



Saint Luke's Parish

THE BUILDING BLOCKS OF



LENT & EASTER 2025

You are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone.
- Ephesians 2:19-20

Dear Friends,

“Under construction!” From the Corbin District downtown, to our own Chapel renovation this past fall—not to mention the work we may yet do as a result of Renew & Reimagine—we know that construction can bring its share of joys and challenges. It can be messy and slow, but also full of excitement, promise, and hope for the future.

As Christians, we know that “faith” is never static, it’s always dynamic - and it’s always under construction. This Lent, we are going to explore some of the foundational “building blocks” of our faith. Explore the Lord’s Prayer through DOCC, the Nicene Creed in Discovery Hour, or the Letter to the Romans in Bible Study. Try committing to a new prayer practice—like Morning Prayer or Friday Stations of the Cross. Put your faith in action by exploring a new ministry or volunteering with one of our Outreach partners.

Start putting the pieces together, hang your “under construction” sign, and see how these 40 days might build you up in faith, hope, and love. Spiritual growth is not necessarily easy, but it is always worth it.

Blessings for a holy Lent, and may God bring us all to the joys of Easter,



The Rev. Ryan Fleenor, Rector

BEGIN THESE 40 DAYS IN COMMUNITY

SHROVE TUESDAY PANCAKE SUPPER

Tuesday, March 4 | 6-7:15 pm | Parish Hall

Shrove Tuesday, the final day before Lent begins, is traditionally a day for pre-fasting indulgence.

Join us for a parish-wide supper of pancakes, bacon, sausages, and fruit, prepared by SLP’s Men’s Group. Let’s indulge together before the season of preparation begins! All are welcome!



ASH WEDNESDAY

Wednesday, March 5

Lent is a time of repentance, re-dedication, and renewal: a 40-day season of penitential preparation for Easter. It begins on Ash Wednesday, a day of particular solemnity as we begin our Lenten journey. Please join us for worship on this holy day.

Services of Holy Eucharist with the
Imposition of Ashes

8 am	Chapel, spoken
12 pm	Chapel, with hymns
5 pm	Chapel, for children & families
7 pm	Church, with choir & hymns (in person & on saintlukesdarien.org)

COMMIT TO A NEW PRAYER PRACTICE

START YOUR MORNING WITH SAINT LUKE'S DAILY LENTEN REFLECTIONS

Wake up to an email offering a short reflection written by a fellow parishioner on the day's Scripture reading.



PRAY EACH DAY WITH THE "DAILY OFFICE"

Monday to Friday at 8am & Thursday at 6:30pm

Begin and end your day with a quiet, meditative 20 minute service of Psalms, Bible readings and prayers. Drawn from the Book of Common Prayer, Morning and Evening Prayer are gems of the Anglican spiritual tradition. Join us in person in the Chapel or on your own with prayer.forwardmovement.org.



TRAVEL THE WAY OF THE CROSS EACH FRIDAY

Fridays, 12:30-1pm | March 7 - April 11

The Saint Luke's Stations of the Cross, composed of fourteen framed woodcuts, depict the sorrow & agony of Christ's Passion. "Walking" this path each Friday is a powerful and meaningful Lenten practice. All are welcome!



MAKE CONFESSiON: THE RITE OF RECONCILIATION

Lent is a time to focus on returning to right relationship with God, our neighbors, and ourselves. Did you know that our Prayer Book offers the Rite of Reconciliation (also known as Confession)? You can read the liturgy, which begins on page 447 of the Book of Common Prayer. Interested? Contact any member of the clergy.



EXPLORE SOME OF OUR 'BUILDING BLOCKS OF FAITH'



JOIN US FOR DISCOVERY HOUR FORUMS ON SUNDAYS

Sundays at 9am | Parish Hall

We say it together each week, but how often do you stop to think about what **The Nicene Creed** really means? Created by the First Council of Nicaea in 325, the Creed turns 1700 years old this year! To mark this anniversary, we will take a dive into the Creed—what it means, and what it means for us to still say it week by week.

ENGAGE IN BIBLE STUDY EACH WEEK

Mondays from 12-1pm | Taylor Room

Join us once or each week during Lent, as we study **Paul's Letter to the Romans**. Read, reflect and discuss this important letter which offers an expansive vision of who is included in God's life and love and a call to practical application and proclamation of the gospel.



GO DEEP WITH DOCC (Disciples of Christ in Community)

Tuesdays from 12-1:30pm (begins March 4) or Thursdays from 7-8:30pm (begins March 6)

Deepen your faith and build meaningful connections as we explore **The Lord's Prayer** and big questions it raises, such as: *Who is God for you? What makes a meaningful life? How do I forgive? What happens when I die?* DOCC is open to all seeking fellowship & a deeper exploration of faith. Register now for this 8-week program via this QR code



JOIN IN A VIRTUAL PILGRIMAGE TO JERUSALEM

March 7 from 10am to 4pm, St. Mark's Episcopal Church, New Canaan

Lent is sometimes described as a *pilgrimage from Ashes to Alleluia*. Begin this Lent with a day-long retreat for Episcopalians all over Connecticut, hosted by St. Mark's in New Canaan.



Join Bishop Jeffrey Mello and Canon Iyad Qumri, from the Diocese of Jerusalem, in New Canaan to participate in a "virtual pilgrimage" through Jerusalem—including St. George's Cathedral, the Old City, Temple Mount, and Church of the Holy Sepulchre. You will be given time to pause, reflect, meditate, and pray as you walk in the footsteps of and learn more about the ministry of Jesus. Your day will conclude "walking" the Via Dolorosa, praying the Stations of the Cross.

This workshop is geared toward those who want to learn about pilgrimages to the Holy Land, those who have been on pilgrimage but want a refresher, or anyone who would like to go but cannot afford the time or expense of a full trip. Fee of \$25; includes Mediterranean lunch. Scan this QR code to register. or call 203-966-4515.



JOURNEY FROM DARIEN TO JERUSALEM: A QUIET DAY TO PREPARE FOR HOLY WEEK

Saturday, April 5 | 9am - 2pm

Our guest retreat leader, **the Rev. Scott Gunn**, will take us on a reflective journey through the liturgies & lessons of Holy Week. This day is a chance to step away from the chaos of daily news and savor the sacred beauty and power of the Paschal Mystery: the suffering, death, resurrection, and ascension of Jesus Christ. Breakfast & lunch will be served. Suggested donation of \$20 to cover expenses. RSVP at the Parish Office at 203-655-1456.

The Rev. Scott Gunn is well known throughout the Episcopal Church and beyond as a retreat leader, writer and preacher. He serves as executive director of Forward Movement, a ministry of the Episcopal Church based in Cincinnati, Ohio. Before that, he was a parish priest in Rhode Island. Prior to ordination, he worked in the tech industry at Education Development Center, The Atlantic Monthly, Fast Company, the MIT Media Lab, and a short-lived dot-com. He's married to Sherilyn Pearce, and his hobbies include photography, blogging, & travel.



ESPECIALLY FOR FAMILIES, YOUTH & CHILDREN

INSTRUCTED EUCHARIST COURSE FOR CHILDREN

March 9 - April 6 | Sunday mornings from 9-9:45am | Great Room

The Episcopal Church invites every baptized member to receive communion, so instead of the First Communion Class you may remember from your youth, this five-week course teaches an age-appropriate Instructed Eucharist for ages 4 and up. Questions? Contact erika.caputo@saintlukesdarien.org. Scan this QR code to register.



YOUTH LENTEN PROGRAMMING

Youth programs including Confirmation, Youth Group, & GPL will continue during this season, with a special focus on our personal wilderness walks. We will explore prayer, meditation, & study as we prepare our hearts for Easter. Special events include:

- March 5 | 6:30-8pm | 6th-12th Grade Dinner & Ash Wednesday Service
- March 21-22 | 7pm-8:30am | High School Lenten Lock-in
- April 17-18 | 7pm-11am | 6th-9th Grade Holy Week Lock-in



FAMILY EVENSONG

Saturday, March 29 | 5 pm

Come enjoy Saint Luke's Choristers & Adult Choir as they sing Family Evensong together. After the service, we will gather for a reception in the Parish Hall, where children are invited to fill Easter Baskets to be distributed by Person to Person.



EASTER EGG HUNTS FOR CHILDREN

April 19 after 3:30pm worship & April 20 after 9:15am worship

Bring your own basket & join us on Saint Luke's campus for an Easter egg hunt!

GO DEEP WITH DOCC THIS LENT

Register now! Program starts March 4th

Are you looking to grow in your relationship with God?
To build a stronger sense of community & connection?
For signposts to help guide you in your faith & life?

Jesus' own disciples were seeking too, asking, "Lord, teach us to pray."
And, Jesus offered a simple, yet profound, answer: **The Lord's Prayer.**

This Lent, deepen your faith and build meaningful connections by taking part in the transformative DOCC (Disciples of Christ in Community) program. Over 8 weeks together we will explore The Lord's Prayer and some of the big questions it raises:

Who is God for you?

What makes a meaningful life?

How do I forgive?

What happens when I die?

Each week, we will first come together as a whole group for a brief presentation, then gather in your same small group for reflection and deep discussion in a trusted circle of friendship & community.

Sign up now for one of two weekly meeting times:

- 1) Tuesdays from 12-1:30pm (begins March 4)
- 2) Thursdays from 7:00-8:30pm (begins March 6)

DOCC is open to all seeking a deeper spiritual experience & stronger sense of fellowship during Lent. **Register now via this QR code** or call the Parish Office at 203-655-1456.



midweek MANNA

feeding mind, body and spirit

Have you joined us for our Midweek Manna offerings on Thursday nights? This Lent, try it out!
Come, engage, and be fed in mind, body & spirit!

Community Supper 5-6pm

Join us in the Parish Hall for good food & fellowship at our weekly sit-down gatherings to break bread together.

Evening Worship 6:30-7pm

Join us in the Chapel for a brief service of readings, prayers, music, and candlelit contemplative silence.

DOCC Disciples of Christ in Community 7-8:30pm

Engage in this transformative program, offering faith exploration and deep discussion in trusted community.

Parish Choir 7:30-9pm

Consider joining our Parish Choir, which sings at 10am worship and special performances during the year.

HOLY WEEK & EASTER WORSHIP 2025



APRIL 13 PALM SUNDAY

- 8 am Liturgy of the Palms & Holy Eucharist
- 10 am Liturgy of the Palms, Procession & Holy Eucharist (*beginning outside*) **
- 5 pm 'Come As You Are' Liturgy of the Palms & Holy Eucharist *in the AYCC* **

APRIL 14 & 15 HOLY MONDAY & HOLY TUESDAY

- 8 am Morning Prayer *in the Chapel*
- 5 pm Evening Prayer *in the Chapel*

APRIL 16 SPY WEDNESDAY

- 8 am Morning Prayer *in the Chapel*
- 10 am Holy Eucharist & Healing *in the Chapel*
- 5 pm Evening Prayer *in the Chapel*

APRIL 17 MAUNDY THURSDAY

- 8 am Morning Prayer *in the Chapel*
- 3:30 pm Children's Service *in the AYCC*
- 5 pm Community Supper *in the Parish Hall*
- 7 pm Solemn Eucharist with Foot Washing & Stripping of the Altar **
- 8:30 pm Vigil at the Altar of Repose *in the Chapel*, including a reading of the Gospel of John from the *Saint John's Bible*

APRIL 18 GOOD FRIDAY

- 7 am Church & Chapel open for prayer
- 8 am Liturgy for Good Friday *in the Chapel*
- 9:30 am Ecumenical Stations of the Cross Walk (*beginning at First Congregational*)
- 12 pm Solemn Liturgy for Good Friday with Veneration of the Cross **
- 3:30 pm Children's Good Friday Service *in the AYCC*

APRIL 19 THE GREAT VIGIL OF EASTER

- 3:30 pm Children's Easter Vigil *in the AYCC*, followed by an Easter Egg Hunt
- 7 pm The Great Vigil & First Eucharist of Easter | *Following this service, join us for The Easter Feast - a festive, joyful reception in the Parish Hall celebrating our Easter Joy.*

APRIL 20 EASTER SUNDAY

- 7:45 am Holy Eucharist & Hymns *in the Church*
- *9:15 am Festal Holy Eucharist with Choir & Brass *in the Church*, followed by an Easter Egg Hunt **
- 9:15 am 'Come As You Are' Holy Eucharist with the CAYA Band *in the AYCC* **
- 11:15 am Festal Holy Eucharist with Full Choir & Brass *in the Church* **

On Easter Sunday, nursery care (up to age 36 mos) is available from 7:30am-12:30pm & no Children's Chapel.

**Because this service is crowded, people come early to be assured of a seat.*

***These services also livestreamed at www.saintlukesdarien.org*



GIVE EASTER FLOWERS & MUSIC



Saint Luke's has a tradition of beautiful services at Easter. The spectacular music, magnificent flowers, and other altar adornments are gifts from parishioners to one another in Christ's name. Everyone is invited to remember a loved one or give thanks for one of God's blessings through gifts of flowers and music. The suggested contribution is \$75 per listing, and multiple listings are welcome.



Please scan this QR code to sponsor your gift and make your dedications online. Alternatively, complete this submission form & return with payment to the Parish Office or place in the collection box in the Narthex or AYCC.

DEDICATION 1 - Please publish as follows:

Choose one: EASTER FLOWERS EASTER MUSIC

Choose one: IN THANKSGIVING FOR IN MEMORY OF

DEDICATED TO: _____

LOVINGLY GIVEN BY: _____

DEDICATION 2 - Please publish as follows:

Choose one: EASTER FLOWERS EASTER MUSIC

Choose one: IN THANKSGIVING FOR IN MEMORY OF

DEDICATED TO: _____

LOVINGLY GIVEN BY: _____

DEDICATION 3 - Please publish as follows:

Choose one: EASTER FLOWERS EASTER MUSIC

Choose one: IN THANKSGIVING FOR IN MEMORY OF

DEDICATED TO: _____

LOVINGLY GIVEN BY: _____

TOTAL CONTRIBUTION: _____ **Dedications** _____

Total Payment Amount

Please indicate "Easter F&M" on the check memo line.

Note: All gifts must be received before April 11 to enable dedications to be published in our Easter service leaflets and on our website.

Information & payment submitted by: _____