

# The Episcopal Church *of the* Good Shepherd

## Parish Office Hours

Monday & Thursday 9 a.m. – 12 p.m.

Tuesday, Wednesday, & Friday 9 a.m. - 1 p.m.

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## Find us Online

Website: <http://goodshepherdhemet.org>

Facebook: GoodShepherdHemet

Twitter: @gdshepherdhemet

*Church of the Good Shepherd is part of the  
Episcopal Diocese of San Diego*

**Bishop:** The Rt. Rev. James R. Mathes

**Interim Rector:** The Rev. Rob Eaton

**Music Director:** Jean Will

**Communications:** Sandra Alagona

# Lent at Good Shepherd

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## Lent Services 2017

### ASH WEDNESDAY March 1

7:00 a.m. Holy Eucharist  
& Imposition of Ashes  
12:10 p.m. Holy Eucharist  
& Imposition of Ashes  
7:00 p.m. Holy Eucharist  
& Imposition of Ashes

### LENTEN PROGRAM

#### Wednesdays March 8 - April 5

5:30 p.m. Stations of the Cross  
6:00 p.m. Soup Supper & Study

#### PALM SUNDAY Sunday, April 9

7:45 a.m. Morning Prayer  
8:00 a.m. Holy Eucharist  
10:30 a.m. Procession of Palms  
& Holy Eucharist

#### MAUNDY THURSDAY April 13

5:30 p.m. Holy Eucharist & Foot Washing  
VIGIL in St. Mary's Chapel begins  
thereafter

#### GOOD FRIDAY April 14

12:00 p.m. Good Friday Liturgy  
5:30 p.m. Tenebrae (tentative)

#### EASTER VIGIL Saturday, April 15

5:30 p.m. Easter Vigil  
(Lighting of the New Fire, Renewal of  
Baptismal Vows, & Holy Eucharist)

#### EASTER DAY Sunday, April 16

7:45 a.m. Morning Prayer  
8:00 a.m. Holy Eucharist  
10:30 a.m. Holy Eucharist

## Beginning Your Lenten Journey

A good place to start your Lenten journey is in the *Book of Common Prayer* on page 264 where you will read what's known as the Bidding to Lent. There you will find a very full description of the intention of Lent.

Sometimes as we consider Lent for ourselves, like after reading the Bidding, it can be a bit overwhelming. Sometimes we're not sure about where to start, or how to get started, or what materials may be helpful. The most important thing, if you do get a bit overwhelmed, is to remember that Lent as a season is here to help you grow in your relationship with God. And when we grow in our relationship with God it's important to take the time to look deep—within ourselves and within God.

We have selected quite a few less resources this year in order to help you feel not so overwhelmed with your options. Pick at least one. If you have time, you might pick another. But if you take your time with one or two you will have all the resource you need to have a successful Lent.

May the Lord bless your journey and your growth in God through Jesus Christ, our Lord.

Rob+

## Lent Resources

### Soup Suppers & Lenten Study

Every Wednesday in Lent (March 8 - April 5)  
5:30 p.m. Stations of the Cross  
6:00 p.m. Soup Supper & Study

This year, Father Eaton invites all to his class, "Holy Converse" - a call to improve communication throughout the parish and improve how we converse with each other in holy and healthy ways.

### Lenten Practices Calendar

Available in the parish office, this calendar adapted from Traci Smith's 2017 Lenten Practices Calendar for Small and Medium Churches, offers daily meditations to practice the three pillars of Lent: prayer, fasting, and alms-giving/service. Pick up a copy for your family at the parish office today!

### Forward Movement, Daily Meditations

Forward Movement is known best for its Forward Day by Day daily meditations. These are available online at their Daily Prayer website (<http://prayer.forwardmovement.org>) and in print from the literature rack next to the parish office.

### Society of St. John the Evangelist:

#### 5 Marks of Love

The Brothers' 2017 Lenten series focuses on the question: "If we are "marked as Christ's own," what are the "marks of love" that characterize the Divine Life abiding and at work within us?" The series includes a freely downloadable workbook, study meditations emailed to you daily, and companion videos to walk you through the ideas connecting us to the marks of God's love. Learn more at <http://ssje.org/ssje/5marksoflove>.