

# The Journey Inward

## Lent, 2017

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*The People and Clergy of St. Bartholomew's Church*

We believe the journey will be like this...



**But the  
journey  
feels like  
this...**





# Lent

is a journey inward

is a journey to the center

is....40 Days and 6 Sundays

is a time of deep reflection

is a time for spiritual renewal

is a time for renewed action



# Lent...

## A Closer Look

- Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday.
- Lent comes from the Anglo Saxon word *lencten*, which means "spring." The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry.

# Lent...

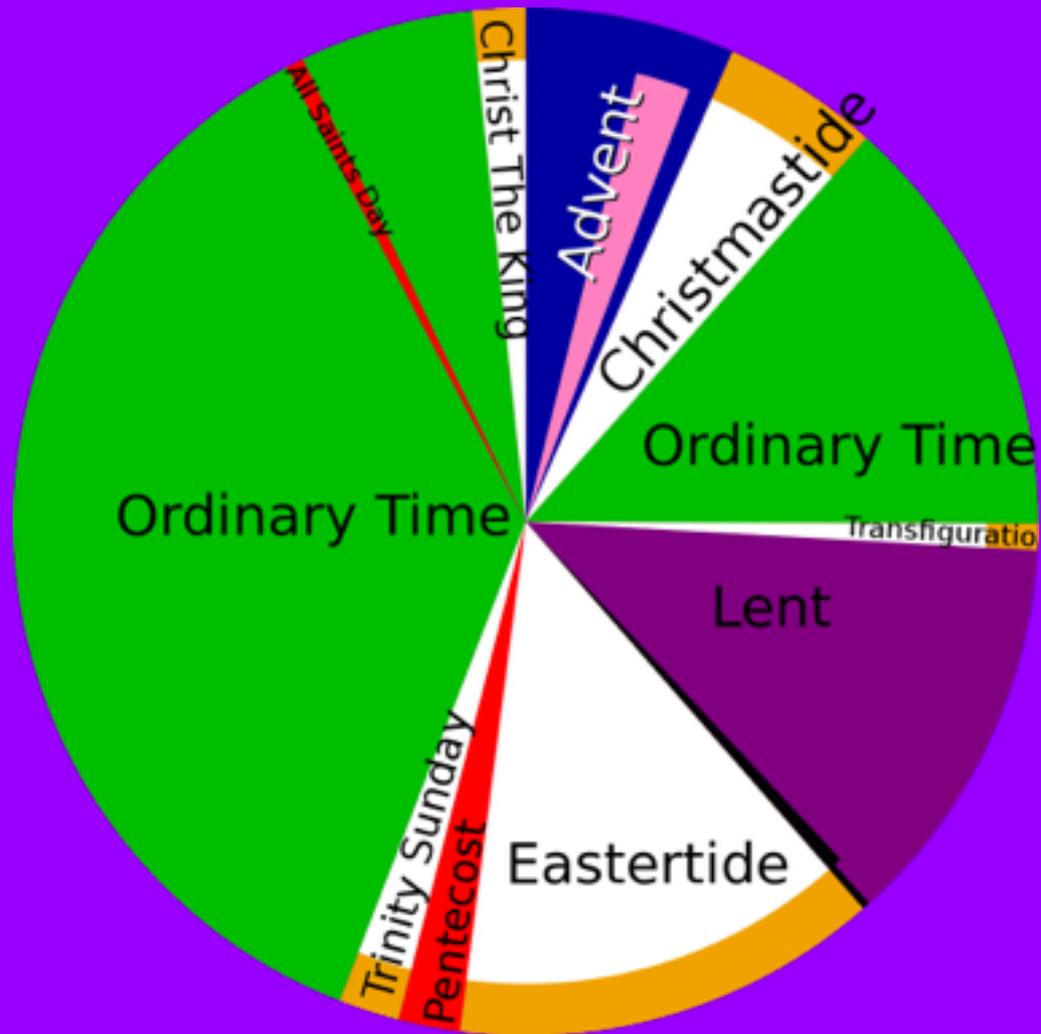
## A Closer Look

- **Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection.**
- **In the early church, Lent was a time to prepare new converts for baptism.**
- **Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.**

# Lent...

## A Closer Look

- **Sundays in Lent are not counted in the forty days because each Sunday represents a “little-Easter” and the solemn spirit of Lent is tempered with the joyful anticipation of the Resurrection.**



# Six Simple (but profound) Lenten Disciplines

## 1 | Worship

One of the simplest Lenten disciplines you can observe is simply attending worship regularly through Lent. For example, you can attend daily noonday prayer here, or you can decide you will attend worship each day during Holy Week.

## 2 | Prayer & Meditation

The Ancient Monastic Wisdom:

“Pray as you will, and not as you won’t.”

Silence: The simplest conversation with God.

## 3 | Self-Examination

To look inward to determine what is good and to determine what needs to be changed in your life.

# Six Simple (but profound) Lenten Disciplines

## 4 | Sacrifice

To give up something for a higher purpose;

Food and Drink: Fasting

Television/Social Media/

A bad habit/ a relationship that is damaging you/

## 5 | Study

Reflect on what you know about other topics in comparison to what you know about the Bible or the spiritual life.

Read from the Bible or a spiritual classic

Work on a particular subject

## 6 | Focused Action

Instead of giving up something, reflect on what God may be calling you to take on.



# Lenten Resolves...

help you hold yourself accountable.

help you to determine your focus.

allow you to “write into reality” nebulous truths.

provide you with a map of where you have been.

RITES and CEREMONIES  
OF THE  
CHURCH,  
According to the Use of  
The CHURCH of ENGLAND:  
TOGETHER WITH THE  
PSALTER

## Concerning the Celebration

It is the bishop's prerogative, when present, to be the principal celebrant at the Lord's Table, and to preach the Gospel.

At all celebrations of the Liturgy, it is fitting that the principal celebrant, whether bishop or priest, be assisted by other priests, and by deacons and lay persons.

It is appropriate that the other priests present stand with the celebrant at the Altar, and join in the consecration of the gifts, in breaking the Bread, and in distributing Communion.

A deacon should read the Gospel and may lead the Prayers of the People. Deacons should also serve at the Lord's Table, preparing and placing on it the offerings of bread and wine, and assisting in the consecration of the Sacrament to the people. In the absence of a deacon, these duties may be performed by an assisting priest.

Lay persons appointed by the celebrant should normally be assigned the reading of the Lessons which precede the Gospel, and may lead the Prayers of the People.

Morning or Evening Prayer may be used in place of all that precedes the Peace and the Offertory, provided that a lesson from the Gospel is always included, and that the intentions conform to the directions given for the Prayers of the People.

Additional Directions are on page 401.

## The Holy Eucharist: Rite Two

### The Word of God

A hymn, psalm, or anthem may be sung.

The people standing, the Celebrant says

Blessed be God: Father, Son, and Holy Spirit:  
People And blessed be his kingdom, now and for ever.  
Amen.

In place of the above, from Easter Day through the Day of Pentecost

Celebrant Alleluia. Christ is risen.  
People The Lord is risen indeed. Alleluia.

In Lent and on other penitential occasions

Celebrant Bless the Lord who forgives all our sins,  
People His mercy endures for ever.

The Celebrant may say

Almighty God, to you all hearts are open, all desires known,





# Celebration of Discipline: The Path to Spiritual Growth

by Richard J. Foster

c. 1978, Harper & Row, New York, NY

# The Inward Disciplines



Meditation

Fasting

Prayer

Study

# The Outward Disciplines



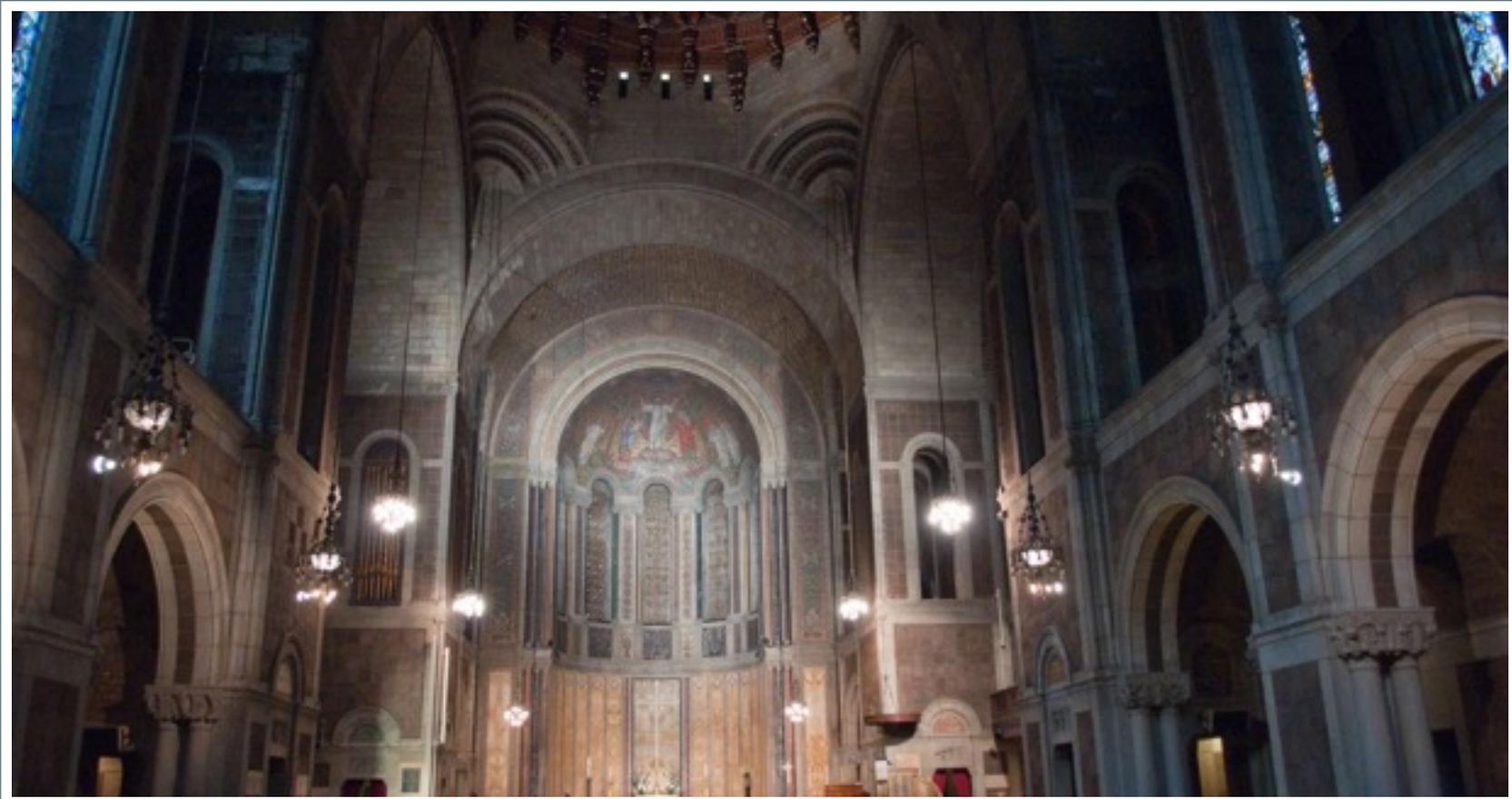
Simplicity

Solitude

Submission

Service

# The Corporate Disciplines



Confession

Worship

Guidance

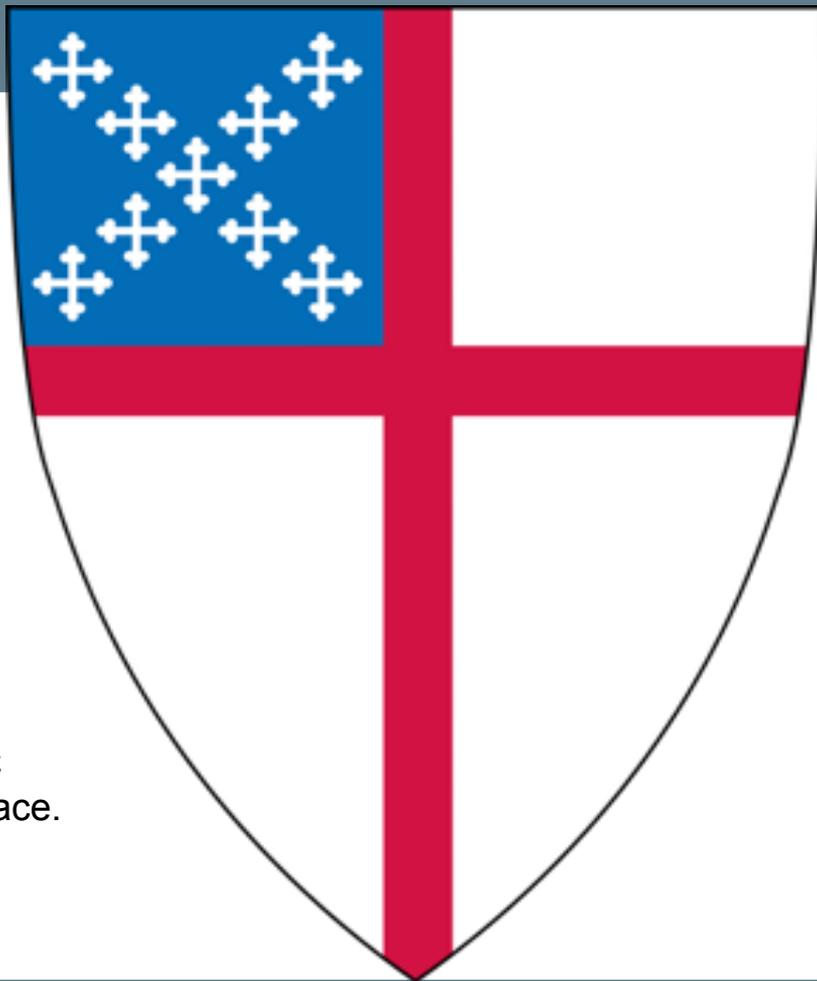
Celebration

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St. Bart's Church, NYC  
Everybody Needs a Place.