



called to compassion

Lent 2023



“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Ephesians 4:32

Dear People of God,

The season of Lent is a time of spiritual renewal when we are invited to deepen our awareness of God’s presence in our lives and draw closer to God. Traditionally Christians have done this through the three pillars of prayer, fasting, and giving—practices that strengthen our sense of God’s love as the primary foundation of our lives. This year, we will focus on our call to compassion as followers of Christ, the One whose life, ministry, and death embodied the compassion of God.

Mid-Week and Sunday Worship – Each Wednesday in Lent we will gather at noon for Eucharist with a short meditation in the Chapel. Make Sunday worship a priority during these forty days.

Pray – We will continue to open the Chapel for quiet prayer. Pray for our church by using our parish prayer list (found in the eNews each week), for our community, and for our world. We will offer the Way of the Cross during Holy Week.

Study – Join us for our *Called to Compassion Class* in the Cloister each Sunday morning after worship or our *Wholehearted Parenting Class* (beginning March 5) in Herman Hall. Choose a Lenten book, attend Hearing the Gospel to participate in reflection and conversation around Sunday’s scriptures (Wednesdays at 10:30 a.m.), or learn about the racial history of our country, community, or church.

Serve – Everyone is encouraged to commit to **A Deed a Day** this Lent. Acts of compassion can take many forms. Consider where God is leading you. Our youth will be leading a **Coins of Compassion** drive to raise money to pay off the lunch debt at our local Lindley Elementary School, and **March Madness: Compassion Edition**, a canned food collection to support One Step Further Food Pantry.

Daily Meditations –

Pray as You Go – A daily prayer resource that combines the scripture of the day, music, and questions for reflection. It is available online at <https://pray-as-you-go.org> or as an App.

Living Well Through Lent 2023: Practicing Compassion with All your Heart, Soul, Strength, and Mind – This devotional features writers who seek to connect the Gospel to everyday life. Go to www.livingcompass.org to sign up to receive a daily email or to join the Facebook group.

Episcopal Relief and Development 2023 Lenten Meditations – These reflections are organized around transformation with a focus on women and children, climate, and disaster resilience and response. Visit <https://www.episcopalrelief.org/church-in-action/lent/>. where you can either view the meditations online or subscribe to receive them as emails.

– You are invited to a holy and life-giving Lent –