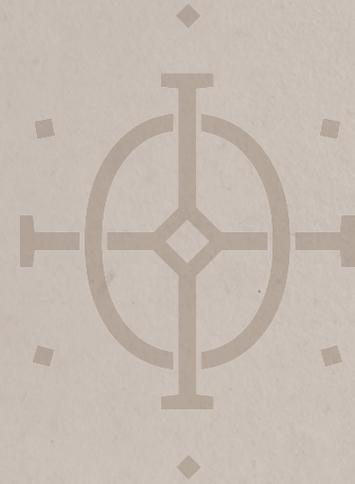




SACRED ORDINARY DAYS

LENT + EASTER 2020





SACRED ORDINARY DAYS

LENT + EASTER 2020

SACRED
ORDINARY
DAYS

LITURGICAL PLANNER

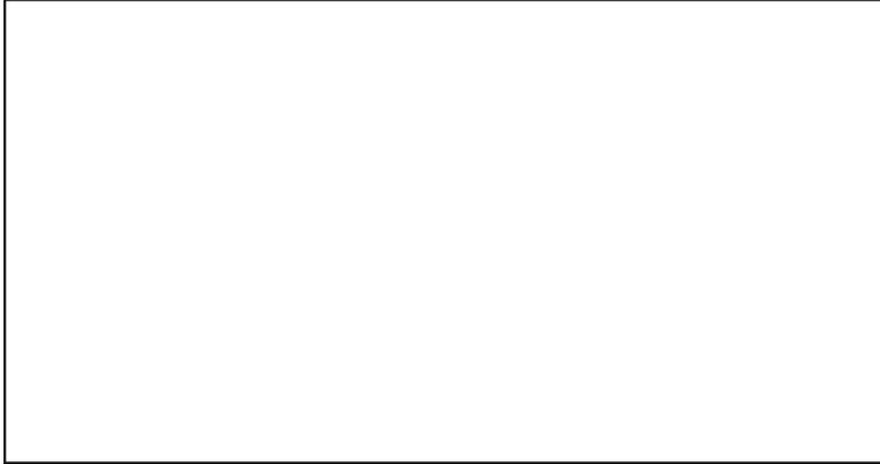
LITURGICAL YEAR A: LENT-EASTER



FEBRUARY 26–MAY 31, 2020

SABBATH

“Sabbath reminds us that we are loved for who we are, not for what we can produce. . . . Sabbath does not exist for what it gives us, nor for how it helps us, but for the way it equips us to live into our truest identities. We are not “human doings,” but “human beings.”
—David Lomas



PENTECOST & VISITATION OF MARY

SUNDAY, May 31, 2020

from COMMON PRAYER

Sing and rejoice, O daughters of Zion : the Lord is coming and has now come.

DAILY OFFICE



Psalm 118

Deuteronomy 16:9–12

John 4:19–26



Psalm 72

1 Samuel 1:1–20

Hebrews 3:1–6



Psalm 146, 147

Zechariah 2:10–13

John 3:25–30

PRIORITIES

- _____
- _____ ①
- _____
- _____ ②
- _____
- _____ ③
- _____

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Thank you for your cooperation.

The booklet spread PDF is designed to be printed on 8.5” X 11” paper and folded in half. Print on your home printer or at your local print center, often available in office supply stores. We recommend 24lb white paper or higher. After printing, the pages can be folded in half and stapled down the spine or cut down the middle. Once cut, they can be wire-o bound by the print center or simply placed in a small folder or binder.

Your finished booklet page size will be 5.5” X 8.5”.

If you’d like to increase the print size for larger text or more space to write, use the single-page PDF. You can scale the file up to 115% for printing and still fit it on standard 8.5” x 11” pages.

You are also welcome to use this file digitally on a tablet or other device. The single-page PDF file is your best option for that.

No matter what you choose, we hope it helps you develop sustainable rhythms for prayer, work, and rest.

Dear Print Shop,
You have my written permission to print the following pages,
per your client’s instructions. Thank you!
–Jenn Giles Kemper, creator

Sacred Ordinary Days, a liturgical planner
Jenn Giles Kemper
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A complete edition of the Daily Readings is available through Augsburg Fortress.

Consultation on Hebrew and Greek provided by
Dr. Ralph J Brabban and Dr. Keith A. Reich.

Created and written by Jenn Giles Kemper of Sacred Ordinary Days.
Art created by Chelsea Pennington of Sacred Ordinary Days.

I began dreaming of spending my morning with a liturgical planner in one hand and a cup of Earl Grey in the other when I first read *Girl Meets God* almost fifteen years ago. Lauren Winner’s memoir is structured according to the liturgical year, and reading along felt like being invited into a new ordering of time.

That’s what I hope this planner offers you. I hope it invites you into reordered time based on the life of Christ and the life of the church—a life of reading Scripture and praying alongside one another around the world, across denominations, and over many generations.

At Sacred Ordinary Days, we aim to help the church become who she was created and called to be, and we do that by helping you become who you were created and called to be. “Becoming” happens in the quiet cultivation of prayer, work, and rest. We’ve found it helps to have some guidance and companionship as you discover the rhythms that are effective, joyful, and sustainable. I believe that’s what this planner, and the community of people using it around the world, will provide.

We created this planner to help share a few time-honored tools for Christian spiritual formation—the lectionary, the liturgical year, and the prayer of examen—so that they might be used regularly by more of us. While we hope the design, layout, and voice feel fresh, these are tools and practices the church has tested and proved over time.

While the practices themselves are simple, incorporating them into our lives can be quite challenging. Our hope is to give you a single, simple solution so that you can focus on learning, practicing, and connecting. Using this planner through the seasons of Lent and Easter can get you going in the right direction. To see sustainable change, you’ll need to work with the planner for a while. Formation happens slowly, but that is the hidden grace.

For this Lent + Easter edition of the planner, we’ve included new artwork for seasonal introductions and holy days. These beautifully designed, meticulously researched images take their inspiration from early Christian art and architecture such as mosaics, stained glass, icons, and other sacred works. Rich with symbolism, the images offer a series of invitations through imagery to guide your work and prayer throughout Lent and Eastertide.

May these invitations and practices enfold and beckon you deeper into the faithful living of your sacred, ordinary days.

Alongside you,


Jenn Giles Kemper

PS: To learn how to use the features of this planner, turn the page. We’ve included a “how to” guide for you.

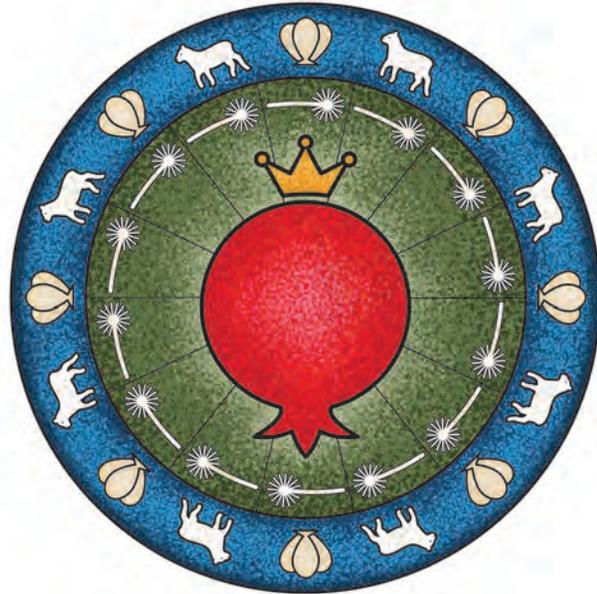
WEEKLY EXAMEN

USE THE PRAYER OF EXAMEN TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK

1. Draw near to God. Become present. Rest your mind and heart.
2. Reflect on the previous week with a posture of humility and gratitude.
3. Note what surfaces. When have you been near to or far from God’s presence?
4. Ask God to guide your reflections to be both faithful and gracious.
5. Reset for the week to come. Move forward in a spirit of hope.

	REFLECT	RESET
SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

VISITATION OF MARY



The Visitation of Mary commemorates Mary’s visit to her pregnant cousin Elizabeth following the Annunciation. At Mary’s arrival, Elizabeth feels John the Baptist leap in greeting within her womb.

LECTIONARY FOR THE VISITATION OF MARY TO ELIZABETH

1 Samuel 2:1–10

Psalm 113

Romans 12:9–16b

Luke 1:39–57

PRACTICES TO CONSIDER

- Meditate on or memorize the Magnificat
- Plan a visit to bring God’s presence into someone’s life, as Mary brings God’s presence into the lives of others
- Prepare and deliver a meal to a family expecting a baby

INVITATION THROUGH IMAGERY

The pomegranate is both a symbol of pregnancy and an ancient image of the Church. It is crowned to represent the divine nature of Jesus in Mary’s womb. The inner border of this led down, a traditional symbol of the visitation, recalls the lightness and grace of Mary’s footsteps on the journey. The lambs and shells that form the outer ring represent Jesus and John the Baptist, respectively, as this is their first meeting.

1 WEEKLY EXAMEN

USE THE PRAYER OF EXAMEN TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK

1. Draw near to God. Become present. Rest your mind and heart.
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3. Note what surfaces. When have you been near to or far from God’s presence?
4. Ask God to guide your reflections to be both faithful and gracious.
5. Reset for the week to come. Move forward in a spirit of hope.

2

REFLECT

RESET

3	SPirit	
4	BoDY	
5	MINd	
6	RElATIOnSHIPS	
7	HoME	
8	WoRK	
9	RESoURCES	

10

LECTIONARY FOR THE FIRST SUNDAY IN LENT

Genesis 2:15–17; 3:1–7

Psalm 32

Romans 5:12–19

Matthew 4:1–11

11

sacredordinarydays.com/examen

1 EXAMEN PAGES

The examen is a centuries-old practice in the church that invites us to prayerfully reflect on our days in the presence of God. We built a weekly examen page into the planner to give you an opportunity to regularly pause and evaluate your life in the context of seven key areas: spirit, body, mind, relationships, home, work, and resources. This same rhythm of reflecting and resetting is at the beginning and end of the planner itself, so as to mindfully consider your yearly goals and progress, and at the beginning of each liturgical season, so as to enter into those seasons with intention.

2 REFLECT & RESET

Use these two columns to examine the seven key areas of your life. In the first column, reflect on each area in the context of the previous period of time. How did you attend to that area of your life? What movement happened? What challenges did you face? In the second column, consider how you'd like to tend to that area in the coming period of time.

3 SPIRIT

How are you tending to your soul? How are you and God connecting? What words would you use to describe the way your spirit feels?

4 BODY

What habits are you keeping with your body? What new habits would you like to cultivate? How does your physical body feel these days? How is your energy level?

5 MIND

What are you learning? What would you like to learn? What has been occupying your thoughts? How is the quality of your focus and presence?

6 RELATIONSHIPS

What's going well in your relationships? How are you treating the people around you? What relationships need tending? How can you build into the lives of those who matter to you?

7 HOME

What do you love about your home life? How does it support and comfort you in your current season of life? What needs attention?

8 WORK

How is your work energizing you? How is it draining you? What words would describe your posture toward your work right now? Where do you see God moving in your workplace?

9 RESOURCES

How are you stewarding what has been given to you—your time, money, energy, possessions, education, or experience?

10 REVISED COMMON LECTIONARY

The lectionary is a three-year cycle used in corporate worship across the world and throughout centuries that guides churches through the Christian Scriptures. Many versions of the lectionary exist, and our planner draws from the Revised Common Lectionary (RCL), a widely used ecumenical resource. The weekly lectionary rhythm includes four texts: one each from the Old Testament, the Psalms, an epistle, and the Gospels. Some feast days carry their own lectionary passages, and these are noted in the planner on the appropriate days.

11 LEARN MORE

Find additional resources at sacredordinarydays.com/examen.

PENTECOST



The Day of Pentecost marks the arrival of the Holy Spirit on the fiftieth day after Easter.

LECTIONARY FOR THE DAY OF PENTECOST

Acts 2:1–21 or Numbers 11:24–30 Psalm 104:24–34, 35b
1 Corinthians 12:3b–13 or Acts 2:1–21 John 20:19–23 or John 7:37–39

PRACTICES TO CONSIDER

- Wear fiery colors like red, orange, and yellow
- Study the fruit of the spirit; consider memorizing them
- Read the poem “God’s Grandeur” by Gerard Manley Hopkins
- Build a fire; consider cooking a meal over the open flame

INVITATION THROUGH IMAGERY

The triquetra, symbol of the Holy Trinity, surrounds the Etimasia, symbol of Pentecost—with the Father as a throne, the Son as an open book, and the Holy Spirit as a dove. A “wheel of fire” with flames numbering twelve surrounds them to represent the twelve disciples. A border of olive branches denotes a new order of peace and unity, as the Holy Spirit reverses the divisions caused by the Tower of Babel.

1 SABBATH PAGE

We've included a Sabbath page each week to help you notice and cultivate this practice in your life. Intentional spaces of rest help quiet the mind, heart, spirit, and body. They restore and rejuvenate us. Most of all, they remind us that our humanity is a gift given to us by God. A regular practice of Sabbath honors our limits and allows space for a deepening experience of trust in God. When we willingly release control, our inclination toward self-sufficiency is gently removed. With unclenched fists, our own striving and tending fades. As we open our hands, we entrust our lives and our world to God again each week.

2 SABBATH QUOTE

Each Sabbath page features a quote that is meant to engage your emotions, thoughts, and actions. The quotes are drawn from primarily Judeo-Christian voices in a variety of texts, hymns, songs, and chants. You may connect with some quotes more than others. Consider the invitation each might extend to you.

3 WHITE SPACE

Use this space to journal, jot down your reflections on the lectionary passages, draw, doodle, or simply be reminded of the importance of incorporating lots of "white space" into your life through a practice of Sabbath-keeping.

4 from COMMON PRAYER

This prayer is taken from *Common Prayer: A Liturgy for Ordinary Radicals*, written by Shane Claiborne, Jonathan Wilson-Hartgrove, and Enuma Okoro, a favorite and oft-recommended resource for sharing prayer time with family members, housemates, neighbors, churches, or small groups.

5 DAILY OFFICE

The Daily Office Lectionary is a two-year cycle of texts for personal devotional reading from the Book of Common Prayer. Year One begins at Advent preceding odd number years. Year Two begins at Advent preceding even numbered years. So, we begin with Year Two readings this Advent. Most days include five readings, a morning and evening Psalm, an Old Testament, an Epistle, and a Gospel reading. The latter three can be read together or broken up and read with the morning and evening Psalms. Occasionally, special Holy Days will supersede the regular readings. The name of these Holy Days will be listed in the date line. The Daily Office readings are to be a helpful tool not a strict rule. Feel free to read more or less, and in whatever order or time works best for your situation.

6 PRIORITIES

Choose three priorities for the day. Check the boxes when you're done.

7 JOURNAL or TO-DO LIST

This lined section of the Sabbath page can be used for journaling, a to-do list, or writing out a Scripture passage. It was designed for flexibility.

8 LEARN MORE

Find additional resources at sacredordinarydays.com/sabbath.

FRIDAY, May 29, 2020

from *COMMON PRAYER*

Lord, help us stand for justice : and find you among the poor.

DAILY OFFICE



Psalm 102



Psalm 107:1-32

Jeremiah 31:27-34

Ephesians 5:1-20

Matthew 9:9-17

PRIORITIES

CUE

REST or REWARD

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1 DATE & HOLY DAY or LITURGICAL SEASON

The top outside corner of each page shows the day and date. The top inside corner of the page notes any specific holidays or holy days that fall on the date. (While many holy days fall on Sundays, some fall on weekdays.) You can use the white space between the two notations to write in your own celebrations and days of remembrance. These might include birthdays, anniversaries, holidays, milestone moments, or other important events.

2 from COMMON PRAYER

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4 PRIORITIES

Though your day may ask more of you, naming your top three priorities gives the day shape. What are the most important projects or tasks to get done today? Write them down here, and then check the boxes when they're done. Resist the urge to add more upon completion; instead rest, knowing your day was well spent.

5 CUE

Identifying a cue for each priority helps you plan your days with more intentionality. Will you begin working on that priority at a specific time of day? After you receive certain information? Name what will serve as the catalyst for beginning your work on each specific priority.

6 REST | REWARD

The alternating rhythm of work followed by rest or reward further trains us toward the practice of Sabbath and keeps our work sustainable. Name what you will do as a rest or reward for completing a given priority.

7 JOURNAL or TO-DO LIST

This lined section of the daily page can be used for journaling, a to-do list, or writing out a Scripture passage. It was designed for flexibility.

8 SCHEDULE

Use this section to note the day's appointments or to record how you spent your time.

9 WHITE SPACE

Use this space to make notes, keep track of habits, doodle, draw, or be reminded of the importance of incorporating "white space" into your life.

WEDNESDAY, May 27, 2020

from COMMON PRAYER

The Lord is God in heaven above : as he is on the earth below.

DAILY OFFICE



Psalm 101, 109:1-4, (5-19), 20-30 Psalm 119:121-144

Isaiah 4:2-6

Ephesians 4:1-16

Matthew 8:28-34

PRIORITIES

CUE

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TUESDAY, May 26, 2020

from *COMMON PRAYER*

Like a hen gathers her brood, O Lord : shelter us under your wing.

DAILY OFFICE



Psalm 97, 99, [100]



Psalm 94, [95]

1 Samuel 16:1-13a

Ephesians 3:14-21

Matthew 8:18-27

PRIORITIES

CUE

REST or REWARD

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FEBRUARY 2020

S	M	T	W
2	3	4	5
4TH SUNDAY AFTER THE EPIPHANY PRESENTATION OF THE LORD			
9	10	11	12
5TH SUNDAY AFTER THE EPIPHANY			
16	17	18	19
6TH SUNDAY AFTER THE EPIPHANY PRESIDENTS' DAY (US)			
23	24	25	26
TRANSFIGURATION SUNDAY			ASH WEDNESDAY

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6	7	8
13	14	15
20	21	22
27	28	29



JANUARY 2020

S M T W R F S

1 2 3 4
5 6 7 8 9 10 11
12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30 31

MARCH 2020

S M T W R F S

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

MONDAY, May 25, 2020

MEMORIAL DAY (US)

from **COMMON PRAYER**

Guide us, Lord, to walk : in courage, wisdom, and love.

DAILY OFFICE



Psalm 89:1-18



Psalm 89:19-52

Joshua 1:1-9

Ephesians 3:1-13

Matthew 8:5-17

PRIORITIES

CUE

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SABBATH

“As with most great communicators, God knows that the point of silence and the pause between sentences is not to give the audience the chance to fill the silence with empty babbling but to help create more depth to the conversation. —Renita J. Weems



SUNDAY, May 24, 2020

from COMMON PRAYER

Alabare! Alabare! : Alabare a mi Señor!

DAILY OFFICE



Psalm 66, 67

Exodus 3:1-12



Psalm 19, 46

Hebrews 12:18-29

Luke 10:17-24

PRIORITIES

- _____ ①
- _____ ②
- _____ ③

MARCH 2020

S	M	T	W
1 1ST SUNDAY IN LENT	2	3	4
8 2ND SUNDAY IN LENT DAYLIGHT SAVING TIME BEGINS	9	10	11
15 3RD SUNDAY IN LENT	16	17	18
22 4TH SUNDAY IN LENT	23	24	25 FEAST OF THE ANNUNCIATION
29 5TH SUNDAY IN LENT	30	31	

TH	F	S	
5	6	7	
12	13	14	
19	20	21	
26	27	28	

FEBRUARY 2020
S M T W R F S
 1
 2 3 4 5 6 7 8
 9 10 11 12 13 14 15
 16 17 18 19 20 21 22
 23 24 25 26 27 28 29

APRIL 2020
S M T W R F S
 1 2 3 4
 5 6 7 8 9 10 11
 12 13 14 15 16 17 18
 19 20 21 22 23 24 25
 26 27 28 29 30

WEEKLY EXAMEN

**USE THE PRAYER OF EXAMEN
 TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK**

1. Draw near to God. Become present. Rest your mind and heart.
2. Reflect on the previous week with a posture of humility and gratitude.
3. Note what surfaces. When have you been near to or far from God's presence?
4. Ask God to guide your reflections to be both faithful and gracious.
5. Reset for the week to come. Move forward in a spirit of hope.

	REFLECT	RESET
SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

LECTIONARY FOR THE SEVENTH SUNDAY OF EASTER

Acts 1:6–14
 1 Peter 4:12–14; 5:6–11

Psalm 68:1–10, 32–35
 John 17:1–11

SATURDAY, May 23, 2020

from *COMMON PRAYER*

With the saints around your throne : we praise you for your glory.

DAILY OFFICE



Psalm 87, 90



Psalm 136

Numbers 11:16-17, 24-29

Ephesians 2:11-22

Matthew 7:28-8:4

PRIORITIES

CUE

REST or REWARD

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APRIL 2020

S	M	T	W
			1
5	6	7	8
PALM SUNDAY			
12	13	14	15
EASTER SUNDAY			
19	20	21	22
2ND SUNDAY OF EASTER			
26	27	28	29
3RD SUNDAY OF EASTER			

TH	F	S	
2	3	4	
9	10	11	
MAUNDY THURSDAY	GOOD FRIDAY	HOLY SATURDAY	
16	17	18	
23	24	25	
30			MARCH 2020 S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 MAY 2020 S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

FRIDAY, May 22, 2020

from *COMMON PRAYER*

O Lord, have mercy : have mercy on us.

DAILY OFFICE



Psalm 85, 86



Psalm 91, 92

1 Samuel 2:1-10

Ephesians 2:1-10

Matthew 7:22-27

PRIORITIES

CUE

REST or REWARD

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ASCENSION OF THE LORD

THURSDAY, May 21, 2020

from *COMMON PRAYER*

Give thanks to the Lord and call upon his name : make known his deeds among the peoples.

DAILY OFFICE



Psalm 8, 47



Psalm 24, 96

Daniel 7:9-14

Hebrews 2:5-18

Matthew 28:16-20

PRIORITIES

CUE

REST or REWARD

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MAY 2020

S	M	T	W
3	4	5	6
4TH SUNDAY OF EASTER			
10	11	12	13
5TH SUNDAY OF EASTER MOTHER'S DAY (US)			
17	18	19	20
6TH SUNDAY OF EASTER			
24	25	26	27
7TH SUNDAY OF EASTER			
31			
VISITATION OF MARY TO ELIZABETH DAY OF PENTECOST	MEMORIAL DAY (US)		

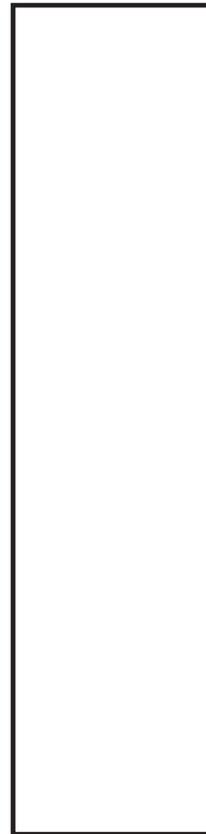
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ASCENSION OF
THE LORD

**APRIL 2020****S M T W R F S**

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5 6 7 8 9 10 11
12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30

JUNE 2020**S M T W R F S**

1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29 30

ASCENSION OF THE LORD

The Ascension of the Lord is celebrated on the fortieth day after Easter and commemorates the ascension of Jesus to heaven.

LECTIONARY FOR THE ASCENSION OF THE LORD

Acts 1:1–11

Psalm 47 or Psalm 93

Ephesians 1:15–23

Luke 24:44–53

PRACTICES TO CONSIDER

- Embrace the overlapping rhythms of worship, care for others, and justice; confront the ways your privilege and ease may come at the expense of another and consider how you may contribute to the ministry of reconciliation
- Celebrate with a picnic or climb the highest nearby heights to imitate the Mount of Olives from where Jesus ascended

INVITATION THROUGH IMAGERY

The rising dove and breaking chains are traditional symbols associated with Jesus' ascension into heaven from earth. Rays of light numbering seven represent the wholeness and completion of Jesus' reunion with his divine Father. These are crowned with a laurel wreath, the ancient symbol of victory, to represent Jesus' triumph over sin, death, and the powers of evil. We accept the invitation to freedom offered through Jesus' victory over sin, as well as our call to join him in bringing freedom and justice to others.

LENT



TUESDAY, May 19, 2020

from *COMMON PRAYER*

God is good all the time : all the time, God is good.

DAILY OFFICE



Psalm 78:1-39



Psalm 78:40-72

Leviticus 26:1-20

1 Timothy 2:1-6

Matthew 13:18-23

PRIORITIES

CUE

REST or REWARD

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LENT EXAMEN

**USE THE PRAYER OF EXAMEN
TO REFLECT ON LAST LENT AND RESET FOR THIS LENT**

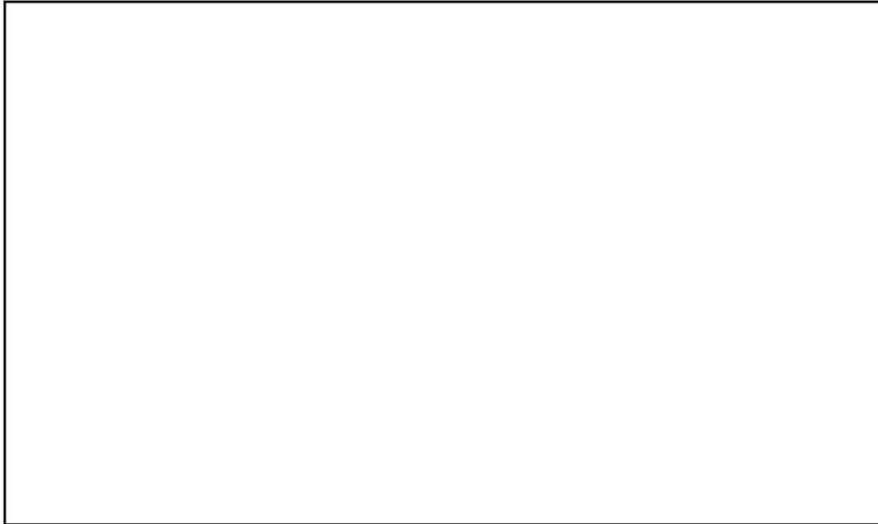
Before the season begins, use the first column to reflect on your experience of the season in the past. Then reset for how you'd like to approach the season this year. Incorporate what you've learned, ponder the questions, consider a practice, and note how the holy days fit in. Envision ways to embody the season in the seven areas of your life. Look for opportunities to engage multiple senses. Consider your rule of life, values, and other practices and priorities.

REFLECT

RESET

SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

“ Real silence, real stillness, really holding one’s tongue comes only as the sober consequence of spiritual stillness. —Dietrich Bonhoeffer



SUNDAY, May 17, 2020

from COMMON PRAYER

We who believe in freedom : cannot rest until it comes.

DAILY OFFICE



Psalm 93, 96

Leviticus 25:1-17



Psalm 34

James 1:2-8, 16-18

Luke 12:13-21

PRIORITIES

Three horizontal lines for writing priorities, each with a small square icon to its right.

ASH WEDNESDAY



Ash Wednesday marks the first day of Lent and is a day of fasting.

LECTIONARY FOR ASH WEDNESDAY

Joel 2:1-2, 12-17 or Isaiah 58:1-12

Psalm 51:1-17

2 Corinthians 5:20b-6:10

Matthew 6:1-6, 16-21

PRACTICES TO CONSIDER

- Attend an Ash Wednesday service to receive the imposition of ashes
· Choose a resurrection word to focus on during Lent, naming what you hope will be resurrected come Easter
· Remove colorful decorations from central spaces; use bare branches or simple stones to create a focal point instead

INVITATION THROUGH IMAGERY

A palm frond set inside a stylized flame symbolizes the ashes, made from the burnt remains of last Palm Sunday’s splendor, which will mark the sign of the cross on our bodies. The image is encompassed by the Latin phrase “Remember man, you are dust, and to dust you shall return.” These words and symbols invite us to engage with our own mortality and sorrow over sin as we begin our Lenten journey.

from COMMON PRAYER

Guide us, Lord, in your good way : that all our work might speed your day.

DAILY OFFICE



Psalm 95* & 32, 143



Psalm 102, 130

Amos 5:6-15

Hebrews 12:1-14

Luke 18:9-14

PRIORITIES

CUE

REST or REWARD

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* For the Invitatory

USE THE PRAYER OF EXAMEN
TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK

1. Draw near to God. Become present. Rest your mind and heart.
2. Reflect on the previous week with a posture of humility and gratitude.
3. Note what surfaces. When have you been near to or far from God's presence?
4. Ask God to guide your reflections to be both faithful and gracious.
5. Reset for the week to come. Move forward in a spirit of hope.

REFLECT

RESET

SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

LECTIONARY FOR THE SIXTH SUNDAY OF EASTER

Acts 17:22-31

Psalm 66:8-20

1 Peter 3:13-22

John 14:15-21

SATURDAY, May 16, 2020

from COMMON PRAYER

Restore us, O God of hosts : show the light of your countenance, and we shall be saved.

DAILY OFFICE



Psalm 75, 76



Psalm 23, 27

Leviticus 23:23-44

2 Thessalonians 3:1-18

Matthew 7:13-21

PRIORITIES

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THURSDAY, February 27, 2020

from COMMON PRAYER

You take dry bones and clothe them with bodies : create a church from those who are dead.

DAILY OFFICE



Psalm 37:1-18



Psalm 37:19-42

Habakkuk 3:1-10, (11-15), 16-18

Philippians 3:12-21

John 17:1-8

PRIORITIES

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THURSDAY, May 14, 2020

from COMMON PRAYER

Blessed are you who are poor : for yours is the kingdom of God.

DAILY OFFICE



Psalm [70], 71



Psalm 74

Leviticus 19:26-37

2 Thessalonians 1:1-12

Matthew 6:25-34

PRIORITIES

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SATURDAY, February 29, 2020

from COMMON PRAYER

Whisper to us when we feel alone : sweet songs from around your throne.

DAILY OFFICE



Psalm 30, 32



Psalm 42, 43

Ezekiel 39:21-29

Philippians 4:10-20

John 17:20-26

PRIORITIES

CUE

REST or REWARD

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from *COMMON PRAYER*

Make us friends of the thirsty, Lord : and teach us to thirst for you.

DAILY OFFICE



Psalm 61, 62

Psalm 68:1-20, (21-23), 24-36

Leviticus 16:20-34

1 Thessalonians 5:1-11

Matthew 6:7-15

PRIORITIES

CUE

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WEEKLY EXAMEN

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TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK**

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REFLECT

RESET

SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

LECTIONARY FOR THE FIRST SUNDAY IN LENT

Genesis 2:15-17; 3:1-7

Psalm 32

Romans 5:12-19

Matthew 4:1-11

from **COMMON PRAYER**

Unite us in justice, Lord : that all might praise your name together.

DAILY OFFICE



Psalm 45



Psalm 47, 48

Genesis 37:12-24

1 Corinthians 1:20-31

Mark 1:14-28

PRIORITIES

CUE

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RESET

SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

LECTIONARY FOR THE FIFTH SUNDAY OF EASTER

Acts 7:55-60

Psalm 31:1-5, 15-16

1 Peter 2:2-10

John 14:1-14

THURSDAY, May 7, 2020

from COMMON PRAYER

Lord Jesus Christ, Son of God : have mercy on me, a sinner.

DAILY OFFICE



Psalm 50



Psalm [59, 60] or 114, 115

Exodus 34:1-17

1 Thessalonians 2:13-20

Matthew 5:21-26

PRIORITIES

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FRIDAY, March 6, 2020

from COMMON PRAYER

Teach us, Lord, the unquenchable joy : of sins forgiven, friendship restored.

DAILY OFFICE



Psalm 95* & 40, 54



Psalm 51

Genesis 40:1-23

1 Corinthians 3:16-23

Mark 2:13-22

PRIORITIES

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* For the Invitatory

from *COMMON PRAYER*

Rise up, O Lord : and may your enemies be scattered.

DAILY OFFICE



Psalm 45



Psalm 47, 48

Exodus 32:21-34

1 Thessalonians 1:1-10

Matthew 5:11-16

PRIORITIES

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REFLECT

RESET

SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
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RESOURCES		

LECTIONARY FOR THE SECOND SUNDAY IN LENT

Genesis 12:1-4a

Psalm 121

Romans 4:1-5, 13-17

John 3:1-17 or Matthew 17:1-9

from *COMMON PRAYER*

I will call upon God : and the Lord will deliver me.

DAILY OFFICE



Psalm 61, 62

Psalm 68:1-20, (21-23), 24-36

Genesis 42:1-17

1 Corinthians 5:1-8

Mark 3:19b-35

PRIORITIES

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REFLECT

RESET

SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
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RESOURCES		

LECTIONARY FOR THE FOURTH SUNDAY OF EASTER

Acts 2:42-47

Psalm 23

1 Peter 2:19-25

John 10:1-10

SATURDAY, May 2, 2020

from COMMON PRAYER

Rise up and lift your hand, O God : forget not your afflicted.

DAILY OFFICE



Psalm 30, 32



Psalm 42, 43

Exodus 25:1-22

Colossians 3:1-17

Matthew 4:18-25

PRIORITIES

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WEDNESDAY, March 11, 2020

from COMMON PRAYER

We need your help against the enemy : for human help is useless.

DAILY OFFICE



Psalm 72



Psalm 119:73-96

Genesis 42:18-28

1 Corinthians 5:9-6:8

Mark 4:1-20

PRIORITIES

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THURSDAY, March 12, 2020

from COMMON PRAYER

Overwhelm us with your love : which casts out every fear.

DAILY OFFICE



Psalm [70], 71



Psalm 74

Genesis 42:29-38

1 Corinthians 6:12-30

Mark 4:21-34

PRIORITIES

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FRIDAY, May 1, 2020

SS. PHILIP & JAMES

from COMMON PRAYER

Gather us to you, O Lord : and whisper justice in our ears.

DAILY OFFICE



Psalm 119:137-160

Job 23:1-12

John 1:43-51



Psalm 139

Proverbs 4:7-18

John 12:11-18

PRIORITIES

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THURSDAY, April 30, 2020

from COMMON PRAYER

Establish the work of our hands, O God : establish the work of our hands.

DAILY OFFICE



Psalm 37:1-18



Psalm 37:19-42

Exodus 20:1-21

Colossians 1:24-2:7

Matthew 4:1-11

PRIORITIES

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FRIDAY, March 13, 2020

from COMMON PRAYER

Answer me, Lord, for your love is kind : in your compassion, turn to me.

DAILY OFFICE



Psalm 95* & 69:1-23, (24-30), 31-38



Psalm 73

Genesis 43:1-15

1 Corinthians 7:1-9

Mark 4:35-41

PRIORITIES

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* For the Invitatory

SATURDAY, March 14, 2020

from COMMON PRAYER

Arise, O God, maintain your cause : defend the poor for your name's sake.

DAILY OFFICE



Psalm 75, 76



Psalm 23, 27

Genesis 43:16-34

1 Corinthians 7:10-24

Mark 5:1-20

PRIORITIES

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WEDNESDAY, April 29, 2020

from COMMON PRAYER

There is a crack, a crack in everything : that's how the light gets in.

DAILY OFFICE



Psalm 38



Psalm 119:25-48

Exodus 19:16-25

Colossians 1:15-23

Matthew 3:13-17

PRIORITIES

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from **COMMON PRAYER**

I greet the Christ in you, my sister : I greet the Christ in you, my brother.

DAILY OFFICE



Psalm 26, 28

Exodus 19:1-16



Psalm 36, 39

Colossians 1:1-14

Matthew 3:7-12

PRIORITIES

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WEEKLY EXAMEN

**USE THE PRAYER OF EXAMEN
TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK**

1. Draw near to God. Become present. Rest your mind and heart.
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REFLECT

RESET

SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

LECTIONARY FOR THE THIRD SUNDAY IN LENT

Exodus 17:1-7

Psalm 95

Romans 5:1-11

John 4:5-42

from **COMMON PRAYER**

I arise, I arise today : in the Spirit of the Trinity.

DAILY OFFICE



Psalm 78:1-39



Psalm 78:40-72

Genesis 45:1-15

1 Corinthians 7:32-40

Mark 6:1-13

PRIORITIES

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BODY		
MIND		
RELATIONSHIPS		
HOME		
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RESOURCES		

LECTIONARY FOR THE THIRD SUNDAY OF EASTER

Acts 2:14a, 36-41

Psalm 116:1-4, 12-19

1 Peter 1:17-23

Luke 24:13-35

from COMMON PRAYER

Show us your way, O Lord : and we will walk it to the end.

DAILY OFFICE



Psalm 145 Ecclesiasticus 2:1-11 Acts 12:25-13:3



Psalm 67, 96 Isaiah 62:6-12 2 Timothy 4:1-11

PRIORITIES

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from COMMON PRAYER

In the roar of a hard rain, Lord : we hear justice rolling down.

DAILY OFFICE



Psalm 119:97-120



Psalm 81, 82

Genesis 45:16-28

1 Corinthians 8:1-13

Mark 6:13-29

PRIORITIES

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SATURDAY, March 21, 2020

from COMMON PRAYER

Lord, help us to resist : the madness of our age.

DAILY OFFICE



Psalm 87, 90



Psalm 136

Genesis 47:27—48:7

1 Corinthians 10:1-13

Mark 7:1-23

PRIORITIES

CUE

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WEDNESDAY, April 22, 2020

from COMMON PRAYER

The Lord has lifted up the lowly : and has filled us with good things.

DAILY OFFICE



Psalm 119:1-24



Psalm 12, 13, 14

Exodus 15:22—16:10

1 Peter 2:1-10

John 15:1-11

PRIORITIES

CUE

REST or REWARD

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from *COMMON PRAYER*

If I stand, let me stand on your promise : when I fall, let me fall on your grace.

DAILY OFFICE



Psalm 5, 6

Exodus 15:1-21



Psalm 10, 11

1 Peter 1:13-25

John 14:18-31

PRIORITIES

CUE

REST or REWARD

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WEEKLY EXAMEN

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REFLECT

RESET

SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

LECTIONARY FOR THE FOURTH SUNDAY IN LENT

1 Samuel 16:1-13

Psalm 23

Ephesians 5:8-14

John 9:1-41

from *COMMON PRAYER*

Unless a seed falls into the ground and dies : it cannot bear fruit or bless others' lives.

DAILY OFFICE

 Psalm 97, 99, [100] Genesis 49:29—50:14 Mark 8:1-10

 Psalm 8, 138 Genesis 3:1-15 Romans 5:12-21 or Galatians 4:1-7

PRIORITIES	CUE	REST or REWARD
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	REFLECT	RESET
SPIRIT		
BODY		
MIND		
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RESOURCES		

LECTIONARY FOR THE SECOND SUNDAY OF EASTER

Acts 2:14a, 22-32

Psalm 16

1 Peter 1:3-9

John 20:19-31

THURSDAY, April 16, 2020

from COMMON PRAYER

Save us and make us small, O God : small enough to walk your little way.

DAILY OFFICE



Psalm 146, 147

Exodus 13:3-10



Psalm 148, 149

1 Corinthians 15:41-50

Matthew 28:16-20

PRIORITIES

CUE

REST or REWARD

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THURSDAY, March 26, 2020

from COMMON PRAYER

Go down, Moses, way down to Egypt land : and tell old Pharaoh, "Let my people go!"

DAILY OFFICE



Psalm 69:1-23, (24-30), 31-38

Exodus 1:6-22



Psalm 73

1 Corinthians 12:12-26

Mark 8:27-9:1

PRIORITIES

CUE

REST or REWARD

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TUESDAY, April 14, 2020

from COMMON PRAYER

May the guarding of God shelter us : against the winds and the wiles of the devil.

DAILY OFFICE



Psalm 103



Psalm 111, 114

Exodus 12:28-39

1 Corinthians 15:12-28

Mark 16:9-20

PRIORITIES

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SATURDAY, March 28, 2020

from COMMON PRAYER

Rain down justice upon us, Lord : that we might live in peace.

DAILY OFFICE



Psalm 107:33-43, 108:1-6, (7-13)



Psalm 33

Exodus 2:23-3:15

1 Corinthians 13:1-13

Mark 9:14-29

PRIORITIES

CUE

REST or REWARD

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SABBATH

“ Oh, what a good friend you make, my Lord! How you bear us and comfort us. You patiently wait for us to rise to our true nature, and in the meantime, you accept us as we are. —Teresa of Ávila

Large empty rectangular box for reflection or notes.

EASTER SUNDAY

SUNDAY, April 12, 2020

from COMMON PRAYER

Just when I thought I was lost : my dungeon shook and the chains fell off.

DAILY OFFICE

Psalm 148, 149, 150  Exodus 12:1-14 John 1:1-18

Psalm 113, 114, or 118  Isaiah 51:9-11 Luke 24:13-35 or John 20:19-23

PRIORITIES

Three horizontal lines with numbered boxes 1, 2, and 3 for listing priorities.

WEEKLY EXAMEN

USE THE PRAYER OF EXAMEN TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK

- 1. Draw near to God. Become present. Rest your mind and heart.
2. Reflect on the previous week with a posture of humility and gratitude.
3. Note what surfaces. When have you been near to or far from God's presence?
4. Ask God to guide your reflections to be both faithful and gracious.
5. Reset for the week to come. Move forward in a spirit of hope.

Table with 2 columns: REFLECT, RESET and 6 rows: SPIRIT, BODY, MIND, RELATIONSHIPS, HOME, WORK, RESOURCES.

LECTIONARY FOR THE FIFTH SUNDAY IN LENT

Ezekiel 37:1-14
Romans 8:6-11

Psalm 130
John 11:1-45

SABBATH

“Stillness is not about focusing on nothingness; it’s about creating a clearing. It’s opening up an emotionally clutter-free space and allowing ourselves to feel and think and dream and question. —Brené Brown

SUNDAY, March 29, 2020

from COMMON PRAYER

Receive, Lord, the offering of our lives : that every breath might be holy to you.

DAILY OFFICE



Psalm 118

Exodus 3:16—4:12



Psalm 145

Romans 12:1–21

John 8:46–59

PRIORITIES

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WEEKLY EXAMEN

USE THE PRAYER OF EXAMEN
TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK

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	REFLECT	RESET
SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

LECTIONARY FOR THE RESURRECTION OF THE LORD

Acts 10:34–43 or Jeremiah 31:1–6

Psalm 118:1–2, 14–24

Colossians 3:1–4 or Acts 10:34–43

John 20:1–18 or Matthew 28:1–10

LECTIONARY FOR EASTER EVENING

Isaiah 25:6–9

Psalm 114

1 Corinthians 5:6b–8

Luke 24:13–49

from *COMMON PRAYER*

Worship the Lord, O Jerusalem : praise your God, O Zion.

DAILY OFFICE



Psalm [120], 121, 122, 123

Psalm 124, 125, 126, [127]

Exodus 5:1–6:1

1 Corinthians 14:20–33a, 39–40

Mark 9:42–50

PRIORITIES

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USE THE PRAYER OF EXAMEN
TO REFLECT ON LAST EASTER AND RESET FOR THIS EASTER

Before the season begins, use the first column to reflect on your experience of the season in the past. Then reset for how you'd like to approach the season this year. Incorporate what you've learned, ponder the questions, consider a practice, and note how the holy days fit in. Envision ways to embody the season in the seven areas of your life. Look for opportunities to engage multiple senses. Consider your rule of life, values, and other practices and priorities.

REFLECT

RESET

SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

EASTER

50 DAYS, ENDING ON THE DAY OF PENTECOST // APRIL 12–MAY 31, 2020

Easter is the pinnacle of the liturgical year. On this day, we celebrate the resurrection of Christ from the grave. This event that forms the foundation of our faith invites us to deepen our belief in the mysterious paradox that life follows death. In theological terms, this is called the paschal mystery.

The broader season of Easter, or Eastertide, lasts fifty days. During that time, we also observe Jesus' ascension into heaven and the giving of the Holy Spirit to the church on the Day of Pentecost, which marks the end of the season.

THE SEASON IN SCRIPTURE

Matthew 28:1–20 Luke 24:1–53
John 12:24–25; 20:1–29; 21:1–14 Acts 1:6–11; 2:1–4

QUESTIONS TO PONDER

- What could it mean to practice resurrection in my life?
- How have I witnessed new life flow forth from death?
- How do I experience the Holy Spirit's gifts?

PRACTICES TO CONSIDER

- Pay attention to evidence of new life, whether in nature, relationships, people, or situations
- Keep a gratitude journal, adding to it at the beginning or end of each day
- Take up a fifty-day practice, in contrast to the forty-day fast of Lent, that promotes joy, freedom, and celebration
- Pray for "resurrection eyes" that allow you to see where God is wanting to do something new
- Wear new clothes—an outward sign of the new, inner person—in white and gold or bright, spring colors
- Decorate Easter eggs throughout the season with images that represent the themes of this season

INVITATION THROUGH IMAGERY

The butterfly is a long-held symbol of resurrection and new life. It perches atop a hyacinth, mythic herald of spring and rebirth which also symbolizes a massive heavenly triumphal concert proclaiming the arrival of the Resurrected King of Creation. The sunrise represents a new beginning in Jesus' redemption of mankind. Its seven rays stand for completeness, perfection, and unity. The outer ring is comprised of eight sections, a reminder that a new beginning in Christ is beyond completion, beyond perfection, even more than whole. The Greek *egerthe* is the traditional Easter greeting, "He is Risen." Throughout the Easter season we surrender to Jesus' lordship, proclaim the fullness of his perfection, and accept the invitation to join him in abundant new life.

WEDNESDAY, April 1, 2020

from COMMON PRAYER

Our delight is in the law of love : may we walk in Christ's light day and night.

DAILY OFFICE



Psalm 119:145–176



Psalm 128, 129, 130

Exodus 7:8–24

2 Corinthians 2:14–3:6

Mark 10:1–16

PRIORITIES

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from COMMON PRAYER

In our lives this day, O Lord : may we love you among the least.

DAILY OFFICE



Psalm 137:1-6, (7-9), 144



Psalm 42, 43

Exodus 10:21-11:8

2 Corinthians 4:13-18

Mark 10:46-52

PRIORITIES

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HOLY SATURDAY



Holy Saturday commemorates the day Jesus' body lay in the tomb. It is the last day of Holy Week and is a day of mourning.

LECTIONARY FOR HOLY SATURDAY

Job 14:1-14 or Lamentations 3:1-9, 19-24

Psalm 31:1-4, 15-16

1 Peter 4:1-8

Matthew 27:57-66 or John 19:38-42

PRACTICES TO CONSIDER

- Practice solitude, stillness, and silence on Holy Saturday, allowing yourself to truly experience darkness
- Participate in an Easter Vigil or Tenebrae service
- Do without any fire or flame through Easter morning, including hot showers and warm food; rejoice in rekindling the flame on Easter Sunday

INVITATION THROUGH IMAGERY

Holy Saturday is intentionally stark. The chrysalis represents Jesus in the tomb and brings to mind his body wrapped in burial shroud as well as the caterpillar awaiting second birth. It is comprised of eight pieces, foreshadowing a new beginning—resurrection to abundant, eternal life. Three concentric circles ring the image to remind us of the three days Jesus spent in the tomb. The Greek is *grygoréite*, a call to watch and pray through the darkness.

USE THE PRAYER OF EXAMEN

TO REFLECT ON LAST HOLY WEEK AND RESET FOR THIS HOLY WEEK

Before the season begins, use the first column to reflect on your experience of the season in the past. Then reset for how you'd like to approach the season this year. Incorporate what you've learned, ponder the questions, consider a practice, and note how the holy days fit in. Envision ways to embody the season in the seven areas of your life. Look for opportunities to engage multiple senses. Consider your rule of life, values, and other practices and priorities.

	REFLECT	RESET
SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		



Good Friday is a day of fasting in which we observe the crucifixion of Jesus.

LECTIONARY FOR GOOD FRIDAY

Isaiah 52:13–53:12

Psalm 22

Hebrews 10:16–25 or Hebrews 4:14–16; 5:7–9

John 18:1–19:42

PRACTICES TO CONSIDER

- Attend a Good Friday service wearing black
- Walk the stations of the cross at a local church or retreat center
- Observe a period of silent contemplation, if even for an hour
- Step into the shoes of the disciples, who did not know Jesus would rise from the dead, and imagine your world without the resurrection

INVITATION THROUGH IMAGERY

Today, we remember the passion of Jesus, culminating in his crucifixion. Three crosses sit upon the barren hill of Calvary, surrounded by a crown of thorns. The Hebrew is *Eli Eli lama azabtanu*, Jesus' lament "My God, My God, why have you forsaken me?" We mourn Jesus' willing sacrifice, the beatings, mockery, and betrayal he suffered, and grieve over our guilt and complicity in them.

MAUNDY THURSDAY

THURSDAY, April 9, 2020

from *COMMON PRAYER*

Will you let me be your servant? : let me be as Christ to you?

DAILY OFFICE



Psalm 102



Psalm 142, 143

Lamentations 2:10-18

1 Corinthians 10:14-17; 11:27-32

Mark 14:12-25

PRIORITIES

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PALM SUNDAY



Palm Sunday, also known as Passion Sunday, is a feast day that commemorates Jesus’ triumphal entry into Jerusalem. It falls on the Sunday before Easter, marking the beginning of Holy Week, the final week of Lent.

LECTIONARY FOR THE LITURGY OF THE PALMS

Psalm 118:1-2, 19-29

Matthew 21:1-11

LECTIONARY FOR THE LITURGY OF THE PASSION

Isaiah 50:4-9a

Psalm 31:9-16

Philippians 2:5-11

Matthew 26:14—27:66 or Matthew 27:11-54

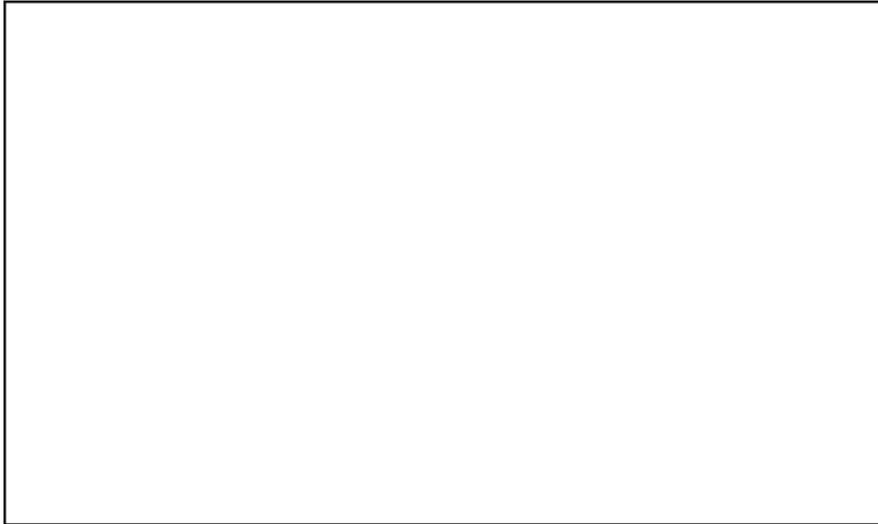
PRACTICES TO CONSIDER

- Participate in the procession of palms
- Make a cross from palm leaves
- Have your own Palm Sunday procession at home

INVITATION THROUGH IMAGERY

The Palm frond, a Hebrew symbol of triumph and victory, is crossed with the scepter to symbolize Jesus’ kingship. The Hebrew is *hosheah na* which means “save us” or “rescue us.” The angles and arches encircling them bring to mind Jesus’ kingship, and also foreshadow the crown of thorns, reminding us as we join the chorus that the same crowd shouting “Hosanna” will later raise their voices to chant, “Crucify him!”

“Man is not a beast of burden, and the Sabbath is not for the purpose of enhancing the efficiency of his work.
—Abraham Joshua Heschel



PALM SUNDAY

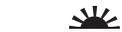
SUNDAY, April 5, 2020

from *COMMON PRAYER*

Lest a rock cry out in my place : I lift my whole life in praise.

DAILY OFFICE

Psalm 24, 29



Zechariah 9:9–12

1 Timothy 6:12–16



Psalm 103

Zechariah 12:9–11, 13:1, 7–9

Luke 19:41–48

PRIORITIES

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MAUNDY THURSDAY



Maundy Thursday memorializes the Last Supper of Jesus. It is the day in which he washed his disciples' feet and invited Peter, James, and John to pray with him in the Garden of Gethsemane before his arrest.

LECTIONARY FOR MAUNDY THURSDAY

Exodus 12:1–4, (5–10), 11–14

Psalm 116:1–2, 12–19

1 Corinthians 11:23–26

John 13:1–17, 31b–35

PRACTICES TO CONSIDER

- Wash the feet of another person or receive communion
- Pray for an hour with Jesus in the middle of the night
- Learn about the rich history and tradition of the Jewish celebration of Passover and Seder meal

INVITATION THROUGH IMAGERY

The loaf and chalice symbolize the bread and wine of holy communion while the basin, ewer, and towel symbolize the washing of feet. The Greek word *agapate* is Jesus' mandate to the disciples to love one another. Thirteen poppies symbolize remembrance and represent the thirteen figures present at the Last Supper. We are spurred to contemplate our own practices of love and service to others, as well as our unity as members of one body in Christ.

