

# the first sunday of lent

2.18.24 | 9:30am



**ST. GREGORY'S**  
**EPISCOPAL CHURCH**

radiates God's grace; equipping all people to change the world.

**Welcome to St. Gregory's**

If this is your first Sunday here, we invite you to take a Welcome Card from the pew holder, fill it out and put it in the offering plate or give it to a greeter. All are truly welcome to participate in worship, and we believe our community is made stronger by your unique presence as we join in prayer and communion.

**Our Worship**

In the Episcopal Church, we often say that praying shapes believing, so how we worship in word and action shapes how we believe and respond to God. We are physical creatures made in God's image, and the physical nature of our worship helps us to connect more fully to God.

Our sacred time of worship includes several different activities: singing, listening, praying, and feasting. This liturgy is enriched by the participation of everyone in the room. **All are invited to speak the bolded text aloud.** Some people choose to manifest prayers in physical ways to center their hearts and minds on God's presence in their lives and in the worship – we call these actions "manual acts," which are listed as follows throughout the bulletin:

**(+)** There are several points during the liturgy, where many people cross themselves by touching their head, chest, and each shoulder (left then right) to remind themselves that God is in their head, heart, and in all of their actions in the world.

**(+++)** At the declaration of the Gospel, many people make the sign of the cross with their thumb on their forehead, lips, and heart as the Gospel is announced. This action is a prayer asking God's word to be in our minds, our words, and in our hearts.

**Generally speaking, we stand to pray, kneel to confess, and sit to hear.** Regardless of what others are doing, how you physically worship is up to you and how you experience God. Your presence and participation is what matters.

**A Note about the Season of Lent**

Lent is not about guilt, it's about healing. In Lent, we walk with Jesus toward his suffering, death, and resurrection, acts by which God took on all the evils and pains of human life. The meaning of these events touches on all the ways in which we need healing in our own lives. On each Sunday in Lent, we will focus on a different "common crisis" of our lives right now: loneliness, conflict and guilt, money and debt, the body's betrayals, and helplessness and the future. Jesus comes close to us in these crises, and we will meet him there in the scripture we read, the sermons we hear, the healing prayer and anointing we offer during communion, and in our spiritual-growth forum which meets after this service. We will then bring the fullness of our humanity with us to those mysterious events of Palm Sunday, Maundy Thursday, Good Friday, and Easter.

**The Rev. Dan Puchalla,**  
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Viki Rill, Kathryn Kinjo Duncan,  
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**Wardens:**  
Jim Millspaugh, Sarah Kettlewell

**Vestry:**  
Jon Dutcher, Val Seilheimer,  
Rafael Orsi, Steve Truckenbrod,  
Cissy Singleton, LoriLee Bielski

**Pastoral Care Visitors:**  
Susie Dutcher, Fran Ingram,  
Sudi Johnson, Marjie Koons,  
Val Seilheimer, Cissy Singleton



## THE GREAT LITANY

A litany is a form of intercession (prayer for others) that is generally sung in procession.

The Great Litany is the earliest liturgical rite published in English, in 1544. It is traditionally used on the first Sunday in Lent, and contains prayers and petitions for the whole world.

The Litany reminds us that Jesus' atoning work was not limited to his death on the cross, but was manifest in all of his life on earth.

**We begin our worship with the ringing of a bell. The people stand as they are able for the Great Litany. The people chant the responses, then hum the last note as cantor chants each petition.**

Holy God, Creator of heaven and earth,



Holy and Mighty, Redeemer of the world,  
**Have mercy on us.**

Holy Immortal One, Sanctifier of the faithful,  
**Have mercy on us.**

Holy, blessed and glorious Trinity, One God,  
**Have mercy on us.**

From all evil and mischief; from pride, vanity and hypocrisy;  
from envy, hatred and malice; and from all evil intent,



From sloth, worldliness and love of money;  
from hardness of heart and contempt for your word and your laws,  
**Savior, deliver us.**

From sins of body and mind; from deceits of the world, the flesh, and the devil,  
**Savior, deliver us.**

From famine and disaster; from violence, murder, and dying unprepared,  
**Savior, deliver us.**

In all times of sorrow; in all times of joy; in the hour of our death and at the day of judgment,  
**Savior, deliver us.**

By the mystery of your holy incarnation; by your birth, childhood and obedience;  
by your baptism, fasting and temptation,  
**Savior, deliver us.**

By your ministry in word and work; by your mighty acts of power;  
by the preaching of your reign,  
**Savior, deliver us.**

By your agony and trial; by your cross and passion; by your precious death and burial,  
**Savior, deliver us.**

By your mighty resurrection; by your glorious ascension;  
and by your sending of the Holy Spirit,  
**Savior, deliver us.**



*Hear our prayers, O Christ our God.*



*Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will.*

**Hear us, O Christ.**

*Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.*

**Hear us, O Christ.**

*Enlighten your bishops, priests, and deacons, especially Paula, Dan, Kristin, Kyle, Adam, Bryan, and Max, with knowledge and understanding, that by their teaching and their lives they may proclaim your word.*

**Hear us, O Christ.**

*Give your people grace to witness to your word and bring forth the fruit of your Spirit.*

**Hear us, O Christ.**

*Bring into the way of truth all who have erred and are deceived.*

**Hear us, O Christ.**

*Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down Satan under our feet.*

**Hear us, O Christ.**

*Guide the leaders of the nations into the ways of peace and justice.*

**Hear us, O Christ.**

*Give your wisdom and strength to Joseph, the President of the United States, J.B. the Governor of this state, and Daniel, the Mayor of this city, that in all things they may do your will, for your glory and the common good.*

**Hear us, O Christ.**

*Give to the Congress of the United States, the members of the President's Cabinet, those who serve in our state legislature, and all others in authority the grace to walk always in the ways of truth.*

**Hear us, O Christ.**

*Bless the justices of the Supreme Court and all those who administer the law, that they may act with integrity and do justice for all your people.*

**Hear us, O Christ.**

*Give us the will to use the resources of the earth to your glory and for the good of all.*

**Hear us, O Christ.**

*Bless and keep all your people,*

**Hear us, O Christ.**

*Comfort and liberate the lonely, the bereaved, and the oppressed.*

**Hear us, O Christ.**

*Keep in safety those who travel and all who are in peril.*

**Hear us, O Christ.**



*Heal the sick in body, mind, or spirit, and provide for the homeless, the hungry and the destitute.*

**Hear us, O Christ.**

*Guard and protect all children who are in danger.*

**Hear us, O Christ.**

*Show your compassion on prisoners, hostages and refugees, and all who are in trouble.*

**Hear us, O Christ.**

*Forgive our enemies, persecutors and slanderers, and turn their hearts.*

**Hear us, O Christ.**

*Hear us as we remember those who have died, and grant us with them a share in your eternal glory.*

**Hear us, O Christ.**

*Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.*

*The trisagion is an ancient hymn from the 4th century, describing the "thrice holy" qualities of God.*

**TRISAGION**

**Sing three times.**

Ho - ly God, Ho - ly and might - y, Ho - ly im-mor - tal one, have merc-y up - on us.

**THE WORD OF GOD**

**THE COLLECT OF THE DAY**

The Lord be with you.

**And also with you.**

Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

**The people sit.**

*We follow a three-year cycle of readings called a Lectionary. These are lessons being heard in congregations from many denominations throughout the world on this day. The first reading is from the Hebrew Scriptures, which tell us the story of God's love and faithfulness to God's people from the beginning of time to just before Christ.*

**FIRST READING**

**GENESIS 9:8-17**

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth."



God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

The Word of the Lord.  
**Thanks be to God.**

*The Psalm is a hymn or poem. The psalms cover the whole range of the relationship between God and God's people. The Book of Psalms, while a "book" of the Bible, consists of 150 hymns intended to be sung.*

**PSALM 25**

- 1 To you, O God, I lift up my soul; my God, I put my trust in you; let me not be humiliated, nor let my enemies triumph over me.
- 2 Let none who look to you be put to shame; let the treacherous be disappointed in their schemes.**
- 3 Show me your ways, O God, and teach me your paths.
- 4 Lead me in your truth and teach me, for you are the God of my salvation; in you have I trusted all the day long.**
- 5 Remember, O God, your compassion and love, for they are from everlasting.
- 6 Remember not the sins of my youth and my transgressions; remember me according to your love and for the sake of your goodness, O God.**
- 7 Gracious and upright are you, O God; therefore you teach sinners in your way.
- 8 You guide the humble in doing right and teach your way to the lowly.**
- 9 All your paths, O Lord, are love and faithfulness to those who keep your covenant and your testimonies.

*The second reading is usually from one of the New Testament Epistles (or letters), though occasionally from the Acts of the Apostles or the Book of Revelation. They teach us about the formation of the church and instruct us on how to live into our role as followers of Christ.*

**THE EPISTLE**

**1 PETER 3:18-22**

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

The Word of the Lord.  
**Thanks be to God.**

*The people stand, as they are able. Children are invited to join the procession in the aisle for the reading of the Gospel.*



**SEQUENCE HYMN**

Bless the Lord, my soul, and bless God's ho - ly name.

Bless the Lord, my soul, who leads me in - to life.

*During the Holy Eucharist, there is always a reading from a Gospel. We stand to indicate the importance we place on Jesus' words and actions. The deacon or priest proclaims the Gospel in the midst of the people to represent the Good News that Jesus has come among us, and we all turn toward it.*

*The sermon is meant to help us make the Word of God a living and transforming reality of our lives today.*

*The Peace has been exchanged at the Eucharist since the time of the first Christians. It is a profound act to offer the miraculous peace of God to one another before we join in communion with God and each other.*

**THE GOSPEL**

**MARK 1:9-15**

The Holy Gospel of our Lord Jesus Christ, according to Mark.  
**(+++)** **Glory to you, Lord Christ.**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

The Gospel of the Lord.  
**Praise to you, Lord Christ.**

*The people sit.*

**SERMON**

*The Rev. Max Smith, deacon*

*The Great Litany sung at the beginning of the service replaces the Nicene Creed, Prayers of the People, and Confession today.*

*The people stand when invited.*

**THE PEACE**

The peace of the Lord be always with you.  
**And also with you.**

*The congregation greets each other in the peace of Christ.*



**The people sit.**

**OFFERTORY ANTHEM**

"You Do Not Walk Alone"

Traditional Irish blessing, music by Elaine Hagenberg

May you see God's light on the path ahead when the road you walk is dark.  
May you always hear, even in your hour of sorrow, the gentle singing of the lark.  
When times are hard, may hardness never turn your heart to stone.  
May you always remember when the shadows fall: you do not walk alone.

**THE HOLY COMMUNION**

**The people stand, as they are able.**

**OFFERTORY HYMN**

O Fa-ther, Son, and Spi-rit blest, to thee be ev-ery prayer ad-dressed,  
who art in three-fold Name a-dored, from age to age, the on-ly Lord.

**THE GREAT THANKSGIVING**

**Celebrant** The Lord be with you. **All** And al-so with you.  
**Celebrant** Lift up your hearts. **All** We lift them to the Lord.  
**Celebrant** Let us give thanks to the Lord our God.  
**All** It is right to give God thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator of heaven and earth. You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

The Offertory is when we bring our gifts of bread, wine, money, and our very selves to present to the Lord as our initial act of thanksgiving. This collection is a visible reminder that our whole lives are God's, and a part of what God has given us we give back in thanksgiving for all that we have and all that we are. You can use this QR code to give to StGs online.



The Eucharist, or Communion, is the act of offering, breaking bread, and sharing in Christ's life, death, and resurrection. It also reminds us that we are Christ's body in our world today. As Episcopalians, the Eucharist is the principal act of worship, in which we always have a full proclamation of the heart of the Gospel. Celebrating Eucharist is something we do together, so we all take part in the prayers.





The Sanctus (holy, holy, holy) recalls the words of the prophet Isaiah, overwhelmed by the presence of God in the sanctuary, and these words were sung by the people as Jesus entered Jerusalem on Palm Sunday. The Sanctus reminds us that this is an offering of the whole creation, which joins in singing these praises.

**SANCTUS**

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and  
 might, hea - ven and earth are full of your glo - ry. Ho -  
 san - na in the high - est. Bless - ed is he who  
 comes in the name of the Lord. Ho - san - na in the high-est.

Holy and gracious God: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and maker of all. Jesus stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Savior Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." After supper Jesus took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

- Christ has died.**
- Christ is risen.**
- Christ will come again.**

We celebrate the memorial of our redemption, Almighty God, in this sacrifice of praise and thanksgiving. Recalling Christ's death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in Christ. (+) Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through Jesus Christ our Savior. By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever.

A - MEN.

The Great Amen is the only word in our Book of Common Prayer that is in all capital letters. It emphasizes that we all join together in asking Jesus to be present in the bread and wine, in boldly affirming our desire to receive God. It is appropriate to sing this with enthusiasm!



*The Lord's Prayer is the prayer that Jesus gave to his followers when they asked him to teach them to pray. It links our daily bread to the spiritual food we receive in the Eucharist.*

And now, as our Savior Christ has taught us, we are bold to say,

**Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come, thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, and the power, and the glory,  
for ever and ever. Amen.**

**BREAKING OF THE BREAD**

*The Presider breaks the consecrated Bread.*

Christ our Pass - o - ver is sac - ri - ficed for us,  
there - fore let us keep the feast.

**RECEIVING COMMUNION**

**Every Sunday in Lent, Pastor Dan will be offering blessings at the chapel altar during Communion. These blessings are for all types of healing - physical, emotional, spiritual. All are welcome. If you are receiving Communion, please do so first before coming to receive a blessing.**

**General:** Please join the line to receive Communion. When you get to the front, hold out your hands to receive bread. Then step to either side to receive wine or juice in an individual cup.

**Gluten-free option:** Please ask for a gluten-free wafer from the priest when you come forward.

**Non-alcoholic option:** Please ask for juice from the minister holding the tray of cups. You also have the option to take only the bread to receive Communion.

**Not receiving:** If you will not be receiving Communion, you are invited to come forward for a blessing. Please join the line and cross your arms over your chest when you get to the front.

*The Fraction recalls Jesus breaking the bread at the Last Supper to share with the disciples, and reminds us that Jesus' body was broken on the cross for us to be shared with the world. Therefore we keep a moment of silence for prayers of awe and gratitude.*



**COMMUNION HYMN**

1 For - ty days and for - ty nights thou wast fast - ing in the wild;  
 2 Should not we thy sor - row share and from world - ly joys ab - stain,  
 3 Then if Sa - tan on us press, Je - sus, Sa - vior, hear our call!  
 4 So shall we have peace di - vine: ho - lier glad - ness ours shall be;  
 5 Keep, O keep us, Sa - vior dear, ev - er con - stant by thy side;

1 for - ty days and for - ty nights tempt - ed, and yet un - de - filed.  
 2 fast - ing with un - ceas - ing prayer, strong with thee to suf - fer pain?  
 3 Vic - tor in the wil - der - ness, grant we may not faint nor fall!  
 4 round us, too, shall an - gels shine, such as min - is - tered to thee.  
 5 that with thee we may ap - pear at the e - ter - nal Eas - ter - tide.

**COMMUNION HYMN**

Cre - ate with - in me a clean heart, O God; place at my cen - ter a new and right spi - rit,  
 Since you want truth in my in - ner - most be - ing, teach me your wis - dom in my sec - ret heart.

**PRAYER FOR SPIRITUAL COMMUNION** (for those worshipping remotely)

In union, gracious God, with your faithful people at every altar of your Church where the Holy Eucharist is now being celebrated, we offer to you praise and thanksgiving. We remember your death, O Christ; we proclaim your resurrection; we await your coming in glory. Since we cannot receive you today in the Sacrament of your Body and Blood, we beseech you to come spiritually into our hearts. Cleanse and strengthen us with your grace, Lord Jesus, and let us never be separated from you. May we live in you, and you in us, in this life and in the life to come. **Amen.**

**The people stand, as they are able.**

*The Prayer for Spiritual Communion articulates a hunger for unity with Jesus Christ when you cannot physically receive the Body and Blood of Christ. This prayer connects the one(s) praying with the reception of Holy Communion. Those worshipping online are invited to say this prayer as those onsite receive Communion.*



After Communion, we give thanks for being part of the communion of God's life and for being fed so that we may go out to feed and serve others in our world.

**POST-COMMUNION PRAYER**

Let us pray.

**Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, send us out to do the work you have given us to do, to love and serve you, as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

*The people sit.*

**ANNOUNCEMENTS**

**SOLEMN PRAYER OVER THE PEOPLE**

Let us bow before the Lord.

*The people kneel or bow, as they are able.*

Grant, Almighty God, that we your people may recognize our need for help and put our whole trust in your strength, so that we may rejoice for ever in the protection of your loving providence; through Christ our Lord. **Amen.**

*The people stand, as they are able.*

**EXIT HYMN**

1 Lord, who through-out these for - ty days for us didst fast and pray,  
 2 As thou with Sa - tan didst con - tend, and didst the vic - tory win,  
 3 As thou didst hun - ger bear and thirst, so teach us, gra - cious Lord,  
 4 And through these days of pen - i - tence, and through thy Pas - sion - tide,  
 5 A - bide with us, that so, this life of suf - fering o - ver - past,

1 teach us with thee to mourn our sins, and close by thee to stay.  
 2 O give us strength in thee to fight, in thee to con - quer sin.  
 3 to die to self, and chief - ly live by thy most ho - ly word.  
 4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.  
 5 an Eas - ter of un - end - ing joy we may at - tain at last!

*The Deacon dismisses the people, and the people respond,*

**Thanks be to God.**

Having heard the Gospel and having been fed at communion, the final act of our common worship is the Dismissal. It is not an afterthought, but an integral part of the service. Jesus' final action on earth was to send his followers into the world to make disciples, baptizing and teaching them to obey all he had commanded. And so we are sent out into the world to proclaim the Good News and be Christ's hands and feet on earth.



# Holy Week 2024

*More details to come, but please mark your calendars now for our Holy Week services. We will once again take this journey with our Better Together partners, so note the locations of each!*

## **Sunday, March 24: Palm Sunday**

9:30am at St. Gregory's

## **Thurs, March 28: Maundy Thursday**

6:30pm at St. Gregory's

## **Friday, March 29: Good Friday**

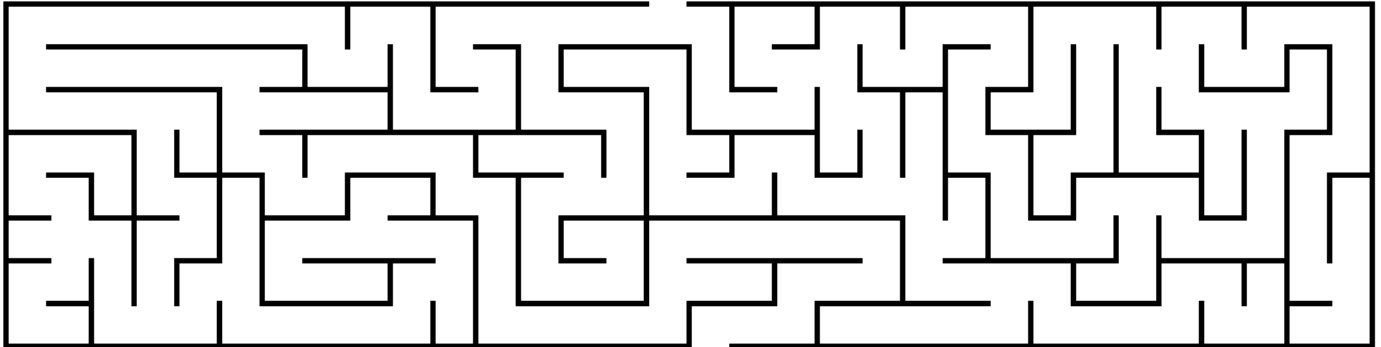
12 noon at St. Lawrence in Libertyville | 7pm at Trinity in Highland Park

## **Saturday, March 30: Easter Vigil**

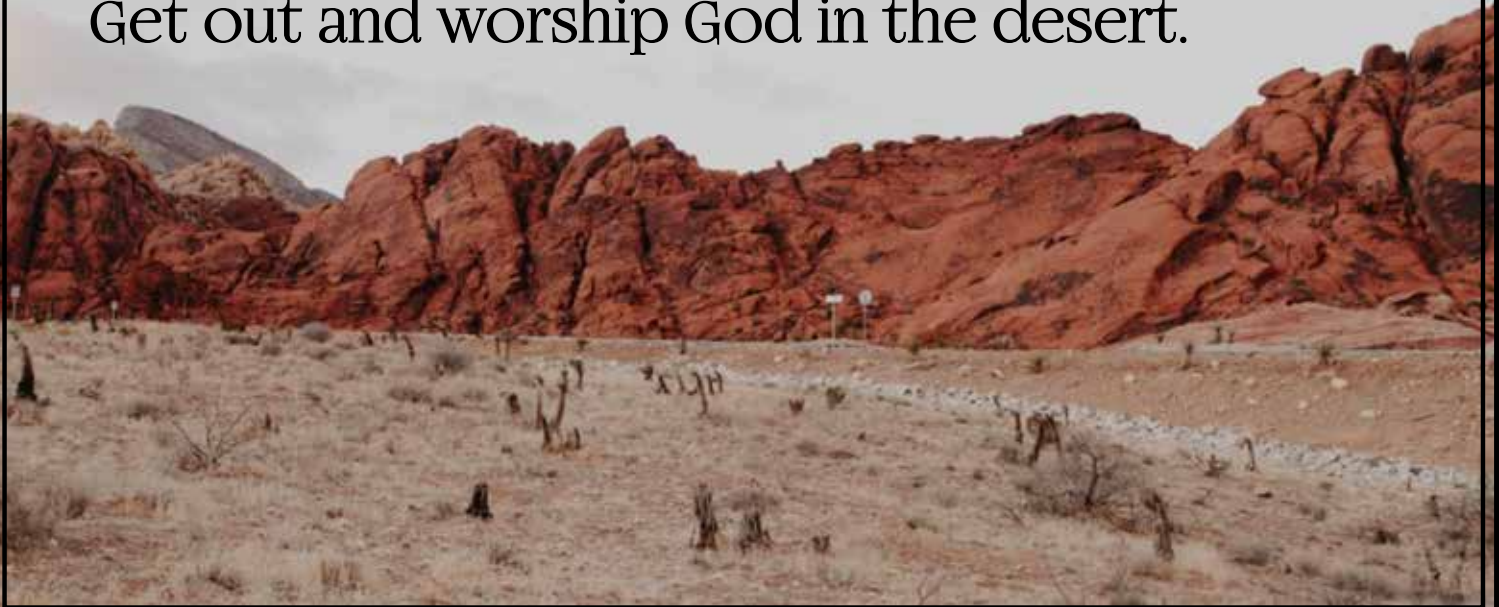
7pm at St. Lawrence in Libertyville

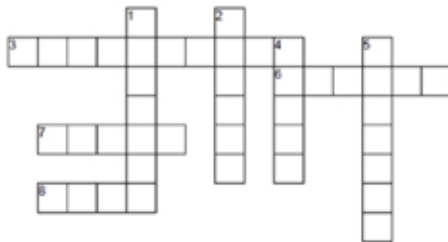
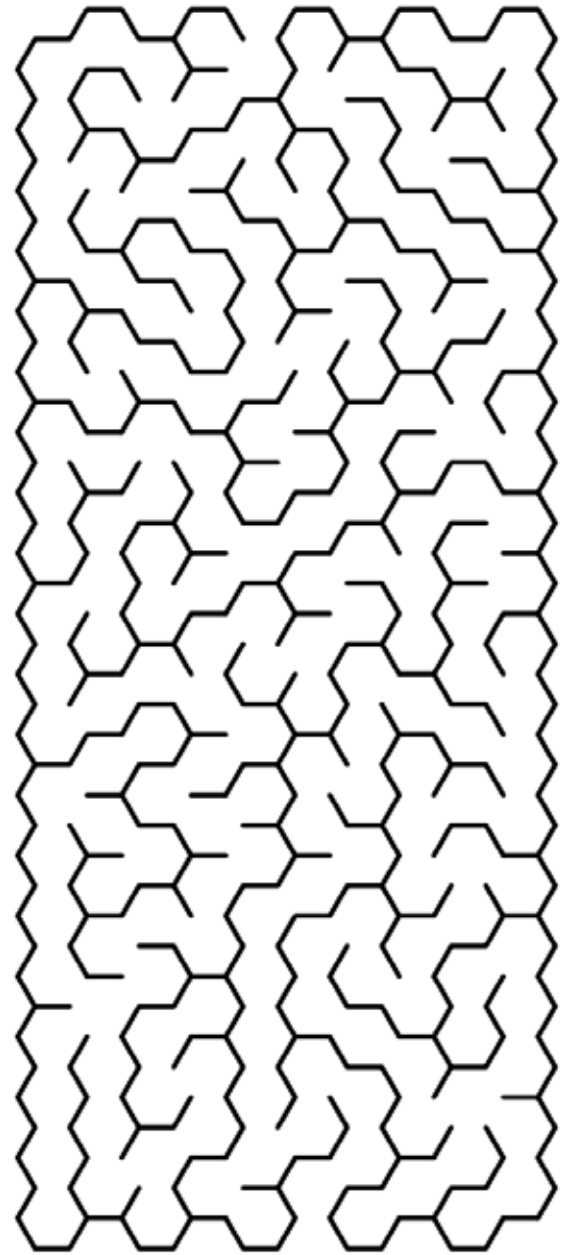
## **Sunday, March 31: Easter Sunday**

9:30am at St. Gregory's



Get out and worship God in the desert.





HORIZONTAL

- 3. A deserted area
- 6. Heavenly beings that protected Jesus in the wilderness.
- 7. The number that is ten more than thirty.
- 8. The opposite of bad.

VERTICAL

- 1. Encouraged someone to do something even though it was wrong.
- 2. To turn away from sin.
- 4. The fallen angel who tempts someone to do wrong.
- 5. To accept something to be true.

U M F G T V N I W R Z D Z K S  
 L T E M P T E D K T E T A S N  
 S A T A N W Z A A O N P E Y U  
 C O G T N Y U N Q E Y N E G S  
 O I O L V Q N I S N R C F N Q  
 M N O J A F D M D E Y C D O T  
 E N D V A K E A D N O V F S S  
 I Z E O B V N L O D U X W Q H  
 F L R N E O I S F O R T Y K D  
 Q O V I Q W C L L I A I S L B  
 S H L J M I O F L D P L I P U  
 I E G R W N U Y V A E W G U C  
 B E M I N E W S B G C P E N V  
 S E P H T I M E N V X W M B K  
 V B T N K L P A Y O B M A L M

WILDERNESS	REPENT	GOOD	BELIEVE	TEMPTED	SATAN	COME	REPENT	WILDERNESS
FORTY	SATAN	ANGELS	TEMPTED	NEWS	BELIEVE	TIME	FORTY	ANGELS
				ANIMALS	DAYS	SENT	GOOD	WILD



# Fat Sunday at StGs!

Thanks to everyone who made our extraordinary Fat Sunday celebration possible! Our children and youth, along with the Task Force (and friends!) put on a phenomenal pancake brunch that was absolutely delicious and enjoyed by everyone!



Special congrats to Adrienne, who found the baby Jesus in her King Cake!

Pastor Dan and Cissy Singleton administered ashes bright and early on the corner of Wilmot & Deerfield on Ash Wednesday!





How we practice our faith through Lent has a tremendous difference on our experience of the joy of Christ's resurrection at Easter. Ask God in prayer to guide you to the practices that will be most transformative for you this season. Whether it is fasting from food, altering your use of technology, participating more fully in worship and/or study, or taking on another practice... be intentional.

# LENT

at st. gregory's

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## COMMON CRISES



### A Spiritual-Growth Experience in Lent | Every Sunday

Join Pastor Dan on a five-week journey through the Book of Common Prayer to see how this treasury of spirituality can be used to face the most common, most challenging aspects of our daily lives. Join us onsite after the Sunday morning service in Founder's Hall, or at 4pm Sunday afternoons on Zoom.

<b>Sun, Feb 18</b>	<b>Loneliness</b>	Sun, Mar 10	The Body's Betrayals
Sun, Feb 25	Conflict & Guilt	Sun, Mar 17	Helplessness & the Future
Sun, Mar 3	Money and Debt		

### Stations of the Cross | Most Wednesdays in Lent

Join Pastor Dan Wednesdays in Lent at 7pm for Stations of the Cross, starting Feb 21. Stations of the Cross is 14-step devotional of walking Jesus' last steps to the cross. This story is core to our faith, and in its complex mysteries we find both heartbreak and beauty. We'll pray a different version of the Stations each week. Participate onsite or online. No Stations on Wed Mar 6 - come to Trinity's Stations on the 8th instead!



### Better Together Confirmation: Loss & Grief | Sat, Feb 24 & Sun, Feb 25

St. Lawrence and Grace Lutheran are hosting a weekend of education and exploration around the topics of loss and grief, facilitated by Jessica Field, MPS, Spiritual Wellness Coach. Whether or not you're currently involved with Confirmation, EVERYONE is invited to attend. Childcare will be available during the Saturday workshops at Grace Lutheran (501 Valley Park Dr, Libertyville). **Sign up via the QR codes by TOMORROW!**

**Saturday, Feb 24: 10-11:30am Adult Session** (*childcare available*) We will discuss all types of loss, you will learn about the different names for grief and how they manifest, you will be given a chance to explore your relationship with grief, understand accompanying emotions, get insight into how to live with grief, and you will learn how to help your grieving child.

**Saturday, Feb 24: 4:30-6pm Kids & Youth Session** (*parents welcome, dinner at 6pm*) In this hands-on and playful session, kids and teens will be able to express and better understand their emotions, learn about losses and normalize grief, have a spiritual reflection that touches on hope and love, and participate in an art project that illustrates how our shattered hearts can come together to make something beautiful.

**Sunday, Feb 25: 4:30-5:30pm Prayer Stations** (*parents welcome, dinner at 6pm*) A contemplative place for the whole community to use art, music, and the senses to express prayers creatively. Rotate around the stations as you feel moved, or stay at one station. We will close as a community at one hour's time.



### Second Annual Better Together Fish Fry | March 8

Last year's first ever Better Together Fish Fry was such a resounding success that we're doing it again! You won't want to miss it. Join our partner congregations at 6pm at Trinity (425 Laurel Ave in Highland Park) for Stations of the Cross, followed by a delicious fish fry at 7pm.