

# Come Walk Lent With Us

Whether you have always observed many specific customs during Lent, or whether you have barely heard about / remember it at all — you are invited, as a member of this community, to spend some time preparing for Easter. Turn your heart, mind, and will toward the Resurrected Christ and the promise of a world renewed by God's unyielding love.

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 contact any of the clergy. You can read over the rite for private confession in *The Book of Common Prayer*, beginning at p. 447.

## LENTEN WORSHIP SERVICES AT IMMANUEL

March 2nd - April 9th

### Sundays

8:00 am

Holy Eucharist Rite I, Zabriskie Chapel

9:00 am

Family Service: Joy Mass - a very short and simple instructed Eucharist for small children and families, Zabriskie Chapel

10:30 am

Holy Eucharist Rite II, Immanuel Chapel  
With Godly Play for 3-7 year olds

### Tuesdays

10:00 am, Morning Prayer, Zabriskie Chapel

### Wednesdays

6:30 pm: Holy Eucharist Rite II, Zabriskie Chapel

### Fridays

8:30 pm: Compline, by Zoom

\* Zabriskie Chapel is at the corner of Seminary Road and Quaker Lane, Immanuel Chapel is located at 3737 Seminary Road on the Virginia Seminary Campus

\*\* Staffed Nursery available at all Sunday Services

## 2022 FORUM HOUR SERIES: "DIVING INTO THE LENTEN WORD"

Sundays, 9:15 am in

Zabriskie Parish Hall

Live-streamed via YouTube

Our Lenten series will explore, in depth, the Scripture readings of the five Sundays in Lent. The preacher of the day will lead the discussion, allowing lots of time for questions, responses, and musings. Rather than Bible study, we will be exploring how Immanuel preachers get from reading a text that is sometimes 3000 years old and making it make sense in the 21st century.

### March 6 - The Rev Sam Sheridan

Deuteronomy 26:1-11; Romans 10:8b-13  
Luke 4:1-13

### March 13 - The Rev Randy Alexander

Genesis 15:1-12,17-18; Philippians 3:17-4:1  
Luke 13:31-35

### March 20 - The Rev Susan Parsons

Exodus 3:1-15; 1 Corinthians 10:1-13  
Luke 13:1-9

### March 27 - The Rev Randy Alexander

Joshua 5:9-12; 2 Corinthians 5:16-21  
Luke 15:1-3, 11b-32

### April 3 - The Rev Frank Wade

Isaiah 43:16-21; Philippians 3:4b-14  
John 12:1-8

## 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 we will follow age-old Anglican tradition and pray the Great Litany, the first Christian worship service that was translated into English. Throughout the season we omit the ancient praise-shout "Alleluia" as a sign of solemn remembrance. 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://www.episcopalchurch.org/lent-resources/>



IMMANUEL CHURCH-ON-THE-HILL  
3606 SEMINARY ROAD, ALEXANDRIA, VA 22304-5200  
703-370-6555 WWW.ICOH.NET



---

LENT  
AT IMMANUEL

---