

Resources for a Holy Lent
Trinity Church in the City of Boston
February 14 – March 31, 2018

... It's true, we cannot reach Christ's fortieth day;
Yet to go part of that religious way,
Is better than to rest:
We cannot reach our Savior's purity;
Yet are bid, Be holy ev'n as he.
In both let's do our best...

-- From "Lent" by George Herbert

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**”
 - In this “space” to **connect to God and others more deeply and deliberately**
 - “To starve thy sin...” (Robert Herrick)
 - How can you create space and time?
 - **Technology**: “To combat addiction, try a social media ‘fast’” (*Boston Globe*, 2/13/18)
 - **Food, Clothing, Personal Finance**: “Want to save more money? Try these three financial fasts” (*Washington Post*, 1/26/18)
 - How are you “attaching” to the causes and issue you care about most?
 - **Gun Violence**: “Make it Stop: No More Worshiping at the Altar of the Gun” (*Boston Globe*, 2/16/18)
 - **Creation Care**: “What to Give Up for Lent? Smoking? Cursing? How About Plastic?” (*The New York Times*, 2/15/18)
 - **Trinity Climate Action Network**
 - Contact: Gabriela Artavia at gabriela.artavia24@gmail.com
 - Daily actions that connect you to greater Creation Care by limiting the global warming emissions in your food, transportation, and electricity.
 - Consider:
 - Carbon Fast Pledge (visit table in Commons)
 - Personalized carbon reduction plan at coolclimate.berkeley.edu for personalized carbon reduction plan
 - Receiving daily emails from Massachusetts Conference of United Church of Christ (table in Commons)
 - Reading “Creation Corner” blogs in Trinity Community Update (Thursday email)
 - Consider Trinity’s support for *We are Still in Pledge* in solidarity with the 232nd Annual Diocesan Convention’s resolution to combat global warming.

- **Daily Prayer and Scripture**
 - The Daily Office (printed lectionary follows here)
 - *Forward Day by Day*
 - <http://prayer.forwardmovement.org/>
 - Online with other parishioners 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 14 (atop piano near icon in Commons)
- **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”
 - Brueggemann, Walter, *A Way other than Our Own: Devotions for Lent* (John Knox Press, 2016)
 - Guite, Malcolm, *Word in the Wilderness: A Poem a Day for Lent and Easter* (Canterbury Press, 2014)
 - Smith, Martin L., *A Season for the Spirit: Readings for the Days of Lent* (Seabury Press, 2004)
 - Untener, Ken, *The Little Black Book for Lent 2018: Six-minute reflections on the Passion According to Mark* (Little Books, 2017)
 - All available as Kindle editions

Group Worship

- **Noonday Prayer at Trinity (Chapel)**
 - Thursdays at 12:10 pm
- **Sacred Silence (Church)**
 - Sunday evenings from 7:00 – 8:00 pm
 - Follows 6:00 pm Holy Eucharist, precedes sung compline (8:00 – 8:20 pm)
- **Holy Week (March 27-31)**
 - **Palm Sunday** Holy Eucharist at 9:00, 11:15 and 6:00 (no 7:45 service on this day)
 - Noonday Eucharist with Meditation (Chapel) at 12:10 pm on **Tuesday** and **Wednesday**
 - **Maundy Thursday** at 7:30 pm (Church): Foot washing, Holy Eucharist, Stripping of the Altar
 - **Good Friday**
 - Holy Eucharist (from reserved sacrament) in Chapel at 9:00 am
 - Three-hour devotion in Church from 12:00 noon to 3:00 pm
 - Concert: Arvo Pärt, *Passio* from 5:30 to 6:30 pm in Church
 - **Holy Saturday**
 - The Prayers for Holy Saturday in Chapel at 10:00 am
 - The Great Vigil of Easter at 8:00 pm followed by gala reception (Commons)
 - **Easter Sunday**
 - Festival Eucharist at 8:00 am, 10:00 am, 12:00 noon and 6:00 pm

Community Events

- **Price Lectures**
 - Sunday, February 25: “Boston. Racism. Image. Reality.” A conversation with **Adrian Walker** of the *Boston Globe* and Simone John, Trinity’s outreach coordinator.
 - Sunday, March 11: “#MeToo and Christian Sexual Ethics” with **Mark Jordan** Of Harvard Divinity School
 - Sunday, April 22: “A Jewish Take on Jesus: Talking the Gospels with **Amy-Jill Levine**” at 10:15 (Forum Hour) and 1:00 pm.

- **Trinity Climate Action Network Film Screenings (Forum)**
 - March 4 at 1:00 pm: *Time to Choose*
 - <http://www.timetochoose.com>
 - March 18 at 1:00 pm: *Age of Consequences*
 - <http://theageofconsequences.com>

Daily Office Readings for Lent (Year 2)

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. 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.

Sunday 2/18

AM Psalm 63:1-8(9-11), 98; PM Psalm 103
Dan 9:3-10; Heb. 2:10-18; John 12:44-50

Monday 2/19

AM Psalm 41, 52; PM Psalm 44
Gen. 37:1-11; 1 Cor. 1:1-19; Mark 1:1-13

Tuesday 2/20

AM Psalm 45; PM Psalm 47, 48
Gen. 37:12-24; 1 Cor. 1:20-31; Mark 1:14-28

Wednesday 2/21

AM Psalm 119:49-72; PM Psalm 49, [53]
Gen. 37:25-36; 1 Cor. 2:1-13; Mark 1:29-45

Thursday 2/22

AM Psalm 50; PM Psalm [59, 60] or 19, 46
Gen. 39:1-23; 1 Cor. 2:14-3:15; Mark 2:1-12

Friday 2/23

AM Psalm 95 [for the Invitatory] 40, 54; PM Psalm 51
Gen. 40:1-23; 1 Cor. 3:16-23; Mark 2:13-22

Saturday 2/24

AM Psalm 55; PM Psalm 138, 139:1-17(18-23)
Gen. 41:1-13; 1 Cor. 4:1-7; Mark 2:23-3:6

Sunday 2/25

AM Psalm 24, 29; PM Psalm 8, 84
Gen. 41:14-45; Rom. 6:3-14; John 5:19-24

Monday 2/26

AM Psalm 56, 57, [58]; PM Psalm 64, 65
Gen. 41:46-57; 1 Cor. 4:8-20(21); Mark 3:7-19a

Tuesday 2/27

AM Psalm 61, 62; PM Psalm 68:1-20(21-23)24-36
Gen. 42:1-17; 1 Cor. 5:1-8; Mark 3:19b-35

Wednesday 2/28

AM Psalm 72; PM Psalm 119:73-96
Gen. 42:18-28; 1 Cor. 5:9-6:8; Mark 4:1-20

Thursday 3/1

AM Psalm [70], 71; PM Psalm 74
Gen. 42:29-38; 1 Cor. 6:12-20; Mark 4:21-34

Friday 3/2

AM Psalm 95 [for the Invitatory] 69:1-23(24-30)31-38;
PM Psalm 73
Gen. 43:1-15; 1 Cor. 7:1-9; Mark 4:35-41

Saturday 3/3

AM Psalm 75, 76; PM Psalm 23, 27
Gen. 43:16-34; 1 Cor. 7:10-24; Mark 5:1-20

Sunday 3/4

AM Psalm 93, 96; PM Psalm 34
Gen. 44:1-17; Rom. 8:1-10; John 5:25-29

Monday 3/5

AM Psalm 80; PM Psalm 77, [79]
Gen. 44:18-34; 1 Cor. 7:25-31; Mark 5:21-43

Tuesday 3/6

AM Psalm 78:1-39; 78:40-72
Gen. 45:1-15; 1 Cor. 7:32-40; Mark 6:1-13

Wednesday 3/7

AM Psalm 119:97-120; PM Psalm 81, 82
Gen. 45:16-28; 1 Cor. 8:1-13; Mark 6:13-29

Thursday 3/8

AM Psalm [83] *or* 42, 43; PM Psalm 85, 86
Gen. 46:1-7,28-34; 1 Cor. 9:1-15; Mark 6:30-46

Friday 3/9

AM Psalm 95 [for the Invitatory] 88; PM Psalm 91, 92
Gen. 47:1-26; 1 Cor. 9:16-27; Mark 6:47-56

Saturday 3/10

AM Psalm 87, 90; PM Psalm 136
Gen. 47:27-48:7; 1 Cor. 10:1-13; Mark 7:1-23

Sunday 3/11

AM Psalm 66, 67; PM Psalm 19, 46
Gen. 48:8-22; Rom. 8:11-25; John 6:27-40

Monday 3/12

AM Psalm 89:1-18; PM Psalm 89:19-52
Gen. 49:1-28; 1 Cor. 10:14-11:1; Mark 7:24-37

Tuesday 3/13

AM Psalm 97, 99, [100]; PM Psalm 94, [95]
Gen. 49:29-50:14; 1 Cor. 11:17-34; Mark 8:1-10

Wednesday 3/14

AM Psalm 101, 109:1-4(5-19)20-30; PM Psalm 119:121-144
Gen. 50:15-26; 1 Cor. 12:1-11; Mark 8:11-26

Thursday 3/15

AM Psalm 69:1-23(24-30)31-38; PM Psalm 73
Exod. 1:6-22; 1 Cor. 12:12-26; Mark 8:27-9:1

Friday 3/16

AM Psalm 95 [for the Invitatory] 102; PM Psalm 107:1-32
Exod. 2:1-22; 1 Cor. 12:27-13:3; Mark 9:2-13

Saturday 3/17

AM Psalm 107:33-43, PM Psalm 108:1-6(7-13); 33
Exod. 2:23-3:15; 1 Cor. 13:1-13; Mark 9:14-29

Sunday 3/18

AM Psalm 118; PM Psalm 145
Exod. 3:16-4:12; Rom. 12:1-21; John 8:46-59

Monday 3/19

AM Psalm 31; PM Psalm 35
Exod. 4:10-20(21-26)27-31; 1 Cor. 14:1-19; Mark 9:30-41

Tuesday 3/20

AM Psalm [120], 121, 122, 123; PM Psalm 124, 125, 126, [127]
Exod. 5:1-6:1; 1 Cor. 14:20-33a,39-40; Mark 9:42-50

Wednesday 3/21

AM Psalm 119:145-176; PM Psalm 128, 129, 130
Exod. 7:8-24; 2 Cor. 2:14-3:6; Mark 10:1-16

Thursday 3/22

AM Psalm 131, 132, [133]; PM Psalm 140, 142
Exod. 7:25-8:19; 2 Cor. 3:7-18; Mark 10:17-31

Friday 3/23

AM Psalm 95 [for the Invitatory] 22; PM Psalm 141, 143:1-11(12)
Exod. 9:13-35; 2 Cor. 4:1-12; Mark 10:32-45

Saturday 3/24

AM Psalm 137:1-6(7-9), 144; PM Psalm 42, 43
Exod. 10:21-11:8; 2 Cor. 4:13-18; Mark 10:46-52

Palm Sunday 3/25

AM Psalm 24, 29; Zech. 9:9-12; 1 Tim. 6:12-16
PM: Psalm 103; Zech. 12:9-11,13:1,7-9; Luke 19:41-48

Monday 3/26

AM Psalm 51:1-18(19-20); PM Psalm 69:1-23
Lam. 1:1-2,6-12; 2 Cor. 1:1-7; Mark 11:12-25

Tuesday 3/27

AM Psalm 6, 12; PM Psalm 94
Lam. 1:17-22; 2 Cor. 1:8-22; Mark 11:27-33

Wednesday 3/28

AM Psalm 55; PM Psalm 74
Lam. 2:1-9; 2 Cor. 1:23-2:11; Mark 12:1-11

Maundy Thursday 3/29

AM Psalm 102; PM Psalm 142, 143
Lam. 2:10-18; 1 Cor. 10:14-17, 11:27-32; Mark 14:12-25

Good Friday 3/30

AM Psalm 95 [for the Invitatory], 22; PM Psalm 40:1-14 (15-19), 54
Lam. 3:1-9, 19-33; 1 Pet. 1:10-20; John 13:36-38 [AM];
John 19:38-42 [PM]

Holy Saturday 3/31

AM Psalm 95 [for the Invitatory] 88; PM Psalm 27
Lam. 3:37-58; Heb. 4:1-16[AM]; Rom. 8:1-11[PM]