

The Evangelion



Inside this issue:

From the Rector's Study	1
Altar/Flower Guild	2
Saint of the Month	3
Vestry Minutes	4
Music Director Notes	5
Birthdays/Anniversaries	6
Around the Parish	7
Mass for St. Charles	
Liturgies for Candlemas	
Instructed Holy Eucharist	
Shrove Tuesday	
Ash Wednesday	
New Vestry	
Parish Lenten Book	
Midweek Lenten Study	
Instructed Holy Eucharist	
Prayer List	9
Spiritual Reflection	10
Parish Recipes	11

From the Rector's Study

"Lent: The Season of Bright Sadness"

Lent has been memorably called the "Season of Bright Sadness" by the great Orthodox theologian Fr. Alexander Schmemmann. Yes, the violet hues that seem to darken our church—and perhaps our mood—are a sure sign that Lent is closing in. Repent! Be sorry! But how can there be brightness in this sadness? Are we not sorrowing over our sins, both the things that we have done and those left undone? Are we not practicing rather unpleasant introspection? If we characterize it in the negative like this, Lent, with its emphasis on penitence and its solemn customs can feel like a necessary evil before the glorious rapture of Easter. Is not the latter the time of brightness—the radiance of Christ arisen?

We can avoid this dichotomy if we recast the spirit of Lent in the positive. Because we tend to focus on discarding habitual sins and abstaining from foods, we make Lent about what we "give up" when it should be about what we gain. Confronting sin and fasting are not ends in themselves but means to an end. For example, if one of us celebrates that he managed to endure his chocolate deprivation for 40 days, but made no connection with his spiritual life, what has he profited? Sadly, nothing. The point of Lent is not a mild experiment in will-power or even frugality, but gaining a deeper communion with God. In this sense, Lent is bright, for we are allowing God's grace to release us from our vices and obstacles to know Him in a deeper and more uninhibited way. If that is not a movement from darkness to the light of Christ, I don't know what else is—this is *conversion*. As I even mentioned last year in my article about Shrovetide, the traditional purpose for abstaining—being "shriven"—from certain foods during Lent is to receive them again with greater appreciation and celebration in the recipes of Paschal festivity:



Our English custom of eating pancakes was undoubtedly suggested by the need of using up the eggs and fat which were, originally at least, prohibited articles of diet during the forty days of Lent. The same prohibition is, of course, mainly responsible for the association of eggs with the Easter festival at the other end of Lent, such as in painted eggs used for scavenger hunts and Easter Sunday foods reliant on eggs as a primary ingredient, like Simnel cake and Yorkshire pudding.

A Thought for February

A goal well determined
 is
 halfway reached.

Regular Service Times

Sunday:

Morning Prayer at 9:00 am
 Adult Forum at 9:30 am
 Sung Mass at 10:30 am

Tuesday:

Morning Prayer at 8:30 am

Wednesday:

Evening Prayer at 6:30 pm

Thursday:

Said Mass at 11:30 am

(continued on p.2)

(continued from p.1 "The Rector's Study")

Of course, this material *abstinence* that gives way to *abundance* is symbolic—sacramental. It represents our spiritual discipline of alleviating ourselves from the influence of sin through repentance and amendment of life in order to rejoice in the liberty of godliness and reconciliation with the Lord whom we emulate.

Most importantly, with this positive approach to Lent as "bright sadness," we are enabled to identify with Christ's own example of denying self to gain God. Let's think about it. Did Jesus fast those 40 days in the wilderness as a test of bodily stamina? No, but to achieve a new closeness with His Heavenly Father. With Satan's temptation coming, He would need all the confidence in His Father's love and power. And when the Devil could not lure or break Him, Jesus' fast became proof positive that abandoning self to God's care is the sure way to success, spiritually and vocationally. As Christians, like Him, we can only win when we sacrifice reliance on self and entrust ourselves to God and His perfect will. Like Christ in the desert, God wants to see if we'd rather choose the easy temptations of the world, the flesh, and the Devil, or carry the cross of discipleship. What peace we can learn during Lent by depending upon God instead of the alternatives! We may sorrow over what we must let go—or over what must let go of us—but the joy of new life awaits. Is this not one of the promises of Easter? How much "brighter" every Easter could be if we would just start letting in God's light during Lent?

Let us all at St. Luke make this Lent about gaining, not giving up. If we make this season something positive, not only we, but others stand to gain. Moreover, I would suggest purposing in Shrovetide to abstain from something very specific during Lent to assist you with that process of mortification from sin and amendment. Set a specific goal in this regard, that you may find this upcoming Lent a cleansing experience. Christians strive...to sanctify. As St. Paul wrote to the Colossians: *"Mortify therefore your members which are upon the earth...seeing that ye have put off the old man with his deeds; and have put on the new man, which is renewed in knowledge after the image of him that created him...Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering...And above all these things put on charity, which is the bond of perfectness."* However the Holy Spirit directs, let us each keep Lent "bright" through Christ-likeness: holiness and charity.

Altar and Flower Guild

The altar flower signup sheets for February, April, and May are posted on the bulletin board in the parish hall. Remember that any additional donations collected this year that push the Flower Fund over \$1000 will be transferred to the Altar Guild Fund to aid the purchase of new altar supplies.

The Guild also requests consideration from anyone who might be interested in donating toward a new Paschal Candle that is desperately needed as Easter approaches in the first week of April. A suitable new candle ranges from \$140 - \$170. Thank you.



St. Luke is sad to report the passing of Mrs. Ashley Myers, granddaughter of Mrs. Frances Martin and daughter of Mr. Rufus and Mrs. Faith (nee Martin) Haymans. Ashley died on January 10 at the young age of thirty-one and was laid to rest in Westover Memorial Park on January 19.

*Saint of the Month***St. Gilbert of Sempringham (February 4)**

St. Gilbert, the founder of the Gilbertine Order, was the only Englishman to found a conventual order; and the Gilbertines remain the only completely English religious order in the nation's history.

Gilbert was born in Sempringham, in Lincolnshire, England, around 1085, into a wealthy Norman family; but he followed a path quite different from that expected of him as the son of a knight in King William II's service. Due in part, perhaps, to some physical disability, his father sent him to the University of Paris to pursue seminary studies in the hope of an ecclesiastical career.

He returned to England in 1120 and served for ten years as clerk to the Bishop of Lincoln, while also



starting a primary school for boys and girls. Not long after being ordained a priest, Gilbert's father died; and he inherited his Sempringham estate. But, instead of enjoying an easy life as lord of the manor, Gilbert used his family's property and wealth to make preparations for the founding of his new order. Once becoming the parish priest at St. Andrew's Church in Sempringham, he met seven young women who had expressed to him their desire to live in religious life. In response, Gilbert had a cloister built for them adjacent to the Church. There they lived an austere life, but one which attracted ever more numbers; eventually lay sisters and lay brothers were added to work the land. The religious order grew into a chain of twenty-six convents, monasteries, and missions throughout Lincolnshire, which Gilbert hoped might be enough for the Cistercians or another existing order would take on the responsibility of establishing a rule of life for the new order. However, after his request to the Abbott of Citeaux was declined, his order adopted the name "Gilbertines" of canons regular (men) and nuns (women).

Over the years a special custom grew up in the houses of the order called "the plate of the Lord Jesus," whereby the best portions of the dinner were put on a special plate and shared with the poor,

reflecting Gilbert's lifelong concern for less fortunate people. Gilbert resigned his office late in life because of blindness and died at Sempringham in about 1190 at the claimed age of 106. He was canonized only twelve years later.

The Gilbertines, continued to prosper throughout the Middle Ages, until the order came to an end in the 1530s when King Henry VIII suppressed them, along with all religious orders, in the Dissolution of the Monasteries. However, in honor of nine hundredth anniversary of his birth, a group of lay persons founded the Oblates of St. Gilbert in 1983 to revive the spirit and work of the Gilbertine Order. They remain active this day in Leicestershire.

Vestry Minutes

St. Luke Anglian Church
Zoom Vestry Minutes, December 6, 2020 ~ 7:00 p.m.

Meeting Facilitator(s): Fr. Daniel S. Trout and Joseph McRoy. Opening Prayer by Fr. Trout.

Those present were: Fr. Daniel Trout, Senior Warden Joseph McRoy, Junior Warden Barbara [Zmijewski](#), Treasurer Rebecca Blair, Barbara Cope, Sam Nechtman and Beverly Roberts. Absent: Karen Elmy. Visitor: Sue Rule.

Approval of Minutes from November 8. Joe McRoy moved and Barbara Zmijewski seconded to approve the minutes as distributed. The motion carried.

Approval of Financial Report.

a. QuickBooks Software Upgrade. Treasurer Rebecca Blair reported that the use of the new software is working well and is time saving. She stated \$454.00 was spent on the QuickBooks software upgrade. She reported that Sue Rule is very helpful with data entry, and the office has purchased a big shredder to help with confidentiality.

b. Report of Budget Committee. Treasurer Rebecca Blair reported on the Budget Committee, consisting of Fr. Trout, Rebecca Blair, Barbara Zmijewski, Wayne Buckley and Roberta Hannibal; and their meeting on December 4, 2020, to develop the budget for the new year. She presented the proposed budget for 2021 with an expected income of \$64,906.00 and expenses totaling \$97,038. Father Trout requested the inventory be brought up to date by January 1; and he stated he has a picture of each item in the inventory, but that too needs updating. It was stated the insurance agent should be notified. The Budget Committee was thanked by Father, and this committee will meet regularly throughout the year.

Rector's Report.

a. Prior/Ongoing. Father Trout said that Thanksgiving Eve Service and Wreath Making Seminar were good, and Kirkin' O' the Tartan was enjoyed as was the meal. He asked all to keep the Martins in their prayers.

b. Upcoming. Father stated the Blessing of the Naomi Williams' Memorial Chapel will be on December 8 at 6:30 p.m., and a recording of the blessing will be sent to Naomi's family. He said that the \$2,000 in the Memorial Fund will be ample to pay for the framing of the new St. Luke portrait for the sanctuary. In addition, the Advent Lessons and Carols will be December 20 at 4 p.m.; and the Christmas Eve services will be at 4 p.m. and 11 p.m. Father said St. Luke maybe the only church doing this. He encouraged everyone to invite their families and friends.

Junior Warden Report.

a. Maintenance Updates. Barbara Zmijewski reported the door knob has been replaced; she had a bid for the new mower; and Joe has a bid to check on. Joe McRoy stated the sound system will be an up-to-date organ system with control settings and stops, a balance of the sound in the sanctuary, and the use of surround sound. There was discussion about a microphone at the podium.

b. Parish Workday. The next parish workday will be the Saturday before Christmas.

Old Business.

a. New Faithlife site and update on old WordPress site. Joe McRoy reported St. Luke's website is up and running on Faithlife, and the old web site address is going to Faithlife. On Monday, St. Luke will start online giving. The parish calendar is already on Faithlife and can be easily updated. He said more people should get involved, because we can have up to 150 people involved at the same time. St. Luke will be archiving to YouTube.

b. New Church Directory. Fr. Trout said the new church directory will be 8½ x 5¼ and will be available on Faithlife.

c. New Riding Lawn Mower. Discussed in IV a.

d. Security Cameras for the Church. Eight Wyze cameras have been approved and will be purchased from Amazon at \$25.98 each. They will be installed by the end of the month; each camera runs individually and can be check with a cell phone. Thanks to Carl Nechtman for the donation for this purchase.

New Business.

a. REMINDER Annual Parish meeting on December 13. Father reminded the vestry that the second Sunday in December is the annual parish meeting and potluck meal.

Music Director Notes

Dear friends, allow me to share with you this month a piece written by a colleague of mine, Mr. Jonathan Aigner.

Aslan is not a Tame Lion: The Serious Mistake of Casual Worship

As a professional Christian musician, I don't get many Sundays off. In fact, I tend to take fewer off than I am allowed, since I enjoy my work immensely and am not traveling much these days. But a couple weeks ago I was in Boston on a Sunday morning, and following the recommendation of a few friends, found my way to The Church of the Advent, an Episcopal parish serving Boston's Beacon Hill neighborhood since 1844. Worship at Advent differs from common liturgical practice in most contemporary American churches, to say the least. It is exceedingly beautiful, sublime even, evoking a sense of transcendence that seems strikingly out of place, even in one of the most historic cities in the country. Continuity and communion with the universal Church is palpable. From their website:

"The Church of the Advent was born in 1844 from the inspiration of a group of Bostonians who desired to establish a new parish that would put into practice the ideals of the then-11-year-old Oxford Movement, which was attracting attention, converts, and controversy in England. The Oxford Movement called upon the Church of England to return to its historic roots in the undivided Catholic Church, including a restoration of liturgical practices which had fallen so far out of use that Anglican worship at the time looked little different from that of a Congregationalist church."

One of the things I find most disturbing about contemporary Christian worship is that we go about it like the Divine is completely familiar and pedestrian. And in many cases, this is by design. The leaders of the seeker movement have been screaming for years that worship should be a come-as-you-are jam session built around the pop preferences and entertainment appetites of the surrounding community. I even have a colleague who explicitly states that church should be a "fun time for the whole family". The buildings look more like modern movie theaters, the faux-liturgy an extemporaneous and ad hoc list of assurances that God can fit nicely into your life, and the overarching sensibility is one of customer service.



That's what most mega-churches are, frankly: Corporations achieving varying levels of success by peddling fun experiences that are more entertaining than any others within commuting distance. Worship is the ultimate "fun experience" at these places, the musicians and speakers the headliners in a quasi-holy bait-and-switch scheme that secures your

butts in their padded, stadium-style seats by promising you the best Jesus that money can buy.

But that's simply not worship.

On Advent's website is their Liturgical Customary, a long document describing the movements in the historical drama that are played out in their rich liturgical worship. After reading through entry after entry on liturgical posture, and possibly pausing just long enough to practice my own genuflecting in the mirror, I was bowled over by a concluding paragraph:

"While the foregoing may seem excessively fussy, particularly in an age when manners are out of fashion and seminaries are apparently intent on turning the Mass into a rock-'n'-roll show, remember that Divine Service is not a casual activity. The Lord's Supper is a heavenly banquet, not a drive-thru lunch from a fast food shop. Lack of attention to deportment at Mass is as inappropriate as wearing torn jeans to a formal dinner. Sloppiness of appearance, movement, or behaviour will not show forth 'the beauty of holiness and the holiness of beauty,' which is what we seek to present."

After countless readings and re-readings of this paragraph, all with bated breath, I finally exhaled deeply with a series of questions:

- Why aren't we all approaching worship with reverence, seriousness, and sobriety?
- Why are we trying to make worship accessible to those who don't care about it anyway?
- What's wrong with us that we think we should get to have worship made in our own image?
- Why are we so offended by the beauty of holiness?

(continued on p.6)

(continued from p.4 "December Vestry Minutes")

b. Report of the Bylaws Committee. Father Trout suggested five adjustments be made to the present bylaws. The Committee will consist of Fr. Trout, Joe McRoy, and Steven Unikewicz. Then, when the bylaws are completed, they will be distributed to the parishioners; and voting will take place three Sundays thereafter.

c. Nominating Committee. Sam Nechtman reported there are five positions on the Vestry to be filled, and there are five candidates.

d. Reminder: Rector's and Senior Warden's Report. Father Trout reminded the Vestry that there are reports to be made next week at the Parish Annual Meeting. He asked Joe to speak on Faithlife.

e. Including quarantining parishioners virtually at the Annual Meeting. Joe McRoy led a discussion about the voting and precautions needed to be taken at the Annual Parish meeting. There will be ZOOM capabilities for those who cannot attend.

f. Next Vestry meeting. The next Vestry meeting will be on January 10.

Adjournment. The motion was made by Father Trout and seconded by Joe to adjourn the meeting at 9:17 p.m.

Beverly A. Roberts, Recording Secretary, Pro-tem

(continued from p.5 "Music Director Notes")

I'm not advocating a lengthy list of prescriptions, only that we begin to look in the mirror and see what we've become. I think it's clear that church worship cannot look like a rock concert and retain the beauty of holiness. But more subtly, the psycho-therapeutic architecture of most American Protestant and Evangelical worship cannot reflect it either, because God alone is perfect and holy. Whenever we learn to admit this, we might begin to recover hints of the "otherness" in worship, in which the rule of prayer, not the rule of pop culture, is allowed to govern our worship, and therefore our collective belief.

Ultimately, I have no answers for these questions other than our god is too familiar and our "worship design" alarmingly narcissistic. I fear we aren't just guilty of domesticating the one true God, itself a grave error. In our petulant insistence on me-worship, we have shown where our ultimate allegiance lies and crowned ourselves lord of all. More terrifying still is my suspicion that most of the church doesn't even recognize what we've done.

We are on the Web!

<http://stlukeaugusta.com/>

Follow us on Twitter! @StLukeACC

Join us on Facebook:

www.facebook.com/stlukeaugusta/

Birthdays/Anniversaries

2-4 Carolyn Nechtman (Sam)
 2-6 Carolyn and Carl Nechtman
 2-11 Paul Hegner
 2-12 Linda Guthrie
 2-14 Paula and Gary Hegner
 2-17 Esther Wairimu and Bishop Ndegwa
 2-21 Ann Brinson
 2-23 Robert Elliott
 2-23 Lucy Whitehorne



Around the Parish

Mass for St. Charles the Martyr and SKCM Luncheon

On Saturday, January 30, St. Luke celebrated a Sung Mass for St. Charles Stuart, Anglicanism's martyr king. Fr. Trout and Lance Davis led a beautiful liturgy, starting with a visit to the Lady Chapel where a new icon for St. Charles was blessed. The rest of the service was conducted following the 1549 BCP Rite of Holy Communion in the parish's new ACC Missal, to the tune of the original John Merbecke mass setting that King Charles and his contemporaries would have used in the 1640s. Lance added a selection of stirring hymns in honor of St. Charles, and concluded the mass with the favorite English hymn "Jerusalem" by Hubert Parry.



After the liturgy, Fr. Trout treated everyone to a luncheon of traditional British foods while Lance introduced the Society of Kings Charles the Martyr (SKCM), the oldest Anglo-Catholic society in the world founded in 1894. St. Luke hopes to start a new regional chapter of the society at the parish, and to hold monthly meetings and devotional exercises. Information is still available in the parish hall and on Faithlife about membership.

Announcement: Liturgies for Candlemas

This year, St. Luke will celebrate the Presentation of the Christ in the Temple (AKA the Purification of Saint Mary the Virgin, or Candlemas) with two liturgies: **a Sung Mattins (Morning Prayer) at 8:30 a.m. and a Sung Mass at 6:30 p.m.** This feast day, 40 days after Christmas, celebrates Jesus' dedication in the temple after His Blessed Mother's prescribed days of purification according to the old Jewish law.

Candlemas celebrates this momentous occasion recorded in St. Luke 1, and takes the theme of *"a light to lighten the Gentiles, and to be the glory of thy people Israel"* to bless all of the church's candles for liturgical use during the year.

New for this year, special "Candlemas Candles" will be distributed at the conclusion of the blessing and are encouraged to be taken to one's house for private use during prayer. This ancient custom is observed to help the whole parish nurture the spiritual connection between our continuous liturgy shared by both church and home.



Announcement: Instructed Holy Eucharist

On Sexagesima Sunday (February 7) St. Luke will celebrated its annual "Instructed Eucharist," a special educational service to illuminate the overall shape of our Anglican Holy Communion and some of its liturgical and sacramental symbolism. If you would like to read the commentary written by Fr. Trout as it is read during the service, please visit the parish website and download it from the "Resources" section on the Catechesis page.

Announcement: Shrove Tuesday Pancake Supper



(continued on p.8)

(continued from p.7 "Around the Parish")

Ash Wednesday & Lenten Services

On **February 17 at 10:00 a.m. and 6:30 p.m.**, St. Luke will observe Ash Wednesday with two Penitential Masses and the Imposition of Ashes. All are encouraged to attend one of these services to properly begin the Lenten season as a parish community. There will be no regular midweek Evening Prayer or Supper & Study on this day. Stations of the Cross will begin on



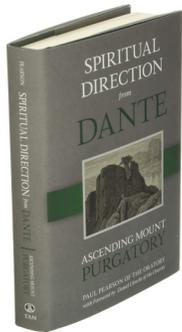
New Vestry & Officers

Fr. Trout and Joe McRoy (who will remain Senior Warden for 2021) would like to welcome the following persons to (or *back to*) St. Luke's vestry:

Mrs. Barbara Zmijewski (2021 – 2023) *Junior Warden*
 Mrs. Barbara Cope (2021 – 2023)
 Ms. Lucy Whitehorne (2021 – 2022)
 Mrs. Rebecca Blair (2021) *Treasurer*
 Mrs. Roberta Hannibal (2021) *Secretary*

Barbara Cope has also accepted the post of part-time Parish Nurse, and she will keep "office hours" in the parish hall on Thursdays from 10:00 a.m. – 2:00 p.m. for anyone needing medical consultation. Dr. Beverly Roberts, who served on the vestry last year, will continue as the Editor of St. Luke's *Evangelion* parish newsletter.

Parish Lenten Reading Book



Fr. Trout has selected "Spiritual Direction From Dante: Ascending Mount Purgatory" by Fr. Paul Pearson as our 2021 Parish Lenten Reading. This book of Oratorian spiritual direction is based on the *Purgatorio*, the middle volume of the medieval masterpiece "The Divine Comedy" by Dante Alighieri. Although the original poem is a favorite of Father and the late Naomi Williams, proficiency in Dante is not necessary to benefit from Pearson's book! It is profound, but easy-to-understand—work that anyone desiring true Christian conversion can appreciate. Copies are available on Amazon in print or for Kindle (including devices with the free Kindle app). An extra parish copy will be retained for use in the library.

Midweek Lenten Study

The 2021 Midweek Lenten Study will be "The Person & Activity of the Holy Spirit in Liturgy and Spirituality," facilitated by Fr. Trout **on Wednesdays, following the 6:30 p.m. Evensong**. No book purchase is necessary, but lesson outlines will be posted on Faithlife and emailed prior to each session. Each session will also be broadcasted from the parish hall for anyone who cannot attend in person. This study will be five-week **program from February 24 – March 24**. Please see Father with questions.

(continued on p.9)

*(continued from p.8 "Around the Parish")***Announcement: Instructed Holy Eucharist**

On the feast of St. Matthias (Wednesday, February 24), St. Luke will celebrate its annual "Instructed Eucharist" in the 6:30 p.m. timeslot prior to the first session of the Lenten Study and supper. The Instructed Eucharist is a special educational service to illuminate the overall shape of our Anglican Holy Communion and some of its liturgical and sacramental symbolism. If you would like to read the commentary written by Fr. Trout as it is read during the service, please visit the parish website and download it from the "Resources" section on the Catechesis page. 2021 confirmans and new parishioners are especially encouraged to attend this unique liturgy or to participate virtually via the livestream.

Prayer List

Denison family, Martin, Haymans & Myers families, Laura, Cam, Brody, Jim, Levine, Gerald, Lillian, Jeff, Julia, Lynn, Benita, Leslie, William, Ernie, Ruth, Kristi, Charles, Preacher, John, Amy, Lamar, Wanda, Katy, Penny, Hope, Marsha, Maria, Stephanie, Wendy, Becky, Norah, Kevin, Elizabeth, Emma, Michael, Robin, Ronnie, Michi, Grace, Todd, Tina, Bryan, Jacquie, Lecia, Tom, Beverly, Stewart, Joyce, Teresa, Kathy, Victory, Abigail, Diann, Gentry & child

*Parish Recipes***Grits Casserole by Sandra McKinney**

2 lbs. sausage (optional)
 1 cup grits, cooked
 1/2 stick butter
 2 cups sharp cheddar cheese
 5 eggs
 1 1/2 cups milk
 2 tsp. salt and pepper

Brown sausage and crumble into greased casserole dish.
 Cook grits according to package directions, cook until stiff.
 Add butter and cheese to grits.
 Beat eggs, milk, salt and pepper together.
 Add to slightly cool grits mixture, pour over sausage.
 Bake 350 for 1 hour.



Spiritual Reflection

During Lent, which this year will begin on February 17 and will end on Thursday April 1, we as Anglicans concentrate on THREE main disciplines: Fasting & Abstinence, Prayer & Devotion, and Works of Mercy. Let's just remember what each of these entails:

Fasting and Abstinence

"Turn ye even to me with all your heart, and with fasting, with weeping, and with mourning."

Fasting means going without food or less food for a period of time (like omitting a meal or just eating small ones), while **abstinence** means the entire renunciation of a particular food throughout the duration, usually meat or animal products, soda & alcohol, fatty junk food, or candy & desserts. Our Book of Common Prayer (page li) instructs to fast and abstain during all 40 days of Lent (minus Sundays).

Why do this? To teach dependence on God alone, as Christ did in the wilderness: learn detachment from bodily needs and wants and encourage reliance on prayer, Scripture, and meditation. Fasting/abstinence teaches us to impede the pleasures of our sinful nature. As we deny the body the chance for indulgence, we also deny our sinful nature the chance to succumb to temptation.

Prayer and Devotion

"Continue...in the apostles' doctrine and fellowship, in breaking of bread, and in prayers."

Lent is not just about self-denial, but increasing our spiritual attention—especially our desire to love God and spend more time in our relationship with Him. **Devotion** describes our commitment, which may be expressed in **prayer**, contemplation, or an extraordinary act of piety. Good suggestions attending Lenten services like Thursday Mass and Stations of the Cross, saying Morning and Evening Prayer (or, at least, doing the readings from the Lectionary), or just visiting the church to pray quietly before Christ in the tabernacle on the altar.

Why do this? Because becoming more devout uses our time once filled with pleasure to celebrate our communion with Christ. Acts of devotion help us to be free of things with only passing value, and focus on holy things of eternal value.

Works of Mercy

"A good man is merciful and lendeth...he hath dispersed abroad and given to the poor."

Performing a few of the corporal or spiritual **works of mercy**, especially when done with fasting, means sacrificing something we enjoy and sharing with someone else, instead. Showing mercy encourages us to go out of our way to show kindness and generosity to others—being a blessing to someone else, not being self-indulgent!

The most common works of mercy include: feeding the hungry, giving drink to the thirsty, clothing the naked, sheltering the homeless, visiting the sick and the imprisoned, and burying the dead. If you can't personally do one of these actions, then help support those who can!

Why do this? To learn the compassion of Christ by focusing less on our needs (and general selfishness) while we try to meet the needs of others.