

Lent@Ascension



Episcopal Church of the Ascension - 311 Washington Street – Frankfort KY 40601 – www.ascensionfrankfort.org



SHROVE TUESDAY PANCAKE SUPPER

February 13: 5:30-7:00 p.m.

Stop by Ascension and bring your appetite for a delicious treat on the last day before Lent begins, provided by the Men's Club. Enjoy some hot flapjacks with all the fixins' – we hope to see you there!



Wednesday, February 14: Services at 7:00 a.m., 12:00 p.m., and 7:00 p.m.

On this day, we humble ourselves, with a day of fasting and penance, in order to embark upon the 40 days of Lent through Worship and Imposition of Ashes offered at each service.



DAILY EVENING PRAYER WITH THE BENEDICTINE CELL

February 15-March 25, 5:00 p.m.

Sunday and Tuesday through Friday

Morning Prayer schedule remains unchanged, Tuesday through Saturday, 9:15 a.m.

W E D N E S D A Y S

February 21 – March 21

ANGLICAN ROSARY AT 12:00 AND HOLY EUCHARIST AT 12:15 P.M.

SUPPER AND STUDY

6:00 - 8:00 PM

All are invited to come together at 6:00 for a simple meal of home-made soup and bread; optional and free for all participants.

THE BOOK STUDY

6:30 - 8:00 PM

Our chosen book is Christianity After Religion: The End of Church and the Birth of a New Spiritual Awakening, by Diana Butler Bass. Either Compline or Benediction of the Blessed Sacrament will follow each session.

To register in advance, please email rector@ascensionfrankfort.org.

THE FAMILY ACTIVITY SERIES

6:30 – 8:00 PM

Family activities will focus on a variety of spiritual disciplines to help make your Lenten experience a more holy one.

Please prayerfully consider making this a priority time for *your* family to spend together.

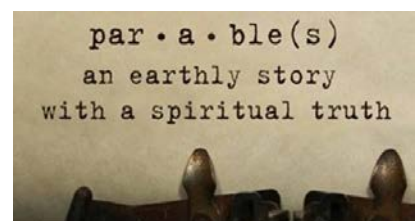
All ages are welcome, and no advance registration is necessary.

Topics will include: Making a Sacred Space at Home; Holy Beads–Making an Episcopal Rosary; Sacred Scavenger Hunt; and a Godly Play Lesson.

THURSDAY BIBLE STUDY

February 22-March 22, after Evening Prayer

You are invited to share a simple meal and join a discussion, led by Mother Nancy, of the parables of Jesus in Luke's Gospel, ending around 7:00 p.m. Open to everyone for single or all sessions, no registration required; join us!



WITH MOTHER NANCY

Saturday, March 3, 10:00 a.m. – 4:00 p.m.

Opened by the Benedictine Cell with a short introduction and practice of centering prayer, a 2000-year-old Christian meditation practice.