

**LENTEN "FOOD FOR THE SOUL"**  
Beginning March 1, 2020

St. Mark's offers a variety of paths for honoring a Holy Lenten season. Consider adding one or more of these spiritual practices to your Lenten routine:

**SUNDAYS**

- + 9:30 am—Worship & Holy Eucharist.
- + 11 am—Small group offerings.

**MONDAYS**

- + 6 pm—Contemplations & Chant (Stoney Chapel)  
20 minutes of silence followed by brief sharing and a sung service of evening prayer.

**TUESDAYS**

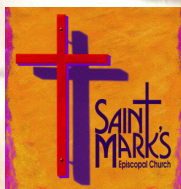
- + 10 am—Anglican Rosary (Stoney Chapel)  
Join others to explore the practice of praying the Anglican Rosary in community.

**WEDNESDAYS**

- + 5 pm—Prayer & Meditation (Stoney Chapel)  
Silent meditation in the chapel, then stations of the cross in the church.
- + 5:30 pm—Short Service of Songs, Sacred Story, and Holy Communion for All Ages (Stoney Chapel)  
Simple, participatory service for all ages. Children welcome. *Lots* of singing!
- + 6 pm—Dinner & Fellowship (Parish Hall)  
Sign up in the narthex to bring soup or salad to share.
- + 7 pm—Book Study: "*The Word is Very Near You: A Guide to Praying with Scripture*" by Martin L. Smith (Library)  
Join us as we explore the meaning and practice of prayer; a great resource for all of us who feel inadequate to the task of praying.

**THURSDAYS**

- + 11 am—Holy Eucharist (Stoney Chapel)



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**HOLY WEEK AT ST. MARK'S 2020**

**SUNDAY, APRIL 5**

- + 9:30 am—Palm Sunday  
Blessing of Palms, Procession, Passion Narrative and Holy Eucharist. Service begins in the Fish Garden.

**TUESDAY, APRIL 7**

- + 7 pm—Tenebrae  
A traditional Holy Week liturgy that evokes an emotional atmosphere expressive of Jesus' passion. It features darkness, the extinguishing of candles, chanting of psalms, and quiet.

**THURSDAY, APRIL 9**

- + 11 am—Midweek Holy Eucharist
- + 7 pm—Maundy Thursday Liturgy  
Eucharist and foot-washing, emphasizing the call to self-sacrificial service. The liturgy ends with chant, the stripping of the altar and darkness. Immediately following this liturgy begins the all-night watch.
- + 9 pm—All-Night Watch and Vigil  
The all-night watch is for those who want to pray and wait with Jesus in the Garden of Gethsemane prior to his arrest on Good Friday.

**FRIDAY, APRIL 10**

- + 7 am—Prayer Vigil/Watch Ends with Stations of the Cross.
- + Noon—Traditional Good Friday Liturgy.
- + 7 pm—Traditional Good Friday Liturgy.

**Note:** The nave will be open from 7 am—7 pm for contemplation, prayer, veneration of the cross and stations of the cross during Good Friday.

**SATURDAY, APRIL 11**

- + 9 am—Holy Saturday Liturgy and All-Parish Cleaning Day  
Liturgy, simple and quiet. Then we stay to prepare the church for the celebration of Easter.
- + 8 pm—The Great Vigil of Easter—**Bring a bell with you!** Paschal Fire, candle-lit church readings of redemption from the Old Testament with psalm-chants, baptisms and a proclamation of the resurrection that propels us into celebration. Service begins in the Fish Garden.
- + 10 pm—Agape Feast & Dance  
Following the Great Vigil of Easter liturgy, we will have a celebratory Easter Feast and Dance.

**SUNDAY, APRIL 12**

- + 9:30 am—Easter Sunday  
Choral Holy Eucharist. A Special Resurrection Party for the whole congregation follows the Easter morning liturgy.