



THE GOOD NEWS

LENT AND EASTER CALENDAR

Tuesday, February 21

Shrove Tuesday Pancake Supper 6-8 p.m. Parish Hall –
for details see flyer in this newsletter

Wednesday, February 22

Ash Wednesday service with Eucharist
12:10 p.m. and 7 p.m. in Church

Every Sunday, February 25 through April 2:

Lenten Series, Following the 10 a.m. Service,
Chapter Room – *for details see separate section on
Lenten study*

Every Monday, February 26 through April 3:

Holy Eucharist 12:10 p.m. in Chapel
Prayer Service 6:00 p.m. in the Main Chancel – *for details see separate
article on the Monday prayer service*

Volume 17 EXTRA Issue
February 2023

Every Tuesday, February 27 through March 28:

Holy Eucharist 12:10 p.m. in Chapel

Every Wednesday, March 1 through March 29:

Holy Eucharist 12:10 p.m. in Chapel,

Evening Prayer and Program, 6:30 p.m. on Zoom – *for details see separate section in this newsletter*

Every Thursday, February 23 through March 30:

Holy Eucharist 12:10 p.m. in Chapel

Every Friday, February 24 through March 31

Holy Eucharist 12:10 p.m. in Chapel,
Stations of the Cross 6:30 p.m.

Every Friday evening, March 10 through March 31

Friday night walks, 6 p.m. -- *for details see flyer in this newsletter*

Palm Sunday – April 2

Holy Eucharist 8 a.m.

Choral Eucharist 10 a.m.

Holy Wednesday – April 5:

The Service of Tenebrae, 7:00 p.m.

Holy Saturday – April 8:

Circle of Peace, 7- 7:30 p.m. at Lake Merritt – *for details see separate article on this activity*

The Great Vigil of Easter 8 p.m.

Easter Sunday – April 9:

Holy Eucharist 8:00 a.m.

Festival Eucharist 10:00 a.m.

Easter Potluck brunch and Egg Hunt following the 10:00 a.m. liturgy.

Maundy Thursday – April 6:

Maundy Thursday Service, 7:00 p.m.

Good Friday – April 7:

The Service of Good Friday, 12:00 noon-3:00 p.m.

Stations of the Cross – 3:00 p.m.



COME ONE, COME ALL!
TO ST. PAUL'S ANNUAL SHROVE
TUESDAY
PANCAKE FEED AND RACES

We'll serve a traditional Shrove Tuesday pancake dinner with bacon, vegan sausage, coffee & juice and all the pancakes you can eat! There is always a gluten free pancake option.

Then, get ready for the competitive and really fun pancake races! Will last year's winners defend their titles? Join us to find out!

WHEN: February **21** 2020

TIME: 6 p.m. to 8 p.m.

WHERE: St. Paul's Episcopal Church, Parish Hall
116 Montecito Avenue
Oakland, CA 94610

COST: Suggested donation of \$1.00 for kids,
\$3.00 for adults

COME JOIN THE FUN AND GO FLIPPIN'
CRAZY!



Sunday Lenten Formation Series

In Person in the Chapter Room

Reading Wisdom from the Wider World

Deacon Paul Impey

The Bible tells us again and again that the God of Israel, to whom Jesus prayed, was the same God that made the heavens and earth. These sacred scriptures record the invaluable history of our spiritual ancestors' relationship with the God of all creation, including their struggles, failures, and triumphs, all so that we might learn from the wisdom of the past. Yet Jesus told the people of Israel that he has other sheep as well (John 10:16), and the God of all creation is at work in all things and all cultures, not merely those to whom Jesus most obviously came. The disparate religious traditions of the world with their varied perspectives on the divine all have valuable wisdom to teach us as disciples of Jesus Christ seeking deeper relationship with God. By welcoming many perspectives, we can gain a fuller picture of the whole and witness those facets of God's love and justice that we might have otherwise ignored.

This Lent, Deacon Paul Impey will be offering a series of discussions on various sacred scriptures from different religious traditions around the world. This series is primarily intended for committed Christians hoping to broaden and deepen their faith by seeking wisdom and insights from other cultures in light of their own commitments to love and serve Christ. All, however, are welcome to attend regardless of faith tradition or where you are on your spiritual journey. Sessions will be held on Sundays during Lent after the 10am service. Handouts on each scripture will be provided a week before each session, including a summary of the scripture's context and content, brief passages to read, and questions to consider for discussion. Preparing for discussion beforehand is encouraged, but not required. The schedule for this series is as follows:

- February 26: Session 1: *Popol Vuh*: Holy Book of the K'iche' Maya
- March 5: Session 2: *Bardo Thodol*: Commonly Called the Tibetan Book of the Dead
- March 12: Session 3: *Bhagavad Gita*: The Song of the Lord (Krishna)
- March 19: Session 4: Jesus in *The Quran*: Īsā ibn Maryam as a Prophet of God
- March 26: Session 5: *Odu Ifá*: Divining the Wisdom of a Divine Community
- April 2: Session 6: Concluding Reflections

However familiar or unfamiliar you may be with these scriptures, you are welcome to attend and explore them together with us. We will not unravel all of their secrets here, but together we may find some invaluable wisdom for leading the life of discipleship for Christ. If you have any questions, please contact Deacon Paul Impey at pimpey@ses.cdsp.edu.

Wednesday Lent Formation Program

Via Zoom

GROWING IN THE WILDERNESS

This is your invitation to keep a Holy Lent and to grow in your faith. God does amazing things in the wilderness, even when the wilderness stretches on for a while! These are all wilderness stories that remind us of what God can teach there, and that good things come out of wilderness times.

Growing in the Wilderness is a 5-part video series which we will watch together on Wednesday evenings following Evening Prayer. After each short video we will discuss the topic of the week in relation to different parts of scripture and our own experiences. We encourage you to be an active participant in growing closer to God and in faith during this Holy Lent!

- WEEK 1: CLEARER** GROWING IN CLARITY
- WEEK 2: ORDER** GROWING IN PRIORITIES
- WEEK 3: INTIMATE** GROWING IN RELATIONSHIP
- WEEK 4: APPRECIATION** GROWING IN COMPASSION
- WEEK 5: CONVICTION** GROWING IN CONFIDENCE

Lenten Monday Evening Prayer

Pamela Kruse-Buckingham, facilitator

with music by:

U2, David Gray, Natalie Merchant, Aaron Neville, Arcade Fire, Florence & The Machine, Iron & Wine/Calexico, Green Day, Carbon Leaf, Fleetwood Mac, Maggie Rogers, Vienna Teng, Dave Matthews Band & L'Anarchiste

**And a Liturgy adapted from
A New Zealand Prayer Book**

February 27, March 6, 13, 20, 27, April 3, 2023

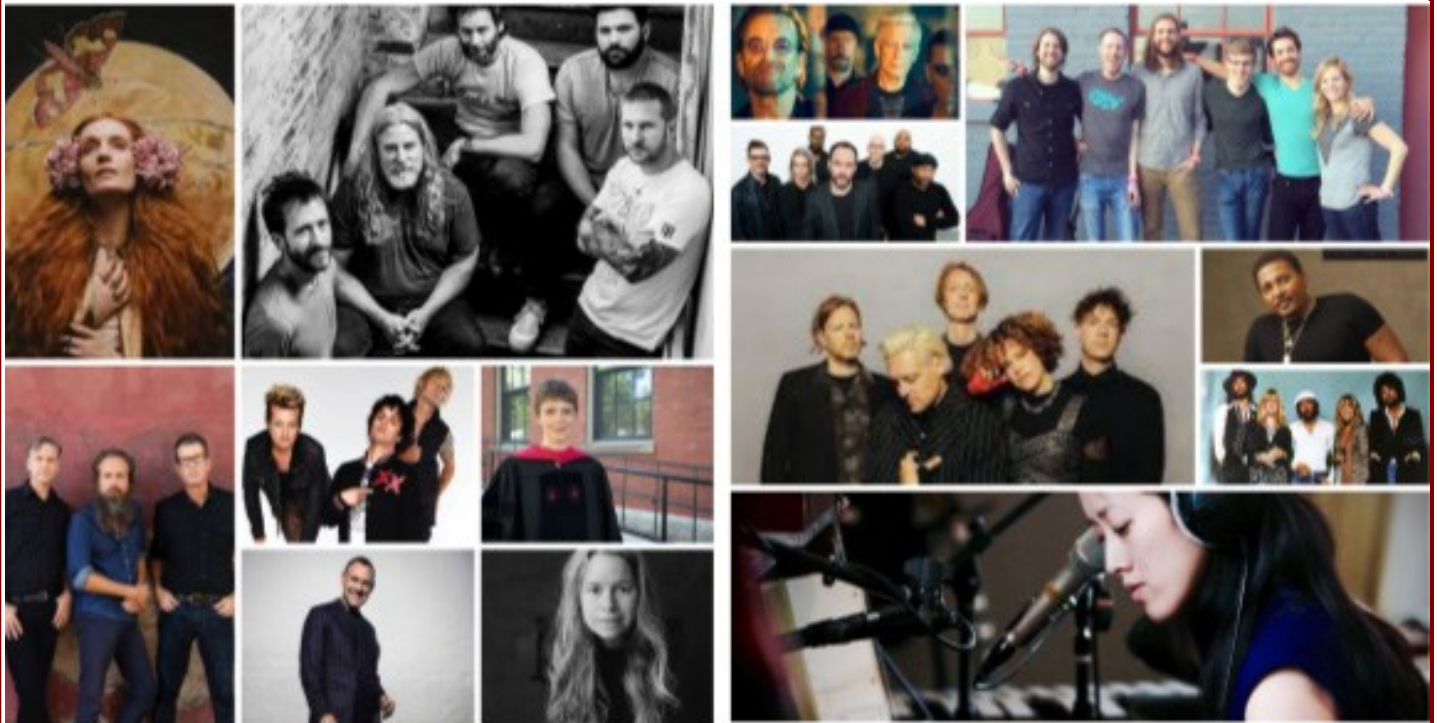
Join us in the Church each Monday at 7pm through Lent for Lay Led Night Prayer from the *A Zealand Prayer Book* and the music on this Spotify playlist:

https://open.spotify.com/playlist/1TkGFRDbcMUilfVlWCiFWT?si=8Xkd9fKMRceLZ88fRo4AGg&utm_source=copy-link

This Lent, let's pray and seek the Light of God together through this amazing liturgy and music.

For a peek at the worship bulletin, click [HERE](#).

Questions? Reach out to me at pamela.kruse.buckingham@gmail.com



Holy Saturday Circle of Peace

Paula Hawthorn

April 8 is Holy Saturday, the day between Good Friday & Easter. On that day we honor the day that Our Savior lay in the tomb. This is the perfect day for the church to stand in meditative prayer for peace, so we will be joining various Oakland gun violence prevention organizations in a Circle of Peace around Lake Merritt at 7PM April 8.

The candle-lit silent meditation begins at 7, we will meet at St. Paul's at 6:30 to walk to the lake together. This is just a 30 minute meditation, so we will return to the church in time for the 8PM beginning of the Easter Vigil. All are invited to attend the Vigil service!

After church, Paula and other members of the Social Justice Committee will be signing up people who would like to attend. Contact paula.hawthorn@gmail.com for details.



Resources for individual Lenten devotions

(With thanks to Rev. Anne Jensen and to Sharon Pilmer, Stewardship Chair, whose messages about them are reprinted in this newsletter)

Forward Day by Day, printed version, is available in the narthex. You can also have it sent to you through your email daily. orders@forwardmovement.org

Living Compass: Many people appreciated using this source for Advent. For daily readings in Lent go to <https://www.livingcompass.org/lent> and scroll down to the online option.

Take the 40 Acts of Generosity Challenge: <https://40acts.org.uk>.

Spirituality: Lent

Anne Jensen

Mother Anne's invitation to Lent was published in the February Good News. We re-publish it here as it eloquently speaks to us about the upcoming season.

On Ash Wednesday, February 22 this year, we begin the the 40 days of Lent. From the very early days of the church this time was used to prepare candidates for baptism and to restore those who because of “notorious sin” had been excluded from the community. (BCP p. 265). Repentance, fasting and new beginnings have been a central part of Lenten observance ever since. Around the end of ninth century the church decided that all Christians should observe a period of fasting, repentance, study, prayer, almsgiving, and good works during Lent. This tradition has been carried on in the Catholic, Orthodox, Anglican, and Lutheran churches. In the Episcopal and Catholic churches Ash Wednesday and Good Friday are officially days of fasting. Fasting in this instance means having one full meal with one or two small snacks. However, some people choose to abstain from Facebook or other social media, as well as from consuming food or drink that has a larger place in one's life than it should. Some abstain from a behavior that has become a barrier to good relationships, such as using sarcasm. The practice of fasting is to call us to prayer. A friend of mine summed up her thoughts about Lent saying, “It's a time to be thoughtful. It's kind of like ‘Dry January’ for the soul.” Lent is not without humor. The focus, however, is to repent, renew our faith, and prepare to celebrate the mysteries of our salvation.



Many Christians still seek to use the forty days of Lent as a time for deepening their faith. Fasting isn't the only way to observe Lent. Consider adding something instead of fasting: for instance, reading devotional books, taking on a service project, or keeping a journal of how God is present in your daily life. Underlying the call to repentance is the assurance of forgiveness promised by Jesus to those who put their trust in him. Who among us would dare to look deep within our hearts without this promise?

The words of the Ash Wednesday service are invitational and encouraging as we enter this liturgical season. Attending services during Lent, especially Ash Wednesday, the six Sundays of Lent and services of Holy Week, will provide structure for whatever practice you decide to focus on during Lent by leading you through the life of Jesus and particularly through his last days. Your Easter celebration will be richer because of the journey you take in Lent.

Resources for Lent: Forward *Day by Day*, printed version, is available in the narthex. You can also have it sent to you through your email daily. orders@forwardmovement.org

Living Compass: Many people appreciated using this source for Advent. For daily readings in Lent go to <https://www.livingcompass.org/lent> and scroll down to the online option.

A Christian Steward's Perspective on Lent: What if?

Sharon Pilmer, Stewardship Chair



Sharon Pilmer's perspective on a Lenten look at stewardship was published in the February Good News. We re-publish it here as it eloquently speaks to us about the upcoming season.

Lent is the six-week period leading up to Easter, beginning on Ash Wednesday and ending on Holy Saturday in the Episcopal Church. For Christians, it is a time of solemn observance and preparation for the crucifixion and resurrection of Jesus. Typically, it is a time of austerity, and many people give up something for Lent to refocus their faith: chocolate, alcohol, sweets, social media, you name it.

What if, instead of, or in addition to, the practice of giving up something for Lent, we took something on? Mother Anne pointed me to a British website, "40 Acts", a product of the British stewardship movement. This is a 40 day generosity challenge, which you can read more about here: <https://40acts.org.uk>.

What is an act of generosity? How does this ground us in our faith? As Christians we believe that all we have comes from God. When we reflect on this, we are filled with gratitude, and the natural response to gratitude is generosity.

An act of generosity might involve money, or it might not. My own reflections are that in any given day, we may make thousands of decisions. When to get up, what to have for breakfast, what to wear, what to do. I don't know about you, but I may progress through my day making decisions in a less than intentional way. What if we became more focused, more mindful, as we went about our daily lives? What could that look like?

Who might need a prayer today? Perhaps I could let this harried person go in front of me in line. Does someone need a ride somewhere? A meal? Could I spare this homeless person a dollar? Could I help restore someone's dignity by a kind word?

What would happen, if, as a parish, we all decided to commit to a generous act per day for the forty days of Lent? What if we invited everyone on our parish's Facebook page to participate? What if we invited our friends to participate? We could initiate an epidemic of generosity!

Will you join us?