



Observing A Holy Lent

During the Lenten season, Episcopalians make an effort to carve some time in a busy life in order to intentionally focus on what it means to be in God's care through reflection, seeking new insights and to deepen our relationship with God. This is a time to listen and to wait through the dark days that will bring us to a resurrected life. We often use certain spiritual practices as aides to guide us into ourselves and into a space for God. During this Lent, special offerings and classes have been planned to assist you as you journey toward Easter.

Shrove Tuesday & Ash Wednesday

Ash Wednesday is February 17th and our Ash Wednesday services will be held at 7:00 a.m., 12:30 p.m., and 7:00 p.m. There will be no Wednesday Dinner that night, but join us Tuesday night, February 16th, for our traditional Shrove Tuesday Pancake Supper from 5:30 to 7:00 p.m. in the parish hall. This is your chance for a final indulgence before Lent begins on Ash Wednesday. The cost of dinner is \$5 per person for adults, \$3 for children.

Lenten Series Begins Feb. 24

This year, parishioners of all ages will have the opportunity to journey through the penitential season when they participate in the ESC Lenten Series. For adults, the program is "simple" in format, yet has the potential to be powerful in content and meaningful discussions. Using five of the Nooma series to form the content basis, the chosen topics will be geared to helping adults to focus inward, be still and listen to God through the voices of others and then to take something away from the experience that will provide nourishment throughout the following week. Each of the five Wednesday evenings begin with our pattern of Holy Eucharist at 5:45 and dinner at 6:30. The actual program is only an hour, from 7 to 8 p.m. For parents, this provides plenty of time to see that their children are in bed and ready for school the next day. The dates are: February 24, March 3, 10, 17, & 24.

Week 1

Dust: Believing in God is important, but what about God believing in us?

Week 2

Noise: Why is silence so hard to deal with?

Week 3

Open: Many of us have experienced situations where we've prayed and it felt like God wasn't listening. Maybe if we understood how Jesus prayed, our concepts and expectations of prayer would change.

Week 4

Tomato: We all get consumed with ourselves; sometimes we're not even aware of it. We develop our self-image from outside ourselves. Maybe if we let these images die, we can truly begin to live.

Week 5

Lump: A lot of us have done things in our lives that we regret, some small, and some much bigger. No matter what we've done, it doesn't change the way God feels about us. There is nothing we can do to change that.

Lenten Series for Children

Wednesdays during Lent: February 24, March 3, 10, 17, 24. Holy Eucharist at 5:45 p.m. & Dinner at 6:30 p.m. Program 7 to 8 p.m. Beneath the Storytelling Tree children will explore five of the parables of Jesus. Jesus was a wonderful storyteller and shared some great insights in his parables. Children in kindergarten through 5th grade are invited to hear and explore the stories of the lost sheep, the pearl of great price, the Good Samaritan, the unforgiving servant and the talents.

To ensure there are enough materials for everyone, please contact Mary Lou Crifasi, 428-6763 or mcrifasi@easternshorechapel.org, by February 21 if your child plans to participate. Nursery care will be provided for younger children.

Journey with Jesus: A Lenten Lock-In for Youth

As Lent begins teens (8th through 12th grade) are invited to travel briefly on the road with Jesus and notice what is going on "within". This reflective evening, March 5-6 beginning at 7:30 p.m., offers large group activities and small group workshops. Workshops include art, music, drama and prayer. Eucharist will be celebrated. Jesus said "take nothing for the journey" but please bring sleeping bags, toiletries, and \$5 for breakfast and supplies. Youth from other Episcopal churches have also been invited, so come and make a new friend.

Women At the Table: We Aren't Waitresses At the Last Supper

Women at the Table: We Aren't Waitresses at the Last Supper is a one-day quiet retreat for women and will be held March 30, 9 a.m. to 3 p.m. at the Virginia Beach Resort & Conference Center. Fellowship & coffee/tea from 9 to 10 a.m. Program begins at 10 a.m. Cost is \$25 person and includes lunch. Led by The Rev. Julia Ashby and Debbie Quam. Call Debbie to register by March 10. Attendance fee must be paid in advance.

Ministry Fair On February 28

Yes, a ministry fair during Lent. But this event is presented through the lens of a Lenten discipline. Many of us will often give something up that is part of our daily life in order to help us become more aware of ourselves. This practice tends to be more personal in nature. Another discipline is to take on something new in order to deepen our faith or to serve others, which can also help us get in touch with who we are as Disciples of Christ. This can be personal, like the practice of prayer. In this context, we open ourselves to those around us, we look for ways to make a difference. There are so many opportunities and places at ESC that can use your service. Why not offer yourself in service to this place and the many ministries that are not only internal, but make a real difference to our community. We need you; Christ can use your gifts.

Standing Still in a Non-Stop World

In our busy, fast-paced world, many of us have lost the art of stillness. In this 3 week Lenten series we will examine scripture in order to discern why and when God calls us to stand still and be open to the wealth of healing and love that dwells in that place of stillness. We will also practice several contemplative techniques that can be used to inject purposeful silence into our lives. Class meets March 7, 14 & 21 at 10:20 a.m. in the church nave. Guided by Paula Crooks.

The Last Week

Using the book of the same title by Marcus Borg & John Dominic Crossan, this Adult Forum presentation will look deeply into Jesus' entry into Jerusalem and what the gospel writers intended their readers to understand. Join us in the parish hall at 10:20 a.m. on Sunday, March 21. Led by Julia Ashby.

Children's Easter Festival

Join us for our first Children's Easter Festival on Saturday, April 3, 10 a.m. to noon. More details coming soon. Watch the Sunday bulletin, This Week At ESC email, and Web site.

Lenten Resources At Parish Bookstore

Lent begins on Ash Wednesday, February 17th. Come to the Parish Bookstore now and browse the selection of Lenten resources for your daily devotions. Parish Bookstore hours are: Mon, Tue, Thur, Fri 9:00 a.m. to 3:00 p.m.; Wednesday 9:00 a.m. to 7:00 p.m.; Saturday 9:00 a.m. to Noon; Sunday 8:30 a.m. to 9:00 a.m. & 10:20 to 11:20 a.m.



Lent & Easter Services At ESC

Ash Wednesday

February 17, Services at 7 a.m., 12:30 p.m., 7 p.m.

Choral Evensong for Lent

March 7, 5:00 p.m.

Palm Sunday

March 28, Services at 8, 9:15 & 11:30 a.m.

Tenebrae Service

March 30, 7 p.m.

Seder Dinner

March 31, 6 p.m.

Maundy Thursday

April 1, Services at 12:30 & 7 p.m.

Good Friday

April 2, Services at 7 a.m., 12:30 & 7 p.m.

Easter Vigil

April 3, 8 p.m.

Easter Sunday

April 4, Services at 8, 9:15 & 11:30 a.m.