



*Please check the weekly Epistle for more information. If you are not currently receiving our weekly electronic newsletter but would like to, please email the office at [staidansalexandria@gmail.com](mailto:staidansalexandria@gmail.com). Thank you.*

## **THIS WEEK at ST. AIDAN'S**

### **Sunday, February 22**

- Holy Eucharist at 9:30 a.m. (in-person)
- Formation for Children and Adults, Confirmation at 10:45 a.m.
- Knitting + Group at 3:00 p.m.
- Celtic Worship at 5:30 p.m. (in-person and online via Zoom)
- Parish Potluck at 6:30 p.m.

### **Monday, February 23**

- Compline at 7:00 p.m. (online via Zoom)
- Al-Anon meeting at 7:00 p.m. (in-person and online via Zoom)

### **Tuesday, February 24**

- Meditation/Silent Prayer at 8:00 a.m. (in-person)
- Women's Reading Circle at 9:30 a.m. (in-person)

### **Wednesday, February 25**

- Compline at 7:00 p.m. (online via Zoom)

### **Thursday, February 26**

- Soul Circle at 7:30 p.m. (online via Zoom)

### **Friday, February 27**

- Meditation/Silent Prayer at 8:00 a.m. (in-person)
- Compline at 7:00 p.m. (online via Zoom)

### **Sunday, March 1**

- Holy Eucharist at 9:30 a.m. (in-person and online via Zoom)
- First Sunday Outreach - Cooking for VICHOP at 10:45 a.m.
- Adult Formation at 10:45 a.m.
- Celtic Worship at 5:30 p.m. (in-person)

*See the reverse side for a more detailed look at events this week and beyond.*

## A LOOK AHEAD at ST. AIDAN'S

### **Lenten Program • C.S. Lewis and the Delightful, Diabolical, Daring of Lent • February 22 - March 29 at 10:45 a.m. (no class March 8)**

The 40 days of Lent are about many things: preparing for Easter, reflecting on our lives, expanding our hearts and minds with spiritual exercise, and more. We might even train by “sparring” with whatever distractions, obstacles, or inclinations are holding us back from the people God is calling us to be. What obstructs our doing justice, loving kindness, and walking humbly with God? Join Seminarian Ryan Waide during Adult Forum in Lent for a SALT Project study based on C.S. Lewis’s *Screwtape Letters* to reflect on these questions, clarify our insight, and renew our resolve.

### **Confirmation class sessions (meet in library): February 22, March 8 and 22, April 19, May 17 and 31, June 14**

Students wishing to be confirmed at the Bishop’s Visitation scheduled for October 25, 2026 should plan to attend all meetings of the Spring Confirmation Class beginning in February.

### **Sunday Potluck • Sunday, February 22 • After the 5:30 p.m. Celtic service**

All are heartily invited to enjoy potluck suppers at St. Aidan’s on the fourth Sunday of every month. We will gather in the parish hall after the 5:30 p.m. Celtic Eucharist to share fellowship and a potluck meal. While signing up is not required, please plan to bring a dish (homemade or store-bought) to share.

### **First Sunday Outreach: March 1, 10:45 a.m. • Cooking for VICHOP**

### **Ventures in Community - Hypothermia Outreach Program (VICHOP): March 1, 15 & 29**

Each year, Rising Hope Mission Church hosts a hypothermia shelter during the four coldest months of the year. A warm dinner, overnight lodging, and a to-go breakfast bag is provided for up to 40 guests at Rising Hope. You can help by cooking the meals during First Sunday Outreach, assembling the breakfast bags, serving on the Sunday evenings (18 and over only), or staying for a part of the evening to be with guests who are not sleeping. Please sign up at the links in Epistle.

### **Lenten Prayer Retreat, Saturday, March 7, 9:30 a.m. till 12:30 p.m.**

Join Facilitator Rev. Linda Calkins for a Lenten Retreat. We will spend time in prayer and community before entering into a space of meditation and healing prayer using Anglican Prayer Beads and walking the Labyrinth. If you have a set of Prayer Beads, please bring them. A simple soup lunch will be provided. RSVPs are requested and there is no cost. Rev. Calkins is a former priest of the Diocese of Maryland with over 20 years of experience in ministry and healing prayer practices. She has been leading retreats since coming to the Diocese of Virginia in 2024: <https://episcopalvirginia.org/news/labyrinth-prayer-beads/>.

### **Pizza and Puzzles: Sunday March 8 at 10:45-12:30 White Hall**

Take a Lenten break for Pizza and Puzzles! Thanks to Rose Wilson for hosting this event for everyone—grab a slice of pizza and take some time out to build a puzzle. No RSVP needed; but if you have a 300 piece or smaller puzzle—or one that’s very unique!—to contribute, please tell Rose: [rwilsonn@aol.com](mailto:rwilsonn@aol.com)

Thank you for your generosity in supporting St. Aidan’s.

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