

Walk to Jerusalem



Lenten Practices and Opportunities

The Season of Lent

Early Christians felt the importance of Easter called for special preparations. The first mention of a 40-day period of fasting in preparation for Easter is found in the Canons of Nicaea (AD 325). It is thought that the tradition may have grown from the early church practice of baptismal candidates undergoing a 40-day period of fasting and instruction in preparation for their baptisms at Easter. Eventually, the season evolved into a period of spiritual devotion for the whole church.

Christians today find this season to be a unique time for introspection, self-examination, repentance and mercies intended to renew or enhance relationship with God. Whether by 'giving something up' or 'adding something in,' individuals and families can experience a reaffirmation of faith through thoughtfully engaging Lenten disciplines and practices.

The Season of Lent begins with Ash Wednesday and continues through Holy Week.

The following pages offer a vast array of ways for personal and/or communal engagement as Advent's Journey to Bethlehem turns into a Walk to Jerusalem.

Shrove Tuesday Pancake Supper March 5, 5:30 to 7:00 p.m. Fellowship Hall

Shrove Tuesday is the day before Lent starts on Ash Wednesday. The name Shrove comes from the old Middle English word 'Shriven,' meaning to go to confession, to say 'I'm sorry' for the hurtful things done or left undone.' Confession is also called repentance. Repentance is both turning away from sin and turning to God. The Season of Lent is a time for being honest with ourselves and turning, again, toward God.

Eating pancakes on Shrove Tuesday comes from the old English custom of using up all the fattening ingredients in the house before Lent, so that people were ready to fast during Lent.

The fattening ingredients that most people had in their houses in those days were eggs and milk. A very simple recipe to use up these ingredients was to combine them with some flour and make pancakes! Then, the fast of spiritual disciplines begins!

Tickets are available at the door that evening: \$4.00 for adults, \$2.00 for children ages 2 to 12, under 2 free, \$15 max per family. Donations will go to support CPC's ministries in Guatemala.



March 6, 7:00 p.m. in the Sanctuary

**The Season of Lent begins with the liturgy,
scripture and music of Ash Wednesday.**

With the imposition of ashes come the ritual words "from dust you have come, to dust you shall return," acknowledging our human mortality, our laments and God's grace-filled claim upon our lives. Worshipers of all ages are encouraged to participate in this meaningful service of spiritual reflection. *Special music provided by Sister Act and by Terry Allebaugh.*

Lenten Resources Online

40 days of opportunity... to lean into a personal discipline of study and faith formation or to journey toward Jerusalem with purposeful steps or to foster family conversations about faith. Here are thoughtful selections for the 2019 Lenten season.

Feast On This – Table Talk for Families – free to download or use online.

<http://tinyurl.com/yxsa4h3j>

The Generosity Challenge

40 Days, 40 Reflections, 40 Challenges to Make a Difference.

<https://40acts.org.uk/>

Lenten Devotional from Pittsburgh Theological Seminary – free to download or use online.

<http://tinyurl.com/y6z9ksb5>

Daily Devotional from Pittsburgh Theological sent to your email.

Scroll to the bottom at the link to see where to sign up.

<http://tinyurl.com/yyswl924>

Lent Photo a Day Challenge

This Facebook group suggests a word a day on which to focus your lens as you move through your day.

<http://tinyurl.com/y5deak8r>

Society of St. Andrew's – free to download or use online.

<https://endhunger.org/lent/>

There's an App for That! Go to your App store and find daily devotional apps by Pittsburgh Theological Seminary and Princeton Theological Seminary.

Alternative Lenten Calendar Less Plastic for Lent.

<http://tinyurl.com/yxjkh9hf>

Opportunities for Engagement

Intergenerational Kick-off: *Walk to Jerusalem*, March 10

A special intergenerational kick-off for a *Walk to Jerusalem* will be offered during the Sunday School hour in the Fellowship Hall, March 10, 9:45-10:45 a.m. Join us as we play, have discussions, learn about keeping Lent spiritually and physically, enjoy refreshments, and together begin our journey of more than 6000 miles! You will have a chance to consider the many ways of participating in the various special offerings of the season, all to prepare for celebrating the resurrection and Lordship of Jesus Christ at Easter. Packets of Participation will be available. No regular classes will be held.

Lenten Bible Study, Wednesdays, March 13 – April 10

The Way: Walking in the Footsteps of Jesus.

Embark on a significant journey this Lent: walk in the footsteps of Jesus during the course of his ministry. Along the way, you will listen to Jesus teach, see him perform miracles, spend time with his friends and followers and you, yourself, will be transformed. This study is not just about geography but about discipleship. Accept the challenge to a greater commitment to Jesus as Lord of our lives.

Wednesdays, March 13 – April 10 (5 weeks). Soup supper is at 6:00 p.m. with study from 6:30 – 7:30 p.m. Rms 220-222. Led by Medora Hix and Duane Hix.

***Please RSVP for childcare to medora.hix@carypresbyterian.org.**

Walk to Jerusalem: 6106 Miles

Walk to Jerusalem is a six-week Lenten program designed to encourage congregational members to make small changes and simple lifestyle improvements to grow in faith and health in Lent and beyond. A devotional dimension to the program reminds us of the connection between health in body and spirit. The congregational aspect of this program reminds us we are one in the Spirit!

Throughout this Lenten Season, through walking and other physical and/or spiritual activities, CPC will *Walk to Jerusalem* from Cary! 6106 miles between now and Easter!

Anyone and everyone can participate, regardless of age or physical fitness level. Activities are not just walking, but can include jogging and running, yoga, other forms of exercise, and include activities such as daily Bible reading, prayer, church attendance, and specific spiritual disciplines. These activities all earn miles, which are detailed in the *Walk to Jerusalem* Packet available on Ash Wednesday and beyond.

Throughout the six weeks of Lent, log your 'mileage'! We'll be tracking our progress on the *Walk to Jerusalem* each week via the foyer bulletin board. You can bring a weekly log or use our online log-in form.

Here are some examples of ways to participate:

Physical Activities:

- *Walking Group* – 8:00 a.m. Saturday morning walks hosted by David & Summer Bohm and a group of CPC enthusiasts. Journey on various greenways through Cary and environs with friends and family, any or all. Saturdays in Lent beginning March 9. Starting points will be announced each week in the E-link.
- *DIY walking groups* – Examples: a dog walkers' group in your neighborhood, maybe a children and parents walking group, seniors on the run... you pick the time and place.
- *Yoga* – at church (Wednesday mornings with Audrey Rose-Sausman); or yoga with families.

Spiritual Activities:

- Being in Community: Attendance at special services – Ash Wednesday, Maundy Thursday service, The Good Friday Meal – and the weekly Wednesday Bible study on The Way
- Reading scripture, praying, singing hymns, reading faith focused books alone or with others, including children.
- Using the provided twice-weekly devotional or one of the suggested online devotionals listed in this brochure.
- Walking the labyrinth (*see p. 6*).
- Service: participate in the G5k (Glenaire 5k race), or the Cary Presbyterian Workday, Saturday, March 23 (work inside or outside); collecting gratitude coins in your One Great Hour of Sharing Fish Box.

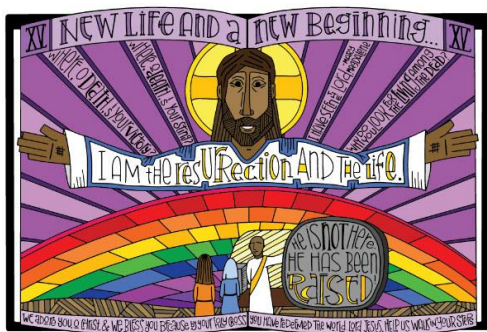
For complete information about ideas, pick up a packet beginning Ash Wednesday, March 6. Packets will be distributed during the Special Intergenerational Sunday School for All on March 10, or in the Narthex, or may be accessed online, available through a special E-link communication.

Our faith unites the body and spirit in a whole being. A walking program (or other activity) has physical benefits while also drawing us closer to God by adding an intentional reflective and devotional benefit. Stepping away – literally – from the demands of our daily routines to walk, reflect, and pray reminds us that God created us and wants to come near to us.

Take these 40 days to engage in spiritual practices or establish new physical and spiritual habits, remembering Christ's life, teachings, and sacrifices for us, preparing us for the joy and transformation of Resurrection lives.

Illustrated Stations of the Cross

In the CPC Library and Narthex daily during Lent



The Stations of the Cross follow the Biblical account of the last days and hours of Jesus' earthly life. In 2017 CPC members colored four Stations of the Cross posters, which will be hung in the Narthex this year. There are four more posters to color during Lent 2019!

Children, youth, parents, families and friends are invited to help color these works of art! One poster at a time will be located in the Narthex; a second in the library. Come any time to add your colors, your ponderings and your prayers to this spiritual practice.

See pictures and read more about Illustrated Children's Ministry at illustratedchildrensministry.com

Walk the Labyrinth



As spring weather hastens, the outdoor labyrinth at CPC is a wonderful place to walk and is especially meaningful during the season of Lent. Members of the Spiritual Practices committee (Diane Garber, Becky Hambrick, Jeanne Bolick) are glad to provide instructions, suggestions and company for walking the labyrinth.

On Sunday, March 10, Jeanne Bolick will be in the Fellowship Hall during the special intergenerational Sunday School gathering to provide additional information. CPC's outdoor labyrinth is located off the parking lot behind the church, near the outdoor chapel.



Lenten Poem

by Ann Weems

Lent is a time to take time to let the power
of our faith story take hold of us,
a time to let the events get up
and walk around in us,
a time to intensify our living unto Christ,
a time to hover over the thoughts of our hearts,
a time to place our feet in the streets of
Jerusalem or to walk along the sea and
listen to his Word,
a time to touch his robe
and feel the healing surge through us,
a time to ponder and a time to wonder....

Lent is a time to allow
a fresh new taste of God!

Perhaps we're afraid to have time to think,
for thoughts come unbidden.

Perhaps we're afraid to face our future
knowing our past.

Give us courage, O God,
to hear your Word
and to read our living into it.

Give us the trust to know we're forgiven
and give us the faith
to take up our lives and walk.

Holy Week 2019

Palm/Passion Sunday: April 14

Holy Week begins with Palm/Passion Sunday, remembering Jesus' triumphant entrance into Jerusalem even as the authorities and crowds were planning to betray him. This Sunday begins Holy or Passion Week leading to Easter.

Maundy Thursday: April 18, 7:00 p.m.

Maundy Thursday is the night remembering how Jesus and the disciples gathered to celebrate Passover, becoming known to Christians as the Last Supper and instituting the sacrament of Communion.

Jesus also washed the disciples' feet as an act of humility and service, thereby setting an example that we should love and serve one another in humility. The word *Maundy* is derived from the Latin word for "mandate." Thus "Maundy Thursday" refers to the mandate Jesus gave the disciples that night to love and serve one another.

All are encouraged to this solemn, reflective worship service.

Good Friday: April 19, 6:00 p.m.

"And when they had crucified Jesus, they divided his clothes among themselves by casting lots...When it was evening, there came a rich man from Arimathea, named Joseph, who was also a disciple of Jesus. He went to Pilate and asked for the body of Jesus...So Joseph took the body and wrapped it in a clean linen cloth and laid it in his own new tomb, which he had hewn in the rock. He then rolled a great stone to the door of the tomb and went away."

Matthew 27, verses 35, 57-60

Jesus has been crucified; his body laid in the tomb.

As the sun sets, grieving friends and disciples gather at the home of Joseph of Arimathea.

On Friday, April 19, 2019 CPC disciples of all ages are invited to come and share this night with others who wonder at Jesus' life and death.

Together we will eat specially prepared foods of the time and region as testimonies are told and songs are sung.

Come! Gather promptly at 6:00 in the Narthex for the evening together to begin. Child care will be available for children under 6 years of age.

More details will be forthcoming.