



## LENT YEAR A

“Lent” comes from the Anglo-Saxon word *lencton* – meaning “spring” or “lengthening” from the time of year when the days grow long. The season begins on Ash Wednesday and ends with the Easter Triduum (Maundy Thursday through Easter Day), covering 40 days (excluding Sundays which are little feasts of the Resurrection). Some believe that the word “Lent” may derive from the Latin *lentare*, which means. “to bend.” This understanding reinforces a sense of Lent as a time of preparation for personal and collective transformation. Having nurtured ourselves through Advent, Christmas and Epiphany, Lent becomes the time to look truthfully at ourselves and make changes.

In the early church, Lent was the time of preparation for the Easter, *Pascha* (Christian Passover) baptism of converts to the faith. Persons were to receive the sacrament of “new birth” following a period of fasting, penitence and preparation. Just as the children of Israel had been delivered from the bondage of Egyptian slavery, we are delivered from the bondage of sin. The bible readings appointed for the Sundays in Lent continue to offer us a short course on the meaning of baptism – our sacrament of initiation into the Body of Christ.

### TRADITIONS OF LENT:

#### *Liturgical Colors:*

- **Purple** is used in vestments and altar hangings for penitence and royalty.
- **Rough linen** or unbleached fabric can also reflect the mood of Old Testament mourning (wearing sackcloth)

#### *Symbols:*

- **Ashes** (prepared from the previous year’s palms symbolize our mortality and sorrow for our sins. Job (Job 42:6) and the king of Ninevah (Jonah 3:6) put ashes on their foreheads as a sign of repentance, while also wearing sackcloth
- **Responses & Music** follows a more contemplative stance. Joyful canticles, Alleluias and the *Gloria in excelsis* are omitted from worship. Altar flowers may also be absent.

#### *Notable days and practices:*

- **Shrove Tuesday** (the day before Ash Wednesday) was the day all households were to use up all milk, eggs and fat to prepare for the strict fasting of Lent. These ingredients were made into pancakes, a meal which came to symbolize preparation for the discipline of Lent, from the English tradition. “Shrove” comes from the verb “to shrive” (to confess and receive absolution) prior to the start of the Lenten season. Other names for this day include *Carnival* (farewell to meat) and *Mardi Gras* (Fat Tuesday of the French tradition).

- **Ash Wednesday** takes its name from the ashes used as early as the 3<sup>rd</sup> century to publicly signify contrition. With roots in the ancient Jewish festival of Yom Kippur, the Day of Atonement, it is a day to honestly face one's self – to be one with God, our neighbor, all of creation and ourselves. It began to be observed in the 7<sup>th</sup> century as a time for disciplining penitents. By the 11<sup>th</sup> century, Christians had come to recognize the universal need for self-examination and repentance. Believers began to be blessed with ashes on their foreheads as they began their Lenten fast as a reminder that we are dust, and to dust we return.
- **Retreats** are a common practice during Lent; a time set aside for teaching and learning, fasting and self-denial, meditation, quiet and spiritual growth in our relationship with God
- **Study and Preparation** is also customary for Christians and many churches plan special programs in which prayer practices, Bible study or service to others are offered. It is a time for those who will be baptized at the Easter Vigil (or to be Confirmed in the spring) to study and reflect on the Christian faith and their relationship to Jesus Christ.

#### *Hymns:*

- Forty Days and Forty Nights (Hymnal 1982 #150)
- The Glory of These Forty Days (Hymnal 1982 #143)
- The God of Abraham praise (Hymnal 1982 #401)
- Sh'ma Yisrael (Hear, O Israel) (Wonder, Love and Praise #818)
- How great thou art (Lift Every Voice and Sing #60)
- I love to tell the story (Lift Every Voice and Sing #64)
- We are climbing Jacob's ladder (Lift Every Voice and Sing #220)

## **ASH WEDNESDAY**

Ethical issues are raised in the Litany of Penitence (BCP 267-269):

- Exploitation of other people
- Dishonesty in daily life and work
- Indifference to injustice, human need, suffering, and cruelty
- Prejudice and contempt toward those who differ from us
- Waste and pollution of God's creation

Exploring more fully the Baptismal Covenant and the covenant of the Torah during Lent helps us become increasingly aware of how far we have strayed from God's ways. Lent is a time for us to renew our Baptismal promises and repent.

## LENTEN LECTIONARY READINGS & BAPTISMAL PROMISES

*The lectionary readings for Lent in Year A can be used to explore the Baptismal rite.<sup>1</sup>*

Since baptism and Lent are all about conversion, the themes for these five weeks also provide us with a process for “conversion therapy” (a term used by Aidan Kavanagh to describe the purpose behind the catechumenate) as we move through the season and Holy Week. First we turn away from evil and toward Jesus Christ (Lent 1 and 2). Then we look at what we thirst for in life and ask for the empowerment of the Holy Spirit (Lent 3 and 4). We put our whole life and trust in Christ, who leads us even through death into life (Lent 5).

In Year A, the readings also provide a primer in Christianity as outlined in Paul’s letters to the Romans and Ephesians. These epistle readings pick up the theme from the Hebrew Scripture readings and the gospel.

### ***The First Sunday in Lent***

*The Baptismal Rite – The renunciations:*

- Do you renounce Satan and all the spiritual forces of wickedness that rebel against God?
- Do you renounce the evil powers of this world, which corrupt and destroy the creatures of God?
- Do you renounce all sinful desires that draw you from the love of God? (BCP 302)

### ***Baptismal theme, expressed in the lectionary readings***

Saying “no” to evil so that the Christian can say, “yes” to Christ.

### ***The Second Sunday in Lent***

*The Baptismal Rite – Turning and accepting Jesus as Savior and Lord:*

- Do you turn to Jesus Christ and accept him as your Savior?
- Do you put your whole trust in his grace and love? Do you promise to follow and obey him as your Lord? (BCP 302-303)

### ***Baptismal theme expressed in the lectionary readings***

Saying “yes” to Jesus.

### ***The Third Sunday in Lent***

*The Baptismal Rite – The waters of baptism:*

- Now sanctify this water, we pray you, by the power of your Holy Spirit, that those who here are cleansed from sin and born again may continue for ever in the risen life of Jesus Christ our Savior. (BCP 307)

### ***Baptismal theme expressed in the lectionary readings***

The baptismal waters become for Christians “a spring of water gushing up to eternal life.” (John 4:4)

### **The Fourth Sunday in Lent**

*The Baptismal Rite – The anointing of baptism:*

- N., you are sealed by the Holy Spirit in Baptism and marked as Christ's own forever. (BCP 308)

### ***Baptismal themes expressed in the lectionary readings***

The Christian is given the gift of enlightenment through the Holy Spirit.

### **The Fifth Sunday in Lent**

*The Baptismal Rite – The forgiveness of sins and new life through baptism:*

- Heavenly Father, we thank you that by water and the Holy Spirit you have bestowed upon these your servants the forgiveness of sin, and raised them to the new life of grace. (BCP 308)

### ***Baptismal theme expressed in the lectionary readings***

In baptism the Christian is freed from the tomb of sinfulness. Dry bones take on flesh and those who were dead are filled with the breath of God. The raising of Lazarus points ahead to the Resurrection.





## PRAYERS

Dearest Jesus, teach me  
To be generous;  
Teach me to serve as you deserve;  
To give and not to count the cost,  
To fight and not to heed the wounds,  
To toil and not to seek for rest,  
To labor and not to seek reward,  
Save that of knowing  
that I do your will. Amen  
(*St. Ignatius of Loyola, 1491-1556*)

Almighty and eternal God,  
who drew out a fountain of living  
water in the desert for the people...  
draw from the hardness of our hearts  
tears of compunction,  
that we may be able  
to lament our wrong-doing,  
and may merit to receive you  
in your mercy. Amen  
(*Latin, late 14<sup>th</sup> century*)

### Everything happens<sup>ii</sup> (adapted from Ecclesiastes 3)

Leader: Everything that happens on earth  
happens at the time God chooses.  
Women: God sets the time for birth and the time for death,  
Men: the time for sorrow and the time for joy,  
Women: the time for tearing and the time for mending,  
Men: the time for scattering and the time for gathering,  
Women: the time for seeking and the time for losing,  
Men: the time for keeping silence and the time for speaking.  
Leader: Everything that happens on earth  
All: Happens at the time God chooses.

Lord Jesus, in these weeks when we remember your time of fasting and temptation in the desert, help us to better learn to find and love you in our neighbor, recognize and serve you in your creation, and hear and follow you in Scripture.<sup>iii</sup>

### O Son of God

do a miracle for me  
and change my heart.  
Thy having taken flesh  
to redeem me  
was more difficult  
than to transform my wickedness.  
*Irish, 15<sup>th</sup> century*

### From the Rule of St. Columba of Iona

Thy measure of prayer shall be until thy tears come;  
Or thy measure of work or labour till thy tears come;  
Or thy measure of work or labour, or of the genuflections,  
Until thy perspiration come often, if thy tears are not free.

## FOR CHILDREN AND THEIR FAMILIES

### “Pancake” Relay

*Materials:* Frisbees or plastic coffee can lids, 1 per team (this is to replace real pancakes – so no edible food is used), paper or plastic dinner plates, 1 per team

*Play:*

1. Divide participants into relay teams of 6-8 people and have them each form a line, one behind the other at a ‘starting line.’
2. Give the starting participant on each team a “pancake” and a dinner plate.
3. Each participant runs to a predetermined finish line and then back to the team, flipping the pancake as they run. Set a minimum number of flips (perhaps 6).
4. As each participant returns to the team, he or she should pass the pancake and plate to the next in line.

### Putting Away the Alleluia

The Church has the custom of not speaking or singing the word “Alleluia” during Lent. Expressing joy, putting it “away” for Lent is like putting away a favorite toy for a while – to appreciate it better later. Churches often take banners down; eliminate flowers in the sanctuary. A symbolic ritual to help children move into this season is to “say goodbye” to the Alleluia. Decorate a banner or poster board with the word “Alleluia” in large letters. Everyone can participate in decorating the poster with markers, glitter, stickers, sequins, etc. Using the below prayer, it can then be ‘veiled,’ put in a dark corner or closet of the church, or physically buried (make sure you put it in a waterproof bag or container and mark the spot!). On Easter, there can be a celebration as it is unburied!

### A Ritual for Saying “Goodbye”<sup>iv</sup>

*Reading:* Psalm 112:1-7

*Song:* A favorite Alleluia song

*Leader:* It’s time to say goodbye to our friend, the alleluia, to let it rest for a while, so that it will return to us at Easter full of enthusiasm to remind us again who we really are: loved children of God.

*Prayer:* Lord God, our creator, as we bury this sign of heaven’s song, help us to turn ourselves to living a good Lent. Help us to give up things that stand between us and your love, and walk with Jesus on the road that leads us closer to you. We give up our alleluia only for a while so that we may make a more beautiful music in our heart and life when we sing it again at Easter. Amen.

*Leader:* You are now invited to say your own good-bye to the alleluia, if you wish.

*Prayer:* Lord, we have given up for a time the song of heaven so that we may prepare our hearts and minds to be ready for heaven. Help us, in Jesus, to die to selfish habits that keep us from you and to live more fully your peace and joy. Help us to be renewed in your Spirit as we live this Lent. Amen.

## ***Bury the “Alleluia”***

*When the Leader says “Alleluia,” the children reply with “Praise the Lord, Alleluia.”*

(Shout) ALLELUIA

(Shout) **Praise the Lord. Alleluia.**

Forty days of Lent: Jesus spent 40 days in the desert  
to seek God’s will.

Then He taught, preached, and healed to show God’s love.

Alleluia.

**Praise the Lord. Alleluia.**

Lent begins on Ash Wednesday:

we are marked by the sign of the cross

because we came from ashes and we return to ashes.

Alleluia.

**Praise the Lord. Alleluia.**

Lent ends with Palm Sunday;

a parade with branches

when Jesus came into Jerusalem

the first day of Holy week.

Alleluia.

**Praise the Lord. Alleluia.**

He celebrated the Last Supper

was betrayed with a kiss,

was accused and whipped.

He hung on a cross, laid in a tomb, and rose on Easter

That we may see God’s love.

Alleluia.

**Praise the Lord. Alleluia.**

During Lent we bury the “alleluia”

to remember that He died for us.

It returns on Easter

with new life in Christ.

Alleluia.

**Praise the Lord. Alleluia.**

(Shout) ALLELUIA.

(Shout) **Praise the Lord. Alleluia.**

(whisper) Alleluia.

(whisper) **Praise the Lord. Alleluia.**

(Silently bury the “alleluia”)

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## Farewell to “Alleluia”

*Procession making noise & shouting “Alleluia”*

Leader: O God, make speed to save us, hallelujah, hallelujah.

People: O Lord, make haste to help us, alleluia, alleluia.

Leader: “Alleluia” is Greek for “Praise the Lord”.

People: Our God is a loving God, worthy of praise.

Leader: The faithful people of God praise him for the great deeds he has done.

People: God created us out of dust, restored the land, took Israel out of exile, spoke through the prophets, and gives hope and forgiveness through his Son, Jesus Christ.

Leader: The Book of Psalms contains “Hallels” (Psalms 113-118) or special chants. These hymns of praise were sung on each step going up to the Temple during festive celebrations and pilgrimages.

People: Praise the Lord, all nations! Extol him, all peoples! For great is his steadfast love toward us; and the faithfulness of the Lord endures for ever. Praise the Lord. Psalm 117

Leader: Hallelujah! Praise God in his holy temple. Psalm 150:1

People: Let everything that has breath praise the Lord, Hallelujah. Psalm 150:6

Leader: We have much for which to be thankful. But there is not always joy in our lives. There is sadness and loneliness in the world. Sometimes we need time to think. Jesus spent forty days in the wilderness praying to God. Lent is our forty days of quiet time to prepare for the mystery of Easter. This is a time when we do not say “alleluia” in Church. “Alleluia” is reserved for the great festive celebration of Easter.

People: How shall we sing the Lord’s song in a foreign land? Psalm 137:4

*(Silently bury the “Alleluia”)*

Leader: Almighty God, you bid your faithful people to rejoice in praise, but also to repent and reflect in silence. Give us grace and courage to devote our hearts to you and to love others as you would, through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, on God, forever and ever. **Amen.**

*Scripture from the Revised Standard Version of the Bible  
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## Ash Wednesday Scavenger Hunt<sup>v</sup>

Invite older children to search for hidden items (a knotted rope, chocolate bar wrapper, bandage, bag of sand or stones, pictures of homebound parishioners, paper heart or happy face, taped-shut box, sock or sweater, light bulb). When all have been found, ask the participants to bring them forward at the appropriate times during the reading of an adaptation of Isaiah 58:

Fast by outward acts of justice and mercy rather than in ritualistic fashion. Untie those who are unfairly bound (rope), take away heavy loads from people who are worn out (sand or stones), set free everyone you know who feels trapped (box), share the food you have with the very hungry (candy wrapper), look after the ones whom everyone forgets (pictures), share your clothes with the shivery and poorly dressed (sock or sweater), be kind to your own family (heart or face). If you do these things, your life will be like God's own sun (light bulb), and whatever hurts in your life will be quickly healed (bandage).

## Making Pretzels

The pretzel has been used during Lent for over 1500 years. It is thought that originally pretzels were made by monks to resemble arms crossed in prayer. These breads were called "little arms." This can have deep spiritual meaning for us during Lent. Since basically only flour and water are used, pretzels can remind us of fasting.

*Ingredients:* 1 cake yeast, 1 ½ cup warm water, 1 tsp. salt, 1 T. sugar, 4 cups flour

*Directions:* Dissolve yeast in warm water and sugar for about 5 minutes. Mix the flour and salt and add yeast mixture. Knead well (7-8 minutes), adding more flour if necessary to form firm dough. Let rise, covered, in a greased bowl until double. Preheat oven to 475°F. Divide dough into 32 equal parts. Roll each part into a snakelike strand, form strand into pretzel shape, and place on greased baking sheet. Brush with beaten egg and sprinkle with coarse salt if desired. Bake for about 10 minutes or until done.

*Heavenly Father, we ask you to bless these little breads. Each time we eat them may we be reminded of the special season we are in and that through prayer we will become better people to each other. Let us not forget those who are in need of our prayers daily. Keep your loving arms around us, O Father, to protect us always. Amen.*

## Prayer Cloth

Make a prayer cloth for a prayer table or the center of the family dinner (or classroom).

*Materials:* unbleached muslin or white cloth, magic markers, paper, pencils, scissors, ruler

*Preparation:*

1. Count the number of people who will contribute to the prayer cloth and divide it so that everyone will have a section. Rule out vertical and horizontal lines to form squares, or draw circles around plates or form irregular patchwork sections.
2. Talk about why it is important to pray: We give a little of our time and attention to God, who gives us everything. We put aside busy thoughts to make room in our minds and hearts for God and the wonderful gifts God wants us to give us: peace, joy, light, forgiveness, compassion, kindness, healing, happiness – the expansion of all our talents and gifts.
3. Each person chooses a section of the cloth to draw a symbol of a treasure that prayer brings, such as a dove, peace sign, heart, sun, jeweled cross, treasure box, rainbow, lamb, candle, etc.
4. Draw the symbol on the paper with pencil. Outline it with a dark marker.
5. Place the paper drawing under the cloth, to form a guide on the cloth for drawing. Trace the drawing with markers, filling in where needed.

## PRINT RESOURCES FOR FAMILIES

*Bible Stories for the Forty Days* by Melissa Musick Nussbaum (Liturgy Training Publications) offers a story from the Bible for each day of Lent, accompanied by colorful illustrations. Characters from the Old and New Testaments take us through the forty days of preparation towards Easter joy.

*CandlePress* booklets offer a variety of activities on a theme that can take place over the weeks of Lent. [www.candlepress.com](http://www.candlepress.com)

*Christ Walk Kids* by Anna Fitch Courie (2016: Morehouse Publishing) offers 40 days of reflections on caring for the body and soul while also getting fit by walking. For preteens and up.

*The Easter Story* by Brian Wildsmith (2000: Eerdmans – paperback to be released Feb. 2008) is a beautifully illustrated storybook about the ministry and passion of Jesus for ages 4-8.

*Forty Days and Forty Nights: A Lenten Ark Moving Toward Easter* by Judy Jarrett and Peter Mazar (Liturgy Training Publications) is a calendar for counting down the days of Lent by opening one window per day on this three-dimensional Noah's ark. A companion booklet connects the animals on the ark with prayer and Lenten values.

*Love Life Live Lent: Be the Change!* by Paula Gooder and Peter Babington (2016: Church Publishing) are two little booklets (one for children, one for adults and youth) that offer age-appropriate actions—one for each day of Lent—to make the world a better place: locally, nationally, and globally.

*Risen With Christ* by Gretchen Wolff-Pritchard (1988: The Sunday Paper) offers a multitude of activities for church and home including liturgies & experiences for Maundy Thursday, Good Friday and the Great Vigil.

*What is Lent?* Coloring book from Channing Bete, Inc. offers puzzles and coloring pages

*What We Do In Lent: A Child's Activity Book* by Anne E. Kitch (2007: Morehouse Publishing) A pen-and-ink book for children ages 4-7 filled with puzzles, word games and pictures along with explanations about the season of Lent.

## SKITURGIES: PAGEANTS, PLAYS, RITES & LITURGIES [www.skiturgies.com](http://www.skiturgies.com)

Pay and download resources for children, youth, and all ages

- *Let's Go! An Invitation to Follow Jesus: An Ash Wednesday Service for Children* by Elizabeth Hammond
- *Passion Play for Good Friday* by Gordon Graham
- *Stations of the Cross for Children* by Linda Weaver
- *The Way of the Cross: Experiential Stations for Children* by Kim McPherson

## ALMSGIVING AND OUTREACH

Giving to others is important throughout the year, but especially during Lent. Households can prayerfully consider what portion of their income they will share with the poor or those in need.

Collecting money or food for those in need is an act of discipleship that recalls the practice of almsgiving of the early Church. There are a number of worldwide organizations, as well as local charities in addition to specific Episcopal initiatives that respond to disasters and provide additional ways for individuals to express their Lenten devotion. Using a family mite-box or jar/bowl for coins located at a central place where the family gathers for meals and prayers of thanksgiving can serve as a reminder to keep those who are in need foremost in our thoughts. Each evening the following table blessing can be prayed:

*I was hungry:* And you gave me food.

*I was thirsty:* And you gave me drink.

*I was a stranger:* And you welcomed me.

*I was naked:* And you clothed me.

*I was ill:* And you comforted me.

*I was in jail:* And you came to see me.

Lord Jesus Christ, make our Lenten offerings turn us toward all our brothers and sisters who are in need. Bless this table, our good food, and ourselves. Send us through Lent with good cheer, and bring us to the fullness of your Passover. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



There are many agencies and organizations that your parish can suggest families contribute to:

- *Episcopal Relief & Development* – Bulletin inserts, mite boxes, prayer booklets and bookmarks, materials for children <http://www.episcopalrelief.org>

- *Heifer Project International* – <http://www.heifer.org> has many resources to assist in teaching about sharing one's resources and funds
- *Operation Rice Bowl* – <http://www.csricebowl.org> is Catholic Relief Services' Lenten solidarity program that reaches out to others around the world through prayer, fasting, learning and giving. There is also an app for daily reflections.
- *Church World Service* has a variety of project for mission: health kits, school kits, baby kits, blankets, emergency clean-up buckets, etc.  
<http://www.cwsglobal.org/get-involved/kits/>

## ADULT STUDIES FOR INDIVIDUAL OR GROUP USE

*40 Days The Daily Office for Lent* edited by Frank Tedeschi (2006: Morehouse) provides an accessible, doable introduction to the private recitation of Morning and/or Evening Prayer for the days of Lent. For those who desire to “take on” a daily discipline for Lent.

*A Practical Christianity: Meditations for the Season of Lent* by Jane Shaw (2013: Morehouse Publishing) A devotional book with six short chapters offers a way to make sense of faith in the context of everyday life through fiction, poetry, art, and music alongside scripture.

*A Time to Turn: Anglican Readings for Lent and Easter Week* by Christopher Webber (2004: Morehouse) offers reflections for each day of Lent based on the writings of numerous authors such as Harriet Beecher Stowe, John Keble, Lancelot Andrewes, John Donne and Christina Rossetti.

*Blessed is She: Living Lent with Mary* by Tim Perry (2006: Church Publishing) Using the Gospel of Luke, the character of Mary is reflected upon that can be used as a weekly study with the questions for reflection provided.

*Christ Walk: A 40-Day Spiritual Fitness Program* by Anna Fitch Courie (Morehouse Publishing) offers reflections and actions for walking steps to Jerusalem (or other mileage comparisons) as a Lenten exercise devotional.

*Come and See: The Transformation of Personal Prayer* by David Keller illustrates how prayer can become a life-long vocation in one's day-to-day life.

*Day by Day: Loving God More Dearly* by Frederick Borsch (2009: Church Publishing) uses the prayer written in the Middle Ages by Richard of Chichester (and made popular by “Godspell”) for daily meditation.

*The Desert: An Anthology for Lent* by John Moses (1997: Morehouse) explores the tradition and relevance of desert spirituality in the life and worship of the church today and offers a collection of pertinent writings by ancient and contemporary authors.

*Do You Believe? Living the Baptismal Covenant* by Nancy Ann McLaughlin (2006: Morehouse) explores how parishes can integrate the Baptismal Covenant into the life and

work of the congregation. Questions follow each chapter to engage readers in building a dynamic relationship with God.

*Gifts from Within: Women's Meditations for Lent* by the Women of Brigid's Place (2002: Morehouse) uses the words of women from various backgrounds to explore their uniqueness and the gifts of their feminine spiritual nature.

*Grace's Window: Entering the Seasons of Prayer* by Suzanne E. Guthrie (2008: Morehouse) offers meditations for throughout the year.

*Henri Nouwen: A Book of Hours* compiled by Robert Waldron (2009: Morehouse) A compilation based on the writings of Henri Nouwen.

*Lent is Not Rocket Science: An Exploration of God, Creation, and the Cosmos* by W. Nicholas Knisely (2014: Forward Movement) Explore the intersection of faith and science, creation and the cosmos.

*Lent with Evelyn Underhill* by G.P. Mellick Belshaw (2006: Morehouse) Daily readings into the interior life in the mystical tradition.

*The Lenten Labyrinth: Daily Reflections for the Journey of Lent* by Edward Hays (1994: Forest of Peace) Using the labyrinth as a metaphor for the spiritual journey, there are daily reflections for each of the days of Lent.

*Lessons in Love from the Cross* by Donna Olsen (1997: LeaderResources) offers two programs that can each be used as part of an Adult Lenten Study: "Journey to Easter" that is based on the 14 Stations of the Cross and "Words of Truth – Words of Life" based on the 7 last words of Christ from the cross.

*Living Lent: Meditations for These Forty Days* by Barbara Cawthorne Crafton (1998: Morehouse) The hymns of the season are the source for these daily devotions.

*Living Water: Baptism as a Way of Life* by Klara Tammany (2001: Church Publishing) explores the Baptismal Covenant through reflections, poetry, prayer and personal exercises. Excellent resource for those preparing for Baptism or Reaffirmation.

*The Passion* by Marcus Hummon and Becca Stevens (Church Publishing, 2017) offer a collection of meditations based on Jesus' journey to the cross.

*A Season for the Spirit: Readings for the Days of Lent* by Martin Smith (2004: Church Publishing) 40 daily meditations for Lent, each beginning with a prayer, passage of scripture or quotation for further reflection and study. For individual or group use.

*Six Smooth Stones* by Sister Barbara Jean Brown (2008: LeaderResources) offers 5 Lenten disciplines: to learn and practice: spiritual reading, contemplation, mercy, worship and fasting.



*The Song Forever New: Lent and Easter with Charles Wesley* by Paul Wesley Chilcote (2009: Morehouse Publishing) is a daily devotional inspired by the hymns of Charles Wesley, including “Love Divine, All Loves Excelling.”

*The Text This Week* offers a multitude of links for storytelling, liturgy, artwork and children’s activities for Lent. <http://www.textweek.com/lent.htm> as well as *Anglicans On-Line* <http://anglicansonline.org/special/lent.html>

*The Week That Change the World: The Complete Easter Story* by Timothy Dean Roth (2009: Seabury Books) offers a synthesis of the four gospel accounts of the passion and resurrection of Christ. Study Guide included.

*Under the Fig Tree* by Roger Hutchison (2016: Morehouse Publishing) consists of 46 colorful paintings paired with reflections that invite you to slow down and sit with Jesus.

*Walking Home: From Eden to Emmaus* by Margaret Guenther (2011: Morehouse Publishing) The latest book of devotions and reflections from this popular author.

*What Wondrous Love: Holy Week in Word and Art* (2012: Morehouse Education Resources) The beautiful artwork of John August Swanson is paired with commentary from Candler School of Theology scholars offers a six session DVD study with thought provoking questions. For adults, high school and young adults.

*Windows into the Light: A Lenten Journey of Stories and Art* by Michael Sullivan (2009: Morehouse) reflections on the holy days and Sundays in Lent with prayer, scripture and poetry.

## MORE ADULT LENTEN STUDY BOOK POSSIBILITIES

- Allen, Diogenes. *Temptation* (Church Publishing)
- Belcher, James A. *Quiet Moments and Holy Places* (Forward Movement)
- Bena, David John. *Your Faith (with study guide)* (Forward Movement)
- Bonaugh, Hope Drake. *How to Keep a Holy Lent* (Forward Movement)
- Brewer, Rick and Angela Hock. *Practically Christian* (LeaderResources) Baptismal Vows & Prayer
- \_\_\_\_\_. *The Seventh Day: Embracing Sabbath Spirituality* (1998: Leader Resources)
- *Create in Us a New Heart* (Leader Resources) includes several programs: *Falling in Jerusalem* (meditations, scripts, readings), *Children’s Stations of the Cross*, *Community Meditations of the Cross*, and *People of the Way* (artistic exploration of the Way of the Cross)
- Crossan, John Dominic and Marcus J. Borg. *The Last Week: What the Gospels Really Teach About Jesus’s Final Days in Jerusalem* (2007: HarperOne)
- Ferlo, Roger. *Opening the Bible* (Cowley)
- Guenther, Margaret. *The Practice of Prayer* (Cowley)
- Hawkins, Peter S. *The Language of Grace* (2004: Seabury)

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<sup>i</sup> These ideas are taken from *The Prayer Book Guide to Christian Education*, 3<sup>rd</sup> edition by Sharon Ely Pearson and Robyn Szoke (2009: Morehouse Publishing)

<sup>ii</sup> *Stages on the Way: Worship Resources for Lent, Holy Week & Easter* (Iona Community / Wild Goose Worship Group, 2000: GIA Publications)

<sup>iii</sup> by Avery Brooke. *Plain Prayers in a Complicated World* (1993: Cowley Publications)

<sup>iv</sup> *Arts and Crafts for Lent: From Mardi Gras to Passiontide* by Jeanne Heiberg (1997: Paulist Press)

<sup>v</sup> from *Best of Blessings: Lent, Holy Week and Easter* by Ginny Arthur, editor (1998: Anglican Book Centre)