

Lent is a period of 40 days, lasting from Ash Wednesday until Easter (*not including Sundays*) when Christians have traditionally taken extra time to fast, pray, and give alms to the poor in preparation for Easter. Lent is considered the holiest season of the Christian year and a season devoted to spiritual health and sobriety.

HOW TO HAVE A GREAT LENT

1

GET READY



Make a plan! Take some time to think about what you want your Lent to look like and make any preparations you might need.

3

CHOOSE A DISCIPLINE



Some people try to set aside some time for prayer every day. Others may volunteer once a week or start journaling or read a spiritual book. It doesn't matter what you choose, as long as it's helpful to your spirit!

5

GIVE ALMS



Sharing and taking care of vulnerable people has always been a major theme of Lent. Alms are any gift you have for someone less fortunate than yourself: food, money, time, attention...anything! Just make sure you give with a joyful spirit and an open heart!

7

DO HOLY WEEK



Holy Week services are some of the most important of the whole year! Easter morning is great but it's even better after all the drama and pageantry of Palm Sunday, Maundy Thursday, Good Friday, and Holy Saturday. The Light of the Resurrection is brighter after the darkness of Holy Week!



CHOOSE A FAST

2

Some people give up little things like chocolate or soda pop. Others give up bad habits like smoking or gambling. Some limit screen time or spending. Whatever you choose to give up for Lent, the point is to get rid of something that's not-so-helpful so you can make room for what IS helpful!



GET YOUR ASHES

4

The Ash Wednesday Service is a powerful part of Christian tradition, and it's designed specifically to help everyone who attends to get their Lent off to a great start!



GO EASY ON YOURSELF

6

Fasting and discipline are hard sometimes, and that's ok. Don't beat yourself up if you break your fast or mess up a discipline. Just take a pause, adjust your expectations, and jump back in! **Lent isn't a competition. It's a journey.**

Important Dates:

- Ash Wednesday, March 5th: 7am, 12pm, 7pm
- Lenten Lunches, March 12: 12-1pm
- Maundy Thursday, April 17th: 7pm
- Good Friday, April 18th: 12pm
- Holy Saturday, April 19th: 3pm
- Great Vigil of Easter, April 19th: 8pm
- Easter Day, April 20th: 8am, 10am, 12pm



Saint Peter's
Episcopal Church