

# Come Walk Lent With Us

## LENTEN WORSHIP SERVICES AT IMMANUEL

### Ash Wednesday, February 26

12:00 noon

Holy Eucharist, with optional imposition of ashes

6:00 pm

Children's Ash Wednesday Service

7:30 pm

Holy Eucharist with choir, and optional imposition of ashes

(All three services will be held at Zabriskie Chapel, 3606 Seminary Road, Alexandria (at the corner of Seminary and Quaker Lane)

### Sundays, March 1-29

8:00 am

Holy Eucharist, Zabriskie Chapel

9:00 am

Holy Eucharist, Zabriskie Chapel

11:00 am

International Anglican Congregation Holy Eucharist, Zabriskie Chapel,

11:15 am

Holy Eucharist, Immanuel Chapel

(3737 Seminary Road, Alexandria (on the campus of the Virginia Theological Seminary)

(Sunday, March 15, healing prayers will be offered after each service)

### Wednesdays, March 4-April 1

6:00 pm: Holy Eucharist, Zabriskie Chapel

## LENTEN BOOK GROUP

### *The Longing For Home: Recollections and Reflections*, by Frederick Buechner

Thursdays, 10:30 am in the Fairchild Room

For Frederick Buechner, the meaning of home is twofold: As a word, it not only recalls the place where we grew up and that had much to do with the people we eventually became, but also points ahead to the home we long for: the home we find in God. We will gather to talk about the practices we all can engage to make a spiritual home for ourselves and for those we love. *The Longing for Home* aims to create space for the Holy Spirit to provide clarity and guidance to those who search for meaning in a world that all too often seems meaningless.

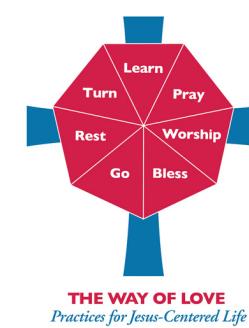
**CONFESSiON:** Anglicans approach private confession in a classic middle way framed by the old adage, "All may; none must; some should." Lent is a particularly appropriate time to consider private confession as part of one's Lenten discipline and examination of life. If you would like to schedule an appointment for Confession, please call the Rector or Associate Rector. You can read over the rite for private confession in *The Book of Common Prayer*, beginning at p. 447.

## 2020 FORUM HOUR SERIES:

### "THE WAY OF LOVE"

Sundays, 10:15 am in Zabriskie Parish Hall

Immanuel's 2020 Lenten Forum Series responds to an invitation issued by The Most Rev. Michael Curry, Presiding Bishop of the Episcopal Church, to practice "The Way of Love." More than a program or curriculum, The Way of Love is a way of life. It is a return to the ancient pathways and Rules of Life that followers of Jesus have observed for centuries. They knew the power of commitment to a core set of practices – Turn, Pray, Learn, Bless, Rest, Worship, and Go – and the power of gathering in a small group where one may find love and support for living into these commitments. Over the course of Lent, we will engage in discussions, readings, video recordings, prayer, and reflection to learn and practice this way of life.



March 1: Turn, and Pray

March 8: Learn, and Bless

March 15: Rest

March 22: Worship

March 29: GO!

## THE SIGNIFICANCE OF LENT

The word "Lent" comes from the Old English word for "lengthen," referring to the lengthening of the days during this time of year in the Northern Hemisphere. It is, therefore, a season that looks forward and points towards the arrival of more light, and a new season.

Lent as a spiritual season is meant to do the same. The Church offers this season as a time to take inventory-- of our relationship with God and with other people -- as we prepare for the great Christian feast, and season, of Easter.

The Lenten season lasts for 40 days, not counting the Sundays that fall within it. It draws upon the 40 days Jesus spent in the wilderness and, to a lesser extent, the 40 years the children of Israel wandered in the desert, and the 40 days and nights Noah and his family spent on the Ark.

The tradition of giving up something developed as a way to remember Christ's sacrifice for us when we miss the thing we have given up. However, others take on some added discipline, perhaps something that we have felt we need (or have been called) to do.

## LITURGICAL CHANGES IN LENT

On the First Sunday in Lent, at the 8:00, 9:00, and 11:15 a.m. Eucharists, we will follow age-old Anglican tradition and pray the Great Litany, the first service that was translated into the English language. We also will omit the ancient praise-shout "Alleluia" throughout the season, and our liturgical color will change to purple, the traditional color of penitence, waiting, and expectation. We will make more space for silence in all of our liturgies, more of a time apart from our busy and often noisy lives.

## LENTEN RESOURCES

"My Lenten Resolves": This pamphlet is available in the narthex of either Zabriskie or Immanuel Chapels for individual, private use, as a place to make notes and plan for observing this holy season mindfully and with intention.

Other Lenten resources are available on the Episcopal Church website at  
<https://episcopalchurch.org/lenten-resources>



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# LENT

## AT IMMANUEL

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