

PREPARING FOR A

# Holy Lent

Lent marks the 40-day period (plus Sundays) preceding Easter. It focuses upon **repentance** (turning from the self-centeredness of sin) and **return** (turning towards God). It is a **season of giving** more of ourselves to God, **rather than giving up** tasty treats. Discover Lent anew through regular worship and these spiritual disciplines.

## *Worship Changes*

Use of the **Contemporary Version of Lord's Prayer** (This version asks God to "forgive us our sins, as we forgive those who sin against us")

We gather for worship with a **Taizé hymn** inviting God's presence.

Our liturgy (order of worship) begins with the **Great Litany on Lent 1 and Decalogue** (Ten Commandments) on other Sundays in Lent.

**Solemn Prayer over the People** follows Holy Communion instead of a corporate Blessing.

The **color purple** is the liturgical color for the season of Lent.

**Our Alleluias go into hiding until Easter.** Hush when it comes to the "A" and the "H" word.

## *Suggested Lenten Devotions & Disciplines*

### • **STUDY:**

Join in the **Friday Evening Lenten Study of The Social Justice Bible Challenge**, led by Susan Zwingli with assist from Rev. Kim. The study group gathers on Zoom from 6:30 to 7:30 pm. To obtain the Zoom link, email Susan at [susanzwingli@gmail.com](mailto:susanzwingli@gmail.com).

### • **PRAY**

Take thirty minutes on **Wednesday evening in Lent to share in Compline** with fellow Trinity worshippers. Compline begins at 7:30 pm and lasts no longer than 30 minutes. Compline is a brief prayer service found in the Book of Common Prayer that invites God's peace and protection while we sleep.

### • **GIVE**

Join the other Episcopal congregations in Arlington in collecting food for AFAC. As the economy continues to challenge many, the food supplies distributed by AFAC are dwindling. **Bring with you to worship each week in Lent a healthy (low salt, low sugar) non-perishable food item to donate to AFAC.**

### • **OTHER STUDY OPTIONS:**

Read **2026 Daily Lenten Meditations, Holy Habits** by **Sister Monica Clare**, by Episcopal Relief & Development. To read or download, go to <https://www.episcopalrelief.org/church-in-action/lent/>.

Experience the Lenten **Devotions produced by Habitat for Humanity**, organized by the weeks in Lent. Go to: <https://www.habitat.org/volunteer/group-opportunities/faith-partners/devotions>.

Participate in and follow **Lent Madness** at [www.lentmadness.org](http://www.lentmadness.org), your opportunity to learn about saints & award the Golden Halo.

## *Join Trinity's Annual Lenten Fast*

**"Lord, open our lips.**

**And our mouth shall proclaim your praise"**

Do you sometimes open your mouth and speak words that do more harm than good? Join Trinity as we **FAST** from wounding with our tongues to **FEAST** on **GRACE** by blessing, not cursing, with our mouths.

**"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen...Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."** Ephesians 4:29-31

**This fast lasts from Ash Wednesday thru our Easter Sunday celebrations.**

# LENT

WALKING WITH CHRIST

## Wednesday, February 18 – Worship at 7:00 pm

Lent begins with Ash Wednesday Service. Worship includes the imposition of ashes. Don't forget to bring a non-perishable food item for AFAC.

**What are we doing with the stuff of our lives?**

## Friday, February 20 – *The Social Justice Bible Challenge*, 6:30-7:30 pm (Virtual Offering)

Contact Susan Zwingli at [susanzwingli@gmail.com](mailto:susanzwingli@gmail.com) for Zoom link and information on ordering materials

## Sunday, February 22 – Worship at 10:00 am

**Lent 1** with Holy Eucharist Rite II that includes the Great Litany and the Commissioning of the new Vestry. Don't forget to bring a non-perishable food item for AFAC.

**What needs to be fixed and why?**

## Wednesday, February 25 – Weekly Lenten Compline Service, 7:30 – 8:00 pm (Virtual Offering)

See weekly E-Notes for Zoom link or contact the church office (at 703/920-7077 or [info@tecarl.org](mailto:info@tecarl.org)).

## Friday, February 27 – *The Social Justice Bible Challenge*, 6:30-7:30 pm (Virtual Offering)

## Sunday, March 1 – Worship at 10:00 am

**Lent 2** with Holy Eucharist Rite II. Don't forget to bring a non-perishable food item for AFAC.

**In your interactions with colleagues, partners or supporters, how do you show that you are a person after God's own heart?**

## Wednesday, March 4 – Weekly Lenten Compline Service, 7:30 – 8:00 pm (Virtual Offering)

## Friday, March 6 – *The Social Justice Bible Challenge*, 6:30-7:30 pm (Virtual Offering)

## Sunday, March 8 – Worship at 10:00 am

**Lent 3** with Holy Eucharist Rite II. Daylight Saving Time begins. Don't forget to bring a non-perishable food item for AFAC.

**In what moment of your life did God free you from some form of slavery? How did you feel upon being freed?**

## Wednesday, March 11 – Weekly Lenten Compline Service, 7:30 – 8:00 pm (Virtual Offering)

## Friday, March 13 – *The Social Justice Bible Challenge*, 6:30-7:30 pm (Virtual Offering)

## *Adopt a Daily Prayer Discipline*

Make a list of those for whom you will pray daily or situations about which you would have God intervene. Set a regular time of day to pray, and pray!

## Saturday, March 14 – SMGW Next Step Breakfast at National Press Club, Washington, D.C., 8:30 am.

Rev. Kim to deliver Opening Prayer

## Sunday, March 15 – Worship at 10:00 am

**Lent 4** with Holy Eucharist Rite II. Don't forget to bring a non-perishable food item for AFAC.

**What specific behaviors and attitudes have you witnessed in faithful followers of Jesus living with intention?**

## Wednesday, March 18 – Weekly Lenten Compline Service, 7:30 – 8:00 pm (Virtual Offering)

## Friday, March 20 – *The Social Justice Bible Challenge*, 6:30-7:30 pm (Virtual Offering)

## Sunday, March 22 – Worship at 10:00 am

**Lent 5** with Holy Eucharist Rite II. Don't forget to bring a non-perishable food item for AFAC.

**In what instances have you witnessed acts of kindness yielding dramatic results?**

## Wednesday, March 25 – Weekly Lenten Compline Service, 7:30 – 8:00 pm (Virtual Offering)

## Friday, March 27 – *The Social Justice Bible Challenge*, 6:30-7:30 pm (Virtual Offering)

## Sunday, March 29 – Worship at 10:00 am

**Palm Sunday (beginning of Holy Week)** with Holy Eucharist Rite II and blessing of the Palms and of our AFAC donations. Don't forget to bring a non-perishable food item for AFAC.

**In what specific ways are you personally demonstrating the love of Jesus Christ during this Lenten season?**

## Wednesday, April 1 – Weekly Lenten Compline Service, 7:30 – 8:00 pm (Virtual Offering)

## Thursday, April 2 – Worship at 7:00 pm **Maundy Thursday Service** with Holy Eucharist

## Friday, April 3 – Good Friday

**Way of the Cross** at 12:00 noon (Virtual Offering)  
**Good Friday Liturgy** at 7:00 pm

## Saturday, April 4 – **Holy Saturday Prayers** at 10:00 am followed by Decorating the church for Easter

## Sunday, April 5 – **EASTER SUNDAY** with worship at 10:00 am followed by **Easter Egg Hunt** on the Lawn

# LENTEN FAMILY CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>Ash Wednesday</b> Attend an Ash Wednesday Mass or prayer service today.	As a family, research and select a charity that you will support during Lent.	Fast from taking second helpings at meals.	Take over a disliked chore for a family member.
<b>First Sunday of Lent</b> Attend Mass often. The Eucharist is our greatest communal prayer and a surefire way to encounter Jesus.	Pray with your family at mealtime. Make a point of praying for people in need.	At bedtime, pray for people who are homeless and sleeping on the streets tonight.	Be more courteous in your attitude, words, and deeds.	Make a list of ten things you are grateful for in your life.	Fast from criticizing others aloud or silently in your mind. Seek to understand instead.	Pray while creating a piece of artwork. Do something creative, and do so for the glory of God.
<b>Second Sunday of Lent</b> Forego a favorite TV program for a week.	Go through your closets and donate usable clothing and household goods to a local charity.	Pay attention to someone you are tempted to brush aside.	Fast from gossip.	Pray at the sound of sirens from emergency vehicles. Pray for the people who might be in trouble.	Fast from e-mail, text messaging, or both for a day.	Speak less and listen more. Give others the gift of your undivided attention.
<b>Third Sunday of Lent</b> Pray while you go for a walk.	Fast from overscheduling your time. Leave some time to simply be.	Curtail your extra spending and donate what you save to your chosen charity.	At the end of the day, take time to thank God for all the graces you received during the day.	Pray the Rosary or other traditional prayers of the Church. Realize that you are joining your voice to millions of others who have prayed these prayers through the years.	Fast from the habit, substance, practice, or mindset that most stands in the way of your growing closer to God.	While grocery shopping, purchase an additional day's supply of food and drop it off at a local food pantry.



# LENTEN FAMILY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Fourth Sunday of Lent</b> During prayer, picture yourself meeting Jesus in a scene from the Gospels. Imagine your reaction and response.</p>	<p>Send a greeting card or a letter to a relative, friend, or fellow parishioner who is homebound.</p>	<p>Fast from eating food mindlessly, that is, from not even bothering to taste it.</p>	<p>Clean up a common area at work, in the neighborhood, or at home. Do it as a gift for the good of all.</p>	<p>Invite a widowed neighbor to join your family for a meal.</p>	<p>Fast from worrying. Trust God instead.</p>	<p>Plant a tree that will benefit future generations.</p>
<p><b>Fifth Sunday of Lent</b> Pray for the willingness to seek forgiveness from people you have hurt.</p>	<p>Fast from light. Sit by the light of one candle in your home. Remember that Jesus has called you to be a light for the world.</p>	<p>Make a prayer out of performing a loving action for others. For example, when you take out the garbage or help your child with homework, do it mindfully.</p>	<p>Pick a day when you fast from using electronic appliances.</p>	<p>When you see or hear a news story about someone in trouble, pray for the person as a family.</p>	<p>Fast from hitting the snooze alarm. Get up and use the extra time for prayer.</p>	<p>At the grocery store, pray for the farmers and all those who help make available the food that you will bring to your table.</p>
<p><b>Palm Sunday of the Lord's Passion</b> Prayerfully read one of the Gospel accounts of Jesus' Passion, Death, and Resurrection.</p>	<p><b>Monday of Holy Week</b> Volunteer for a parish program that helps those in need.</p>	<p><b>Tuesday of Holy Week</b> Let a favorite hymn run through your mind as a prayer.</p>	<p><b>Wednesday of Holy Week</b> Fast from comparing yourself to others. We are all one in God.</p>	<p><b>Holy Thursday</b> Recognize your own needs and give them their due. Allow others to help you from time to time.</p>	<p><b>Good Friday of the Lord's Passion</b> Fast from complaining. Notice how often you are tempted to complain!</p>	<p><b>Holy Saturday</b> Be mindful of all that God has done for you.</p>
<p><i>Notes and Reflections...</i></p>						
<p><b>The Resurrection of the Lord</b> Celebrate Easter!</p>						