

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. Thank you.

THIS WEEK at ST. AIDAN'S

Sunday, January 28

- Eucharist at 9:30 a.m. (in-person and live streamed via Zoom)
- Formation for Children and Adults begins at 10:45 a.m.
- Celtic Worship at 5:30 p.m. (in-person and live streamed via Zoom)

Monday, January 29

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

Tuesday, January 30

- Meditation/Silent Prayer at 8:00 a.m. (in person)
- Women's Reading Circle at 9:30 a.m.
- CSD program *Let Nothing Disturb You: The Mystical Legacy of Teresa of Avila* - both in-person and via Zoom with a shared meal at St. Aidan's beginning at 6:30 and Zoom presentation 7:30 - 9:00 pm

Wednesday, January 31

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

Thursday, February 1

- Gospel of Mary Magdala meeting at 7:30 p.m. (online via Zoom)

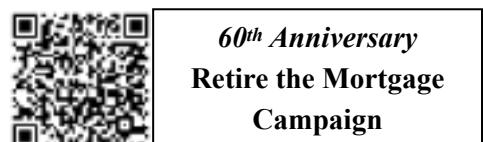
Friday, February 2

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

Sunday, February 4

- Eucharist at 9:30 a.m. (in-person and live streamed via Zoom)
- Annual Parish Meeting at 10:45 a.m.
- First Sunday Outreach for Children begins at 10:45 a.m.
- Ventures in Community Hypothermia Outreach Program (VICHOP) meal prep
- Celtic Worship at 5:30 p.m. (in-person and live streamed via Zoom)

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



Stay connected to what's happening at St. Aidan's!

www.staidansepiscopal.com

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A LOOK AHEAD at ST. AIDAN'S

Adult Formation Program on Spiritual Gifts • January 28 at 10:45 a.m.

Have you ever wondered what spiritual gifts you have and how those may be practiced and shared at St. Aidan's? We are using a Spiritual Gifts Inventory to discover and explore our individual spiritual gifts, look more broadly at spiritual gifts and their biblical references, and then explore how these may be shared through specific ministries at St. Aidan's and beyond. Join us for the final session on Jan. 28!

Center for Spiritual Deepening: Teresa of Avila • Tuesday, January 30 from 7:30-9:00 p.m.

The CSD presents *Let Nothing Disturb You: The Mystical Legacy of Teresa of Avila* with LJ Milone. Milone, Director of Faith Formation at The Cathedral of St. Matthew in Washington, DC, will provide an exploration of the life, legacy and mystical teachings of Teresa of Avila. An earthy, passionate, and unstoppable Teresa of Avila will show us how to become mystics as we learn how she lived and prayed.

Annual Parish Meeting • Sunday, February 4 at 10:45 a.m.

The Annual Parish Meeting is scheduled for Sunday, February 4 after the 9:30 a.m. service. Please plan to participate as the congregation will vote on the incoming slate of Vestry members and celebrate our outgoing members, and church leadership will share how the Spirit is moving in and through St. Aidan's and present the budget for 2024.

First Sunday Outreach • Sunday, February 4 at 10:45 a.m.

Due to the Annual Parish Meeting on February 4, the First Sunday Outreach project on the same day will be covered by our children and youth at 10:45 a.m. in the parish hall.

Ventures in Community Hypothermia Outreach Program (VICHOP) • Sunday, February 4 and 18, March 3, 17, and 31

St. Aidan's is partnering with other local faith and non-profit organizations to support VICHOP at Rising Hope Methodist Church. During the coldest months of the year, people experiencing homelessness are offered a warm, safe space to sleep, a hot dinner, and a breakfast bag the next morning. On the noted Sundays, St. Aidan's will cook and serve the dinner and prepare the breakfast bags. Learn more about volunteer needs (shopping, cooking, serving) and view specific sign ups for dinners here: tinyurl.com/VICHOPdinners24; and for breakfast bags here: tinyurl.com/breakfastbags24.

Mardi Gras Jazz Brunch • Sunday, February 11 following the 9:30 a.m. service

Our annual Mardi Gras Jazz Brunch will immediately follow the 9:30 a.m. service on Sunday, February 11, the Sunday before Ash Wednesday. This is a wonderful pre-Lenten gathering with jambalaya, jazz, and other Mardi Gras traditions. Volunteers are needed to help with setup, cooking, and cleanup; please sign up here: tinyurl.com/SAmardi24.

Ash Wednesday Services • Wednesday, February 14 at 5:00 p.m. and 7:00 p.m.

This year Ash Wednesday, the first of the forty days of Lent is Wednesday, February 14. A family-friendly service at 5:00 p.m. will include activities, conversation, prayers, and the imposition of ashes.. The 7:00 p.m. service will be Holy Eucharist with the Imposition of Ashes.

Lenten Program & Soup Supper: Wendell Berry and the Sabbath Poetry of Lent • Tuesdays, February 20 and 27, March 5, 12, and 19

On five Tuesdays in Lent we will gather in the parish hall for dinner at 6:00 p.m.; and a program from 6:30-7:30 p.m. In this program, biblical texts and simple, accessible practices will help us explore the season with Wendell Berry's poetic vision of sabbath and the natural world. If you would like to help provide soup and bread, please sign up here: tinyurl.com/lentpoetry24. Questions? Please contact Rev. Laura.

Lenten Retreat: *Teach Me to be Still* led by Hilaire Henthorne • Saturday, February 24

St. Aidan's is offering a half-day Lenten retreat, from 8:45-11:45 a.m., called *Teach Me to be Still*. Led by the Rev. Hilaire Henthorne, this retreat will focus on contemplative prayer practices, such as meditation and lectio divina, our need for Sabbath time, and Jesus' own model of rest, prayer, reflection, and then action. This retreat is designed to provide a welcome respite from our over-scheduled lives and give us some useful tools for the care and feeding of our souls.