



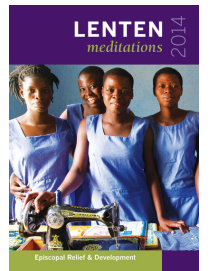
**Perhaps this Lent, instead of OR in addition to giving something up, you might take something on.** It could be reaching out to care for others, it might be a commitment to daily prayer, to weekday Eucharist or even the daily offices. It might be making time for study and reflection. There are many spiritual disciplines you might explore (see insert). This Lent a number of opportunities are at St. Luke's. On Wednesdays at noon, Holy Eucharist will be celebrated. There is a Wednesday evening light soup supper with movie and discussion. Check out The Northern Light for additional possibilities. There are two devotional booklets at the church for you to pick-up, the ERD and Renew a Right Spirit Within Me, which are described below

**Renew a Right Spirit Within Me** This 30-page booklet (newly created each year) contains readings and reflections for each day of Lent, which connect the Scriptures of the week to a life of wellness in the 21st century. The Samaritan Family Wellness is an Episcopal program which encourages people to live fully in health, spirit and relationships. You can sign up to receive this on line at <http://www.livingcompass.org/free-resources.html>. There is a view button towards the bottom of the page and you can save it as a pdf. You can also pick up a copy at church.



## 2014 Lenten Pamphlet or Email Devotional from Episcopal Relief & Development (ERD)

Each day during Lent you will receive a daily reflection, co-authored by a group of respected leaders from our international programs and across the Episcopal Church. During this season of reflection on our Christian faith, their writings will enhance your spiritual journey as they both inspire and challenge you. The forty days of Lent provide us the opportunity to reflect on our lives, our relationships with our neighbors, and the larger world as we move toward the celebration of Christ's resurrection and the season of Easter. It is a time for us to prayerfully consider how we can unite in healing a hurting world. ERD is the outreach arm of The Episcopal Church. It's ministries cover the globe and offer a wide variety of responses to disasters, poverty. While providing immediate support, their primary gift is the long-term development work. They also partner with other disaster relief and development organizations to provide optimal response.



**Pick up your copy at church or to receive the daily meditation via email, go to [www.episcopalrelief.org](http://www.episcopalrelief.org)**



Lent Madness began in 2010 as the brainchild of the Rev. Tim Schenck. In seeking a fun, engaging way for people to learn about the men and women comprising the Church's Calendar of Saints, Tim came up with this unique Lenten devotion. Combining

his love of sports with his passion for the lives of the saints, Lent Madness was born.

The format is straightforward: 32 saints are placed into a tournament-like single elimination bracket. Each pairing remains open for a set period of time and people vote for their favorite saint. Sixteen saints make it to the Round of the Saintly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the coveted Golden Halo. The first round consists of basic biographical information about each of the 32 saints. Things get a bit more interesting in the subsequent rounds as we offer quotes and quirks, explore legends, and even move into the area of saintly kitsch.

In 2012 Lent Madness partnered with Forward Movement to create their own website and broaden the number of people involved in the selection and writing process. And it worked! 50,000 people visited the Lent Madness last year and it really took off with articles about it in such august publications as the *Washington Post* and *Sports Illustrated* (seriously).

Lent Madness: allows people to get to know some amazing people who have come before us in the faith and reminding one another that there's no reason for a dreary Lenten discipline. If this helps people connect with the risen Christ during this season of penitence and renewal, and have a bit of fun in the process, then it continues to be worthwhile.

We hope you'll participate fully this Lent and vote with reckless abandon! (*Once* — this isn't Chicago).

**Want to participate: go to [www.lentmadness.org](http://www.lentmadness.org)**

