

## 2012 LENTEN OFFERINGS

### SUNDAY MORNING FORUMS: LIVING CHRIST, LIVING TOGETHER

OFFERED BY THE REV. DEBORAH MEISTER

Church is one of the few forms of intergenerational community left in our lives. It is the place we come together, not primarily to perform a set of tasks, but to be human together. And yet, living with others fruitfully is not easy to do, nor is it obvious how this strengthens our discipleship. This series of talks will explore the forms and concepts of Christian community as they have evolved from Biblical times through today. For those who wish to explore these themes more deeply, small groups will meet at times throughout the week to read and discuss materials in a workbook.

FEBRUARY 26: CHRIST AND COMMUNITY

MARCH 4: COMMUNITY IN THE EARLY CHURCH

MARCH 11 AND 18: BENEDICTINES, BRUDERHOF, AND BONHOEFFER

MARCH 25: COMMUNITY AT ST. ALBAN'S, A SMALL-GROUP HOSPITALITY HOUR

### WEDNESDAY EVENINGS:

#### SUPPER TALK WITH OUR NEW BISHOP

FEBRUARY 29, POTLUCK DINNER AT 5:30; DISCUSSION AT 6:30

Our new Bishop, the Rt. Rev. Mariann Budde, will visit St. Alban's so that we can begin to get to know her and her hopes for the Diocese, and so that she can begin to learn who we are and how we live our faith. Dinner will be potluck, so please bring a dish to share.

### WEDNESDAYS IN MARCH: THE LABYRINTH

MARCH 14, 21, 28, 12:30-8:30 P.M., MARCH 7 AND APRIL 4, 12:30-6:30 P.M. NOURSE HALL

Walking the labyrinth is an ancient form of prayer, often used during the Middle Ages to make a "virtual" pilgrimage to Jerusalem. Our labyrinth will be set up, with docents, so that you can walk it at your pleasure.

### Book Group: Finding Our Way Again

MARCH 7, 14, 21, 28; DINNER AT 5:30 P.M., DISCUSSION AT 6:30 P.M., TRENBATH

Parishioners are invited to come together to discuss Brian McLaren's *Finding Our Way Again*, which our new Bishop, Mariann Budde, has recommended for study across the Diocese this Lent. McLaren, a prominent leader in the next generation of evangelical Christians, helps readers to rediscover the power and grace inherent in the ancient spiritual practices of Christianity. Copies of the book are available at the church for \$8.00. A supper of soup will be available for \$5.00 per person each evening.

NB: If you would like to discuss this book but cannot come on Wednesday or Sunday evenings, the Cathedral Center for Prayer and Pilgrimage will be offering groups on Wednesdays from 1-2 p.m. E-mail [espencer@cathedral.org](mailto:espencer@cathedral.org) to register.

## SATURDAY QUIET DAYS:

### FORGIVENESS

OFFERED BY THE REV. BARBARA CAWTHORNE CRAFTON

MARCH 17<sup>TH</sup>, 9:30 A.M.-3:00 P.M. Each Sunday, we ask God to “forgive us our trespasses as we forgive those who trespass against us.” And yet, forgiveness is a difficult practice for most of us to cultivate. Granting forgiveness requires us to face into our own anger and hurt, asks us to re-examine our sense of who we are and what we are due from others. Accepting forgiveness is almost as difficult; we have to acknowledge the ways we can harm others, even when we mean to do good. Barbara Crafton will help us to explore forgiveness in ways that set us free.

The Rev. Barbara Crafton is an Episcopal priest, spiritual director, and author whose many books, articles, and Beliefnet videos have helped thousands to perceive the presence of God in the ordinary events of their lives. She is seen frequently on television both as a preacher and as a commentator on Hallmark’s New Morning and America at Worship. She is married and has two children and two grandchildren.

### SIMPLICITY + SILENCE + SABBATH

LED BY KURT ASCHERMANN

MARCH 3, 10:00 A.M.-3:00 P.M..

Are you looking for tools to help you remain spiritually grounded in a busy and complex world? We will examine three practices: Simplicity (the art of balance), Silence (the art of being still), and Sabbath (the art of sanctifying time). Taken together, they can help us make practical changes in our attitudes and behavior to be happier and more at peace. Cost: \$10 for lunch, due by February 28.

Kurt Aschermann is a Companion of Our Lady of the Holy Cross Cistercian Abbey, Berryville, Va., an Associate, Episcopal Order of Holy Cross, West Park, NY, and soon-to-be Director of Friends of St. Benedict, Washington, DC. He has been an active/contemplative for over 35 years and teaches on Benedictine prayer and practice, simplicity and silence at parishes and spiritual communities.

### SUNDAY EVENINGS: FINDING OUR WAY AGAIN

SUNDAYS AT 6:15 (ISH), FEBRUARY 26 – MARCH 25, IN NOURSE HALL

Young adults in their twenties and thirties and other participants in our 5:30 service are invited to come together each week after the conclusion of worship to discuss Brian McLaren’s *Finding Our Way Again*, which our new Bishop, Mariann Budde, has recommended for study across the Diocese this Lent. McLaren, a prominent leader in the next generation of evangelical Christians, helps readers to rediscover the power and

grace inherent in the ancient spiritual practices of Christianity. Down-to-earth (and even funny), McLaren's book aims to help us find ways to give flesh to what we believe in our daily lives. It is particularly valuable for those who are newly returned to church or are seeking to discover what Christian practice might have to offer. Bring some supper to share!

#### MID-LENT EVENSONG

SUNDAY, MARCH 18, 4:00 P.M., CHURCH

St. Alban's Choirs will sing music of Howells, Aylward and Lauridsen in a traditional service of Choral Evensong