



## St. Luke's Anglican Church

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### *Upcoming Events*

# Forty Days & Forty Nights

Lent & Easter at St. Luke's Anglican Church

3233 Argyle Road Regina, SK (306) 586-9355

*"Surely he has borne our griefs & carried our sorrows...." /isaiah 53:4*

## THE MYSTERY OF LENT & EASTER

"Lent" is an old English word that means "Springtime". Just as we turn over the soil and plant seed in our gardens, so Lent is a time to till the soil of our hearts. Spring is a season of rebirth in the natural world. Lent is the season of spiritual renewal and refreshment for our souls. But how?

During Lent we are meant to till the soil of our hearts through the ancient disciplines of prayer, fasting & good works. We feed them with silence and sow the seed of God's word through Scripture. It is impossible to hear God speak in the absence of silence; impossible to be attentive to Him without prayer; impossible to know him without the patient reading of Scripture. For this reason, the Church always begins Lent with the reading of the story of Christ's temptations in the wilderness, because it is in the wilderness – in the place of quiet, free from distraction – that we discover both the brokenness of our hearts and the healing presence of God. As you will see, our parish offerings this Lent give us more opportunities for silence, more time in prayer, and more time with Scripture.

The point of Lent, of course, is to lead us to Holy Week and Easter. As we become more aware in the coming weeks of our own brokenness, so too we will become more aware of our need for someone else to carry our burdens on our behalf. We will find this God in Jesus Christ on the Cross on Good Friday. And on Easter Sunday we will discover that the weight of our brokenness (and of the world's) is conquered by God's love. "Jesus is Risen!" we will proclaim in Church, and with that proclamation our hearts will be raised from the dead just as our bodies will be raised when he comes again.

We do not travel the road to Easter alone. To keep Lent is a way of following Jesus that has been hallowed by countless generations of Christians and countless saints before us. We travel it together – not only with members of our parish, but with over a billion Christians

throughout the world! Above all, to keep Lent is to travel with Jesus Himself. It is to keep His fast, to experience His death and, by God's grace, to know the grace of His Resurrection on Easter Sunday.

Let us hope and pray that our parish offerings this Lent and Easter will draw us all to the silent place within us where we may encounter our own brokenness and God's healing love. And may we rejoice on Easter Sunday with all the saints living and departed: The Lord is Risen Indeed!

## **Sundays in Lent**

Holy Eucharist at 8:30am and 10:30pm

Evensong 4pm

**The First Sunday in Lent:** February 26

**The Second Sunday in Lent:** March 4

**The Third Sunday in Lent:** March 11

**The Fourth Sunday in Lent: Mothering Sunday** March 18

Dr. Abe Ninan will preach this morning at his work in India with the medical mission Emmanuel Hospitals Association in India. A member of St Mary's Anglican Church, Dr. Ninan is a well-known preacher and teacher.

*Please join us for a parish lunch following the 10:30 service this Sunday in honour of the mothers in our parish. Hosted by the Men of St Luke's!*

**The Fifth Sunday in Lent:** March 25

**Palm Sunday:** April 1

**Easter Sunday:** April 8

# PRAYER & STUDY OPPORTUNITIES in LENT

## BOWL & BIBLE Supper and Study Group Wednesdays in Lent

### DESCRIPTION

6pm Supper

6:45 Study

## INTO THE SILENT LAND: Rediscovering the ancient practices of Christian prayer SUNDAY EVENSONG at 4:00pm

How do we pray? Is there a prayer deeper than words? What do we do with our bodies at prayer? These questions and more will be addressed in this year's Lenten evensong series. Please come to the beautiful service of sung Evensong each Sunday in Lent as our speakers show us how to draw near to God in silence and prayer.

### **Sunday, February 26: "The Wild Hawk of the Mind": Word & Silence**

*The Rev'd Christopher Snook, St Luke's Anglican Church*

### **Sunday, March 4: The Body at Prayer**

*The Rev'd Dr. Benjamin Fiore SJ, President, Champion College*

### **Sunday, March 11: Meditation East & West**

*The Rev'd Dr. John Meehan, Champion College*

### **Sunday, March 18: Daily Practice: Ancient Teachings for the Modern Age**

*The Rev'd Claude Schroeder, St. Mary's Anglican Church*

### **Sunday, March 25 10: Being Present: Finding ourselves through *Lectio Divina***

*The Rev'd Deacon Susan Page, St. Luke's Anglican Church*

### **Sunday, April 1: "The Mind in the Heart": Standing in the Presence of God**

*The Rev'd Catherine Harper & Brother Gerry Clyde OFM, St. Michael's*

## **SPECIAL EVENTS in LENT FOR YOUTH & FAMILIES**

*This year our young people and families are invited to three special Lenten events.*

### **Friday, March 9, 4:30-8pm: Souls' Harbour Rescue Mission**

Join us this evening as we offer our time and energy to serve a meal to our brothers and sisters in Christ. Jesus tells us that when we feed our neighbours, we feed him. Please RSVP to the Church office at 586-9355 by March 1.

### **Saturday, March 17, 6pm: Lent with Lord of the Rings!**

Join us this evening as we watch the first of three Lord of the Rings movies and discover how this story by the devout Christian, JRR Tolkien, offers us important insights on the Christian journey. This film is best for older children.

### **Palm Sunday, April 1 at 2pm: Praying with our Elders**

Our families are invited this Sunday to share their prayers, singing voices and smiles at our monthly service of evening prayer at Sunset Extendi-care.

### **Making Palm Crosses: Saturday, March 31 at 10am**

As we begin our journey through Holy Week, please come for a time of fellowship and service as we gather to make this year's Palm Crosses.

*This is an ideal event for the young and the old and all those in-between!*

## **HOLY WEEK & EASTER WORSHIP**

**During Holy Week we dedicate ourselves to a journey with Christ to the Cross.  
Please make this a week of special devotion in home and at Church.**

**Monday, April 2 7pm Holy Eucharist with Homily:** *A quiet and contemplative Eucharist with the reading of Christ's Passion.*

**Tuesday, April 3 7pm Holy Eucharist with Homily:** *A quiet and contemplative Eucharist with the reading of Christ's Passion.*

**Wednesday, April 4 9:30am Holy Eucharist**

**Maundy Thursday, April 5 6pm Seder followed by Lenten Potluck  
7:30pm Holy Eucharist with the stripping of the  
Altar & all night vigil.**

*Tonight we remember many things, from the Lord's institution of the Holy Eucharist, to his washing of the disciples feet, to his betrayal by Judas. This evening's service leads us from the joy of Christ's meal with his friends, to the darkness of Gethsemane. We conclude the evening with the Church bare, and are invited to watch one hour with Jesus in our vigil.*

**Good Friday 10:30am The Good Friday Liturgy & Mass of the Presanctified**  
*At this service we meditate on the death of our Lord and are invited to receive the Body and Blood of Christ consecrated at the previous evening Eucharist.*

**Holy Saturday, April 7 8pm Easter Vigil**  
*This evening we celebrate Christ's rising from the tomb in the ancient liturgy of the Easter Vigil and First Eucharist of Easter. Followed by wine and cheese!*

### **EASTER SUNDAY**

**8:30 am & 10:30am**

**Holy Eucharist in commemoration of the Resurrection of our Lord**

**Christ is Risen! The Lord is Risen Indeed! Alleluia!**

## ***Facebook Group and Page***

Join St. Luke's on Facebook. Look for the group *Friends of St. Luke's Anglican Church Regina SK* and request to join. Also look for the page *St. Luke's Anglican Church Regina*. "Like" this page to receive updates on parish activities.