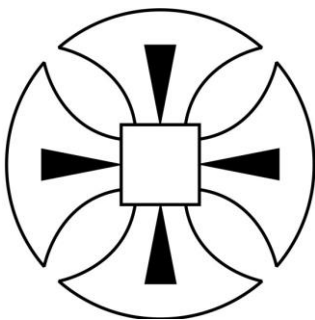


# *Lent at Saint Mark's 2023*



*Ash Wednesday  
February 22*

*Palm Sunday  
April 2  
Services – 8 & 10:30 am*

*Easter Sunday  
April 9  
Services – 9 & 11 am*

Lent is a time of preparation for Easter. For more than 1,000 years Christians have spent the six weeks before Easter in special study, prayer and fasting in order to be prepared for the most holy day of the Church Year – Easter Day.

*Ash Wednesday*

*Ash Wednesday is a day on which we focus on repentance, on the ways that we have fallen short of what God has asked of us. It marks a day for us to turn back to God and recommit ourselves to following God.*

*This is the Litany of Penitence from the Episcopal Book of Common Prayer – it serves as a prayer of confession and repentance to mark the beginning of Lent.*

Most holy and merciful Father: I confess to you and to the whole communion of saints in heaven and on earth, that I have sinned by my own fault in thought, word, and deed; by what I have done, and by what I have left undone.

I have not loved you with our whole heart, and mind, and strength. I have not loved my neighbors as myself. I have not forgiven others, as I have been forgiven. Have mercy on me, Lord.

I have been deaf to your call to serve, as Christ served me. I have not been true to the mind of Christ. I have grieved your Holy Spirit. Have mercy on me, Lord.

I confess to you, Lord, all my past unfaithfulness: the pride, hypocrisy, and impatience of my life.

My self-indulgent appetites and ways, and my exploitation of other people,

My anger at my own frustration, and our envy of those more fortunate than myself

My intemperate love of worldly goods and comforts, and my dishonesty in daily life and work,

My negligence in prayer and worship, and my failure to commend the faith that is in me

Accept my repentance, Lord, for the wrongs I have done: for my blindness to human need and suffering, and my indifference to injustice and cruelty,

Accept my repentance, Lord, for all false judgments, for uncharitable thoughts toward my neighbors, and for my prejudice and contempt toward those who differ from me,

Accept my repentance, Lord, for my waste and pollution of your creation, and my lack of concern for those who come after me,

Restore me, good Lord, and let your anger depart from me; Favorably hear me, for your mercy is great.

Accomplish in me the work of your salvation, that I may show forth your glory in the world.

By the cross and passion of your Son our Lord, bring me with all your saints to the joy of his resurrection.

I beseech you to grant me true repentance and your Holy Spirit, that those things may please you which I do on this day, and that the rest of my life hereafter may be pure and holy, so that at the last I may come to your eternal joy; through Jesus Christ our Lord. *Amen.*

### *Giving Something Up*

Giving something up for Lent is a traditional type of fast. People usually pick something that is an extra and give it up for the 40 days of Lent.

Often giving up an extra is accompanied by giving the money that would have been spent on that item to charity.

Sundays are feast days and not part of the season of Lent so many people do not fast on Sunday.

Some common things that people give up are: chocolate, ice cream, red meat, alcohol and eating out.

*May God Bless You Through Lent.*

*You can find out more about Saint Mark's Lent Activities & join our Sunday morning worship via livestream on our website.  
Saintmarkscolumbus.org*

### ***Upcoming Events***

#### ***Quiet Morning – Saturday March 4***

*We will gather at 9 am for Morning Prayer and have several reflections through the morning with spaces for quiet reflection and prayer between.*

*We will close with noonday prayer at 11:30 am.*

#### ***Evensong – Sunday March 5***

*Evensong is a service of sung Evening Prayer. It combines readings from scripture, prayer and music. Evensong will be led by Saint Mark's choir at 4 pm.*