

# St. John's Episcopal Church, Dubuque, IA

## Lenten Personal Planner

Lenten Theme 2023: *Living the Liturgy: An Invitation to Discipleship*

**Instructions:** Below are several ideas for your observance of Lent. Feel free to generate your own ideas. Try to be reasonable and where possible share an intention with someone else. The journey is easier when walking with another follower of Jesus. We encourage you to post this planner on your fridge as a reminder of the season. We've added an \* to those opportunities we're strongly urging all members and active attenders to take.

### At St. John's

- Attend an Ash Wednesday Service on February 22 (12:10pm or 6:30pm)
- \*Take the Lord's Day Challenge: Pray every Sunday, attend Sunday Eucharist as possible
- \*Read the Gospel of St. Luke. (See the reverse side of this document for a suggested reading plan)
- Attend our Bible Study on St. Luke's Gospel: Sundays at 9am (in-person) or 7:15pm (Zoom)
- Join us one Sunday or all Sundays of Lent for Zoom Compline at 8pm
- Pray for our companion Diocese of Nzara and collect change to change lives in South Sudan
- Schedule a time for Private Confession with one of the priests
- Seek to worship more fully, more intentionally, every Mass you attend.
- Worship one or more times at the 12:10pm Wednesday Eucharist in the Parish House

### Beyond

- \*Pray Daily or pray daily in a new way
- \*Take something on (e.g. Reading the Bible) and Give something up (e.g. Meat on Fridays)
- Watch one or more movies with spiritual themes in Lent (e.g. *Doubt*, *The Mission*, etc.)
- Memorize a passage of Scripture during Lent
- Read a spiritual book during Lent (Feel free to ask the priests for recommendations)
- Serve at St. John's and beyond by volunteering at the church or out in the community
- Help out a neighbor or friend with a project during Lent
- Commit to a date night with your spouse/significant other during Lent
- Reconnect with an old friend or family member during Lent
- Schedule a special one on one time with your children during Lent
- Ask God to help you get over a negative way of relating to another person
- Stop doing something in order to focus more time on family, friends, and God
- Make time to rest. Say no to something. Do something fun.
- Admit you have a problem in your life and seek help
- Meet with a priest or spiritual director for an annual spiritual check-up during Lent
- Fast from a meal once a week and give the money normally spent to somebody in need
- As a form of penance, listen to Father Kevin's "Worst Jokes of 2022 Album"

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### **The Gospel of Saint Luke**

Everyone in the congregation is encouraged to read the Gospel of St. Luke this Lent.

#### **Reading Guide:**

Prior to First Lent (Ash Wednesday is 2/22): 1-4

Week of First Lent (2/26): 5-8

Week of Second Lent (3/5) 9-12

Week of Third Lent (3/12): 13-16

Week of Fourth Lent (3/19): 17-20

Week of Fifth Lent (3/26) 21-24

Holy Week (4/2): Catch Up 4/9: Easter Sunday.

The goal is to finish reading Luke's Gospel by Holy Saturday, April 8.

**Bible studies** will be offered the First through Fifth Sundays of Lent. In-person, Kemper Hall in the Main Church at 9am. Online, Zoom, at 7:15pm. Zoom link and information available on our website.

### **The Lord's Day Challenge**

Everyone in the congregation is challenged to pray every Sunday as a way of observing the Lord's Day which has been a vital practice of Christians for 2000 years. Honoring the Lord's Day is part of what it means to be a Christian. There are many ways to do this. You are challenged to observe practice A and to strive toward practice F every Sunday.

- A. On your own, acknowledge Sunday as a day of worship by offering a brief prayer of thanks to God for all that is good in your life. Also, offer a brief pray for those gathering at St. John's. Pray for the growth, renewal, and vitality of St. John's.
- B. With your significant other, family, roommates, or friends, acknowledge the Lord's Day through a brief time of worship. The Book of Common Prayer offers easy to use outlines for such times on pages 136-140, entitled, "Daily Devotions for Individuals ad Families."
- C. Listen to the sermon preached that morning. Ideally that Sunday or early in the week. The sermons can be found at our website under "Get Involved." You can also subscribe to the St. John's Sermon Podcast and the sermons will be automatically updated to your device.
- D. Talk about the sermon with a family member or friend that Sunday or early in the week.
- E. Instead of or as part of practice B, on your own or with others participate in our 10am Eucharist via Zoom. This can be a good option in bad weather, if you are sick, or are traveling.
- F. Attend 10am Eucharist in-person. If traveling check out another church, Episcopal or otherwise. This is the practice to strive for, "Worship Weekly."