

Lent Guide 2023



THE EPISCOPAL DIOCESE OF WEST TENNESSEE | THE RT. REV. PHOEBE ROAF, BISHOP

Examen I (To all who seek solitude)

Anthony Calzia | Grace-St. Luke's Episcopal Church (Memphis)

Take all that is, let it stand stark and naked in front
Of the window of your soft, or hard soul. The sole
Purpose of this exercise, is to build memory in those
Muscles we so rarely use: self reflection, repentance,
Gratitude. Let all petty annoyances fall to your side
Like an unzipped dress. Let the stress fall where it
Belongs, on the syllables of Love that have spoken
To you all day long. All wrong thoughts, deeds, creeds
Said in haste, let waste. Drop their burdens here before
The door that is always opening. Set aside the weights.
Wait for the welcoming voice, the gentle motioning
That invites you to become more of what we, yes, we already
Are. Are our hearts ready for such exposure? To enter fully
The exquisite enclosure where freedom dwells unbounded?



Are There Others Who Welcome Lent? Well, Hello!

Elise Patterson | St. George's Episcopal Church (Germantown)

Before the world shut down in March of 2020, we were already into the Lenten season. Several weeks before, the company that I'd worked for was proactive in preparation for Covid and had set us up to work remotely. I know you remember the uncertainty and concerns of those days. To my mind it was a huge blessing, and I'm still counting those. Continually.

I'd picked up a Living Compass Lenten Guide that was made available in the Narthex of St. George's, and was already aware of the benefits of spending the very first of my morning drawing closer to our Savior. Throughout the rest of this season, it was an anchor.

It is said that if you do something for 40 days, it becomes a habit. It's actually more like 66 days if you read about the science behind that claim, and everyone was certainly afforded that as we sheltered in place for the duration. That pause gave the planet a big refresh the following year. It refreshed me spiritually to the point where it's become a Rule of Life.

For me, Lent has become a season of deep renewal which is doubly blessed to coincide with Spring. Instead of "giving up" something for Lent, I try every day to pay it forward, to bless someone and share the love of God in some small way. To stretch and extend in some way the same blessings I've received, living out loud the prayers that have become like air to me.

*Father, help me to live this day to the full,
being true to You, in every way.
Jesus, help me to give myself away to others,
being kind to everyone I meet
Spirit, help me to love the lost,
proclaiming Christ in all I say and do.*

Lectio 365



Each Its Own and None the Same

Shari Ray | St. Mary's Episcopal School (Memphis)

Since my trek up Mt. LeConte in the early spring, I've been thinking about immeasurability. The natural world is rife with itself. There's simply so much of it.

Along the mountain path, common mosses grow lush atop fallen trees and stumps, cushiony lichens cloth thin, long branches of the slender trees, and the cool stones are covered in velvety green cushions. All of this beauty enough to stop and sit and stare for more hours than I have, if I remember to bring my seeing eyes with me on the hike. There are over 12,000 known species of mosses in creation. The moss I photographed on the mountain is named sphagnale. My nose to the dirt, I look closely at the moss; there are acres and acres of it, miles and miles! Every inch of the mountain forest carpeted with tiny green arms sending their skinny fingers upward, reaching reaching in praise of the warming spring sun, glistening in the morning light, each tiny waxy finger its own and none the same.

And the snowflakes along the last leg before the summer, the icy flakes of winter's final protest—so many, so many! Infinite numbers piling up in inches and feet under the ever-dark canopy of the dense forest, each flake unique, fragile, and temporary. None the same; I cannot fathom.

And don't get me started again about the stars. Scientists estimate there are 100 billion stars in our Milky Way galaxy alone—although apparently they argue about this estimation, some astronomers declaring at least four times that many. And there are 200 to two trillion galaxies in the observable universe. Immeasurable! – so vast that if I think about it too much, I need to sit down. A mere glance at a photograph taken from the Hubble telescope and my knees buckle. Each one its own and not one the same.

The Population Reference Bureau (PRB) estimates that 108 billion people have been born on planet Earth, and by 2050, the number will be 113 billion. Who can know?

I know only one thing, that I am here. We are here midst this profound immeasurability, each one of us and not one created the same—and somehow that matters. Thornton Wilder's play *Our Town* asks the question, "Do human beings ever realize life while they live it? – every, every minute?" The answer, of course, is no. "Saints and poets maybe . . . they do some."

Well, I am neither saint nor poet, but I find when I consider my place amidst the vast vastness and singularity and precision and sheer raw numbers involved in the study of and observation of and awe of creation, all I've got left is humility, and I suppose that's a fine enough place to start.



Prayer & Music



Wednesday Night Stations of the Cross: St. Philip Episcopal Church

Wednesdays in Lent

*6 p.m. Fellowship Dinner in the PLC; 7 p.m. Stations of the Cross, Nave
| 9380 Davies Plantation Rd., Memphis, TN 38133*

Each week, you are invited to join us on Wednesday evenings as we journey together through the Stations of the Cross.

March 1: Traditional Stations of the Cross

March 8: Stations from the Perspective of the Blessed Virgin Mary

March 15: Meditation on the Heart of the Father

March 22: Stations from a Youth Perspective

March 29: A special presentation of the Stations of the Cross



Friday Stations of the Cross: Grace Episcopal Church

Noon | 103 South Poplar St., Paris, TN 38242

Grace Church Paris will offer Stations of the Cross at on all Fridays during Lent.



Choral Evensong with Holy Eucharist

*Sunday, March 5 at 5:30 p.m. | Church of the Holy Communion:
4645 Walnut Grove Rd., Memphis, 38117*

The Holy Communion Parish Choir will sing Choral Evensong with Holy Eucharist on Sunday, March 5, at 5:30 p.m.

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Prayer & Music

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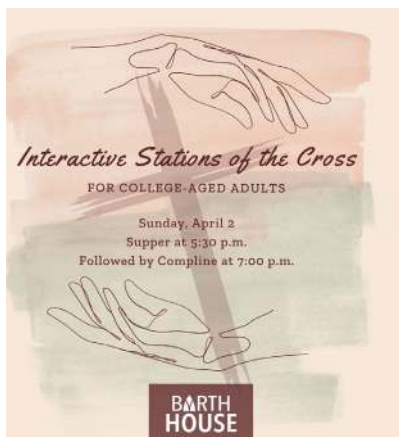


Compline for Lent

Sunday, March 19 at 7 p.m. | St. George's Episcopal Church: 2425 S. Germantown Rd., Germantown, TN 38138

Compline is a wonderfully accessible and ancient service of the Christian church, traceable back to the fourth century. Early Christians, having inherited the daily morning and evening prayer practices of the Jewish faith, gradually added services at other hours of the day. Compline (from the Latin verb *complere*, meaning “to complete”) marked the last prayers before sleep. Monastic communities still use this simple and beautiful service to enter the “Great Silence,” refraining from further speech until the morning. Compline is a way of praying that has become popular well beyond the monastery. It is a rich ritual “hinge” to the day or week, enfolding all that has transpired in prayer.

This special Lenten Compline service, to be sung by the Coventry Choir of St. George's Episcopal Church under the direction of Lucas Fletcher, Director of Music Ministries, will feature several music arrangements by the late David Ferguson, former member of the Coventry Choir.



Interactive Stations of the Cross & Dinner

*Sunday, April 2 at 5:30 p.m. | Barth House Episcopal Center
409 Patterson St.; Memphis, TN 38111*

On Sunday, April 2 our College Night Supper and Fellowship will feature an Interactive Stations of the Cross. Supper and activities begin at 5:30 p.m. followed by Compline at 7:00 p.m.

Contact: barthhouse@episwtn.org

A Growing Season

Verlinda Henning | St. George's Episcopal Church (Germantown)

When I first began observing Lent years ago, I would give up something—often chocolate (because it's always been near and dear to my heart) or, in a slightly more challenging version, candy of all types.

Over the years, my practices have shifted to taking on positive actions such as sending a personal note to a different individual each day to thank them for what they bring to my life through our relationship, taking photos of the natural world each day, or setting aside a deliberate time each day for silent reflection and prayer.

These practices have helped me realize that Lent is a growing season—a time when we can grow closer to God and God's creation, grow closer to our brothers and sisters in the world, and grow closer to ourselves.

Given the isolation of the past several years, growing closer to each other is on my heart and mind as Lent approaches. My prayer is that the season of shadows, with its emphasis on penitence and reflection, will be for me and all of us a time when we reflect on the shadows that have separated us from each other for whatever reason and re-turn our hearts toward each other as we walk the Lenten pilgrimage way together.





Lent at Calvary

WAFFLE SHOP AND THE 100TH ANNIVERSARY OF THE LENTEN PREACHING SERIES

FEBRUARY 22 - MARCH 31, 2023

WEDNESDAYS, THURSDAYS, AND FRIDAYS

Speaker- 12:05- 12:45 · Waffle Shop- 11:00 a.m.- 1:30 p.m.



Check our website for a detailed schedule of events: calvarymemphis.org/lent



Calvary Lenten Preaching Series & Waffle Shop

102 N. 2nd Street | Memphis, 38103

Calvary Episcopal Church launches its 100th annual Lenten Preaching Series (Wednesday, Feb. 22) and Waffle Shop (Thursday, Feb. 23), offering outstanding speakers and traditional Waffle Shop favorites **Wednesdays through Fridays through March 31.**

Calvary's famous Waffle Shop will serve up homemade waffles, tomato aspic, chicken salad, and other favorites, plus daily specials, including the beloved and curiously-named fish pudding, **Wednesdays through Fridays, 11 a.m. - 1:30 p.m.** All proceeds from the Waffle Shop support outreach ministries across the city of Memphis.

This year's Preaching Series features national and local spiritual leaders from a variety of backgrounds and religions, including the Rev. Barbara Brown Taylor, Pádraig Ó Tuama, and Father Greg Boyle. Hear them **12:05 p.m. through 12:45 p.m.**, with the option to enjoy a Waffle Shop lunch before or immediately afterward. You can listen to our speakers in person or through a livestream on Calvary's Facebook page (facebook.com/calvarymemphis), YouTube channel

(youtube.com/calvaryepiscopal), or website (calvarymemphis.org).

You can find a complete listing of preachers and Waffle Shop daily specials at calvarymemphis.org/lent.

In addition to the noontime experience, Calvary offers **DIALOGUE: The Lenten Preaching Series Podcast**, recorded live at Calvary Episcopal Church, Memphis, **each Wednesday evening from 6:30-7:30.** These moderated conversations will be part of Calvary's podcast series. Before the podcast recording, you can enjoy dinner supporting the Soup Sunday Ministries from 5:15-6:15 p.m.

Silence in the City, an opportunity for quiet meditation at Calvary, is offered each Tuesday from 12:05-12:45 p.m. All are welcome to come find a moment of silence and prayer in this sacred and holy season. Conversation will follow next door in the Great Hall for those interested.

calvarymemphis.org/lent

Last Year's Geraniums

Shari Ray | *St. Mary's Episcopal School (Memphis)*

Last summer we grew the largest, healthiest geraniums we've ever grown. In large terra cotta pots right by the screen porch door, these beauties multiplied every day, it seemed, stretching their long skinny arms skyward, their red-petaled fingers opening anew every morning in the warmth of the bright morning sun.

Last weekend my husband planted this year's geraniums in the same pots by the same screen door.

At the moment these young plants are spindly and small, just a few humble blooms on short, stumpy stalks. Yet they stretch their thin arms upward nonetheless, in faith I suppose, and bow their heads to the inevitable rain, somehow knowing all these things work together for their good growth.

I'm pretty sure this year's geraniums have already heard the secret of the stunning success of last year's flowers. One quiet afternoon last summer I overheard their whispers on the warm spring breezes; these new young plants hear it on this year's breeze and don't seem worried about a thing, even today's unexpected cold spring rain.

Want to know the secret? I can tell you what I overheard. Last year's geraniums said the secret of good growth is to rejoice in the glory of all the flowers, not just the ones in the same species, for variety adds depth and wisdom to the garden. The beauty is in the variety, not the sameness. The old advised the new to set down pride in their own beauty so they can recognize the unique blooms and scents of their neighbors as excellent things, to not fear the differences in species, for in such humility only will they find contentment.

They said, and this is of utmost importance, to love the begonia and the petunia as you love yourself. Rid yourself of the vile weed of jealousy—they shouted this part—root jealousy out at all costs for this is an indulgence that brings only despair, and the garden is simply too glorious to spend all our days and ways in the despair of comparison.

If this year's geraniums learn to love their neighbors as themselves, then, and only then, will they grow to love themselves as their neighbors. In this lovely patch of the garden will they grow content.

I think my new geraniums heard the secret of good, happy growth. I hope they embrace the secret.

We shall see, for one knows a contented flower when she sees one, just as she recognizes discontent within the garden. It's not hard to spot.



Learning & Community



Bible Study: Journey With Jonah

Sundays at 9 a.m, February 26 - March 26

St. Mary's Episcopal Cathedral: 700 Poplar Ave., Memphis

What makes Jonah — one of the most reluctant, cranky, stubborn, disobedient, and depressed of Biblical characters — one of the great prophets of our faith? How does God use Jonah in spite of the man's own shortcomings? How does Jonah's journey in the wrong direction lead to salvation? What can we learn from his journey as we move through the holy days of Lent, preparing ourselves for the Easter miracle of new life? We'll explore all these questions — and more — in the five-week series, Journey with Jonah, meeting in the Cathedral Parlor (in the Diocesan House) on Sundays at 9 am, starting on February 26 and concluding on March 26. Contact the Very Rev. Gary Meade for more information: gmeade@stmarysmemphis.org.



Wednesday Soup Supper & Scripture Study

Wednesdays at 6:30 p.m | Church of the Holy Communion: 4645 Walnut Grove Rd., Memphis

Join us for a simple soup and salad supper, followed by a program at 6:30 p.m. Our program includes a special Lenten focus for children and scripture study of the Letter of James for adults. Please contact Drew Massengale by the Monday before to reserve nursery care: dmassengaleholycommunion.org



Women's Lenten Quiet Day

Saturday, March 11; 10 a.m. - 3 p.m. | All Saints' Episcopal Church, 1508 S. White Station Rd., Memphis

In the third week of Lent, the Rev. Joanna Seibert, M.D. from St. Mark's Little Rock, Arkansas, will share her experiences as an Episcopal Deacon, spiritual director, writer, and pediatric physician about **the Spirituality of Aging and Forgiveness** at a DOK Lenten Quiet Day on Saturday, March 11 at All Saints Episcopal Church, 1508 S. White Station Road, Memphis. A significant part of her discussion will concern what Parker Palmer calls "How to Keep a Supple Heart." Dr. Seibert's most recent book is Letters from my Grandfather, two decades of unconditional love.

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Learning & Community

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Lenten Wednesdays at GSL: *Forgiveness & Wholeness*

Wednesdays, March 1 - 29 at Grace-St. Luke's Episcopal Church:
1720 Peabody Ave., Memphis, 38104

Enrich your Lenten spiritual formation journey by coming to GSL on Wednesday afternoons and evenings in March to explore the role of forgiveness in our lives and how practicing forgiveness can make us healthier and more whole. Each week, there will be easy ways and spaces for folks to engage as much or as little as they wish: coffee and informal conversation, a simple meal, an opportunity for reflection and evening prayers, and formation programming for all ages, including presentations by guest speakers offering helpful and inspiring weekly topics

4–7 p.m. GSL Café (Peete Room) with refreshments & WiFi
5–6:15 p.m. Simple Supper for all ages (Trezevant Hall)
5:30–5:50 p.m. Evening Prayers with Candle-lighting & Taizé music (Chapel)
6:30–7:15 p.m. Programming for All Generations:

Nursery, 0–3 (Blue Room), Children (Green Room), Youth (Red Room), Adults (Trezevant Hall)

- March 1** Taking Account with the Rev. Rob Wood of Good Shepherd, Cashiers, NC
- March 8** God Is Forgiveness with the GSL Clergy
- March 15** Leaving Our Mark with Anthony Calzia and Fr. Jesse Abell
- March 22** No Future without Forgiveness with Alex Kor, son of Holocaust survivor Eva Mozes Kor
- March 29** Beginning Anew with Fr. Ollie Rencher and Dr. Anne Ayres

Families and participants of all ages are invited to come! There is no cost for this program.

To help us plan food, please register in advance:

tinyurl.com/ExperienceLent

But, drop-ins are always welcome.



Breakfast with Becca Stevens

Saturday, February 25, 9-10:30 a.m.

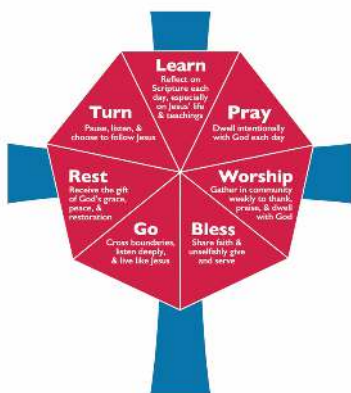
Church of the Holy Communion: 4645 Walnut Grove Rd., Memphis

Join us for breakfast with Becca Stevens, founder of Thistle Farms and expert on the global problem of human trafficking and addiction. Learn more about our own local sister organization, Thistle and Bee, and how this social justice enterprise is positively impacting Memphis and building a sisterhood of support for women survivors. Enjoy a delicious breakfast and Thistle Farms “Justice” tea, as we hear important stories of healing during this morning of hope and fellowship. **Register: tinyurl.com/BreakfastWBecca**

St. Paul Episcopal Church Mason

Presents

WEEK ONE: TURN *Pause, listen and choose to follow Jesus*



THE WAY OF LOVE
Practices for Jesus-Centered Life

A

SIX WEEK ONLINE LENTEN SERIES

Beginning February 23, 2023 at 7 PM CST

ZOOM Online Access Meeting ID 820 2599 9799

PASSWORD 1

Service



Lenten Food Drive

St. George's Episcopal Church, Germantown

During Lent, St. George's Episcopal Church annually conducts a Lenten Food Drive to collect food items for the Collierville Food Pantry which serves poor and elderly persons in the Collierville area. The Food Drive will last for 6 weeks with specific items donated each week by parishioners and delivered to the Food Pantry on Thursdays through April 6. A list of desired food items can be found at stgchurch.org.

Art

IMAGO DEI



A THEOLOGY IN PHOTO BY CINDY MCMILLION

Free and open to the public through Easter,
Monday through Thursday 11:00 a.m. - 5:00 p.m.,
Wednesday until 8:00 p.m.

**BARTH
HOUSE**

Imago Dei Photography Collection

Barth House Episcopal Center: 409 Patterson Ave., Memphis

Cindy McMillion created the Imago Dei collection of photography based upon the Godly experiences of the housing insecure. Their words and her interpretation in photo serve as beautiful prompts to “expand our understanding of God.”

View this collection of theology in photo through Easter. It is free and open to the public Monday through Thursday 11:00 a.m. to 5:00 p.m., Wednesdays until 8:00 p.m. at Barth House Episcopal Center 409 Patterson Street Memphis, TN 38111.

Contact: barthhouse@episwtn.org



St. George's Art Gallery Exhibits in March

St. George's Episcopal Church: 2425 S. Germantown Rd., Germantown, TN 38138

St. George's Art Gallery will be host to several mini-exhibits during March. St. George's Art Gallery will honor fellow parishioner and well-known local artist Cynthia McDonald, with a special mini-exhibit of her work during the memorial service for her on March 4 and on Sunday, March 5.

The Art Gallery will host a special exhibit from March 26 – April 3 of Children's Artwork by the children from St. George's Episcopal Church Preschool.

A Lasting, Liberating Lent

Susan Leigh | All Saints' (Memphis)

There are many customs associated with observing Lent. As I understand it, the goal is to do something that will help you draw closer to God.

When I participated in a class that involved sharing your personal reflections about Lent, my initial reaction was, “What will I say?”

The time I spent in reflection mimicked slowly pulling off a big bandage from an ugly wound.

As a young teenager and adult, I copied my Catholic friends and gave up the typical chocolate, sweets, and later wine. Several years later, I decided one year to give up being judgmental. That was it, not going to judge anyone. I am embarrassed to admit I discovered I was judging everyone all the time! It was painful. I would not openly judge, but in my mind, I criticized or judged everything from bad drivers, slow checkout clerks, to friends and family!

The worst part, I had no idea I had become such a critical and judgmental person. To stop all these judgmental thoughts, I developed a mantra. When I started to judge someone, I would say to myself, “blank page, blank page, blank page” to stop the flow of thoughts. In the beginning, I said “blank page” hundreds of times a day. As Lent continued, I got better.

Remember the Gospel story about the woman everyone wanted to stone?

“Who can cast the first stone?”

I realized, for the first time, my pockets were full of stones I cast every day.

The end result of my experience was life-changing and liberating. I have a lighter load, not so many stones in my pockets. My heart and mind are liberated from passing judgment, I am free to simply love and embrace the moment. It is not my job to criticize, judge or “fix” anyone. Judging my own actions and improving my own behavior is a full-time job if I do it right. I highly recommend this practice for anyone wanting a lighter load and a richer spiritual journey, free to focus on what matters most, loving God with all your heart, and loving your neighbor as yourself.

Blessings for your own lasting and liberating Lent.





Who is my neighbor?

This Lent, Episcopal Relief & Development invites us to reflect on the call to all Christians to love our neighbors as we love ourselves. Subscribe today to receive daily devotional emails:

tinyurl.com/ERDLentSignup

We hope that the 2023 Lenten Meditations will give you a glimpse into our work happening across the globe so that you feel connected to our partners and their stories. May we continue to work together for lasting change to create a world that fulfills the dream God intends for us.

Visit episcopalrelief.org/lent to learn more.

Examen II

Anthony Calzia | Grace-St. Luke's Episcopal Church (Memphis)

The winds wisp, whistle, even whisper words of cool
wellness or woe-begotten breezes, barely audible.

Breath.

Listen.

No.

Stop.

What you are.

Doing.

Listen.

All the world is speaking, it takes all of you to hear.

They are precious, rare, not delicate. Those dear
Branches, canopies covering the forest floor. Accruing
The natural debris, the carpet of carcasses fairy
Land-like, as beams break through, fiery swords

Flaming in every direction. We were made for this
Brightness. The allure of untouched places, spaces
Sacred because they were never tainted by human
Hurry or waste. Or still holy because the people's palms
were open

Upward. Not grasping. What treasure have we failed
To clasp? Pillaged soil, desecrated toil in deep mines.
Blood rocks. Abel screaming from secret oil fields
Dying between the sea and its shore. We are so sure,

So God-blind. Beauty, like a freed captive in a night's dream,
flees from the greed, seen on every eye's screen.

Faces green, ominous, gluttonous.

Every bite makes us ravenous until,

Our faces become gratuitous, full of grace.

Grateful for place and privilege. And absent

The need to possess and pillage. This, a freedom.

Breath.

Listen.

No.

Stop.

What you are.

Doing.

Listen.

All the world is speaking, it takes all of you to hear.



The Episcopal Diocese of West Tennessee
692 Poplar Ave. | Memphis, Tennessee 38105

EDWTN.org