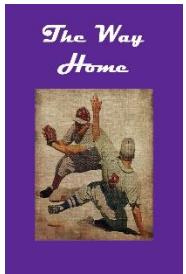


LENTEN ACTIVITIES



Lent Poetry

Ken Ballard will be returning to St. Francis during Lent to lead Adult Formation. From 9:15-10:15 am on Sundays, Ken will lead a discussion of **The Way Home**, which are the poems and songs that he has compiled to guide our Lenten journey.

Stations of the Cross-Fit

Ever wanted to merge your spiritual life with your physical life? Fr. Brendan will be leading an innovative approach to the traditional Stations of the Cross on **Thursday nights at 6:00 pm** in the parish hall, starting on **Thursday, March 5**; after our workout, we will join folks at Guys & Gals Nite Out. At each of the 14 stations, we will read Scripture, pray and sweat. After the Scripture and prayer, we will share a single low-impact exercise, like jumping jacks or push-ups. Each of these exercises can be modified to your fitness level. We will accompany each other wherever we are on our spiritual and fitness journeys.

7 at 7

Come to the parish hall for Morning Prayer at **7:00 am, Monday through Friday mornings during Lent and Holy Week**. In Morning Prayer, the Scripture stories are continuous, and our shared leadership helps us become aware of the richness and blessings of that daily liturgy in the Book of Common Prayer. We are few, we meet in the library in Cummins Hall, we'll be praying for you and hoping you'll join us.

Terri Hoffman, thoffmann@web-ster.com

Mt. Angel Abbey Stations of the Cross

Tuesday, March 10 and Saturday, March 14.

Please meet on either, or both, days at the St. Francis parking lot at **1:30 pm** so we can carpool to Mt. Angel.

Walking the Stations of the Cross is a very old custom of walking from 1 to the next of 14 images ("Stations") which depict Jesus on the day of his crucifixion as he walked from Pilate's court to Mt. Calvary. At each Station we pause for a period of prayer.

This is an outdoor walk and is very different than doing the Stations inside the church. It is often cool and maybe wet. It is also a longer, uphill, walk. These more challenging conditions make us more aware, perhaps, of the suffering of Jesus.

Lucia Jorge-Nebert, 503-694-8482, lnebert@yahoo.com.

Deacon Ken, 503-887-5587, kenrus60@gmail.com



Devotions (available at the Information Center)

- 1) Forward Day by Day
- 2) Lenten Readings Booklet
- 3) Morning and Evening Prayer Cards

Reconciliation of a Penitent

Reconciliation will be offered on **Holy Saturday, April 11, between 3:00 pm - 5:00 pm** or by appointment during the Lenten season. The rite of Reconciliation of Penitent may be found in the Book of Common Prayer, page 446.

Reconciliation is a long held Lenten tradition and a beautiful way to prepare for the glory of our Lord's Resurrection. Please contact Fr. Brendan, revbrendanb@gmail.com.

Sunday School: Mite boxes

Many people remember the Lenten practice of having a little mite box during Lent in which to put a daily offering- in thanksgiving, in reverence, in penitence, in affirmation, in joy - all the things that brought us closer to a godly life and to God. The children in Sunday School will each have a little mite box during Lent. If an adult would also like one there will be some in the information center. They will be offered up on Easter Sunday in the offertory. The main idea is the daily walk with God, and trying to do his will, the best we all can do.

Jane Domagalski, seydom@canby.com

Walking the Labyrinth

During Lent we will roll out our Labyrinth for parishioners interested in, literally, deepening their walk with Jesus.

Tuesdays, March 3 through Tuesday, March 31 (no shoes, must wear socks)

- **Tuesdays: 11:00 am - 1:00 pm and 6:00 pm - 7:00 pm**
- **Between services on Sundays: 9:00 am - 10:30 am**
- **By appointment: weekdays: 10:00 am - 3:00 pm**

What Is a Labyrinth? Our Labyrinth is a large felt cloth with a design printed on it. One follows the paths of the Labyrinth as a way to deepen his faith. A labyrinth is not a maze. It has only one path to the center and back out, which is called unicursal (one line). It has no blind alleys or dead ends as mazes have. The path twists and turns back on itself many times before reaching the center. Once at the center, there is only one way back out.

In this way, the labyrinth symbolizes a journey to a predetermined destination (such as a pilgrimage to a holy site), or the journey through life from birth to spiritual awakening to death.

Deacon Ken, kenrus60@gmail.com, 503-887-5587

Sandi Thompson, gjayhawk@frontier.com, 503-692-3478



Maundy Thursday Vigil

Following the April 9 Maundy Thursday service, starting at about **8 o'clock, pm, and ending at 6 o'clock am on Friday**, we will hold an overnight vigil to remember what Jesus had expected of his disciples on the night before he died.

Deacon Ken, kenrus60@gmail.com, 503-887-5587