

St. Peter's Episcopal Church

ALL THINGS LENT

FEBRUARY 17 - APRIL 3, 2021

*"I invite you 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."
Book of Common Prayer at 265.*

Dear St. Peter's Parishioners,

The season of Lent, in which we will walk with Jesus to Jerusalem and the cross, is drawing near. In the midst of that journey, Jesus will call us (again) to take up our cross and follow him. I invite you to prepare to hear and heed that call through observing a holy Lent as a valued member of this community. The events and practices described in these pages are designed to help us do just that - from engaging in daily practices of prayer and almsgiving, to learning from those on the front lines about the call to serve St. Louis, to worshipping the Lord in the beauty of holiness, to spending a February evening with Bishop Deon, to studying God's holy Word.

If you have younger parishioners in your household, I encourage you to contact St. Peter's Director of Children and Youth Ministries, Annie Knapp, aknapp@stpetersepiscopal.org, to request a Lenten Learning Kit for your children. It is chock full of wonderful activities for their journey to the joy of Easter. In fact, her projects are so good that this mailing invites the entire parish to share in two of them - 40 Words and 40 Cans! Even if you do not share your home with little ones, if you would like to know about Lenten activities like burying the Alleluias, Lent Madness, and the religious roots of pretzels(!), Annie welcomes all inquirers - just drop her an email.

To hear Jesus' call to take up our cross and follow him, to discern the contours of our cross, we need to listen. Lent 2021 at St. Peter's offers us a multitude of ways to listen, with our ears and our heart. After a bit of Mardi Gras revelry with our drive-thru Shrove Tuesday Pancake Supper, with proceeds supporting outreach, Lent will begin on Ash Wednesday. Plan to attend virtual worship and stop by church later to receive the imposition of ashes to mark the beginning of your Lenten journey. Let's make the journey together...listening for Jesus' call, taking up our cross, and arriving at the joy of Easter.

Peace,
Kelly+

ENTERING INTO A HOLY LENT

Subscribe to News from the Rock or visit our website for more detailed information!

DRIVE-THRU SHROVE TUESDAY PANCAKE SUPPER - FEBRUARY 16, 5:00 - 6:00 P.M.



Place your order by Feb. 14th for this year's **DRIVE-THRU Pancake Supper!** Pancake-enrobed sausages on a stick, King's Cake, and all the fixins' will be delivered to your car by bead-bedecked Mardi Gras revelers. (A vegetarian option is available). Place your order three ways: Click the link in *News from the Rock*; click the Shrove Tuesday banner on the parish website; or if you don't have internet access, call and leave us a message at (314) 993-2306. The cost is \$5 per person; max of \$15 per family, payable at pick-up or online. **All proceeds support St. Peter's Outreach.** Enjoy a meal lovingly and safely prepared by fellow parishioners and delivered in Mardi Gras style in this new twist on a beloved tradition!

LENTEN WORSHIP OPPORTUNITIES

All Services will be livestreamed except Sunday outdoor worship; look for links in News from the Rock

ASH WEDNESDAY - FEBRUARY 17

Our worship service for Ash Wednesday will be at 9:00 a.m., with the Rev. Susie Skinner serving as our guest preacher. Then, from **10:30 a.m. to 12:30 p.m. and from 4:00 p.m. to 6:00 p.m.**, parishioners are invited to stop by St. Peter's to receive the imposition of ashes and perhaps spend a few moments in silent prayer. Simply follow the instructions posted on the front doors of the church.

SUNDAY MORNING WORSHIP (INCLUDING PALM SUNDAY ON MARCH 28)

Join us at 8:00 a.m. (livestreamed) and 10:30 a.m. (outdoor Holy Eucharist, when 40 degrees and dry.)

SUNG COMPLINE - SUNDAY EVENINGS

The St. Peter's Choir will offer a weekly sung service of Compline (night prayer) at 8:30 p.m.

MAUNDY THURSDAY - APRIL 1

Join us for Maundy Thursday worship at 5:30 p.m.

GOOD FRIDAY - APRIL 2

Our Good Friday liturgy begins at 12:00 p.m.



LENTEN STUDY OPPORTUNITIES

All opportunities will be available via Zoom; look for links in News from the Rock

DIOCESAN LENTEN STUDY - FEBRUARY 16 - MARCH 23



The Diocese of Missouri is offering "**Each Other's Keeper: The Church's Response to Violence**" each Tuesday evening, **February 16 - March 23, from 6:30 to 8:00 p.m.** The level of gun violence and deaths reached historic proportions in 2020, both locally and nationally. The Rev. Dr. Marc Smith, the Bishop's Deputy for Violence Prevention, developed a six-week curriculum that uses video, readings, and discussion. He will lead this Lenten study to explore the church's response to violence in Scripture and American culture. There is no cost, but registration is required. Visit www.diocesemo.org for Zoom link and more information.

ST. PETER'S TOWN HALL WITH BISHOP DEON K. JOHNSON - FEBRUARY 24



Bishop Deon and Canon to the Ordinary Doris Westfall will host a Virtual Town Hall with St. Peter's on **Wednesday, February 24th, from 7:00 - 8:00 p.m.** This is your chance to learn about what role the Diocese plays in our search for a new Rector, ask the Bishop about the challenges of being church in the midst of a pandemic, and get to know his hopes and dreams for the Diocese – and to share yours!

GROUNDS FOR DISCUSSION - FEBRUARY 28 & MARCH 28

Our Sacred Conversations series exploring race and community at Coffee Hour on 4th Sundays continues with two wonderful speakers. On February 28th join in conversation with **Michael McMillan**, President and CEO of the Urban League of Metropolitan St. Louis. Then on March 28th, meet the **Rev. Andre Alexander** who will speak on "Racism in the Midst of Community Revitalization." Pastor Andre is the lead pastor of The Tabernacle, a church he was instrumental in planting in the JeffVanderLou neighborhood. Learn about the great work Tabernacle and its Community Development Corporation are doing in St. Louis.



LIVING TRADITION BOOK STUDY - FEBRUARY 21 & MARCH 7 AT 1:30 P.M.

David Sinden continues to lead us through ***Inwardly Digest: The Prayer Book as a Guide to a Spiritual Life*** by Derek Olsen. This group is open to all!

BIBLE STUDY - FRIDAY MORNINGS AT 7:00 A.M.

Join us on Fridays at 7:00 a.m. via Zoom for our Lenten study of the Book of Deuteronomy.

LENTEN SPIRITUAL PRACTICE OPPORTUNITIES

BISHOP DEON'S DAILY PRAYER

Follow **St. Peter's Episcopal Church - Ladue** on Facebook to read a Daily Prayer offered by Bishop Deon during this season of Lent.

40 DAYS, 40 WORDS (TEN MINUTES ON ZOOM!)

Intentionally reflect on a different word each day of Lent, then **spend ten minutes at 6:00 p.m. each evening on Zoom sharing reflections** with fellow parishioners. What might happen? Read more about "FORTY WORDS" in this packet.

40 DAYS, 40 CANS

Join fellow parishioners in collecting one can a day during Lent to support the Trinity Food Pantry, and then **bring your collection to church on Easter Sunday**. One can (or other container) a day for forty days. How much difference can a small sacrifice, when multiplied by an entire parish, make? Read more about "FORTY CANS" in this packet.



PERSONAL PRAYER - EVERY WEDNESDAY

Come to St. Peter's on Wednesday mornings to soak up the beauty and peace provided by our main sanctuary, **any time between 10:00 a.m. and Noon**. The wearing of masks and social distancing are observed.

AND IN HOLY WEEK...WALKING THE STATIONS OF THE CROSS

A perfect opportunity to **visit St. Peter's new walking path!** Look for the sign on the east side of the lower level parking lot inviting you to travel the stations of the cross!

A LITTLE LENTEN PRIMER



“Lent,” from the Anglo-Saxon word *lencto*—lengthen, arrives as the days grow longer, carrying with them Spring’s promise of new life as the barren Winter recedes. During Lent’s forty days, we prepare ourselves to receive Easter’s promise of new life by intentionally focusing on our relationship with God and on what it means to take up our cross and follow Jesus. Lent is a season for listening, discerning, acting. To what is God calling us now? Because we walk with Jesus toward Jerusalem and the cross during these 40 days, Lent is often called a “journey.” If you make the journey with intention, do not be surprised if you arrive at Easter morning somehow changed from when you began.

Lent begins on Ash Wednesday . . .

The season of Lent begins on “Ash Wednesday.” Ashes are a symbol of repentance and mortality. Marking our entrance into a holy Lent, we receive the sign of the cross in ash on our forehead or hand, along with the reminder: “Remember that you are dust, and to dust you shall return.” If you count the days from Ash Wednesday through the final day of Lent, Holy Saturday, you will count 46 days. So why do we say that Lent lasts forty days? Because every Sunday is a “little Easter” celebrating the Resurrection. Sundays remain feast days even during the solemn Lenten season!

. . . and ends in Holy Week

We refer to the last days of Lent as “Holy Week.” The week opens with Palm/Passion Sunday, the day on which worship begins with celebrating Jesus’ triumphal entry into Jerusalem and swiftly moves to his arrest, suffering, and death on the cross. Holy Week (and Lent) ends in the sacred three days of Maundy Thursday, Good Friday, and Holy Saturday. Maundy Thursday celebrates the institution of the eucharist at the Last Supper, and we hear Jesus’ new commandment (“mandatum” in Latin) to his apostles – to “love one another as I have loved you.” Maundy Thursday ends with the stripping of the altar, anticipating the Passion of Good Friday. On Good Friday we remember Jesus’ crucifixion, as we hear the Passion told in John’s Gospel. Worship on Holy Saturday (a very brief service typically not celebrated at St. Peter’s) marks Jesus’ body being laid in the tomb. Recognizing the reality of Jesus’ death, the eucharist is never celebrated on Good Friday or Holy Saturday. While many Episcopal churches first celebrate Christ’s resurrection with an Easter Vigil beginning at sundown on Holy Saturday, for a number of years St. Peter’s first celebration of the resurrection has been a sunrise service in our columbarium on Easter morning.

Prayers capturing the spirit of Lent from the BCP

O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your Spirit lift us, we pray, to your presence, where we may be still and know that you are God; through Jesus Christ our Lord. Amen.

Almighty and eternal God, so draw our hearts to you, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly yours, utterly dedicated to you; and then use us, we pray, as you will, and always to your glory and the welfare of your people; through our Lord and Savior Jesus Christ. Amen.

Create in us a clean heart, O God. And renew a right spirit within us. Amen.

TWO DAILY DISCIPLINES FOR LENT

One way we become more intentional in our relationship with God is through daily spiritual practices, such as prayer and the reading of scripture. This year, St. Peter's invites you to try two daily practices that, as the pandemic continues to keep us apart, connect us to one another.

FORTY WORDS

How To: Below is a list of 40 words -- one for each day of Lent (don't count Sundays!). Commit to reflecting on a word each day - we will begin with #1 "Hope" on February 17. What does the word mean to you? What happens in your day that calls the word to mind? What do you see that represents it? You might journal, take photos, or just let the thoughts come throughout the day. Each evening at 6:00 p.m., St. Peter's will hold a ten-minute Zoom gathering on the word for that day. You can share something of your experience of the word, or you can simply listen to the reflections offered by fellow parishioners.

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| 1. Hope | 11. Water | 21. Despair | 31. Reflection |
| 2. Strength | 12. Peace | 22. Weakness | 32. Remember |
| 3. Light | 13. Witness | 23. Fire | 33. Eat |
| 4. Fear | 14. Noise | 24. Walk | 34. Shadow |
| 5. Love | 15. Desert | 25. Crawl | 35. Want |
| 6. Freedom | 16. Kindness | 26. Run | 36. Mercy |
| 7. Peace | 17. Friends | 27. Purple | 37. Justice |
| 8. Quiet | 18. Strangers | 28. Cross | 38. Lonely |
| 9. Dark | 19. Heaven | 29. Grace | 39. Silence |
| 10. Cold | 20. Wait | 30. Gift | 40. Resurrection |

REMEMBER: The Spirit works in mysterious ways. If your reflections on a day's word do not feel particularly "spiritual," that's ok. A significance not readily apparent may make itself clear later on. If you miss a day, just pick up again tomorrow. Whether or not you Zoom, give it a try!

FORTY CANS

How To: This Lenten spiritual practice moves from the tradition of sacrificing by "giving up" something you enjoy to sacrificing by "giving" what someone else needs. "Forty Cans" is an invitation to join with fellow parishioners in choosing a can (or a box, bag, or carton) of food each day of Lent to give to Trinity Food Pantry. One day's choice may come from your own pantry (unexpired and unopened, of course) while you make the next day's selection at the grocery store. Designate a visible box or basket in your home for collecting each day's "can" and then bring your collection to St. Peter's on Easter Sunday for delivery to Trinity. Any time during Lent, send a photo of your growing collection to Annie Knapp at aknapp@stpetersepiscopal.org so we can share them! Be sure to pay attention to what happens as you watch it grow throughout the season -- what thoughts come to mind, what feelings, what prayers?

To help guide your choices, here is a list of most needed items (including a few nonfood essentials):

- Canned Meat (tuna, chicken, beef)
- Canned pasta with meat
- Canned fruit and vegetables
- Chili with beans *most requested item*
- 1 qt. packets powdered milk
- Boxed milk (not refrigerated)
- Peanut Butter
- Ramen Noodles
- Applesauce
- Bar soap
- Toilet Tissue
- Deodorant
- Toothbrushes + toothpaste