

Lent & Holy Week at Trinity



What is Lent?

Lent is 40 days of preparation leading up to Easter. It is the forty days not counting the six Sundays before Easter. Sundays are not counted because they are a celebration of Jesus' resurrection. Lent is a time for concentration on fundamental values and priorities. At Trinity our Lenten focus is on outreach and social justice. This year our Lenten Sermon Series explores Aboriginal Ministries.

Lent marks a season of renewal, as a special time in the church year.

Throughout Lent, you might notice that "Alleluia" is not used in the words of the liturgy or hymns. You will hear it again in celebration at Easter.

Observing Lent

The custom is to mark the season of Lent by giving up some things and taking on others. Both can serve to mark the season as a holy time of preparation. Some examples of things people give up for Lent include sweets, meat for all or some meals, and alcohol. In most cases, giving up something for Lent can be made more meaningful by using the money or time for another purpose. For example, meal times on fast days could be spent in prayer. Another example is that if you give up meat during Lent, the extra money that would go to meat dishes can be given to a charity, which works to end hunger worldwide. Some things you could add during Lent are daily Bible reading, fasting on Fridays, times of prayer, or taking a course of study related in some way to spirituality.

Lent is also an especially appropriate time for the sacrament of confession. While confession to a priest is not required to receive God's forgiveness, it can be a meaningful rite of reconciliation to God. Trinity offers the Sacrament of Penance at noon on Good Friday.

The Services of Lent 2010

Ash Wednesday

10:30am, 7:30pm, Wed., Feb 17

The first day of Lent is marked with a special liturgy. This is symbolized by the imposition of ashes on the forehead, with the words, "You are dust and to dust you shall return". In the Old Testament, ashes were a sign of penitence (feeling regretful at offenses) and mourning. Ash Wednesday is one of two days of special observance (the other being Good Friday) for which fasting is recommended. While this usually refers going without food for the entire day, this practice is not practical for all persons, including, but not limited to, diabetics. Use your own discretion in determining how you can best observe this day.

Palm Sunday

8:00, 9:15 and 11:00am, Sun., March, 28th

This Sunday before Easter is the last Sunday in Lent. The day commemorates Jesus' triumphal entry into Jerusalem with a blessing of palms and a procession in which the whole congregation carries palms. The day is also marked by reading the story of Jesus' passion (the word used to describe Jesus' death comes from "suffering" which is one old meaning of passion). Some of the Palm Sunday palms are kept and used to make the Ash Wednesday ashes for the next year.

The Services of Holy Week 2010

Stations of the Cross

7:30pm, Tues., March 30

These are depictions of 14 incidents in the Gospel accounts of Jesus' death from Pilate's house to being placed in the tomb. They are used for the service called the Way of the Cross, which visits each station in turn with a brief reading, response, collect and on some occasions, a meditation.

Tenebrae

7:30pm, Wed., March 31

Latin for "shadows" or "darkness" Tenebrae is celebrated on the evening before Maundy Thursday. This distinctive ceremony includes the gradual extinguishing of candles, during a series of readings and psalms.

Maundy Thursday

7:30pm, Thurs., April 1

This is the Thursday in Holy Week (the week leading up to Easter). The day is a time for remembering The Last Supper. The name comes from the Latin word "Maundatum" for commandment as Jesus said, "I give you a new commandment; that you love one another". At the conclusion of this service, altars are stripped of any ornamentation and crosses are removed or veiled to mark the solemnity of the occasion.

Good Friday

Solemn Liturgy 10:00am

Sacrament of Penance, 12:00pm, Fri., April 2

The Friday in Holy Week is a time for remembering Jesus' death. Traditionally there is a Good Friday service at noon as Jesus hung on the cross from noon until 3 pm. There is no celebration of Communion from Maundy Thursday until the Easter Vigil on late Saturday or early Sunday.

The Easter Vigil & Adult Baptism

7:30pm, Sat., April 3

This service is appropriate from after sunset on Holy Saturday until sunrise Easter morning. This was the traditional time of baptism in the early centuries of Christianity. This service begins in darkness and a new fire is lit, from which the Christ candle is lighted. It signifies the light of Christ coming into the world anew at the resurrection. This service ends the season of Lent and begins the joy of the Easter season.

A Resurrection Party follows the Easter Vigil & Adult Baptism Service