

**Resources for a Holy Lent**  
**Trinity Church in the City of Boston**  
**March 1- April 15, 2017**

"I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word..."

- *The Book of Common Prayer*

**Welcome to a Holy Lent!**

These forty days from Ash Wednesday through the Saturday of Holy Week offer us the opportunity to renew our bodies, minds and spirits for the resurrection of Christ.

As you prepare for Lent, consider resources and events below – both solitary and community based – to deepen your observance of this holy season. Blessings and Christ's peace be with you!

**On Your Own**

- **Giving Up/Taking On**
  - Understanding prayer, fasting, and self-denial as "creating space"
  - "To starve thy sin..." (Robert Herrick)
  - "I Used to be a Human Being" by Andrew Sullivan (*New York Magazine*, September 2016)
  - "The New Way to Love Food" by James Hamblin (*The Atlantic Monthly*, January, 2014)
  - "The Moral Crusade Against Foodies" by B.R. Myers (*The Atlantic Monthly*, March, 2011)
  - Cited articles available free of charge online
- **Daily Prayer and Scripture**
  - The Daily Office (printed lectionary follows here).
    - Download *Holy Women, Holy Men*
    - <http://www.bmrc-online.org>
  - Online via Facebook and The Mission of St. Clare
    - Join Public Facebook Group "Daily Prayer with Trinity Church Boston"
    - The Daily Office from The Mission of St. Clare
    - <http://www.missionstclare.com>
- **Daily Lenten Poetry**
  - "Ecce Homo: Poems for Lent and Holy Week"
  - <http://www.dioceseofalgoma.com>
- **Sacred Suppers**
  - Trinity booklet available by February 26
- **Sacramental Confession: "The Reconciliation of a Penitent"**
  - Available by appointment with Trinity Clergy
  - *Book of Common Prayer* pages 446-452
- **Resources**
  - Shop on Amazon via "Amazon Smile" selecting Trinity as your designated "charity"
  - Smith, Martin L., *A Season for the Spirit: Readings for the Days of Lent* (Seabury Press, 2004)
  - Guite, Malcolm, *Word in the Wilderness: A Poem a Day for Lent and Easter* (Canterbury Press, 2014)
  - *Forward Day by Day* (daily reflections available online or via podcast) at <http://www.forwardmovement.org>

## Group Worship

- **Ash Wednesday**
  - Holy Eucharist with Sermon
  - 7:30 am, 12:10pm, 7:00 pm
- **Noonday Prayer at Trinity (Chapel)**
  - Tuesdays through Fridays at 12:10 pm
  - March 2 through Holy Week
- **Sacred Silence (Church)**
  - Sunday evenings from 7:00 – 8:00 pm
  - Follows 6:00 pm Holy Eucharist, precedes sung compline

## Community Events

- **Disciple Development Day: Embracing Difference in Divisive Times**
  - How can we acknowledge our differences and view diversity as part of God's plan?
  - Saturday, March 4 from 9:00 am to 3:00 pm
  - Free of charge; lunch provided
  - Register at: [bit.ly/trinitydiscipleday](http://bit.ly/trinitydiscipleday)
- **The Supper of the Lamb**
  - 5 Sunday afternoon conversations about food and faith
  - Prepare meals together for Sunday evening congregation
  - Contact Rita Powell ([rpowell@trinitychurchboston.org](mailto:rpowell@trinitychurchboston.org)) to join
- **“Confronting Injustices” (Lenten Movie and Discussion Series)**
  - Films screen March 8, 15 and 22 in Trinity Forum 6:00 – 8:30 pm
  - Discussion to follow
  - Additional Sunday discussions in Ferris Library March 12, 19 and 26 1:00-2:30 pm
  - March 8: *The 13<sup>th</sup>*, a thought-provoking, Oscar-nominated documentary in which scholars, activists and politicians analyze the criminalization of African Americans and the U.S. prison boom.
  - Contact Rainey Dankel ([rdankel@trinitychurchboston.org](mailto:rdankel@trinitychurchboston.org)) for further information
- **Lecture and Retreat: Spiritual Resilience in a Time of Climate Change**
  - Saturday, April 1
  - 9:00 am – 12:30 pm, Forum and Commons
  - Presentations, guided meditation, and small and large group conversation.
  - Free and open to all
  - Led by The Rev. Margaret Bullitt-Jonas, Ph.D., an Episcopal priest and writer who serves as Missioner for Creation Care in the Episcopal Diocese of Western Massachusetts
- **Palm Saturday Retreat – Glastonbury Abbey, Hingham, MA**
  - Saturday, April 8 – 9-3 p.m.
  - From Dying to Rising – Living Practices for Holy Week and Easter

## Daily Office Readings for Lent

*You will find below the Daily Office readings appointed for Morning Prayer for each of the days of Lent. A good resource to use for praying the Daily Office can be found at [www.missionstclare.com](http://www.missionstclare.com). The full text of the Daily Office can be found there each day, along with the readings for the day and selected hymns. If you would rather listen to the Daily Office as you pray instead of reading, there is also an audio version of the Office and Readings each day on that website.*

### **March 1 – Ash Wednesday**

Psalms 32 and 143  
Jonah 3:1-4:11  
Hebrews 12:1-14  
Luke 8:9-14

### **March 2 – Thursday after Ash Wednesday Chad of Litchfield**

Psalm 37  
Deuteronomy 7:6-11  
Titus 1:1-16  
John 1:29-34

### **March 3 – Friday after Ash Wednesday John and Charles Wesley**

Psalm 31  
Deuteronomy 7:12-16  
Titus 2:1-15  
John 1:35-42

### **March 4 – Saturday after Ash Wednesday Paul Cuffee**

Psalms 30 and 32  
Deuteronomy 7:17-26  
Titus 3:1-15  
John 1:43-51

### **March 5 – First Sunday in Lent**

Psalms 63:1-8(9-11) and 98  
Deuteronomy 8:1-10  
I Corinthians 1:17-31  
Mark 2:18-22

### **March 6 – Monday in the First Week of Lent William W. Mayo, Charles Menninger, and Their Sons**

Psalms 41 and 52  
Deuteronomy 8:11-20  
Hebrews 2:11-18  
John 2:1-12

### **March 7 – Tuesday in the First Week of Lent Perpetua and Her Companions**

Psalm 45  
Deuteronomy 9:4-12  
Hebrews 3:1-11  
John 2:13-22

### **March 8 – Wednesday in the First Week of Lent Geoffrey Anketell Studdert Kennedy**

Psalm 119:48-72  
Deuteronomy 9:13-21  
John 2:23-3:15

### **March 9 – Thursday in the First Week of Lent Gregory of Nyssa**

Psalm 50  
Deuteronomy 9:23-10:5  
Hebrews 4:1-10  
John 3:16-21

### **March 10 – Friday in the First Week of Lent**

Psalms 95, 40, and 54  
Deuteronomy 10:12-22  
Hebrews 4:11-16  
John 3:22-26

### **March 11 – Saturday in the First Week of Lent**

Psalm 55  
Deuteronomy 11:18-28  
Hebrews 5:1-10  
John 4:1-26

### **March 12 – Second Sunday in Lent**

Psalms 24 and 29  
Jeremiah 1:1-10  
I Corinthians 3:11-23  
Mark 3:31-4:9

**March 13 – Monday in the Second Week of Lent**

**James Theodore Holly**

Psalms 56, 57, and 58

Jeremiah 1:11-19

Romans 1:1-15

John 4:27-42

**March 14 – Tuesday in the Second Week of Lent**

Psalms 61 and 62

Jeremiah 2:1-13

Romans 1:16-25

John 4:43-54

**March 15 – Wednesday in the Second Week of Lent**

Psalm 72

Jeremiah 3:6-18

Romans 1:28-2:11

John 5:1-18

**March 16 – Thursday in the Second Week of Lent**

Psalms 70 and 71

Jeremiah 4: 9-10, 19-28

Romans 2:12-24

John 5:19-29

**March 17 – Friday in the Second Week of Lent**  
**Patrick**

Psalms 95 and 69:1-23 (24-30) 31-38

Jeremiah 5:1-9

Romans 2:25-3:18

John 5:30-47

**March 18 – Saturday in the Second Week of Lent**

**Cyril of Jerusalem**

Psalms 75 and 76

Jeremiah 5:20-31

Romans 3:19-31

John 7:1-13

**March 19 – Third Sunday in Lent**

Psalms 93 and 96

Jeremiah 6:9-15

I Corinthians 6:12-20

Mark 5:1-20

**March 20 – Monday in the Third Week of Lent**

**Joseph, Guardian of Our Lord**

Psalm 132

Isaiah 63:7-16

Ephesians 3:14-21

Matthew 1:18-25

**March 21 – Tuesday in the Third Week of Lent**

**Thomas Cranmer**

Psalms 97, 99, and 100

Jeremiah 17:19-27

Romans 7:13-25

John 6:16-27

**March 22 – Wednesday in the Third Week of Lent**

**James De Koven**

Psalms 101 and 109: 1-4(5-19)31-38

Jeremiah 18:1-11

Romans 8:1-11

John 6:27-40

**March 23 – Thursday in the Third Week of Lent**

**Gregory the Illuminator**

Psalm 69:1-23(24-30)31-38

Jeremiah 22:13-23

Romans 8:12-27

John 4:51-61

**March 24 – Friday in the Third Week of Lent**

**Oscar Romero**

Psalms 95 and 102

Jeremiah 23:1-8

Romans 8:28-39

John 6:52-59

**March 25 – Saturday in the Third Week of Lent**

**The Annunciation to the Blessed Virgin Mary**

Psalms 85 and 87

Isaiah 52:7-12

Hebrews 2:5-10

John 1:9-14

**March 26 – Fourth Sunday in Lent**

Psalms 66 and 67  
Jeremiah 14:1-9, 17-22  
Galatians 4:21-5:1  
Mark 8:11-21

**March 27 – Monday in the Fourth Week of Lent**  
**Charles Henry Brent**

Psalms 89:1-18  
Jeremiah 16:10-21  
Romans 7:1-12  
John 6:1-15

**March 28 – Tuesday in the Fourth Week of Lent**  
**James Solomon Russell**

Psalms 97, 99, and 100  
Jeremiah 17:19-27  
Romans 7:13-25  
John 6:16-27

**March 29 – Wednesday in the Fourth Week of Lent**

**John Keble**  
Psalms 101 and 109:1-4(5-19)20-30  
Jeremiah 18:1-11  
Romans 8:1-11  
John 6:27-40

**March 30 – Thursday in the Fourth Week of Lent**

**Innocent of Alaska**  
Psalm 69:1-123(24-30)31-38  
Jeremiah 22:13-23  
Romans 8:12-27  
John 6:41-51

**March 31 – Friday in the Fourth Week in Lent**  
**John Donne**

Psalms 95 and 102  
Jeremiah 23:1-8  
Romans 8:28-39  
John 6:52-59

**April 1 – Saturday in the Fourth Week in Lent**  
**Frederick Denison Maurice**

Psalms 107:33-43 and 108:1-6(7-13)  
Jeremiah 23:9-15  
Romans 9:1-18  
John 6:60-71

**April 2 – Fifth Sunday in Lent**

Psalm 118  
Jeremiah 23:16-32  
I Corinthians 9:19-27  
Mark 8:31-9:1

**April 3 – Monday in the Fifth Week of Lent**  
**Richard of Chichester**

Psalm 31  
Jeremiah 24:1-10  
Romans 9:19-33  
John 9:1-17

**April 4 – Tuesday in the Fifth Week of Lent**  
**Martin Luther King, Jr.**

Psalms 120, 121, 122, and 123  
Jeremiah 25:8-17  
Romans 10:1-13  
John 9:18-41

**April 5 – Wednesday in the Fifth Week of Lent**  
**Pandita Mary Ramabai**

Psalm 119:145-176  
Jeremiah 25:30-38  
Romans 10:14-21  
John 10:1-18

**April 6 – Thursday in the Fifth Week of Lent**  
**Daniel G.C. Wu**

Psalms 131, 132, and 133  
Jeremiah 26:1-16  
Romans 11:1-12  
John 10:19-42

**April 7 – Friday in the Fifth Week of Lent**  
**Tikhon**

Psalms 95 and 22  
Jeremiah 29:1, 4-13  
Romans 11:13-24  
John 11:1-27 or John 12:1-10

**April 8 – Saturday in the Fifth Week of Lent**  
**William Augustus Muhlenberg and Anne Ayers**

Psalms 137:1-6(7-9) and 144  
Jeremiah 31:27-34  
Romans 11:25-36  
John 11:28-44 or John 12:37-50

**April 9****Palm Sunday**

Psalms 24 and 29  
 Zechariah 9:9-12  
 I Timothy 6:12-16  
 Matthew 21:12-17

**April 10****Monday in Holy Week**

Psalm 51:1-18(19-20)  
 Jeremiah 12:1-16  
 Philippians 3:1-14  
 John 12:9-19

**April 11****Tuesday in Holy Week**

Psalms 6 and 12  
 Jeremiah 15:10-21  
 Philippians 3:15-21  
 John 12:20-26

**April 12****Wednesday in Holy Week**

Psalm 55  
 Jeremiah 17:5-10, 14-27  
 John 12:27-36

**April 13****Maundy Thursday**

Psalm 102  
 Jeremiah 20:7-11  
 I Corinthians 10:14-17; 11:27-32  
 John 17:1-11(12-26)

**April 14****Good Friday**

Psalms 95 and 22  
 Wisdom 1:16-2:1, 12-22 or Genesis 22:1-14  
 I Peter 1:10-20  
 John 13:36-38

**April 15****Holy Saturday**

Psalms 95 and 88  
 Job 19:21-27a  
 Hebrews 4:1-16

**April 16****The Day of Resurrection – Easter Sunday**

Psalms 148, 149, and 150  
 Exodus 12:1-14  
 John 1:1-18

**What Is Lent For?**

Letting Go – Giving Up/Taking On  
 Cleaning Out for Easter  
 Finding Life – Facing into Death-Dealing Things  
 Images – Barnacles and Garage Sales

**Disciplines**

Prayer  
 Fasting  
 Works of Mercy

**Intentionality – Aiming at a Goal -- Wholeness**

Choosing  
 Not perfection – But trying/practicing

**Ashes**

Humus – Fertilizer  
 Lent = lengthening days