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**Sunday, March 31:** "Laetare" Sunday. Wear pink to church on this fourth Sunday in Lent and celebrate a break in the Lenten solemnity.

**Holy Week services:**

**Tuesday, April 16:** Taize Service at 7 pm.

**Thursday, April 18:** Maundy Thursday Service with Footwashing at 7 pm.

**Friday, April 19:** Good Friday Services at 12 pm and 7 pm.

**Saturday, April 20:** Holy Saturday Service at 8:30 am; Liturgy of the Light, 5 pm; Great Easter Vigil with Holy Baptism at 8 pm (Reception following service).

**Sunday, April 21:** Easter Sunday Services at 7:45 am, 9 am, 11:15 am, 5:30 pm, and 8 pm. Easter Egg Hunt at 10 am.

**Noonday prayer:** Monday, Tuesday, Thursday, and Friday.

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**St. George's Episcopal Church**

The Rev. Joseph H. Hensley, Jr., Rector  
The Rev. Areeta D. Bridgemohan,  
Associate Rector  
Marilyn Farrington and Terry Dorn,  
Vestry Wardens

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**Events:**

**Diocesan Quiet Day ECW March 13:**

The Lenten Quiet Day is Wednesday, March 13 from 9:30 am - 2:30 pm at the Roslyn Conference and Retreat Center in Richmond. Register online at: [www.ecw.thediocese.net](http://www.ecw.thediocese.net).

**Parish Clean Up Day March 23:**

8:30 am - 12:30 pm. Come help do some spring cleaning in and out of the church buildings before Bishop Goff visits on March 24. The morning will also include optional pauses for prayer and the option of working in silence for those who wish to use their work as a time of meditation. All ages are welcome. Sign up at coffee hour on Sundays or by contacting the church office.

**Movie - Traces of the Trade:**

As we explore the Lenten call to repentance and reconciliation, join us for a showing of this powerful documentary followed by discussion. Filmmaker Katrina Browne (an Episcopalian) discovers that her New England ancestors were the largest slave-trading family in U.S. history. She and nine cousins retrace the Triangle Trade and gain powerful new perspectives on the black/white divide. April 6, 10 am in Sydnor Hall.



**St. George's**  
Episcopal  
Church

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# Lent 2019

## Group and Individual Practices

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You are welcome at  
St. George's Church:  
Regardless of race,  
nationality,  
sexual orientation,  
gender expression,  
or tradition.

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## A Time for Reflection and Renewal.

Lent is a 40-day season prior to Easter during which we are invited to restoration and returning to God through special practices of devotion, prayer, scripture study, and gentle self-examination and self-discipline.

This brochure lists a wide variety of ways to explore Lent through personal and group activities and events in addition to our usual schedule of worship and formation on Sundays.

More information is also available on our website.

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### Individual Practices

#### Rite of Reconciliation:

By appointment with clergy, schedule a conversation about making a private confession of sins using the Book of Common Prayer.

#### Explore the Way of Love:

Personal daily devotions: [www.episcopalchurch.org/way-of-love](http://www.episcopalchurch.org/way-of-love).

#### Fasting as a Spiritual Discipline:

Contact clergy if you would like to discuss fasting.

#### Forward Day by Day:

Daily devotional booklets are available in the Narthex tract rack.

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### For Households

#### Build a Lenten Cross:

Similar to an Advent wreath, line up 5 candles in the shape of a cross. Light one or more candles each night before dinner for the entire Lenten season.

#### Bake pretzels:

Pretzels were first baked during Lent because they can be made with only water, flour, and salt. The shape came from a posture of prayer, with arms crossed and hands on opposite shoulders.

#### Daily Prayer Time:

Gather the household over a meal or at bedtime, spend time in prayer on a certain topic of your choosing, (e.g., the

health of loved ones, members of your church, people groups close to your heart, etc.)

#### Find Something to Give Away:

As a family, go through your possessions and find gently used (or well loved but still good quality) items, then pray about how you can bless others with those things.

#### Good Deeds Bracelet:

The good deeds bracelet is a tangible way to remember the importance of making sacrifices every day. The beads on the bracelet begin in one position and, as the person wearing it performs a work of mercy, s/he moves one bead on the bracelet to the other side.

#### Lenten Challenge:

For the entire Lenten season, challenge yourself to do something new and different that opens our heart, mind, or body.

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### Spiritual Practices in Community

#### Stations of the Cross at St. George's:

Wednesday evenings at 6:30 p.m. Led by Melissa Mooney in the nave.

#### Stations of the Cross for Youth:

Sunday, April 14th 5 - 7 pm during Youth Group.

#### Drum Circle:

Wednesday, April 3, 7:00 pm in Faulkner Hall

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### Pray the Labyrinth for Lent:

Labyrinths have been used for centuries as meditation and prayer aides. The labyrinth can represent the journey of life and our walk with God. You are invited to pray the labyrinth as part of your spiritual practice this Lent, every Sunday evening in Lent from 2 - 5 pm, in Sydnor Hall and from 1 - 7 pm on Good Friday (April 19). Volunteers will be there to assist and pray with you, and there will be resources to help you pray the labyrinth. For more information, please contact the Reverend Areeeta Bridgemohan.

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### Study

#### Stations of The Cross Study and Planning:

Spend Lent meeting regularly with members of St. George's and other churches learning about and planning our downtown Stations of the Cross Walk on Good Friday. Dates TBA. Contact the Rev. Joe Hensley by March 10 if you are interested.

#### Lenten Bible Studies:

The Rev. David Casey, O.P. will facilitate a Bible study and discussion on the Epistle readings Thursday evenings at 7 pm, as well as Friday mornings at 7 am and 10 am in Elsie Lewis. There will be a different passage each week. You are invited to attend as many sessions as you would like, and St. Georgians are also invited to lead a session. Please contact the Rev. David Casey, Young Adult Missioner, for more information.

#### The Red Door Fellowship:

(Our 18 - 35+ group) will be hosting a series, "Open Conversations of Faith" on select Saturdays in Lent at 820 College Avenue. Please contact the Rev David Casey, Young Adult Missioner, for more information or follow "The Red Door Fellowship" on Facebook.

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### Exploring Congregational Song:

Great Hymns of the Church March 12, 19, 26, April 2, 9 7:30-8:30 pm. Do you have a favorite hymn? Where do our hymns come from? What is a hymn anyway? Come meet to explore the rich history and theology of congregational song. No training in music is necessary! For space reasons, participation is limited to 8 persons meeting on the above dates at the home of Shirley and Susan Onderdonk, 1209 Rappahannock Ave. 22401. Contact Susan at [sonderdonk@msn.com](mailto:sonderdonk@msn.com) to sign up.

#### Quiet Circle:

Reflect using poetry, art, and silence the first Thursday of the month, 9:30 am - 12 pm in Sydnor Hall.

#### Book Study Group:

Tuesdays, 7:15 pm beginning March 12, on the Youth Floor. Selected book is *The Divine Dance* by Richard Rohr. Contact Nanette Lofaro with questions: [nanettel48@aol.com](mailto:nanettel48@aol.com).

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### Worship Services:

#### Ash Wednesday services:

March 6, 7 am (Imposition of Ashes); Ash Wednesday Services at 12 pm and 7 pm

#### Wednesday Micah Churches Services and Luncheons:

**March 13:** Shiloh Baptist Church (Old Site), 801 Sophia St., Fredericksburg, VA

**March 20:** Fredericksburg United Methodist Church, 308 Hanover St., Fredericksburg, VA

**March 27:** The Presbyterian Church, 810 Princess Anne St., Fredericksburg, VA

**April 3:** Trinity Episcopal, 825 College Ave, Fredericksburg, VA

**April 10:** St. Mary Catholic Church, 1009 Stafford Ave., Fredericksburg, VA

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