

A Journey Through
LENT to EASTER

2019

**ALL SAINTS
EPISCOPAL CHURCH**

**500 LAKE AVENUE
BAY HEAD, NEW JERSEY**

A Journey Through **LENT to EASTER**

Do you need some new direction or a new focus?

Whenever it is that we may be finding ourselves in need of a ‘new beginning,’ there is always a way to begin again. Sometimes that need may be seen by others before we see it ourselves. Sometimes we need to have regularly scheduled times for us to join with others to explore the direction we seem to be heading—perhaps, annually. And, that is exactly what the Church’s season of Lent is all about.

THE SEASON OF LENT

It’s not just about ‘giving up something.’ This material provides some helpful information about how you can enhance your experience of the liturgical season of Lent. This year, as we celebrate 130 years of ministry as All Saints Church, during Lent we will use an Altar that was crafted by Jon Peters, the son of Mary & the late Jim Peters, from the floor joists of our building that were damaged beyond use as floor joists during Super Storm Sandy.

SHROVE TUESDAY *(Also Known as Mardi Gras or Fat Tuesday)*

The Lenten season begins just after the Tuesday evening before Ash Wednesday. In the Church, this particular Tuesday has come to be known as Shrove Tuesday. The word *shrove* comes from the verb *to shrive* which first meant *to write*. It has since come to mean making a confession and receiving an absolution. It refers to an early English practice of the priest writing down an appropriate penance following one’s confession.



Shrove Tuesday (March 5) has also become associated with a festal celebration that includes the consumption of foods (such as, eggs, dairy products, and meat) that were to be abstained from in the early medieval Church. This is the basis for the annual Shrove Tuesday pancake supper. And, indeed, it is a good time for us to come together as the Body of Christ. Our Shrove Tuesday Pancake Supper begins at 6:00 pm. Many are familiar with the celebration of Mardi Gras in New Orleans, Louisiana. Mardi Gras means “Fat Tuesday;” and it refers to the grand celebration that represents a ‘final fling’ before getting down to the serious business of Lent.

FORTY DAYS AND FORTY NIGHTS

Lent is the season of forty weekdays that precede Easter Day. Lent does not include the Sundays that occur during this time. So, the forty days (and nights) come from



- ❖ Six weeks, counting only the six week days, plus
- ❖ Ash Wednesday and the three week days that follow it.
- ❖ So, that's $6 \times 6 = 36$, plus $4 = 40$ (who knew there would be math—or arithmetic—to explain Lent?)

The liturgical season of Lent dates back to the fourth century. It has its roots in the practice of following the life of Jesus Christ. The synoptic Gospel accounts (Matthew, Mark, and Luke) tell us that after his baptism, Jesus “...was in the wilderness forty days...” It was during this time that Jesus fasted and was tempted by Satan.

ASH WEDNESDAY SCHEDULE

HOLY EUCHARIST WITH THE IMPOSITION OF ASHES

Wednesday, March 6
8:30 am and 7:30 pm

A TIME OF PREPARATION:

Jesus’ time in the wilderness preceded the beginning of his ministry in Galilee—it was a time of preparation for Jesus. It is a time of preparation for us, as well. It is a time of



- ✓ penitence,
- ✓ fasting,
- ✓ self-examination, and
- ✓ prayer.

In the early Church, prior to the common practice of infant baptism, it was a time of preparation for those who wished to become Christians. For those whose preparation was the season of Lent, it was at Easter that they were to be received in baptism into the Body of Christ.

REMEMBER THAT YOU ARE DUST

The day after Shrove Tuesday, Ash Wednesday, is one of the two major fast days in our calendar. It is the first full day of the liturgical season of Lent. This year, Ash Wednesday falls on **March 6**. In accordance with ancient custom, on this day, the faithful approach the altar on two occasions: First to receive the imposition of ashes on their foreheads with the words “Remember that you are dust, and to dust you shall return” and, second, to receive Holy Communion. It is a universal day of penance. It is a time for us to remember God’s admonition to Adam (Genesis 3:19) “you are dust, and to dust you shall return.” It is a time for us to feel the humility of our humanity. Reviewing pages 264-269 of the *Book of Common Prayer* to prepare for the liturgical observation of this day will likely prove to be helpful. We will commemorate this day with two services, both including Holy Communion and the Imposition of Ashes. The first will take place at 8:30 am, the second at 7:30 pm.



CELEBRATIONS OF THE HOLY EUCHARIST DURING LENT

On the First Sunday in Lent—**March 10**, as in years past, we will continue to begin the Eucharist using The Great Litany, which begins in the Book of Common Prayer on page 148 and in the Hymnal at S 67. This year, at the 10:15 am service, the litany will be sung during the entrance procession in place of the opening hymn. On the Sundays in Lent that follow, up until Palm Sunday, also as in years past, we will use A PENITENTIAL ORDER: RITE ONE—page 319—at 8:00 am and A PENITENTIAL ORDER: RITE TWO—page 351—at the 10:15 am service.

❖ Wednesdays During Lent:

The celebrations of the Holy Eucharist on the Wednesdays of Lent following Ash Wednesday will also begin with A PENITENTIAL ORDER: RITE TWO. Ordinarily, these mid-week services take place with the congregation sitting in the chancel; however, congregational seating will be in the Nave with the hopeful anticipation that more people will see these services as part of their Lenten discipline, thus, ‘taking on something’ for Lent in addition to perhaps ‘giving up something’ for Lent.

A LENTEN BIBLE STUDY

The Church invites us to observe a Holy Lent. We have the opportunity to prepare ourselves for a most glorious celebration of the Resurrection of Our Lord. Let us rejoice in the richness of the scripture passages read during Lent by coming together for a regular, weekly, lectionary-based Bible Studies during Lent. There will be one session each week on Wednesdays, beginning on **March 6** at 11:00 am. Remember a lectionary-based bible study is one in which the readings for the following Sunday are studied and discussed. This format allows



each session to stand on its own, so participants can attend as their schedules allow. Each session takes place at the church in the conference room and lasts about one hour. This format is particularly helpful for those who will be reading the lessons during the services on the following Sunday. We will use Bible Study material called Synthesis CE. It is distributed with each Sunday bulletin. Also, it will be available at the time of the session itself.

A LENTEN CHRISTIAN EDUCATION PROGRAM

Our Lenten Program this year reflects our acceptance of the invitation of our Presiding Bishop Michael Curry to “Practice the Way of Love”. This program will begin on Wednesday, [March 13](#), at 7:30 pm, and go through Wednesday, [April 10](#). During these five weeks, we explore the seven facets of how it is that we can allow our lives to be changed through an active pursuit of a way of life based on the love of God.

Wednesday Evenings: March 13 through April 10

Session #1:	March 13	Introduction / Rule of Life
Session #2:	March 20	Turn / Learn
Session #3:	March 27	Pray / Worship
Session #4:	April 3	Bless / Go
Session #5:	April 10	Rest / Wrap-up

Our time together will conclude at 9:00 pm with the service of Compline.

HOLY WEEK

Holy Week consists of the seven days beginning with Sunday, [April 14](#) through Saturday, [April 20](#). We have special liturgies to commemorate several of these days.

THE SUNDAY OF THE PASSION – PALM SUNDAY



This is the Sunday before Easter Day at which we recall Jesus’ triumphal entry into Jerusalem and Jesus’ passion on the cross. It is the first day of Holy Week. We will commemorate this day with two celebrations of the Holy Eucharist: Sunday, [April 14](#), at 8:00 am and at 10:15 am. Both services will include the LITURGY OF THE PALMS. This part of the service will begin in Bristol Hall. The procession with our palms:

- ❖ **for 8:00 am service:** we will go directly into the church from Bristol Hall through the lobby area;
- ❖ **for the 10:15 am service:** we will go around the outside of the building to the front doors and into the church—weather permitting. Those who would like to participate in the liturgy of the palms but would prefer not to walk outside may enter the church through the door by the Sacristy.

For both services, those who would prefer to remain inside the church from the beginning, may, of course, do so. All will be able to receive palms.

WEDNESDAY IN HOLY WEEK

We will commemorate this day (Wednesday, **April 17**) with the celebration of the Holy Eucharist at 8:30 am. As mentioned above, this service will begin with A Penitential Order: Rite Two. As mentioned above, congregational seating will be in the Nave with the hopeful anticipation that more people will see this Holy Week service as part of their Lenten discipline, thus, ‘taking on something’ for Lent in addition to perhaps ‘giving up something’ for Lent.



MAUNDY THURSDAY

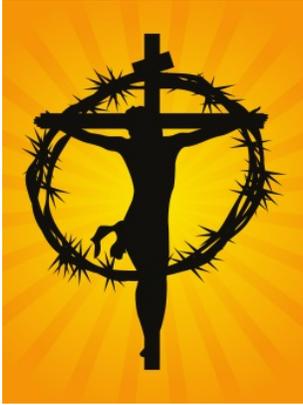
This is the Thursday in Holy Week (Thursday, **April 18**). It is part of the Triduum, or three days before Easter. It comes from the Latin *mandatum novum*, “new commandment.” The ceremony of washing feet is also referred to as “the Maundy.” Maundy Thursday commemorations also mark the institution of the Eucharist by Jesus “on the night he was betrayed.” We will commemorate this day with the PROPER LITURGY which includes a celebration of the Holy Eucharist, the foot washing, and the stripping of the altar beginning at 7:30 pm. As in past years, the Reserved Sacrament will be removed to Bristol Hall in anticipation of Good Friday.



**MAUNDY
THURSDAY**

GOOD FRIDAY

The Friday of Holy Week (Friday, **April 19**)—Good Friday—is the day on which the church commemorates the crucifixion and death of Jesus. It is a day of fasting and special acts of discipline and self-denial. All are invited to come by the church during this day to ‘stay with Jesus in the garden’ for a while to pray in the presence of the Reserved Sacrament. The PROPER LITURGY includes John’s account of the Passion Gospel, a solemn form of intercession known as the solemn collects, and, while the Holy Eucharist is not celebrated on Good Friday, Holy Communion is administered from the reserved sacrament. We will commemorate this day with STATIONS OF THE CROSS at 2:00 pm and the PROPER LITURGY at 7:30 pm.



EASTER EVE & EASTER DAY

EASTER EVE

This is the Saturday evening (Saturday, **April 20**) before Easter Day. THE GREAT VIGIL OF EASTER is intended as the first celebration of Easter. The service begins in darkness and consists of four parts: The Service of Light (kindling of new fire, lighting of the Paschal candle, and the singing of the Exsultet); The Service of Lessons (the readings from the Hebrew Scriptures interspersed with psalms, canticles, and prayers); Christian Initiation and the Renewal of Baptismal Vows; and the Eucharist. We will commemorate the occasion with the Great Vigil of Easter (see pages 285 – 295 of the Book of Common Prayer) at 7:30 pm. The service, which includes wonderful music, will last about two hours.



EASTER DAY

This is the feast of the Resurrection of our Lord and Savior Jesus Christ. We will celebrate this day with two festive celebrations of the Holy Eucharist on Sunday, **April 21**, at **8:30 am**, and **10:30 am**. **Please note the time change for each of these services on this day.** Both services include music.



SCHEDULE FOR LENT

ASH WEDNESDAY

(March 6)

8:30 am & 7:30 pm

Holy Eucharist w/ imposition of Ashes:

WEDNESDAYS IN LENT

(ongoing: Labor Day through Memorial Day)

11:00 am

Lectionary-based Bible Study

(beginning March 13)

7:30 pm

The Way of Love

This Lenten program is based on Presiding Bishop Michael Curry's design that includes a nine-point approach to practices for a Jesus-centered life.

[Benedictine Way will resume on Wednesday, [May 1](#)]

A Spiritual Note for Lent

Lenten Practices: “Lent is a pilgrimage and partnership we embark on with God.” Brother Victor-Antoine d’Avila-Latourrette, a resident monk at Our Lady of the Resurrection Monastery in New York, offers these ten “time-tested” Lenten practices:

1. Attend Lenten services.
2. Make sufficient time for private prayer.
3. Read and meditate on the Sacred Scriptures.
4. Examine your conscience.
5. Perform works of mercy and almsgiving.
6. Practice self-control.
7. Enter into silence.
8. Incorporate Saint Ephrem’s prayer into your daily prayer life.

O Lord of my life, take away from me the spirit of laziness, faintheartedness, ambition, and idle talk. But grant me rather the spirit of chastity, humility, patience, and love. Yes, O Lord and King! Grant me to see my own sins and faults and not to judge my neighbor, for you are truly blessed forever. Amen.

9. Listen to Lenten music.
10. Choose an inspiring religious object to use as the focus for your Lenten prayers.

(from Blessings of the Daily: A Monastic Book of Days, 2002)

Accept the Church’s invitation 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.

(from The Book of Common Prayer 1979, page 265)

SCHEDULE OF SERVICES FOR HOLY WEEK, EASTER EVE & EASTER DAY

HOLY WEEK

PALM SUNDAY (<i>APRIL 14</i>)	8:00 am	The Holy Eucharist: Rite One with the Liturgy of the Palms
	10:15 am	The Holy Eucharist: Rite Two with the Liturgy of the Palms
WEDNESDAY (<i>APRIL 17</i>)	8:30 am	The Holy Eucharist: Rite Two
MAUNDY THURSDAY (<i>APRIL 18</i>)	7:30 pm	The Proper Liturgy
	8:30 pm	The Stripping of the Altar
GOOD FRIDAY (<i>APRIL 19</i>)	2:00 pm	Stations of the Cross
	7:30 pm:	The Proper Liturgy

EASTER EVE & EASTER DAY

EASTER EVE (<i>APRIL 20</i>)	7:30 pm:	The Great Vigil of Easter
EASTER DAY (<i>APRIL 21</i>):	8:30* am:	The Holy Eucharist: Rite Two
	10:30* am:	The Holy Eucharist: Rite Two

*** PLEASE NOTE THE TIME CHANGE**

*MANY THANKS FOR YOUR INTEREST IN THE SCHEDULE FOR LENT AND EASTER DAY AT
ALL SAINTS EPISCOPAL CHURCH, BAY HEAD, NEW JERSEY*