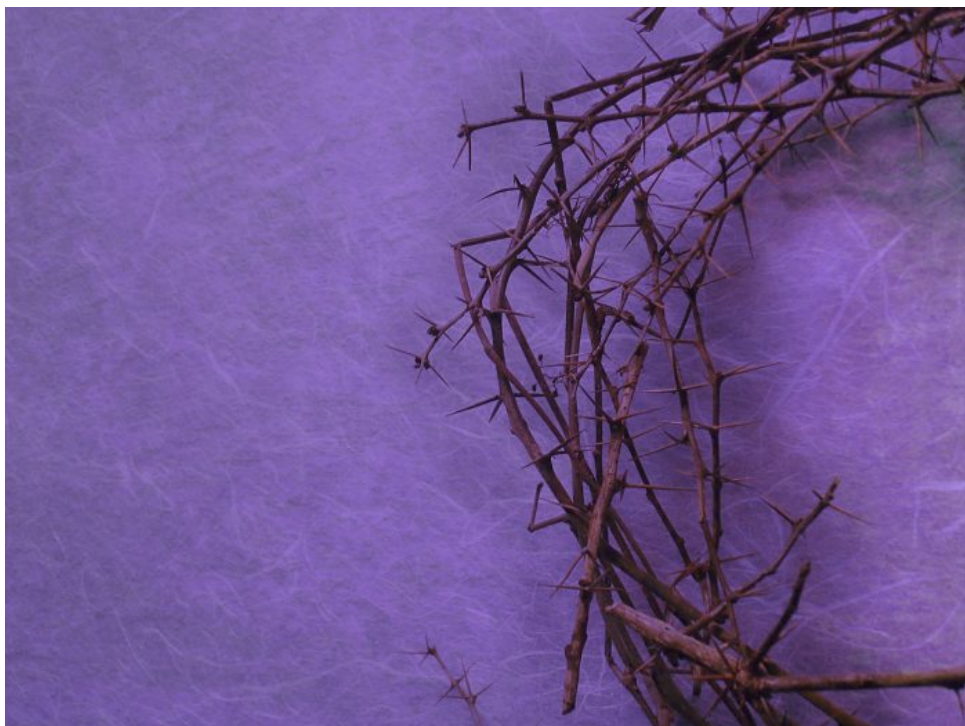


LENT 2019



GRACE
CHURCH ON-THE-HILL

A PRAYER FOR LENT

Loving God,
I commit this coming season of Lent to you
And ask you to show me what I need to turn away from.
And what I need to turn towards.
Shine your loving light on those dark places of my heart, And bring
new life, new hope and new possibilities. Help me to walk more
closely with Jesus,
To know that I am deeply loved,
And to share his love with others.
Amen.

Justin Welby, Archbishop of Canterbury

WHAT IS LENT?

The 40 days of Lent (stretching from Ash Wednesday to Easter) mirror the 40 days of temptation Jesus endured at the start of his ministry (Matthew 4:1-11). This is the period of time the Church sets aside for special reflect on on those areas of our lives where we have fallen short in our Christian vocation. At its heart, Lent is a spiritual pilgrimage to the joyful season of Easter.

One of the most common traditions during this season is to take on "Lenten disciplines" - small practices we can use in our daily lives to focus our attention on God and show God's love to those around us.

FASTING: We usually think of "fasting" as giving up something like chocolate or alcohol, but in this day there are so many things competing for our attention. Consider a 40-day fast from social networking sites, TV, or just unplug. If you can't bear the full fast, consider abstaining from a different form of media each week during Lent.



PRAYER:

One of the reasons we fast is to free up more of our mental and spiritual energy for focus on God. Consider spending an extra 15 minutes a day during Lent reading and reflecting on scripture.

WORKS OF LOVE: As we come closer to God, we also become closer to others. Consider taking some form of volunteerism or self-offering during this season.

TUESDAY LENTEN PROGRAM

THE LORD'S PRAYER

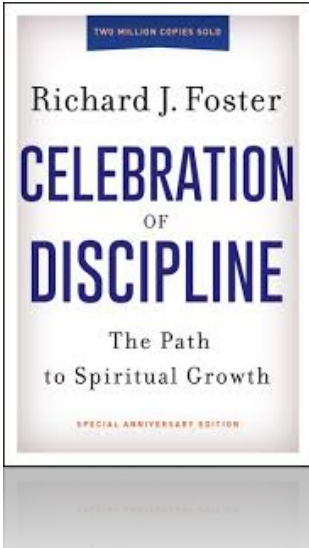
An exposition of the Lord's Prayer using six approaches to prayer

TUESDAYS IN
THE CHAPEL
2:00-3:00PM



LENTEN DINNER SERIES

EXPLORING THE SPIRITUAL DISCIPLINES



This series will explore a variety of Lenten spiritual disciplines using Richard Foster's *Celebration of Discipline* as our guide. A light supper will be provided. The evening will conclude with a service of Compline in the chapel.

WEDNESDAYS MARCH 13, 20,
27, APRIL 3 & 10.
6:00 - 8:00PM

THURSDAY ART PROGRAM

CONTEMPLATIVE ART LESSONS

Art lessons for all ages
focusing on the imagery
from the book of Psalms

THURSDAYS
IN THE CHAPEL
3:00-4:30PM



CHRISTIAN EDUCATION SERIES

“LAMENTATIONS AND SACRED MUSIC”



This series explores how Jeremiah's Book of Lamentations has been adapted and interpreted by composers and church musicians throughout history. In particular, we will focus on how Lamentations has been used as a text for sacred music during Holy Week.

SUNDAYS AT 9:00AM
MARCH 10, 17, 24, 31 AND APRIL 7.
IN THE RECEPTION ROOM

HOLY WEEK SERVICES

Beginning with Palm Sunday, Holy Week tells the story of Jesus' final days on earth, culminating with his death and resurrection.

Experience the full beauty and pageantry of Holy Week and Easter by participating in each "episode" of this powerful narrative:

PALM SUNDAY APRIL 14

Jesus enters Jerusalem in triumph, greeted by crowds waving palm leaves and shouting "hosanna!" Blessing of Palms and Dramatic Reading of Christ's Passion: 10:00am Followed by brunch. All welcome.

MAUNDY THURSDAY APRIL 18

Jesus gives his followers the new commandment that we love one another. He demonstrates this commandment washing his disciples' feet and instituting the sacrament of Holy Communion, in which we encounter Christ's body and blood through the gifts of bread and wine. The service concludes as we commemorate Christ's arrest by stripping the altar and leaving in darkness. Holy Eucharist: 7:30pm



GOOD FRIDAY APRIL 19

Christ is mocked, beaten, and finally put to death. Acknowledging Christ's death, from Good Friday until Easter Sunday, we do not celebrate the Eucharist.

Children's Service: 9:00am. Solemn Liturgy: 10:30am.

Churches on the Hill Good Friday Walk immediately follows the morning service

GREAT VIGIL OF EASTER APRIL 20
We are told Christ rose from death
early on the third day. Through this
ancient liturgy we witness the
transformation of our worship from
the darkness of Good Friday to the Joy
of Easter Vigil and the Blessing of the
Easter Candle: 8pm



EASTER SUNDAY

THE LORD IS RISEN

APRIL 21

Said Eucharist 8:00am

Sung Family Worship 10:00am



LENT AT GRACE

- March 10 - Holy Eucharist 8:00am, Sung Eucharist, 10:00am
March 10 - Christian Education: Lamentation and Song 9:00am
March 13 - Lenten Series with Compline 6:00pm
March 17 - Lent II - Holy Eucharist 8:00am, Sung Eucharist, 10:00am
March 17 - Christian Education: Lamentation and Song 9:00am
March 20 - Lenten Series with Compline 6:00pm
March 24 - Lent III - Holy Eucharist 8:00am, Sung Eucharist, 10:00am
March 24 - Christian Education: Lamentation and Song 9:00am
March 24 - Evensong at St. James Cathedral sung by the Grace Church on-the-Hill choir 4:30pm
March 27 - Lenten Series with Compline 6:00pm
March 31 - Lent IV - Holy Eucharist 8:00am, Sung Eucharist, 10:00am
March 31 - Christian Education: Lamentation and Song 9:00am
April 3 - Lenten Series with Compline 6:00pm
April 7 - Lent V - Holy Eucharist 8:00am, Sung Eucharist, 10:00am
April 7 - Christian Education: Lamentation and Song 9:00am
April 7 - "Songs of Lament from around the world" Arranged by Prof. Swee Hong Lim of Emmanuel College 3:00pm
April 10 - Lenten Series with Compline 6:00-8:00pm
April 14 - Palm Sunday - Holy Eucharist 8:00am, Sung Eucharist, Liturgy of the Palms, Procession and Passion 10:00am
April 14 - Palm Sunday Brunch 11:30am
April 18 - Maundy Thursday: Choral Eucharist 7:30pm
April 19 - Good Friday -Family Service 9:00am, Solemn Liturgy 10:30am
April 19 - Ecumenical Good Friday Walk (includes Hot Cross Buns and Coffee) - 12:30pm
April 20 - Easter Vigil 8:00pm
April 21 - Easter Sunday Festival Service 8:00am & 10:00am