

St. Mary's Episcopal Cathedral

Turn my Heart of Stone into a Heart of Flesh



Lent 2017

What is Lent?

Lent, which comes from the Germanic word for springtime, can be viewed as a spiritual spring-cleaning. The deepest relationship in life is between the soul and God. In giving this primary relationship extra attention for a season, we take spiritual inventory and then clean out those things that hinder our relationship with God and how we serve Jesus and our neighbor.

In these forty days, we take a risk and freshen up our lives, our thoughts and actions. We prayerfully remove stones in our hearts and the unnecessary thoughts in our brains. The spiritual life is not an act of religion played out in the world. Instead, it's an adventure to find new strength on the inside of our most remote places. Lent is voyage into our entire person – body, mind and soul.

It is fitting that this season begins with symbol of repentance: ashes on our foreheads. We will carry stones together these forty days – physical and figurative – in efforts to transfer our excess baggage to God. **Turn my heart of stone into a heart of flesh** (Ezekiel 36:26) is this year's Lenten theme. We observe this season asking for a heart transplant. We offer God our defended, well protected heart and ask for a softer, more tender one. St. Ambrose prayed these words in the 4th century, "*O Lord, take away from me the heart of stone, and give me a heart of flesh, a heart to love and adore thee, a heart to delight in thee, to follow and to enjoy thee, for Christ's sake.*" This will be our repeated prayer during Lent.

Many will fast from certain foods to purge the body and clear the mind. Many will take time for reflection. Many will engage with Scripture, to "correct our course" and gain ancient insight, to be more faithful in becoming our best self. Many take on a new work in an effort to infuse energy into one's rhythm. All of us are on the quest to rediscover that God's goodness and mercy is larger than our worst fears.

Repentance and carry stones for a season is an ancient practice. Irenaeus testifies to pre-Easter fast and ritual in the second century. The number forty, hallowed by the fast of Moses, Elijah, and especially Jesus, probably influenced the later fixed time of 40 days. At the end of Lent, we will be better ready for spring and have a heart of flesh filled with new spiritual strength. We will find ourselves somewhat different from where we started. Easter will be happening in our entire person – body, mind and soul.

Andy+

Adult Formation, Lent 2017

Sundays, 10 am

Martyrs Hall

Why Did Jesus Die?

March 5—the Rev. Andy Andrews

March 12—the Rev. Dr. Jay Earheart-Brown

March 19—the Rev. Elaine Blanchard

March 26—the Rev. Noah Campbell

April 2—the Rev. Canon Chip Davis

Sisters' Chapel

The Three Faces of Abraham

February 28—Imam Nabil Bayakly

March 5—Rabbi Ilan Glazer

March 12—the Rev. John Runkle

St. Patrick's Day

March 19—Robert Campbell, voice of
“Strands of the Celtic Knot” on WEVL

*The Roots of Anglicanism: In The Reign
of Elizabeth I*

March 26 & April 2 —Dr. Ernest Kelly

Lenten Trip Series

March 9-Lynching Sites Project commemorates the 125th Anniversary of the People's Grocery

Meet at Zion Cemetery, 10 am

Gathering at 2nd Congregational, 11 am, 764 Walker Ave

Fellowship afterward at 4 Way Grill, 998 Mississippi Blvd.



March 31-Shiloh

Meet in St. Mary's parking lot at 8:30 am—General Grant and Colonel Lindstrom will be our guides as we make our way to the historic battlefield. The opportunity for a tour this detailed and personal is rare..don't miss it! Cost includes transportation and box lunch. Space is limited so reserve right away:

miranda@stmarysmemphis.org



April 4-Civil Rights Museum walk

Meet in front of the Lorraine Motel at 9 am— This day marks the 49th anniv of Dr. King's assassination. We will tour the Museum then have lunch afterward nearby. Bring \$15 for museum admission and lunch.



Turn My Heart of Stone...

With the beginning of Lent on March 1st with Ash Wednesday, we begin a thought-full time of intentionality as we move into the forty days of Lent. For some, it's a time of letting go of something to help appreciate the true abundance in our lives. For others, it's a time of taking on a particular practice that connects them more deeply to the divine like reading a bit of poetry each day or taking a walk. Whatever it might be, Lent is about "de-cluttering" the stuff and distractions in our lives that keep us occupied but not fed. Because the heart of Lent is about expanding our hearts to become reconnected with the God who loves us.

As a part of this expanding, you are invited to a special practice this season. Beginning the first Sunday in Lent, you will see that the baptismal font will be filled with rocks, rough rocks that have sharp edges and rough sides to them.

There's something solid in a rock. You can hold it in your hand. You can roll it around and trace over its edges. Keep it in your pocket or purse and touch it every now and then. Maybe there's a certain prayer or person who has been on your mind or in your heart, hold your rock as you light and love to the person or situation. Maybe each time you touch the rock, it's a reminder to take three deep breaths as a mini-Sabbath in your day. Maybe the rock is a reminder to smile and give thanks for one of your countless blessings you have to celebrate.

Lent is a beautiful and tender time of journey. And you're invited to share in the journey. It's a guarantee that after these forty days, like those rocks, we will look different than when we'd first begun. Perhaps even some of our rough edges will become a little smoother. Maybe we will be a little gentler with our neighbor and ourselves. It's a guarantee that we will not be the same as when we'd first begun. Guarantee.

Is this a shameless way to get you to come to church during Lent? No doubt! But even more so, this is a simple and beautiful way to see how prayer and community expand our hearts.

We hope you'll join in on this community practice during Lent.

Laura+

Come and let the good times roll for



St Mary's Episcopal Cathedral

5:30 - 7pm, Crypt

\$9 adult, \$5 child, \$25 family max

CONFIRMATION CLASSES COMING TO YOU:

April 23 & 30, May 7, 14, 21

Sister's Chapel, 10 am

Do you have questions about the Episcopal Church?

Is it time for you or one of your family to be confirmed in the Church?

Do you want a safe place to ask 21st century questions about God?

Confirmation and Bishop's Visit:

June 18, 2017

HOLY WEEK AT ST. MARY'S 2017

Come and be transformed with us at St. Mary's ... Children most welcome in these stirring liturgies or in our nursery

Palm Sunday, April 9, 8 and 11 am

Enter Holy Week through prayers, music and ritual reminiscent of the ancient pilgrims in Jerusalem. Palm Branches, a Sicilian donkey, dramatic reading, beauty and tragedy.

Passover Seder, 9:45am, Martyrs Hall

New Orleans Second Line Procession with Donkey & Jeremy Shrader's Hot Memphis Four, 10:45 am, meet in Martyrs Hall courtyard. Kids are welcome to visit donkey as early as 10:30 am. Hot cross buns at hospitality hour to break our Lenten fast, 12:15 pm.

Wednesday in Holy Week, April 12, 8 am

Blues Eucharist & Community Breakfast

Maundy Thursday, April 13, 6:30 pm

Sweet and stark liturgy, commemorating the Last Supper with Eucharist and washing feet. Dramatic conclusion with stripping of the Altar and darkness

Good Friday, April 14, 12 n

Focus is Crucifixion through stirring music, Scripture, prayers and veneration of the cross...can't get to Easter without going through Good Friday...brutal and beautiful reality...Stations of the Cross follow the service

Holy Saturday, April 15

St. Mary's Bunny Trail & Neighborhood Easter Egg Hunt/Block Party, 12 n-1:30 pm

All kids 12 and under are welcome to hop down the bunny trail where we will gather eggs, share Easter treats, and play games in St. Mary's parking lot. We will invite our surrounding neighborhood to join in fun and food.

Easter Vigil, 6:30 pm

Fire, great Scripture readings, beautiful hymns, first Eucharist of Easter 2016 music includes soul-stirring spirituals and festive Easter anthems

Champagne & Chocolate celebration, 7:30p

Easter Sunday, April 16, 8 and 11 am

8 am Eucharist Rite I with hymns

9:00-10:30 am Easter Breakfast in the Crypt, call church office to make reservations

10:30 am Easter Egg Hunt for Children in Martyrs Hall courtyard ; Music Prelude begins in the Nave

11 am Festive Eucharist

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