



# The St. David's Institute

AT ST. DAVID'S BY-THE-SEA



2022

## 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 2022*

*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 at St. David's by the Sea, and a list of resources for your personal edification during the next several weeks. I urge 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 shared with those who are not yet a part of our church family and invite them into an intentional Lent with us, that they may encounter the Living God in our doors.

My hope and prayer is that each of us would be transformed from the inside out as we commit to prayer, study, fellowship, and worship, and that as a parish, we would joyfully proclaim the transformational love of Christ this season.

Peace,  
Porter+



# *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.



SHROVE TUESDAY  
PANCAKE SUPPER

Tuesday, March 1 | 6:00PM



# *Ash Wednesday*



Ash Wednesday, March 2, marks the beginning of Lent. The liturgy for this worship service includes the imposition of ashes, which symbolizes our mortality and need for repentance.

*Ashes To Go*

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3:00PM

*Imposition of Ashes and Holy Eucharist*

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7:00PM



## *A Prayer for Lent*

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

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. Porter C. Taylor



## *Holy Eucharist on Thursdays in Lent*

As Episcopalians, we are above all rooted in Christ and his Church, and also in our historic tradition. The Episcopal Church balances Word, Sacrament, Spirit-empowered lives, and societal transformation. A robust liturgical worship experience with an emphasis on Scripture is foundational to our heritage. Join us each week for a service of Holy Eucharist on **Thursdays** at **11:00AM** beginning March 3rd.



Wednesdays at 5:30PM

# "SIGNS"

## *LENTEN BIBLE STUDY*

**March 9:** Changing Water into Wine  
(John 2:1-11)

**March 16:** Healing the Royal Official's  
Son (John 4:46-54) & Healing the  
Paralytic (John 5:1-18)

**March 23:** Feeding 5000 (John 6:1-14) &  
Walking on Water (John 6:15-25)

**March 30:** Healing Man Born Blind  
(John 9:1-41) & Raising Lazarus  
(John 11:1-46)

**April 6:** The "I Am" Statements & New  
Creation



Scholars agree that the Gospel of John features two main sections: the Book of Signs and the Book of Glory. Jesus performed seven signs, accompanied by his seven famous "I Am" statements which reveal his identity, correct the worldview of the day, and point ahead to his crucifixion and resurrection. Join us in our study this Lent as we prepare our hearts for the agonizing glory of the cross and the abundant joy of the empty tomb! This study will be in person at **5:30PM** on **Wednesdays** beginning March 9th.





*Fridays  
at  
7:00PM*

# *Stations of the Cross*

On Fridays in Lent, we will be observing the Stations of the Cross together during Compline on **Fridays** at **7:00PM** beginning March 4th.





## *History of Stations of the Cross*

In the early years following the crucifixion and resurrection of Jesus, it is said that the holy sites where Jesus walked to the cross were visited by his disciples. When Constantine legalized Christianity in 313AD, religious pilgrimages to the Holy Land became more common. Taking these pilgrimages was often called “Walking the way of the Cross.” By the fifth century, people who could not travel to the Holy Land began to replicate specific places in the Holy Land. During the twelfth and thirteenth centuries, artists began to represent the Way of the Cross artistically throughout Europe in an effort to tell the story of the Cross without words. Looking at, or “walking” the art became an act of devotion. In the fifteenth century, a pilgrim named William Wey visited the Holy Land and coined the term *stations*.

The Stations of the Cross commemorate the journey Jesus took from Jerusalem to Golgotha. Lent is an appropriate time to observe the Stations of the Cross as it is an entire liturgical season devoted to remembering the journey from the mountain of transfiguration to Jerusalem. The Stations of the Cross provide an opportunity for us to examine our own lives in light of the cross and to consider anew the meaning of the cross for the life of the world.

The Stations of the Cross in the St. David's Nave were painted by beloved parishioner Jeanne Weaver.





# Lenten Formation

Observing Lent is more than giving up chocolate for 40 days, although you certainly can. 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*. As you think through your Lenten discipline, try to come up with a “no...so” perspective.



## HERE ARE SOME IDEAS

I will say *no* to television so I can spend that time in prayer for my children and grandchildren.

I will say *no* grumbling so I can shift the posture of my heart toward gratitude.

I will say *no* to gossip so I can intentionally encourage the people in my life.

I will say *no* to the morning news so I begin my day with the Daily Office.

I will say *no* to spending money outside of necessities so I can increase my giving.





## *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.

# Outreach Ministry

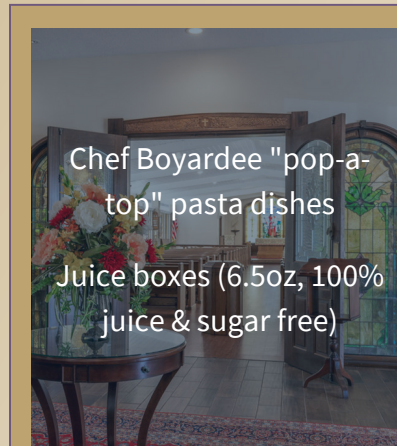
## *Lenten Outreach Project*

Our local ministry partner, the Children's Hunger Project, works through local schools to provide qualifying children with two meals a day. Each child also receives a box of food for the weekend.

The Outreach Ministry is partnering with the Children's Hunger Project and Riverside Presbyterian Church to fill boxes of food for the children of Capeview Elementary.

For each week of Lent we will be gathering a different food item. The items are very specific so they can fit in the box given to the children.

There will be a table in the Narthex set up to collect these items. Please give generously. These items directly help children in our community who face hunger and food insecurity.



Chef Boyardee "pop-a-top" pasta dishes  
Juice boxes (6.5oz, 100% juice & sugar free)

*March 13*



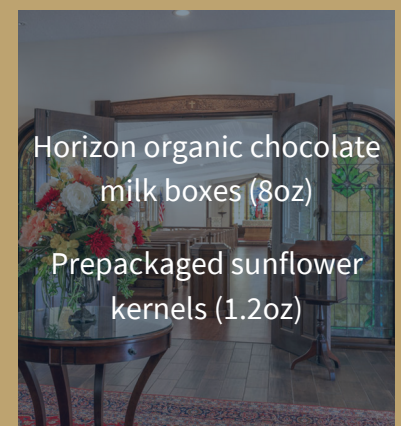
Fruit Cups (4oz & sugar free)  
Applesauce Cups (4oz & sugar free)

*March 20*



Goldfish Crackers (0.75oz cheddar bags or 1oz pretzel flavor)  
Pre-packaged whole grain graham crackers

*March 27*



Horizon organic chocolate milk boxes (8oz)  
Prepackaged sunflower kernels (1.2oz)

*April 3*

*In addition to the items above, you may choose to also bring the following extra items each week:*

- 1oz box or 1.16oz bag craisins
- ZeeZee Bars (whole grain & nut free)
- Wow butter (peanut-free butter)





## 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](#)

[This is the Night](#) by [James Farwell](#)



## RESOURCES FOR FAMILIES AND CHILDREN

[A Family Lent](#) by [Jerusalem Greer](#)

[Make Room: A Child's Guide to Lent and Easter](#) by [Laura Alary](#)

[Lent Zine](#) by [Storymakers NYC](#)

[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*

## *Gifts*

*Stations of the Cross Ornaments*

*Jesus Tree Ornaments*

*Holy Week / Easter Ornaments*