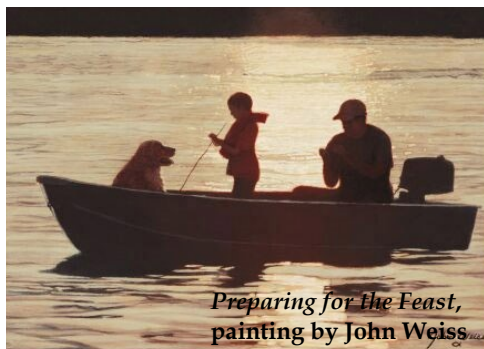


# Lent 2023

## Preparing for the Feast



Lent is not intended to be an ominous thing. That is, Lent is not primarily about fasting and self-denial. Yes, it includes that, but the purpose of Lent—coming from the word “to lengthen” as in “the days are lengthening”—is to prepare us for the Feast! The ultimate Feast we are preparing for is the Marriage Feast of the Lamb and the annual

Easter Feast is a way of practicing in advance for that Resurrection party. One of the things you **don’t do** when you get ready for a feast is eat beforehand. There are, however, good things to do to prepare for a feast, and Lent is our annual invitation to spend a “tithe” of the year to engage some of those things to prepare ourselves.

Here are a few suggestions that might help with the preparation.

### **Weekly Lenten Gatherings**

**Sundays at 7 PM:** Join Fr. Dean in the chapel—Feb 26 start

*Sitting Down with Jesus: 5 Sundays discussing the Sermon on the Mount*

**Wednesdays at 9 AM:** Join Deacon Arleen on Zoom—Mar 1 start

Morning Prayer and *Simply Jesus* online study with N.T. Wright

**Fridays at 7 PM:** Join the Johnsons at their home (103-817 Chester Rd)

*Lenten Compline Group*—children and adults are most welcome—Mar 3 start

### **Other Lenten Gatherings**

**March 2 at 7 PM:** Little Books, Big Ideas at Bryan and Gemma’s (455 Vaughan)

Book: *Prayer in the Night* by Tish Harrison Warren

**March 17-18:** Lenten Retreat—stay tuned for more details

### **Online Resources**

Church of England Lent and Holy Week Resources: [churchofengland.org/our-faith/what-we-believe/lent-holy-week-and-easter/dust-and-glory-resources-lent-2023](https://churchofengland.org/our-faith/what-we-believe/lent-holy-week-and-easter/dust-and-glory-resources-lent-2023)

Lenten Practices brought into the home: [thehomelyhours.com/welcome-2/lent](https://thehomelyhours.com/welcome-2/lent)

A guide for new Anglicans: [anglicancompass.com/lent-a-rookie-anglican-guide](https://anglicancompass.com/lent-a-rookie-anglican-guide)

Devotional Guide from Kate Bowler: [katebowler.com/blessthislent/](https://katebowler.com/blessthislent/)

Resource Guide: [worship.calvin.edu/resources/resource-library/lent-resource-guide](https://worship.calvin.edu/resources/resource-library/lent-resource-guide)

Poetry for Lent, Malcolm Guite’s Blog: [malcolmguite.wordpress.com/blog](https://malcolmguite.wordpress.com/blog)

Songs and Music for Lent – a list and collection of songs to shape Lent:

✦ [worship.calvin.edu/resources/resource-library/songs-for-lent](https://worship.calvin.edu/resources/resource-library/songs-for-lent)

✦ [newyorkhymns.bandcamp.com/album/songs-for-lent](https://newyorkhymns.bandcamp.com/album/songs-for-lent)

Online Lenten Devotionals: [cca.biola.edu/lent/](http://cca.biola.edu/lent/)

Ash Wednesday Explained:

[thehomelyhours.com/2016/02/09/ash-wednesday-explained](http://thehomelyhours.com/2016/02/09/ash-wednesday-explained)

Lent explained in 3 minutes: [www.youtube.com/watch?v=Xo1mjuy1NAo](http://www.youtube.com/watch?v=Xo1mjuy1NAo)

More resources for Lent:

[godspacelight.com/2019/02/12/resources-for-lent-the-latest-for-2019/](http://godspacelight.com/2019/02/12/resources-for-lent-the-latest-for-2019/)

## **Recommended Books**

*New Suggestions:*

*Lent: The Season of Repentance & Renewal* by Esau McCaulley

*Failure: What Jesus Said About Sin, Mistakes and Messing Stuff Up*

by Emma Ineson (The Archbishop of Canterbury's Lent Book 2023)

*The Psalm on the Cross: A Journey to the Heart of Jesus Through Psalm 22*

by David H. Roseberry

*Tried and True:*

*Bread and Wine: Readings for Lent and Easter* by various authors

*Make Room: A Child's Guide to Lent and Easter* by Laura Alary

*The Pilgrim Year: Lent* by Steve Bell

*Thy Will Be Done* by Stephen Cherry

*Daily Reflections for Lent: Not by Bread Alone* by Jay Cormier

*The Word in the Wilderness: A Poem a Day for Lent and Easter* by Malcolm Guite

*Lent: The Journey from Ash Wednesday through Holy Week*

by Greg Goebel and Joshua Steele

*Simplifying the Soul: Lenten Practices to Renew Your Spirit* by Paula Huston

*Give Us This Day: Lenten Reflections on Baking Bread and Discipleship*

by Christopher Levan

*Great Lent: Journey to Pascha* by Alexander Schmemmann

*Love Set Free: Meditations on the Passion According to St. John* by Martin Smith

*Living His Story: Revealing the extraordinary love of God in ordinary ways*

by Hannah Steele

*The Way of Julian of Norwich: A prayer journey through Lent* by Sheila Upjohn

*A Cross in the Heart of God: Reflections on the death of Jesus* by Sam Wells

*Meeting God in Paul: Reflections for the Season of Lent* by Rowan Williams

*Lent for Everyone: Matthew, Year A* by N.T. Wright

*Rooted in Love: Lent reflections on life in Christ* by various authors

**Consider the relevant books in our library—**

**Church Seasons shelf  
or ask Fr. Dean about his books**

**Other good resources for children and adults online  
search Anglican Lent Resources**

