



LENT 2023

St. Lawrence Episcopal Church

Join us on the journey of Lent

There are many resources available to aid in your self-examination, reading, and meditating for the forty days of Lent which begins on Ash Wednesday February 22. Below are a few suggestions to get you started. Available online and in the Narthex (foyer)



St. Lawrence
Episcopal Church

stlawrencechurch.org

2023 Lent Calendar

Join the Journey through Lent,
illustrated by
Jay Sidebotham

Give Up Plastic for Lent

Living Compass: Living Well
Through Lent 2023:
**Practicing Compassion With All Your
Heart, Soul, Strength, and Mind**

Episcopal Relief and Development
Lenten Meditations 2023
Who is My Neighbor?

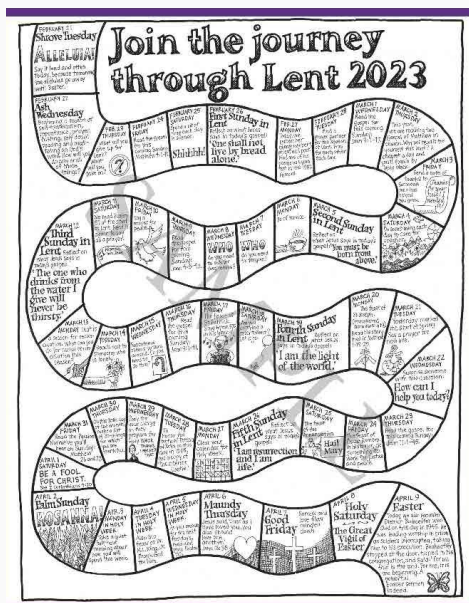
United Thank Offering
**A Grateful Lent: Noticing and
Giving Thanks for Small Things
in Our Daily Life**

Society of St. John Evangelist (SSJE)
Brothers' Give Us Word

**BODY AND SOUL: Anglican Prayer
Beads, Prayer Shawls
and Mindful Walking**

It's Time for Lent Madness

Better Together Adult Formation
Learning to Pray



2023 Lent Calendar

Join the Journey through Lent, illustrated by award-winning cartoonist Jay Sidebotham, invites spiritual reflection and is a wonderful companion for the Lenten season. This poster is just right for hanging on the wall or keeping on a table for daily coloring. Available in the narthex.

Give Up Plastic for Lent

If you'd like to give up something for Lent, why not make it something that helps the whole world? Giving up single-use plastic, to the extent possible, supports a more sustainable environment. A Lenten calendar, available in the Narthex and on our website, offers practical ideas for each day of Lent to help us reduce our plastics consumption. We hope that trying these practices during Lent will lead to new habits that make our lifestyles more environmentally friendly. Available on our website and in the narthex.

I invite you, therefore, 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.

from the Ash Wednesday Service,
BCP p 265





**Living Compass: Living Well Through Lent 2023:
Practicing Compassion With All Your Heart,
Soul, Strength, and Mind**

Enroll to receive 47 daily emails, one for each day of Lent, plus Easter. The emails will begin on Ash Wednesday, February 22, 2023. You can enroll to receive a daily email with the meditation at www.livingcompass.org/lent.

Episcopal Relief and Development Lenten Meditations 2023:

Who is My Neighbor?

This Lenten Season, Episcopal Relief & Development invites you to join us as we meditate on the commandment to love our neighbor and consider the meaning of this fundamental instruction in our daily lives.

The Rev. Robin Denney, a parish priest and former missionary focused on agricultural development in Liberia and South Sudan, wrote this year's meditations. Robin's reflections are poignant and personal and challenge the reader to consider the question, "Who is my neighbor?"

<https://www.episcopalrelief.org/church-in-action/lent/#subscribe>



United Thank Offering

**A Grateful Lent: Noticing and Giving Thanks
for Small Things in Our Daily Life**

This Year's 40-day Lenten gratitude challenge will come directly to your phone with a daily text message. Sign up , to receive one text a day (and nothing more!) prompting you to notice small things in your daily life you may not notice otherwise.

unitedthankoffering.com/lent

If you feel so inclined, you can take a picture of those daily things and send them to iwatkins@episcopalchurch.org or upload them to social media using #UTOGratefulLent.



Society of St. John Evangelist (SSJE)

Brothers' Give Us A Word, a daily email reflection from this Episcopal monastic community of men is in Cambridge, MA. The Brothers offer several on-line reflections, not necessarily Lenten specific, but you may choose to use them in a daily practice.

www.ssje.org/word/resources.

Forward Movement

The publisher of the Forward Day by Day reflection booklets, has several different free daily reflections.

www.prayer.forwardmovement.org/home

BODY AND SOUL: ANGLICAN PRAYER BEADS, PRAYER SHAWLS AND MINDFUL WALKING

Explore the practice of Anglican Prayer beads which are similar to, but shorter than, the Catholic rosary or Tibetan Prayer or Mala beads. Moving your fingers along the chain of beads helps you to focus on your prayer and encourages a meditative quality to your practice.

www.unspokenelements.com/pages/how-to-use-anglican-prayer-beads

Do you love to knit or crochet? If so, put your talents to good use by getting involved with St. Lawrence's Prayer Shawl Ministry. The shawl maker begins with prayers and blessings for the recipient and continues to pray and meditate as the shawl is created.. Creative in the Nave meets the second Wednesday of the month. Please join us Wednesday, March 8 from 6-8 for creativity and fellowship.

Mindful Walking: So, you're not a walker—you don't exercise or you like a more rigorous form of exercise. And of course, you don't have time. JOIN THE CLUB! These are reasonable excuses. The crazy thing? Whether routine or required, walking rewards your mind and body. Adding mindfulness can turn your walks into a sacred practice that refreshes and invigorates.

www.stlawrencechurch.org

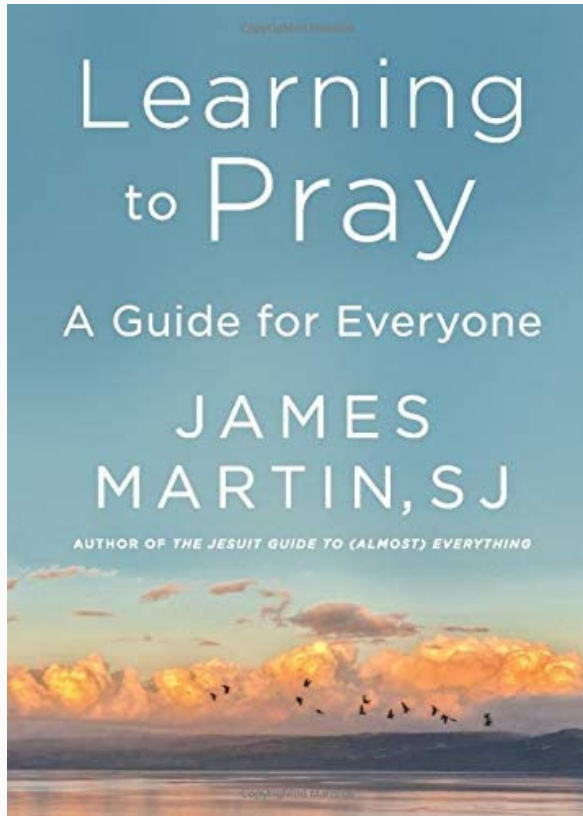


Finally—It's Time for Lent Madness

Can Lent be fun? Yes, if you wish to learn about the Holy Men and Women we remember on the Episcopal Church's Calendar of Saints or if you are of a competitive nature and like NCAA-style playoff brackets. Each game day two Saints are matched, (church) celebrity bloggers share parts of each saint's story and your online vote determines the winner of that bracket pairing. Also known as the Saintly Smackdown, it is best to bring a sense of humor. This is an especially good activity for families with school-age children as you can sneak in discussions about the lives of the people we call Saints and how to be more like them. Check out the Lent Madness website or Facebook page to find out more about the Holy Hoopla and play along to see which Saint will win the coveted Golden Halo. The first match up is on Thursday, February 23.

<https://www.lentmadness.org/>

Better Together Adult Formation



Learning to Pray by James Martin, SJ

Learning to Pray explains what prayer is, what to expect from praying, how to do it, and how it can transform us when we make it a regular practice in our lives. A trusted guide walking beside us as we navigate our unique spiritual paths, Martin lays out the different styles and traditions of prayer throughout Christian history and invites us to experiment and discover which works best to feed our soul and build intimacy with our creator.

Dates for Study: Wednesdays, 3/1, 3/8, 3/15, 3/22, 3/29

Please visit trinitychurchhp.org for the Zoom link



St. Lawrence
Episcopal Church

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