



Growing through Lent

Do you think of Lent as prayer, fasting and self-denial? Would you consider a different approach?

There are a variety of opportunities to consider and explore. Choose intentions that will bring you closer to God and others. If you'd like guidance, please feel free to speak to [Pastor Mary](#).

At St. James, we don't just *do* Lent. We also *experience* and truly *live* this all-important spiritual journey. And we offer many ways for Growing Through Lent, with a variety of programs and resources. They can be tailored to fit *your* inspirations, schedule, and interests.

Spiritual Growth

- **Sunday Discussion group.** Join us every Sunday morning from 9-9:45 am for a "spiritual NPR", where we study the Bible, explore different materials and relevant topics.
- **Compline Tuesdays.** Tuesdays at 7:45 pm. Compline, also known as Night Prayer, is the bedtime prayer of the Church. It's a short (10-15 min. max) service of prayers with lots of candlelight and silence. Compline is in the Book of Common Prayer on p. 127.
- **Christ Walk.** The *Christ Walk* is a spiritual fitness program, by Anna Fitch Courie, that consists of a chapter a day devotional workout.
- **Centering Prayer and Group Spiritual Companionship.** Sat., Mar 7, 10-11:30 am. An opportunity to deepen and explore your spiritual and prayer life in a small group setting. We'll practice a short period of silent reflection (centering prayer), listen to sacred readings, and engage in group spiritual companionship.
- **Forward Day by Day.** Pick up a copy of this daily devotional at church or [read online](#).
- **Walk A Labyrinth.** Walk a labyrinth at [Smale Park](#) or [Mount St. Joseph](#).



St. James Community

- **Recital of Spirituals.** Sun., Mar 1, 7 pm. Dr. Christopher McBride is music director at Westwood United Methodist and a gifted vocalist. This offering repeats last fall's concert at WUMC. Betty Richardson and Laverne Young will be the accompanists.
- **Ukrainian Egg Decorating Workshop.** Sat., Mar 21, 10 am-3 pm. Learn to make *pysanky* Easter eggs and enjoy fellowship with others. *The workshop is full, but you may sign up on the waiting list in the Community Hall or by contacting the church office.*
- **Dumpling Fest.** Sat., Mar 21, 5-8 pm. Every culture has some type of dough, filled with a sweet or savory filling. Help us celebrate the dawn of spring. Let's make dumplings from a culture of your choice. Or come and enjoy an evening celebrating the beauty of our commonality in the midst of a diverse world. Contact Jennifer Webb if you want to make dumplings or help in other ways.

Family and Community

- **Lent Madness.** People of faith everywhere are gearing up for the 2020 "saintly smackdown" known as [Lent Madness](#). On Lent weekdays, information is posted about two saints. Each pairing remains open for 24 hours. The winner is awarded the Golden Halo. It's a \$5 donation to enter. Talk to Larry Zavodny at the Feb. 23 coffee hour or at the Feb. 25 Shrove Tuesday Pancake Supper.
- **Giving Calendar for Lent 2020.** Gather your offerings for Lent day by day by tracking items of food, number of texts, doing chores, etc.
- **Coloring Sunday.** March 15 after church. We'll be coloring the Stations of the Cross.

Family

- **Lent in a Bag.** ["Lent in a Bag"](#) is just that. Your family will be given a snack-sized bag that contains six objects. Each bag has a devotion stapled to it, plus a booklet with the related Bible reading.

Community, Beyond St. James

- **Christ Church Cathedral.** This is a three-week series presented by Bishop Thomas Breidenthal, looking at some early Christian answers to what actually belongs to us and how Christianity traditionally approached the notion of private property. [Register here.](#)
- **Transfiguration Spirituality Center.** This year's [Lenten Mini Series](#) uses Martin Doblmeier's documentaries as a starting point.

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