

CHRISTIAN FASTING

The Episcopal Church has days of fasting, discipline & self-denial. (BCP 17)

1. Two kinds of fasting

- χ corporate, for all God's people
- χ personal, according to one's own *Rule*

2. Purposes of fasting

- χ sorrow for sin
- χ training and self-discipline
- χ freeing resources

3. Guidelines for fasting and abstinence are modest.

- χ fast – is to avoid eating altogether or to eat a very limited diet: usually one restrained meal and two much smaller ones. Fasting is traditional on Ash Wednesday and Good Friday.
- χ abstinence – is to refrain from some particular food, drink, or activity.
 - Abstaining from meat on Fridays in Lent is a traditional way of engaging this self-discipline.
 - For us “abstaining” from television, internet, novels or committees might free up our most valuable resource – time – to spend with God and with the people we love.

How will you fast this Lent?

Reconciliation of a Penitent / Confession (BCP 449)

Reconciliation of a Penitent, or Penance, is a rite in which those that repent of their sins may confess them to God in the presence of a priest, and receive the assurance of pardon, and the grace of absolution. (BCP 861)

Fr. Bob will be available to hear confessions or will by appointment.

My appointment for confession is _____.

St. Mark's Episcopal Church

LENTEN RULE

The disciplines of Lent are designed to train us to be different. Fasting frees us from being at the mercy of our physical appetites. Study frees us from accepting uncritically the assumptions of our culture. Prayer and worship form the ultimate declaration of independence by locating the true source of power and authority in God rather than in anything of this earth.

Praying God's grace to keep a Holy Lent, I resolve to undertake a discipline covering the following areas:

Public Worship: Sundays, Ash Wednesday, Holy Week, and?

Penitence: Self-examination and confession.

Personal devotions: Prayer, meditation, reading, etc.

Fasting: Giving up certain foods or activities.

Giving: Gifts of money, time and effort to worthwhile causes.

Other:

**Please take the time to prayerfully consider
your Lenten Rule and to fill it in.**

The Ten Commandments

As believers in Jesus Christ, we are called to a new life and are asked to make moral choices that keep us united with God. With the help and grace of the Holy Spirit, we can choose ways to act to keep us close to God, to help other people, and to be witnesses to Jesus.

The Ten Commandments guide us in making choices that help us to live as God wants us to live. The first three commandments tell us how to love God; the other seven tell us how to love our neighbor. (BCP 350)

- i. I am the Lord your God who brought you out of bondage. You shall have no other gods but me.
- ii. You shall not make for yourself any idol.
- iii. You shall not invoke with malice the Name of the Lord your God.
- iv. Remember the Sabbath day and keep it holy.
- v. Honor your father and your mother.
- vi. You shall not commit murder.
- vii. You shall not commit adultery.
- viii. You shall not steal.
- ix. You shall not be a false witness.
- x. You shall not covet anything that belongs to your neighbor.

An Examination of Conscience

An examination of conscience is the act of looking prayerfully into our hearts to ask how we have hurt our relationships with God and other people through our thoughts, words, and actions. We reflect on the The Ten Commandments and the teachings of the Church. The questions below help us in our examination of conscience.

My Relationship With God

What steps am I taking to help me grow closer to God and to others? Do I turn to God often during the day, especially when I am tempted?

Do I participate at Mass with attention and devotion on Sundays and holy days? Do I pray often and read the Bible?

Do I use God's name and the names of Jesus, Mary, and the saints with love and reverence?

My Relationships With Family, Friends, and Neighbors

Have I set a bad example through my words or actions? Do I treat others fairly? Do I spread stories that hurt other people?

Am I loving of those in my family? Am I respectful of my neighbors, my friends, and those in authority?

Do I show respect for my body and for the bodies of others? Do I keep away from forms of entertainment that do not respect God's gift of sexuality?

Have I taken or damaged anything that did not belong to me? Have I cheated, copied homework, or lied?

Do I quarrel with others just so I can get my own way? Do I insult others to try to make them think they are less than I am? Do I hold grudges and try to hurt people who I think have hurt me?

Schedule for Lent and Holy Week

Live on YouTube as possible

February 17	Ash Wednesday	12:00 and 7:00
Friday's	Stations of the Cross	6:30
March 28	Palm Sunday	8:00 and 10:15
March 29	Monday in Holy Week	12:00
March 30	Tuesday in Holy Week	12:00
March 31	Wednesday in Holy Week	6:30
March 31	Tenebrae	7:00
April 1	Maundy Thursday	7:00
April 1	Vigil at Altar of Repose	8:30 – Midnight
April 2	Good Friday	12:00
April 2	Stations of the Cross	1:30 – 3:00
April 2	Commemoration of the Burial	7:00
April 3	Holy Saturday	10:00
April 3	The Great Vigil of Easter	7:00
April 4	Easter	8:00 and 10:15