



The St. David's Institute

AT ST. DAVID'S BY-THE-SEA



2024

LENTEN RESOURCE GUIDE

The St. David's Institute provides discipleship and accessible theological training for St. David's members and beyond. At St. David's we believe that every member is a theologian.

A Message from the Rector - Lent 2024

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. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, our maker and redeemer.
- BCP, Ash Wednesday Liturgy

Dear Friends,

Lent is an intentional season during which the Church slows down and reflects on her inner life, both individually and corporately. In these pages, you will find an overview of the Lenten season and a list of resources for your personal edification during the next several weeks. We invite you to use Lent as an opportunity to assess your spiritual health, omitting the things which distract you from Kingdom focus and taking on edifying habits.

This Lenten Resource Guide was created by Rebecca Taylor as the first resource of the St. David's Institute in 2021 and has been updated this year. It is designed to be a tool to help you observe a holy Lent, that you may encounter the Living God.

My hope and prayer is that each of us would be transformed from the inside out this season, and that this guide would enhance your Lenten journey.

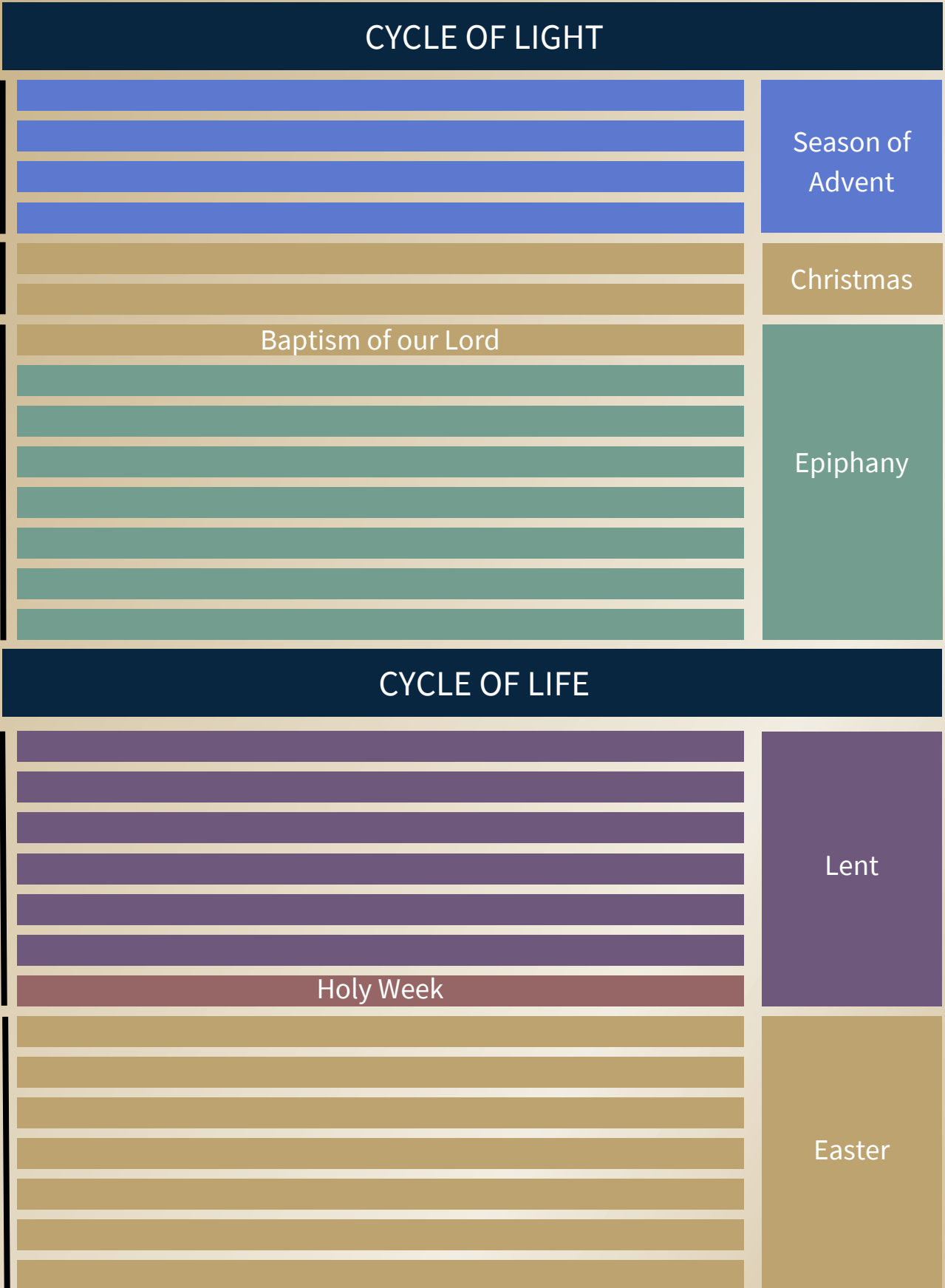
Peace,
Porter+



The Liturgical Year

The Liturgical Year is broken into two cycles: The **Cycle of Light** and the **Cycle of Life**. Each cycle has three phases: preparation, celebration, and proclamation.

STORY OF THE LIFE OF JESUS



The Liturgical Year

CYCLE OF LIFE (CONTINUED)

STORY OF THE PEOPLE OF GOD

Proclamation

Pentecost

Trinity Sunday

Ordinary
Time

Allhallowtide

Christ the King Sunday

Note: The outline of the Liturgical Year above is not precise as dates fluctuate. The length of the seasons of Epiphany and Ordinary Time vary from year to year based on the date of Easter. This outline is meant to give a general overview. When in doubt, refer to lectionarypage.net

The Church year is a spiritual discipline of remembering the *Story of the People of God* and the *Story of Jesus*. Danielle Hitchen writes in her book, *Sacred Seasons*, “As we orient our **day** to the work of God, our **week** to the resurrection, and our **year** to redemptive history, these rhythms of sacred time fundamentally reform our identity as the people of God, enabling us to embody the Gospel in every season.”

LENT 101

Liturgical Color: Purple

The color purple represents penitence and mourning making it a fitting color for the season. It was also chosen because it is made by mixing blue (the color of hope) with red (the color of blood).

The original Lent was observed by the apostles themselves, and while it adapted, it has been observed in its current 40-day format since the third century.

Lent is the only season of the Church year that has assigned spiritual disciplines, known as the “Three Pillars of Lent.” Each Ash Wednesday, the Gospel passage is from a portion of Jesus’ Sermon on the Mount (Matthew 6:1-6,16-21) from which the Church identified the three pillars: prayer, fasting, and almsgiving.

You may choose to focus on all three for the entirety of Lent, or focus on each intentionally for two weeks.

WORDS THAT CHARACTERIZE LENT

PENITENCE
CONFESSION
STUDY
RENEWAL
WILDERNESS

LENT COMES FROM THE OLD ENGLISH TERM *LENCTEN*, MEANING “LENGTHEN.”

Pillar One: Prayer

**THE PRACTICE OF PRAYER IN LENT IS
SYMBOLIC OF A RESTORED
RELATIONSHIP WITH GOD.**

Prayer Ideas:

Lent is a great time to pray and memorize Scripture. Some good options are: Psalm 51 or Psalm 121. Shorter options would be 1 John 1:8-9; Joel 2:13; Luke 15:18-19; Daniel 9:9-10; or Mark 8:34.

Lent is a traditionally a season to prepare for baptism. For those who have been baptized, it's a wonderful time to pray through the Baptismal Covenant.

Commit to the Daily Office.

Pray through the Decalogue which you can find on page 350 in the *Book of Common Prayer*. The Decalogue is a responsive prayer through the 10 Commandments which has been in the BCP since the 1552 version.

Ember Days:

There are four sets of Ember Days in the Church year, one set for each season of creation. The Spring Ember Days are the Wednesday, Friday, and Saturday after the First Sunday in Lent (February 21, 23, 24).

Traditionally these are days to pray specifically for those pursuing Holy Orders, but it is also a wonderful time to pray for the leadership of the Church, especially for the the clergy in your parish and diocese.

Prayer

Pillar Two: Fasting

**THE PRACTICE OF FASTING IN LENT
IS SYMBOLIC OF A RESTORED
RELATIONSHIP WITH SELF.**

Fasting Tips:

Fasting is sandwiched between the pillars of prayer and giving, because it is from our fasting that the other two flow. Fasting should naturally increase our prayer and giving.

The act of abstinence is formational. Christians throughout the centuries have abstained from things that hinder their spiritual health, and not just during Lent. The habit of abstinence is almost foreign in our society which places such a value on obtaining.

The focus of a Lenten fast should not be punishment, weight loss, or a way to “make up” for your sins.

Lenten fasts are not an opportunity to break habits you should break anyway. What you choose to give up for Lent is something you should be able to pick up again when Lent ends.

Lenten fasts should be a response to the examination of idols in your life.

Did You Know?

There are only two days when complete fasting from food is normative: Ash Wednesday and Good Friday. Young children, pregnant and nursing women, the sick, and the elderly are exempt from this recommendation and are not encouraged to take on full-day food fasts.



Fasting

Pillar Three: Almsgiving

**THE PRACTICE OF GIVING IN LENT IS
SYMBOLIC OF A RESTORED
RELATIONSHIP WITH OTHERS.**

About Almsgiving:

Alms comes from the Old English word *ælmesse* which means *mercy* and *compassion*.

An Episcopal priest in New Jersey wrote this: “Almsgiving is a way of sharing our time and treasure with the poor, and shouldn’t be seen as a replacement for fasting and prayer. Prayer and fasting motivate our service, and our service informs our prayer and fasting.”

Giving allows us to step outside of ourselves by focusing on the needs of others. It also allows us to examine our own consumption, priorities, and stewardship, both of our time and our financial resources.

Things to Consider:

Try pairing your fast with your giving. For example, if you’re giving up your morning Starbucks run, give that money instead to your local church, an outreach partner, or the Episcopal Relief and Development Fund.

While almsgiving is traditionally reserved for the poor, perhaps you see distress or grief in the face of your neighbor. Consider a meal or an act of service to those who are poor in spirit.

Giving

Shrove Tuesday

In the Middle Ages, Christians ushered in Lent with one last hoorah of Lenten-forbidden foods (eggs, sugar, and fat – obviously a pancake recipe) in a big festival preceded, of course, by confession. Using up all those ingredients also led to dubbing the day Fat Tuesday, or its French version, Mardi Gras. While this tradition teaches us something about the human spirit ("why not binge on sin before giving it up, especially right after confession"), it has also given us a pretty fun and tasty tradition in many Episcopal churches.

IF YOUR HOME PARISH DOES NOT OFFER A SHROVE TUESDAY PANCAKE SUPPER, INVITE SOME FRIENDS OVER AND MAKE THESE!

Melt a stick of butter. Whisk together a cup of milk, 2 large eggs, and a tablespoon of vegetable oil, then add the butter. In a small bowl whisk a cup of flour with 4 teaspoons of baking powder, 4 teaspoons of sugar and a teaspoon of salt. Whisk that into the milk mixture just until its combined. Time to cook!

(Recipe is Ruth Reichl's "World's Best Pancakes" taken from her website: ruthreichl.com. It's perfect as it is, but it never hurts to add a splash of vanilla!)



Ash Wednesday



Ash Wednesday, February 14 this year, marks the beginning of Lent. With the words, "Remember that you are dust, and to dust you shall return" (Genesis 3:19), the priest makes the mark of the cross with ashes on worshippers' foreheads as an outward and visible mark that the Cross of Christ is the central part of our story as followers of Jesus. Ashes are considered to be a symbol of man's mortality and represent an attitude of humility, sorrow, and repentance. Ash Wednesday is one of two traditional days of fasting in Lent. The second is Good Friday.



A Prayer for Lent

O God, in your great mercy and steadfast love, you sent your beloved son Jesus Christ, to save and redeem the world, reconciling creation to you: Strengthen us, as your disciples and your Church, during this Holy Lent, that we might be rooted in your faith, on mission in your kingdom, and bearers of your incarnational love; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

- Prayer for Lent by the Rev. Dr. Porter C. Taylor

We invite you to use this prayer daily as you journey through Lent toward Easter.

Confession

Regarding confession, there is an old Anglican adage: “All may. Some should. None must.”

While general confessions are said during each worship service, Lent is an appropriate time to make private and confidential confessions which can be a very healing experience. In the Episcopal Church, confession is a sacramental rite which follows the Reconciliation of a Penitent in the *BCP*. While not required, it is a good spiritual practice. Following the confidential confession, the priest will pronounce absolution, reminding us that God knows our sins before we even speak them.





The Daily Office

Christians, both lay and ordained, have been praying liturgical prayers daily from the very earliest days of Christianity. The Daily Office is a series of services found in the Book of Common Prayer designed to order your day around prayer. The services, known as “Offices,” are Morning Prayer, Noonday Prayer, Evening Prayer, and Compline.

The inspiration for praying at specific times of the day originated in Jewish traditions. In the first and second centuries, early Christians adopted these practices. The Daily Office reminds us that all time is sacred because it was created by and belongs to God. The Offices also teach us to begin and end each day with gratitude, praise, and prayer; to form our own prayers by giving us words and frameworks leading us to pray for things we might otherwise overlook; and expose us to the majority of Scripture over the course of a year. In addition, the practice of praying the Daily Office forms and shapes us, serving as a tool of sanctification.



Pick your verb: You will see people refer to reading, saying, or praying the Daily Office. This is just a matter of preference.

X marks the spot: But since the BCP comes with tassels and not an X, use them! Before you begin, mark the Collect, the Lectionary, and the Office to save yourself some "digging" time.

Pick an Office, any Office: Choose one of the Offices and pray it consistently rather than choosing a different Office each day. This allows the words and prayers to "soak in" and become second nature.

Don't change the pronouns: By praying the Daily Office, you are joining your prayers with those of people from all over the world even if you're alone, so don't change "we" to "I."

Mind the gap: If you miss a day or two, don't "catch up." Instead, just use the correct lessons for your first day back.



RECOMMENDED BOOKS

The Art of Lent: A Painting a Day from Ash Wednesday to Easter by Sister Wendy Beckett

The Word in the Wilderness by Malcolm Guite

Lent for Everyone by NT Wright

How God Became King by NT Wright

The Great Lent by Alexander Schmemmann

The Crucifixion by Fleming Rutledge

The Undoing of Death by Fleming Rutledge

The Sign and the Sacrifice: The Meaning of the Cross and Resurrection by Rowan Williams

The Purple Headed Mountain by Martin Thornton



RESOURCES FOR FAMILIES AND CHILDREN

Sacred Seasons by Danielle Hitchens

A Family Lent by Jerusalem Greer

Make Room: A Child's Guide to Lent and Easter by Laura Alary

The Story of the Cross: Stations of the Cross for Children by Mary Joslin

On That Easter Morning by Elena Pasquali

The Lion, the Witch, and the Wardrobe by C.S. Lewis

Tomie dePaola's Book of Bible Stories by Tomie dePaola

The Jesus Storybook Bible by Sally Lloyd-Jones



Devotionals

A Way Other Than our Own by Walter Brueggemann

Show Me the Way by Henri Nouwen

Lent and Easter Wisdom by Henri Nouwen

Bread and Wine

All Shall Be Well: Readings for Lent and Easter

Preparing for Easter by CS Lewis

Lent with Evelyn Underhill by Evelyn Underhill

Opening our Lives by Trystan Owain Hughes



Music

Lent at Ephesus by the Benedictines of Mary,
Queen of Apostles

The Anima Christi by Trinity Anglican

Joy Beyond the Sorrow by Indelible Grace

Lent to Maundy Thursday by CXVI

Good Friday to Easter by CXVI

Trinity Music Lent Playlist

Easter Recommendation:

Easter at Ephesus by the Benedictines of
Mary, Queen of Apostles