

Opawa—St Martins Anglican Parish

Wednesday Evening Lent Study Group

Our Sound is Our Wound *Contemplative listening to a noisy world.*

This Lent group will be based around reading and discussion of the Archbishop of Canterbury's Lent book for 2010 of the above title by Lucy Winkett. "Our lives are lived against a backdrop of external and internal soundscapes. The sounds, noise and music with which we are surrounded in modern life have spiritual implications. There is also a soundtrack that plays within us constantly through memory, dreams, anxiety and thought. What are these soundscapes, and how do we listen for the voice of God within them? How too do we find our own voice? Chapter headings include:

1. The Sound of Scripture
2. The Sound of Lament
3. The Sound of Freedom
4. The Sound of Resurrection
5. The Sound of the Angels
6. Our Sound is Our Wound

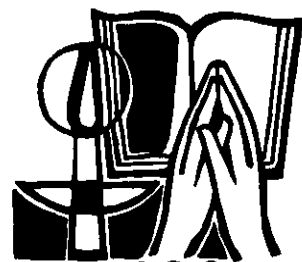
Each meeting will conclude with Night Prayer. Books will be available to purchase. The cost is expected to be around \$25.00 per copy.

First meeting: Wednesday 24 February at 7:30pm at St Mark's Church.

For personal reading:

Giving it up by Maggi Dawn

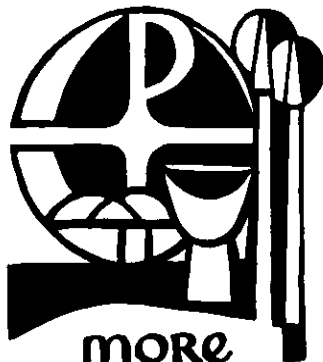
A book of daily readings from Ash Wednesday to Easter Day, this is the BRF Lent Book for 2010 and is available from the vicar. This book shows how people throughout the bible were radically changed by encountering God and that if we follow their examples God will reveal himself and bring an Easter joy that is far richer and more profound than ever before.



**MORE
fervent in
PRAYER**



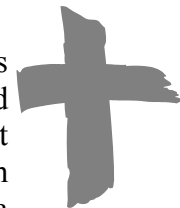
**MORE
generous
in WORKS OF
CHARITY**



**MORE
eager in cele-
brating the
MYSTERIES
by which we
are reborn**

About Ash Wednesday and Lent

Lent is the Christian season which that takes us from the end of summer through to Easter. It is linked to the period of 40 days that Jesus spent in the desert fasting and praying immediately following his baptism and before he began his public ministry. It is a reminder that Jesus understood his life to be shaped by the call of God and that his vocation would involve a life of sacrifice for God.



Ash Wednesday marks the beginning of this season of Lent. This day has parallels with the Jewish Day of Atonement when the community would gather to ask God for forgiveness for past wrongs and seek a new beginning. Ash Wednesday could be called the Christian Day of Atonement when we ask God to cleanse our hearts from sin and offer a new beginning. In biblical times, when people realised they had grown apart from God, they would put on sackcloth and heap ash upon themselves. This was a sign of contrition and humility, a recognition that we are finite creatures who will return to the dust of the earth. People put on ash when they became aware of their dependence on God and their need of God's grace. The ash was a sign of a desire to start a completely new relationship with God. Ash made from the burnt remains of palm crosses used last year is used to make a cross shaped mark on our heads as God calls us to return anew to him.

Lent is a time for making a fresh start with God as we prepare for the greatest and most important festival in the church year: Easter. At Easter we celebrate our creation and redemption in Christ. As St Paul often reminds us, our salvation is being worked out daily as we make intentional choices to act and speak as Christ would act and speak in the situations in which we find ourselves. Make this Lent a time for exploring how to live your faith better by the choices you make to be kind and compassionate, in your making time for quiet and fun, in your sharing what you have. With God's help we can help change the world a little bit every day and build a better and more generous community.

As usual there are a number of activities in the parish to assist your journey with God. These are commended to you.

How to keep Lent

- Of course, attend the Sunday Eucharist every week to be nourished by Christ himself. Why not come to the mid-week celebration as well?
- Attend a Lent group in the parish. Meetings times and venues are in the pew news.
- Join a housegroup.
- On Mothering Sunday, visit a friend or relative who is lonely or sad, or perhaps a person you have not seen for a while.
- Look to do a good turn for someone each day. Say something nice about someone behind their back, buy someone a coffee at work, have a TV free evening and do something with your family, or write to your MP about a global poverty issue.
- Attend to your daily prayer. Obtain bible reading notes. The clergy team will assist you to find resources to assist your life of prayer.
- Eat simply. Traditional fast days for Christians are Wednesdays and Fridays. You could make simpler meals, or even go without a meal on these days, and the money saved could be given to those who do not have enough to eat. If you are a child, why not avoid Easter Eggs until Easter Day? Pocket money saved could be given away to those who are hungry.
- Read a book for spiritual edification. See the book list in this brochure or ask a member of the clergy team.
- Make a time to see a priest to make your private confession to God.
- Attend Holy Week services, especially Maundy Thursday, Good Friday, and The Great Vigil of Easter. These three services unfold dramatically the whole drama of God's salvation.

BUT hallow the
LORD
CHRIST
in your hearts.

Ash Wednesday

17 February 2010

Services with the Imposition of Ash at 10:00am and 7:00pm at St Mark's.

What's Coming up this Lent

21 February: The First Sunday in Lent.

Adult candidates for baptism will be recognised in the Sunday Liturgy. Lent study groups begin.

28 February: The Second Sunday in Lent

7:00pm Evening Prayer in the style of Taizé at St Mark's.

14 March: Lent 4: Mothering Sunday

Posies of flowers will be presented to mothers in the parish.

21 March:

The mission committee will offer a Lenten reflection in the evening. Details to come.

28 March: Palm Sunday

A combined parish liturgy will take place at 10:00am at St Mark's.

Monday, Tuesday and Wednesday of Holy Week

7:30pm Services of Eucharist with preachers drawn from the laity of this parish. Venues will be advised in the pew news.

The Triduum Sacrum: The Holy Three Days

1 April: Maundy Thursday

7:30pm Eucharist of the Lord's Supper with stripping of the altar and Watch of the Night in St Mark's.

2 April: Good Friday

10:00am Service for Children in St Marks

12:00noon Liturgy of the Passion in St Annes

11 April: Holy Saturday

9:00pm The Great Vigil of Easter in St Marks

12 April: Easter Day

8:00am St Marks

9:30am St Annes

10:00am St Marks

Further details at

www.opawastmartins.com

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