



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, February 15

- Holy Eucharist at 9:30 a.m. (in-person)
- Mardi Gras Brunch at 10:45 a.m.
- Celtic Worship at 5:30 p.m. (in-person and online via Zoom)

Monday, February 16 - President's Day - *office closed*

- 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 17

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

Wednesday, February 18 - Ash Wednesday

- Ash Wednesday - Ashes to go at 9:00 a.m. (outside the church)
- Ash Wednesday Holy Eucharist service at 7:00 p.m. (in-person only)

Thursday, February 19

- The Gospel of Philip at 7:30 p.m. (online via Zoom)

Friday, February 20

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

Sunday, February 22

- Holy Eucharist at 9:30 a.m. (in-person)
- Formation for Children and Adults 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.

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

A LOOK AHEAD at ST. AIDAN'S

Mardi Gras Jazz Service & Brunch • February 15 at 9:30 a.m. (Eucharist) & 10:45 a.m. (brunch)

A Mardi Gras brunch on Sunday, February 15, will follow the last 9:30 a.m. Eucharist before the season of Lent arrives. Join us for this wonderful pre-Lenten festive fête with Red beans and rice, pancakes and jazz.

Ventures in Community - Hypothermia Outreach Program (VICHOP): February 15 and 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. **We need many more volunteers to help with serving on Sunday nights!** Please sign up at the links in Epistle.

Ash Wednesday Service with Imposition of Ashes • Wednesday, February 18 at 7:00 p.m.

You are invited to observe a holy Lent at St. Aidan's beginning with Ash Wednesday on February 18. At 9:00 a.m. we will have Ashes "to-go" for those that would like to receive after Day School drop off or before heading to work. The service of Holy Eucharist Service with Imposition of Ashes is at 7:00 p.m.

Lenten Program • C.S. Lewis and the Delightful, Diabolical, Daring of Lent • February 22 - March 29 at 10:45 a.m.

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.

First Sunday Outreach: March 1 • Cooking for VICHOP (see above)

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