of Lent.

To fast is to avoid eating altogether or to eat a very limited
diet: traditionally one restrained meal and two much smaller ones.
Fasting is traditional on Ash Wednesday and Good Friday. It is
commendable to make an offering to some charitable effort equivalent
to the cost of whatever the fast kept you from consuming.

Beyond the simplest and most normal habits of marking
Fridays or Lenten weekdays, it would be unwise to undertake severe
acts of abstinence or fasting without conversation with a spiritual
director or a wise and thoughtful priest. As an end in themselves,
fasting and other disciplines can become a point of pride or, if taken
too far, unhealthy. Those who cannot choose their food or those
involved in necessary work should eat what is provided or what is
necessary for health and energy.

These disciplines are meant to provide exercise in self-control
and to focus attention—either, as in Lent and Holy Week, on the
sufferings of Jesus or on the daily deprivations that those in need
endure. It is not at all the same thing as a diet or self-improvement
effort, though there may be physical benefits. The focus is not on our
self but on God, as we turn to prayer with more attention and more
effort.

from *Saint Augustine's Prayer Book*