

Parish Lenten Retreat

Music and Meditation: An Introduction to Mindfulness Meditation
Saturday, March 10 from 10:00 – 2:00 p.m. in White Hall.

The Women of St. Andrew's are hosting this retreat, led by Ms. Sophie Rondeau, a librarian at Virginia Wesleyan University who is a skilled practitioner of meditation, and by our own Director of Music Ministry, Stephen Leist. Together they will introduce practices of sitting, walking, and eating meditation, coupled with a musical program of meditative organ music that follows the Lenten journey from the Transfiguration to the Easter resurrection. Tickets are \$15 and include lunch. Program is open to everyone. Please arrive by 9:30 a.m. to register. To make a reservation, please email Deane Sobol at staec.event@gmail.com.

Outreach Opportunities

Rise Against Hunger

On Sunday, February 18 at 2:00 p.m., we will host our annual meal-packing event in partnership with Rise Against Hunger (formerly called Stop Hunger Now). We will gather as parishioners and friends of all ages to pack 12,000 meals to be distributed to school children and others in need around the world. It is always a fun and meaningful event. Please join us!

Lenten Food Bank Funds Drive

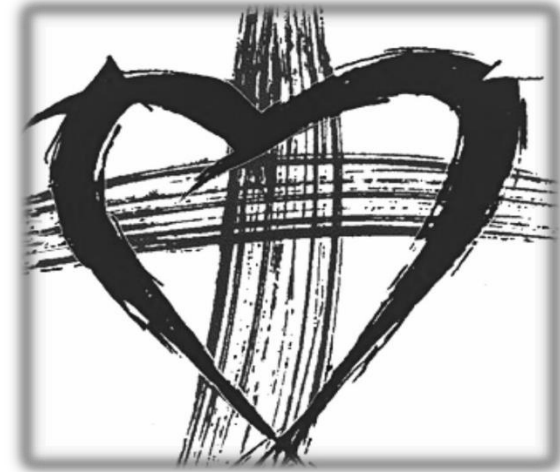
Beginning on the First Sunday of Lent, we will continue our annual tradition of raising funds to benefit the Food Bank of Southeastern Virginia. As in past years, our goal will be to raise \$2,000. With every dollar we donate, the Food Bank is able to buy \$6 worth of food for those in need.

Norfolk Emergency Shelter Team (NEST) Week

From February 28 to March 7, we will once again host up to 60 homeless men and women in White Hall, as we provide warmth and food and fellowship to our neighbors in need. We need more than 20 volunteers each night, so please stop by the sign-up table and reserve your spot.

Laundry Love: Thursday, March 15 at 5:30 p.m., Soaps n' Suds, Colley Ave.

Lent 2018



Praying with Our Feet: Contemplation and Action

St. Andrew's Episcopal Church
1004 Graydon Avenue
Norfolk, VA 23507
www.standrewsnorfolk.org
Phone: 757-622-5530

Lenten Supper Series

Reframing Lent: Contemplation, Confession, Repentance, and Justice
Jointly sponsored by St. Andrew's (StA) & Christ and St. Luke's (CSL),
with evenings running 6:30 – 8:00 p.m. with light supper and childcare.

We live in a time of upheaval. Previously bedrock values and assumptions are undergoing seismic shifts leading to anxiety, division and confusion, as well as hope and conviction. This Lenten series will explore how four key themes of Lent – contemplation, confession, repentance, and justice – become lenses through which we can see and respond as people of faith to the changing landscape before us.

- February 27 (StA) Contemplation: Seeing Deeply with the Heart
The Rev. Canon Win Lewis, Rector of CSL
- March 6 (CSL) Confession and Truth-telling: The #MeToo Movement
Cathy Lewis, Host of HearSay with Cathy Lewis, with Capt. Chuck Marks, Sexual Assault Prevention and Response Officer, US Fleet Forces Command
- March 13 (CSL) Repentance: Charlottesville, Racism and Resistance
Fr. Jim Curran, Pastor of the Basilica of St. Mary's
- March 20 (StA) Transformation and Justice: Art in Action
Members of the Virginia Stage Company, highlighting the upcoming play *Disgraced* at the Wells Theater

Adult Forum Series

Praying with Our Feet: The Church in the Public Square,
9:15 – 10:00 a.m. in the Auditorium

- February 25 Building Bridges across lines of race and religion
Dr. Antipas Harris, Director of the Urban Renewal Center
- March 4 Will St. Andrew's be under water in 50 years?
Skip Stiles, Director of Wetlands Watch
- March 11 Soul Shop workshop for churches on suicide prevention
Michelle Peterson of the Sarah Peterson Foundation
- March 18 Religious discourse in the public square
Kelly Jackson, Center for Religious Freedom at VWU

Worship



Palm Sunday: March 25 at 8:00 and 10:15 a.m.

We will hear the Passion story beginning with Jesus' triumphal ride into Jerusalem and ending with Jesus' final agonizing journey to the cross. Palm Sunday marks the beginning of Holy Week.

Maundy Thursday: March 29 at 7:00 p.m.

Agape Meal at 6:00 p.m. in White Hall, with service following. Maundy Thursday is the first part of the ancient Triduum - the three holy days before Easter. In this service we celebrate the Last Supper and foot washing. The service concludes with the stripping of the altar.

Good Friday: March 30 at 12:00 noon and 7:00 p.m.

Good Friday worship commemorates the crucifixion and death of Jesus. The traditional solemn Good Friday liturgy is at noon. At 7:00 pm we will offer the Stations of the Cross in the church.

Easter Day: April 1 at 8:00 and 10:15 a.m.

Join in the great celebration of the Risen Christ! Enjoy the sound of festive music while surrounded by the beauty of lilies and fellow believers. Easter breakfast between the services and egg hunt following the 10:15.

Devotional Resources

The Good Book Club: We will join with Episcopal churches across the country to share in The Good Book Club, a practice of daily Scripture reading featuring the books of Luke and Acts. See our resource table or www.thegoodbookclub.org for a schedule and more information.

Faith at Home: You are invited to use this calendar tool to guide you in daily prayer and action each day from February 14 through April 1. Developed by Harper Bathel and available on our resource table.

Wednesday Weekly E-mail Reflections: Each Wednesday during the Lenten season, you will receive a reflection written by one of our staff members. Additional devotional booklets from Episcopal Relief and Development are available on the resource table.