



Lent & Easter
at Saint Gabriel the Archangel

Lent, Holy Week, Easter ~ The Rev. Chris Ditzenberger

Benedict of Nursia forever set his mark on western monasticism with the Rule of Saint Benedict. From the Benedictine tradition come the three pillars of the monastery – stability, obedience, and conversion (or transformation) of life.

Translated to a parish context by contemporary writer Robert Gallagher, stability means that “as a parish we find God here and now in the relationships and pattern of our life together.” Obedience means “as a parish we find God as we listen deeply to the world; to Scriptures; to the church, now and through the ages; to each other; to the creation; and to the deepest longings and prayer of our heart.” Conversion of life means, “as a parish we find God on our journey together and in the new places we will go as a parish; in losing life to find life; in our openness to transformation.”

This Lent, I invite you to explore these categories in and through the worship, discipleship, and servanthood of the people of Saint Gabriel gathered in community week-by-week, and dispersed into the wider community in our day-to-day lives.

Within the pages of this handout, you will find invitations to pursue the tensions between contemplation and action, stability and change.

So, in Lent, we pursue social action that serves as we gather for Saint Gabriel Reach Out Weekend. We also pursue distinct liturgical actions such as fasting, confession and reconciliation, and the Stations of the Cross. We also pursue contemplation as we meditate upon God’s holy word through the Bible in 90 Days, and the Friday Lenten study group. And, of course, we pursue liturgical action through the solemnity of Holy Week, from Palm Sunday through Holy Saturday, inclusive of Maundy Thursday, the “Nightwatch” Vigil, the CrossWalk on Good Friday, and other liturgies.

I close with a Lenten prayer from Scotty Smith ~

Dear Lord Jesus, it's Ash Wednesday, the beginning of the season of Lent. For the next forty days we have the privilege of focusing our hearts, surveying your cross, and preparing for the greatest of all celebrations: Easter—the foundation of our hope and the fountain of eternal joy. What a great opportunity and gift.

For your glory and our growth, we ask you to inundate us with fresh grace in the coming weeks. We don't want an ordinary Lenten season, Jesus. Saturate it with the gospel; overwhelm us with your daily mercies; stun us with your steadfast love—the only love that will never come to an end. It's all about you, Jesus, it's all about you what you've done for us, not what we promise to do for you.

Indeed, Jesus, we begin Lent today anticipating our wedding, not our funeral, for you're the loving bridegroom who died to make us your cherished bride. The work's already done; the dowry has been paid in full; the wedding dress of your righteousness is already ours; the invitations have been sent out; the date has been secured; and you'll not change your mind! Hallelujah! Hallelujah! Hallelujah!

Over these next forty days intensify our hunger for you, Lord, and ignite our longing for the day of your return—the Day of consummate joy, the wedding feast of the Lamb. In light of that banquet, we choose to deny ourselves (fast from) certain pleasures for this brief season. But we're not looking to get one thing from you, Jesus—just more of you. Fill our hearts with your beauty and bounty, so very Amen we pray, in your holy and loving name. ~ adapted from the Gospel Coalition website (accessed 01242018)

Easter Lilies

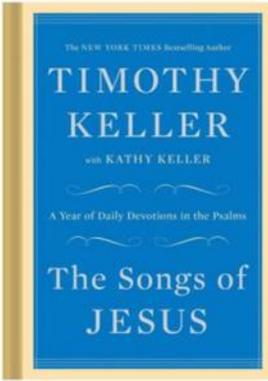
There will be a sign up on the bulletin board Sunday, March 4 for those wishing to contribute to the *Easter flower fund* for our Easter services. The suggested donation is \$30. You may put your check, marked “Easter Flowers” in the offering plate.



Lenten Devotional Suggestions

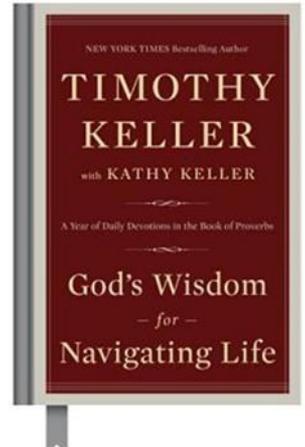
Recommended Lenten Resources ~ Chris Ditzenberger+

Two books that I recommend as devotional reading during Lent this year, both written by Timothy and Kathy Keller.



The first is *The Songs of Jesus: A Year of Daily Devotions in the Psalms*. Actually, CJ recommends this devotional. She says it is worth savoring and re-reading. In it, for each day, the Keller's select a portion from the Psalter and include a brief commentary on the passage. With each commentary there is a prayer with which to end the particular day's reading. As we read the day's selection aloud to one another each evening, I am reminded that the Psalter is saturated with Jesus' presence.

The second is *God's Wisdom for Navigating Life*, based on the Book of Proverbs. When I was a lad, my grandfather gave me the advice to read a chapter of Proverbs and a Psalm everyday. Sadly, I did not follow his wisdom as closely as I should! However, wisdom literature has grown in importance as I've gotten older. Wisdom is not easily achieved and is gained not from books but rather in reflection on experience. Throughout the proverbs, however, we are helped to focus on our experiences, and this always profitable. One also gains insights through the lived experience of godly practitioners in the faith.



You can't go wrong with either of these accessible devotional manuals!

For other Lenten discipline or devotional ideas, checkout the links below:

<http://faith.episcopal.co/resources/lent/>

<https://www.buildfaith.org/lent/>



Ash Wednesday Services— Wednesday, February 14, 2018

*Holy Communion & Imposition of Ashes
7am, Noon, 7pm*

Stations of the Cross Fridays in Lent ~ 12:00 pm

The Stations of the Cross originated with pilgrimages to Jerusalem and a desire to reproduce Via Dolorosa, the Way of Sorrow in European villages and cities. The Via Dolorosa is a street within the Old City of Jerusalem which is believed to be the path that Jesus walked on the way to his crucifixion.

The object of the stations is to help the Christian faithful make a spiritual pilgrimage through contemplation of the Passion of Christ. It has become one of the most popular devotions during Lent, and the stations can be found in the churches of many Western Christian traditions.

You are encouraged to help lead our Stations of the Cross in Lent. Please sign up in the parish hall (on the bulletin board.)



Reconciliation during Lent ~ by appointment

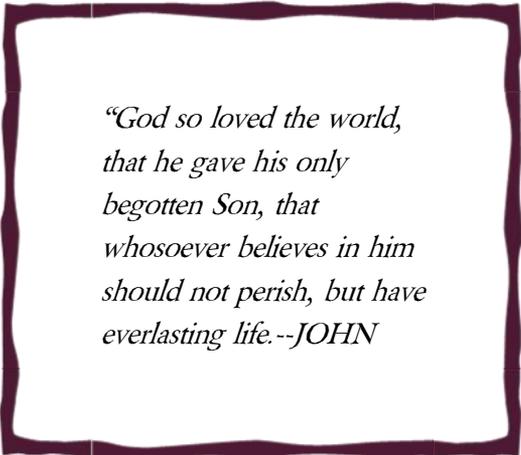
Reconciliation in the Episcopal Church is a sacramental rite which restores the penitent into a right relationship with God. God reconciles us to himself by Jesus Christ, and gives to us the ministry of reconciliation: "God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them; and commits us to the work of reconciliation."

Now then we are ambassadors for Christ, for as it is written in John 3:17, God did not send his Son into the world to condemn the world, but to save the world through him.

Through reconciliation, we are restored to serving God as Jesus did during his life on earth.

Reconciliation is the end of estrangement, caused by original sin, between God and humanity.

Evangelical theologian Philip Ryken describes reconciliation as "...part of the message of salvation that brings us back together with God. God is the author, Christ is the agent and we are the ambassadors of reconciliation (2 Corinthians 5)."



*"God so loved the world,
that he gave his only
begotten Son, that
whosoever believes in him
should not perish, but have
everlasting life.--JOHN*

You can schedule an appointment with either Fr. Chris Ditzenberger or Fr. EJ Rivet.

Shrove Tuesday ~ February 13 ~ Pancake Supper

Looking for a night of fun and fellowship? How about one more night of feasting before your Lenten fast? On Tuesday, February 13 from 5:30 pm to 7:00 pm, the Youth group is hosting this annual feast to raise money for youth service — one to Haiti (Colorado Youth Leadership Initiative), - one to West Virginia (flood relief), and one in Denver (Justice: Urban Immersive Cooperative Experience). Donations will be accepted and will go to help youth raise money for their summer service trips.

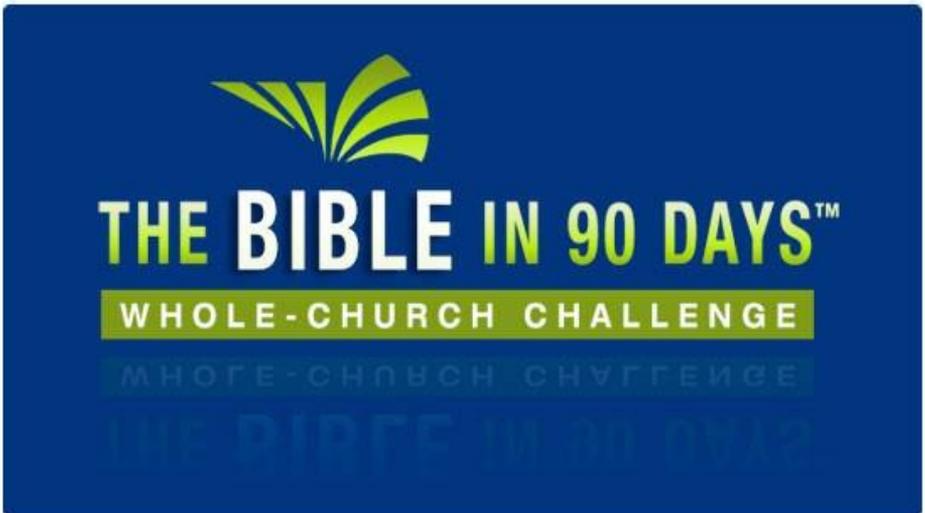
The Bible in 90 Days
Sunday mornings at 9:30 am in the Nave

Accomplish something millions have said is a life goal—read the entire Bible. This innovative Bible in 90 Days, Whole-Church Challenge takes you from Genesis to Revelation in just 12 pages a day. Join us as we experience the Bible together and turn your aspiration into inspiration.

We will be using the New International Version (NIV) as our reference Bible. It's a very readable translation, but any translation you feel comfortable with is good. For those wishing to purchase an NIV, we can provide a softcover version for \$15 and a hardcover for \$20. If that's a hardship, just mention it to Father Chris and he'll underwrite the rest.

Please sign up on the bulletin board in the parish hall or on the website at www.stgabriels.org/adult.html for *The Bible in 90 Days*, and indicate whether or not you'd like to purchase a Bible.

Even if you've already read the Bible cover to cover or can't find the time to commit to this program right now, we hope you'll join us February 4 (and following Sundays) as we explore what God wants us to know about God's great story.



Lenten Study Group

Please join Linn Wilson and Father Chris for an 8-week study course on Friday afternoons in Lent.

Gospel in Life is an eight-week course on the gospel and how it is lived out in all of life—first in our hearts, then in community, and out into the world.

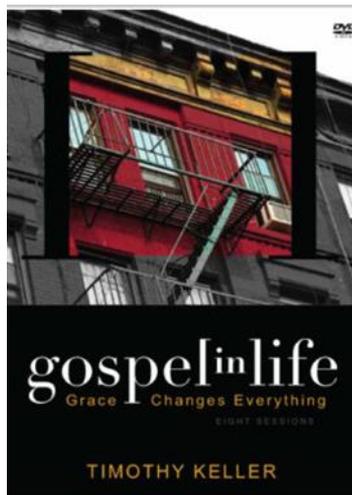
Week 1 opens the course with the theme of the city: our home now, the world that is. Week 8 closes the course with the theme of the eternal city: our heavenly home, the world that is to come. In between we will look at how the gospel changes our hearts (weeks 2 and 3), changes our community (weeks 4 and 5), and changes how we live in the world (weeks 6 and 7).

We will meet on the following Fridays – from 12:45 – 1:45.

Session Titles:

1. City: The World That Is—(2/16)
2. Heart: Three Ways to Live—(2/23)
3. Idolatry: The Sin Beneath the Sin—(3/2)
4. Community: The Context for Change—(3/9)
5. Witness: An Alternate City—(3/16)
6. Work: Cultivating the Garden—(3/23)
7. Justice: A People for Others—(4/6)
8. Eternity: The World That is to Come—(4/13)

Bring a brown-bag lunch and join us. We ask for a donation to cover the expense of the study guide; each session has about 1 hour of preparation beforehand. Let us know that you will participate and we will order a study guide for you!



Godly Play During Lent

During Lent we offer the seven lessons of The Faces of Easter. These stories will help children prepare for the Mystery by exploring Christ's journey to the cross as well as his resurrection. For each week of the story, children will be invited to choose items from around the classroom that will help tell more of the story.



- 2/18 The Parable of the Good Shepherd - *Preschool/Kindergarten*
The Parable of the Deep Wall - *Elementary*
Burying the Alleluias
- 2/25 The Mystery of Easter
- 3/4 The Faces of Easter: 1-2 *Preschool/Kindergarten*
The Faces of Easter 1-4 *Elementary*
- 3/11 The Faces of Easter 3-4 *Preschool/Kindergarten*
The Faces of Easter 5-7 *Elementary*
- 3/18 The Faces of Easter 5-6 *Preschool/Kindergarten*
Jesus and the Upper Room - *Elementary*
- 3/25 The Faces of Easter 7 - *Preschool/Kindergarten*
Jesus and Jerusalem - *Elementary*
- 4/1 Easter - No Godly Play
Meet for Easter Egg Hunt at 9:30

Burying the Alleluias—Sunday School February 18

On the first Sunday in Lent, February 18 children will bury the alleluias. During the forty days of Lent, the word al- leluia (meaning God be praised) is omitted from the liturgy as a way to create anticipation for the coming joy of Easter. Burying the alleluias is a symbolic way to remind us that we do not use the word during the season of Lent. During the Godly Play formation time, children will work on a banner filled with alleluias. The children will then bring the banner to church where they will bury the alleluias under the altar, until we “un-earth” them on Easter Sunday, April 1.

Palm Sunday ~ Dressing for the Procession
March 25 ~ 9:15 am

During Children's Formation on Palm Sunday, March 25, children will put on tunics and distribute palms for the procession, marking Jesus' entry into Jerusalem of the palms at the 10:30 service.

Good Friday Crosswalk ~ Good Friday, March 30

The Children, Youth, and Family Ministry will be hosting a cross walk. We will carry a cross down along Monaco to Happy Canyon, pausing every so often for the Stations of the Cross. All members of the parish are invited, and encouraged to attend this powerful witness. We will meet in the church parking lot on Friday, March 30 at 3:30 pm.



Easter Sunday Egg Hunt ~ April 1 at 9:30 am

We will gather in the Parish Hall at 9:30 am before heading outside for Saint Gabriel's annual Easter egg hunt. All preschool through elementary-aged children are invited to participate. In case of bad weather, we will move the hunt inside to the lower level of the church.



Saint Gabriel Reach Out Weekend ~ SGROW ~ Saturday, February 17

Calling the Saint Gabriel Army once again for our Lenten outreach activity: SGROW! There will be four activities to choose from this year. Groups for youth and adults go to the Saint Francis Center (for youth 16 and older). Groups will also work at Metro Caring and Saint Elizabeth's school (with a family activity for younger children). A fourth group will remain at Saint Gabriel to repackage rice and beans.

We gather at the church at 8 am, depart for the Saint Francis Center, Saint Elizabeth's School, and Metro Caring at 8:30 am, then return to the church at 11:30 am for lunch and fellowship. Sign-up sheets posted in the parish hall. Please be sure to indicate if you can drive and if you will be eating lunch with us afterward. Everyone is encouraged to join us for lunch and share experiences with each other! (We are requesting a small donation of \$5 for lunch to cover expenses so we may focus resources on those in need.)

We have arranged for a group to work on projects at Metro Caring's new 16-thousand square foot Hunger Relief Center in downtown Denver. A group will remain at Saint Gabriel, where we will bag over 3,800 pounds of rice & beans for delivery to Metro Caring. Both activities will be open to children of all ages.

We are asking for matching funds for the purchase of food for the Metro Caring breakdown activity at the church. There are envelopes in the pews for your convenience (please mark SGROW on the check memo line).

Sign-up sheets are in the parish hall; questions may be directed to David Geras: (303) 808-5721 or dgeras@goldleafcare.com.

~ The Reach Out ministry

Capon Capers

It is Capon Caper time of year! Special "chicken" envelopes will be in the pews for your donations during the month of March. Capon Capers has been a very important part of our Reach Out ministry for many years. The money is used to provide chickens for Metro Caring clients for their Easter meal. Please make your check payable to Saint Gabriel noting "Capon Caper." Cash is also very welcome. Please make your donation before Palm Sunday, March 25, if possible.

*The Sunday of the Passion: Palm Sunday
Sunday, March 25 at 8:00 and 10:30 am*

Palm Sunday commemorates the entrance of Jesus into Jerusalem (Matthew 21:1-9), when palm branches were placed in his path, before his arrest on Holy Thursday and his crucifixion on Good Friday. It thus marks the beginning of Holy Week, the final week of Lent. The symbolism of this Sunday is captured prophetically in the Old Testament: Zechariah 9:9 "See, your king comes to you, righteous and victorious, lowly and riding on a donkey, on a colt, the foal of a donkey". It suggests that Jesus was declaring he was the King of Israel to the anger of the Sanhedrin.

Maundy Thursday ~ Thursday, March 29 at 7 pm

On this night we recall Jesus' Last Supper where he washed the feet of his disciples and took part in the Passover meal. The foot washing is a sign of our commitment to obey the Lord's new command "Love one another as I have loved you." We are reminded of his words to the disciples and us, "do this in remembrance of me." Following the Eucharist, the altar and chancel will be stripped bare in preparation for Good Friday.

Maundy Thursday Vigil ~ "Nightwatch" ~ March 29 at 8 pm

Following the Maundy Thursday service, an overnight vigil is held before the consecrated bread and wine. It is our custom for people from the church to spend the night, taking an hour at a time, to pray before the "altar of repose." To participate, please sign up on the parish hall bulletin board.

*Good Friday Liturgy with Holy Communion
March 30 ~ 7 am, 7 pm*

Our Good Friday Liturgy begins in silence. The readings include the Passion Gospel and are followed by bidding prayers, the Solemn Collects, and the Veneration of the Cross. At 7 am, Holy Communion is distributed from the Reserved Sacrament and the service concludes in silence.

Good Friday Stations of the Cross
March 30 ~ 12:00 pm

This one hour service recalls the events between Jesus' arrest and Crucifixion, and worshipers travel around the Nave, stopping at each station depicting a moment in Jesus' Passion or final hours. Solemn and reflective, it is an opportunity for silent contemplation.

The offering received on Good Friday will support the Anglican Church in the Holy Land.

Holy Saturday ~ March 31 ~ 7 am

A brief meditation and quiet gathering for prayer—in the stillness and emptiness of the closed tomb.

The Great Vigil of Easter
Saturday, March 31 ~ 8 pm

The service begins in darkness. The Easter fire is kindled and the Paschal Candle is lit. Participants light their candles from the Paschal Candle and everyone processes into the sanctuary as the *Exsultet* is sung. More than any other service, the Great Vigil of Easter brings together the many elements of salvation history in a dramatic liturgy. This ancient service involves a full choir, beauty, reverence, incense... and joy! Death is defeated, our foe is vanquished, and new life is celebrated at this first service of the Resurrection!

The Sunday of the Resurrection
April 1 ~ 8:00 am and 10:30 am

The Festival Eucharist of Easter Day will be offered at 8 and 10:30 am. We celebrate the Resurrection! Our Lenten fast is over, therefore let us keep the feast!

On this day it is most appropriate to invite friends to join in our celebration, for this is the central message of our faith: "Christ is risen!"

The tomb is empty! Alleluia!

Lent/Easter 2018 Calendar

<i>Tuesday, February 13</i>	<i>Shrove Tuesday Pancake Supper</i>
<i>Wednesday, February 14</i>	<i>Ash Wednesday</i>
<i>Friday, February 16</i>	<i>12:00 pm Stations of the Cross 12:45 pm Lenten Study</i>
<i>Saturday, February 17</i>	<i>SGROW</i>
<i>Sunday, February 18</i>	<i>First Sunday in Lent</i>
<i>Friday, February 23</i>	<i>12:00 pm Stations of the Cross 12:45 pm Lenten Study</i>
<i>Sunday, February 25</i>	<i>Second Sunday in Lent</i>
<i>Friday, March 2</i>	<i>12:00 pm Stations of the Cross 12:45 pm Lenten Study</i>
<i>Sunday, March 4</i>	<i>Third Sunday in Lent</i>
<i>Friday, March 9</i>	<i>12:00 pm Stations of the Cross 12:45 pm Lenten Study</i>
<i>Sunday, March 11</i>	<i>Fourth Sunday in Lent</i>
<i>Friday, March 16</i>	<i>12:00 pm Stations of the Cross 12:45 pm Lenten Study</i>
<i>Sunday, March 18</i>	<i>Fifth Sunday in Lent</i>

Lent/Easter 2018 Calendar

Friday, March 23

*12:00 pm Stations of the Cross
12:45 pm Lenten Study*

Sunday, March 25

Palm Sunday

Thursday, March 29

*7:00 pm Maundy Thursday
8:00 pm Maundy Thursday
Vigil ~ "Nightwatch"*

Friday, March 30

*7:00 am Good Friday service
12:00 pm Stations of the Cross
3:30 pm Crosswalk
7:00 pm Good Friday service*

Saturday, March 31

*7:00 am Holy Saturday service
8:00 pm The Great Vigil of
Easter*

Sunday, April 1

*8:00 am Easter Sunday service
9:30 am Easter Egg Hunt
10:30 am Easter Sunday service*

THE EPISCOPAL CHURCH OF SAINT GABRIEL THE ARCHANGEL
6190 East Quincy Avenue, Cherry Hills Village, Colorado 80111

Telephone 303-771-1063

website: *www.stgabriels.org*

CLERGY

The Rev'd Christopher Ditzenberger, Rector

The Rev'd EJ Rivet, Assisting

The Rev'd Deacon Cammie Houpt, Deacon

STAFF

Sarah Dougherty, Parish Administrator

Sheila Martin, Children, Youth and Family Coordinator

Rachel Whipp, Youth Leader

Sharon Stewart, Bookkeeper

Keri Havran, Nursery

OFFICERS

Margaret Kremers, Senior Warden

Philip Jolas, Junior Warden

Judy Wilson, Treasurer

Linda Cole, Clerk and Secretary

VESTRY

Rosine Bouobda

Linda Cole

Tracy Methe

Frances Brown

Bret Fox

Tess Vonfeldt-Gross

Sue Coombs

Joanie McCord

Linn Wilson

Weekly Service Times

Sunday, 8:00 & 10:30 a.m. Holy Eucharist

Wednesday, 7:00 a.m. Holy Eucharist & Men's Group

Monday, 7:30 a.m. Morning Prayer

Friday, 8:00 am Morning Prayer