

Disciplines	~ 1 ~ Giving Something up	~ 2 ~ Taking Something on	~ 3 ~ Giving Something Away
3/17: St. Patrick's Day	_____	_____	_____
3/18	_____	_____	_____
3/19: St. Joseph's Day	_____	_____	_____
3/20	_____	_____	_____
3/21: Fifth Sunday in Lent	_____	_____	_____
3/22	_____	_____	_____
3/23	_____	_____	_____
3/24	_____	_____	_____
3/25: Feast of the Annunciation	_____	_____	_____
3/26	_____	_____	_____
3/27	_____	_____	_____
3/28: Palm Sunday	_____	_____	_____
3/29: Monday in Holy Week	_____	_____	_____
3/30: Tues in holy Week	_____	_____	_____
3/31: Wed in Holy Week	_____	_____	_____
4/1: Maundy Thursday	_____	_____	_____
4/1: Good Friday	_____	_____	_____



Season of Lent

St. Stephen's Episcopal Church

115 N. East Street † Culpeper, Virginia

The Rev. Michael Gray

Keeping a Holy Lent

The purpose of Lent is to prepare spiritually for Holy Week and Easter, the remembrance of Christ's Passion, death and resurrection. This is done in three basic ways.

- 1) by giving up something that gets between you and God, or the people God has given you to love. By abstaining from it in hopes that you can get it out of your life and by doing so, find occasions to love God more deeply.
- 2) by taking on something, such as more prayer or the study of Scripture, in-forming yourself more in the ways of God.
- 3) And by giving away something. If, for example, a bad habit you are giving up saves you money, give that money away to the causes of God. (Just as an example – if you give up a \$30 a week smoking habit for Lent, give that money to the American Cancer Society.)

Sometimes it helps to make a note of how you're doing in this discipline. So here's a day by day checklist for your use. If you did a daily disciple, put a check-mark in the space provided. If you didn't, say a little prayer that tomorrow might be a more faithful day. Some people also make a thank offering for a successful day – others assess themselves a fine for not doing so. Then, come Good Friday, they make an offering to the Episcopal Relief and Development Fund as part of their Lenten discipline.

Disciplines	~ 1 ~ Giving Something up	~ 2 ~ Taking Something on	~ 3 ~ Giving Something Away
2/17: Ash Wednesday	_____	_____	_____
2/18	_____	_____	_____
2/19	_____	_____	_____
2/20	_____	_____	_____
2/21: First Sunday in Lent	_____	_____	_____

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2/22	_____	_____	_____
2/23	_____	_____	_____
2/24	_____	_____	_____
2/25	_____	_____	_____
2/26	_____	_____	_____
2/27	_____	_____	_____
2/28: Second Sunday in Lent	_____	_____	_____
3/1	_____	_____	_____
3/2	_____	_____	_____
3/3	_____	_____	_____
3/4	_____	_____	_____
3/5	_____	_____	_____
3/6	_____	_____	_____
3/7: Third Sunday in Lent	_____	_____	_____
3/8	_____	_____	_____
3/9	_____	_____	_____
3/10	_____	_____	_____
3/11	_____	_____	_____
3/12	_____	_____	_____
3/13	_____	_____	_____
3/14: Fourth Sunday in Lent	_____	_____	_____
3/15	_____	_____	_____
3/16	_____	_____	_____