



LENT

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Christ, Our Hope
for Reconciliation

✦ Christ, Our Hope for Reconciliation

This Lent, the clergy are calling Church of the Resurrection to focus on Christ, our hope for reconciliation (EPHESIANS 2:14). Pray and fast that reconciliation may happen in these ways:

- + people far from God may return to Him, and we may serve and love them
- + broken or strained relationships may be mended by forgiveness, courage, and overcoming love
- + our relationships with Anglicans in the Upper Midwest may grow and lead to greater mission

✦ Ways to Focus on Christ this Lent:

Ash Wednesday: The beginning of our Lenten journey together. Join us as we receive the external mark of ashes on our foreheads to signal an inward movement of repentance. Service times can be found in bulletin and online calendars

Christian Life Training Class: Sunday mornings at 9:00 AM (in the Glenbard choir room), our teachers will be focusing on different ways to connect with God, from the Book of Common Prayer to the Desert Fathers.

RezFast: Join us on Wednesday March 21st, at 7:00 PM in the Ministry Center, to pray and fast for God's presence at each service during Holy Week.

Morning, Evening Prayer: These daily chances to be in prayer with God's people are a wonderful Lenten discipline. Monday-Saturday 7:00 AM, Monday-Sunday, 5:15 PM, Ministry Center

Sunday Evening Eucharist: At 5:00 PM on Sundays as part of Evening Prayer we will celebrate Eucharist and pray specifically for unity.

Blog Reflections: Hear how different individuals and families at Resurrection engage in Lenten prayer and fasting at www.churchrez.org/rezblog

Friday Stations of the Cross: At Evening Prayer on Fridays at 5:00 PM we will practice this ancient Church tradition which features a devotional walk through 12 "stations" chronicling Christ's Passion.

Unity Devotional and Prayer Card: Pick up or download from the website a prayer card and a devotional of prayers, scripture, and thoughts from the church fathers on unity.

✦ What is Lent and How to Fast

Lent is a forty-day pilgrimage of confession and reflection set apart by the Church to allow us to focus on Christ, our hope for reconciliation. It is a season in which to embrace the active call to repentance that Jesus voiced so often and apply it to our own lives and our relationships with others.

Traditionally, Lent is a season of fasting from distractions. This can be done in many ways, including abstaining from specific foods (like sweets) or activities (such as television). By depriving your body and lifestyle of certain comforts, you integrate your physical and emotional hunger with the Lenten spiritual hunger for Christ. Fasting deepens and sharpens our prayers as we tangibly experience our need for Jesus.

For more resources on Lent, fasting, and prayer visit www.churchrez.org/lent

✦ About our Lenten Image

For Lent, Resurrection artist Laura Tabbut created a beautiful image featuring Adam and Eve's expulsion from the garden. The drawing evokes the way that sin separates us from God, each other, and creation. However, just as Lent invariably leads us to the celebration of Easter, we know that there is always hope in the reconciliation that Christ offers us through His death and resurrection.

✦ About our Lenten Song

During Lent we will be singing a new song by Steve Williamson that is a setting of EPHESIANS 4:4-6.

“There is one body and one Spirit—just as you were called to the one hope that belongs to your call— one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.”

You can download a recording or watch a video of the song at www.churchrez.org/lent.



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