



LENT + EASTER 2020





LENT + EASTER 2020

SACRED
ORDINARY
DAYS

LITURGICAL PLANNER

LITURGICAL YEAR A: LENT-EASTER



FEBRUARY 26-MAY 31, 2020

We hope you find this planner PDF to be helpful. This file is intended to be printed, used, and enjoyed by you, the original downloader. Please do not use the file in any other way than its original intent. For example, please do not forward the file, redistribute and/or sell the file, or use any part of the design to create a product to distribute or sell, printed or digital. Please do not separate any of the artwork from the rest of the file.

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

Copyright © 2015–2020 Sacred Ordinary Days

All rights reserved. Anything other than brief quotations should not be used without prior permission.

All daily prayers are taken from Common Prayer: A Liturgy for Ordinary Radicals. Copyright © 2010 by The Simple Way and School for Conversion. Used by permission of Zondervan. All rights reserved worldwide.

Reproduced from Revised Common Lectionary Daily Readings copyright © 2005 Consultation on Common Texts admin. Augsburg Fortress. Used by permission. 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.

sacredordinarydays.com

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.

HOW TO USE YOUR EXAMEN PAGES

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.
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.

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

Psalms 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.

SABBATH

1

2

“It’s easy to confuse a lot of activity with a purposeful life.
Get some rest. —Bob Goff

3

SUNDAY, March 1, 2020

4

from *COMMON PRAYER*

Take our tears, Lord : to water the seeds of prayer.

5

DAILY OFFICE



Psalm 63:1–8, (9–11), 98



Psalm 103

Daniel 9:3–10

Hebrews 2:10–18

John 12:44–50

6

PRIORITIES

1

7

2

3

8

sacredordinarydays.com/sabbath

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.

HOW TO USE YOUR DAILY PAGES

1 **THURSDAY, February 27, 2020**

2 from **COMMON PRAYER**

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

3 **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

4 **PRIORITIES**

5 **CUE**

6 **REST or REWARD**

1
2
3

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

7

8

9

--

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

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.

3 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.

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.

FEBRUARY 2020

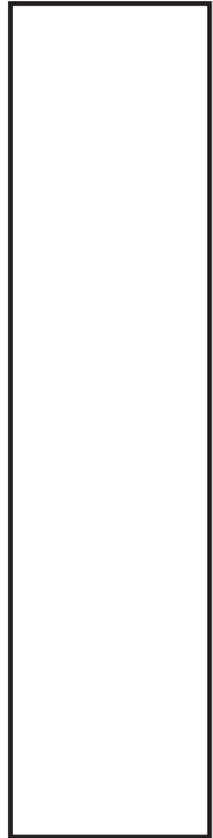
S	M	T	W
2 4TH SUNDAY AFTER THE EPIPHANY PRESENTATION OF THE LORD	3	4	5
9 5TH SUNDAY AFTER THE EPIPHANY	10	11	12
16 6TH SUNDAY AFTER THE EPIPHANY	PRESIDENTS' DAY (US)	18	19
23 TRANSFIGURATION SUNDAY	24	25	26 ASH WEDNESDAY

TH

F

S

		1
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

MARCH 2020

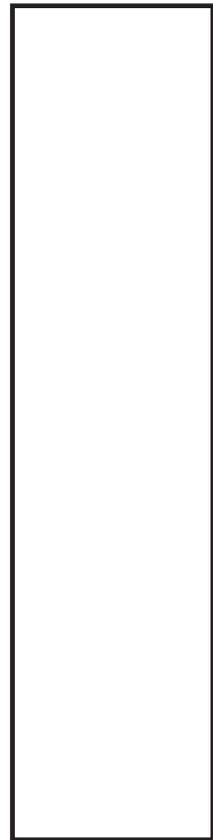
S	M	T	W
1 1ST SUNDAY IN LENT	2	3	4
8 2ND SUNDAY IN LENT DAYLIGHT SAVING TIME BEGINS	9	10	11
15 3RD SUNDAY IN LENT	16	17	18
22 4TH SUNDAY IN LENT	23	24	25 FEAST OF THE ANNUNCIATION
29 5TH SUNDAY IN LENT	30	31	

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

APRIL 2020

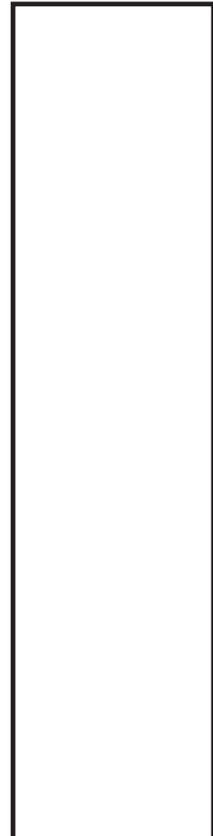
S	M	T	W
			1
5 PALM SUNDAY	6	7	8
12 EASTER SUNDAY	13	14	15
19 2ND SUNDAY OF EASTER	20	21	22
26 3RD SUNDAY OF EASTER	27	28	29

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

MAY 2020

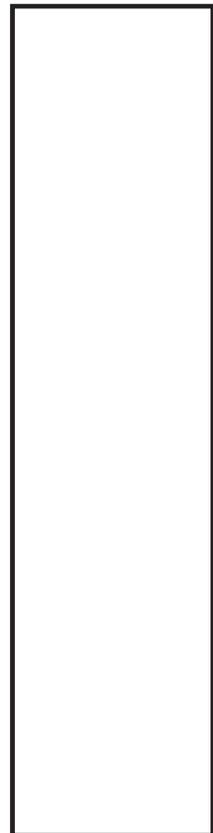
S	M	T	W
3 4TH SUNDAY OF EASTER	4	5	6
10 5TH SUNDAY OF EASTER MOTHER'S DAY (US)	11	12	13
17 6TH SUNDAY OF EASTER	18	19	20
24 7TH SUNDAY OF EASTER	25	26	27
31 VISITATION OF MARY TO ELIZABETH DAY OF PENTECOST	MEMORIAL DAY (US)		

TH

F

S

	1	2
7	8	9
14	15	16
21 ASCENSION OF THE LORD	22	23
28	29	30



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

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

LENT



LENT

40 DAYS BEFORE EASTER, EXCLUDING SUNDAYS // FEBRUARY 26–APRIL 11, 2020

In the season of Lent, we enter into the forty-day fast that Jesus undertook in the wilderness. Through this dedicated period of self-examination, we allow God to further shape us into the image of Jesus. We also align our hearts with the suffering of Jesus as we move ever closer toward Holy Week and the event of the crucifixion.

The season begins with Ash Wednesday, in which we receive the imposition of ashes and are reminded we are but dust and to dust we shall return. During this season, we observe chosen forms of fasting, prayer, and service or charity for forty days but break the fast on Sundays, which are considered feast days of celebration throughout the church year.

THE SEASON IN SCRIPTURE

Genesis 3:19 Psalm 51 Isaiah 58:6–12 Joel 2:12–13
Matthew 4:1–11 Matthew 6:1–18

QUESTIONS TO PONDER

- What role has self-examination played in my spiritual life?
- How open am I to this season of penitence, fasting, and prayer?
- How might I serve others through this time of sacrifice?

PRACTICES TO CONSIDER

- Observe a Lenten fast for forty days, sacrificially abstaining from a habit or usual food or activity
- Commit to a particular prayer practice for forty days, deepening your connection to God
- Find an avenue for almsgiving and charity, serving your fellow neighbor in love
- Celebrate the Sunday feast days during Lent, setting aside your fast to embrace the right-now reality of the resurrection

INVITATION THROUGH IMAGERY

The practices of prayer, fasting, and almsgiving are considered the three pillars of Lent. They are represented here by a fish for fasting, a money bag for almsgiving, and a pair of hands clasped in prayer. Tradition tells us that prayer is for the good of our souls, fasting for the good of our bodies, and almsgiving for the good of our neighbor. The triadic nature of the three pillars echoes the triune nature of God as Father, Son, and Holy Spirit. These three pillars are encircled first by a braided border which calls to mind the pretzel, a simple bread made without fat, eggs, sugar, or milk, which was originally created to be eaten during Lent and whose shape is reminiscent of arms crossed in prayer. Forty barren stones form the outer border and represent the forty days Jesus spent in the desert and the forty days of the Lenten season. Allow these symbols to urge and inspire you as you adopt and engage with your own Lenten practices.

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	

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

2 Corinthians 5:20b–6:10

Psalm 51:1–17

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.

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

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

from **COMMON PRAYER**

Our lives, O Lord, are in your hand : hold us up that we might stand.

DAILY OFFICE



Psalm 95* & 31



Psalm 35

Ezekiel 18:1-4, 25-32

Philippians 4:1-9

John 17:9-19

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	

--

* For the Invitatory

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

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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 FIRST SUNDAY IN LENT

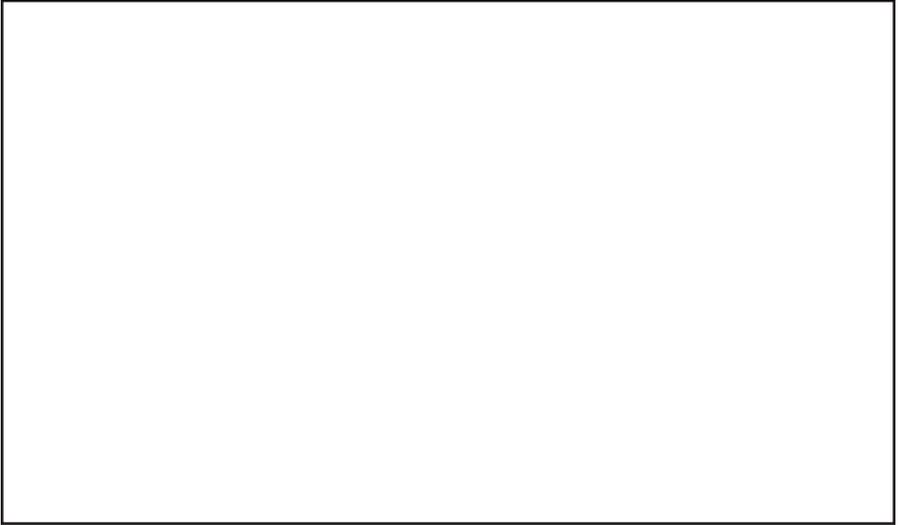
Genesis 2:15-17; 3:1-7

Psalm 32

Romans 5:12-19

Matthew 4:1-11

“In silence all of our usual patterns assault us. . . . That is why most people give up rather quickly. When Jesus was led by the Spirit into the wilderness, the first thing to show up were the wild beasts.
—Richard Rohr



SUNDAY, March 1, 2020

from *COMMON PRAYER*

Take our tears, Lord : to water the seeds of prayer.

DAILY OFFICE



Psalm 63:1–8, (9–11), 98

Daniel 9:3–10



Psalm 103

Hebrews 2:10–18

John 12:44–50

PRIORITIES

_____ 1

_____ 2

_____ 3

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

REST or REWARD

1
2
3

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

--

from *COMMON PRAYER*

Free us, Lord, from the chains of death : that we might work for love and life.

DAILY OFFICE



Psalm 50



Psalm [59, 60] or 19, 46

Genesis 39:1-23

1 Corinthians 2:14-3:15

Mark 2:1-12

PRIORITIES

CUE

REST or REWARD

1

2

3

:

:

:

:

:

:

:

:

:

--

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

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

* For the Invitatory

from *COMMON PRAYER*

Giver of all good things : make us generous in our giving.

DAILY OFFICE



Psalm 55

Genesis 41:1-13



Psalm 138, 139:1-17, (18-23)

1 Corinthians 4:1-7

Mark 2:23-3:6

PRIORITIES

CUE

REST or REWARD

1

2

3

:

:

:

:

:

:

:

:

:

--

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.

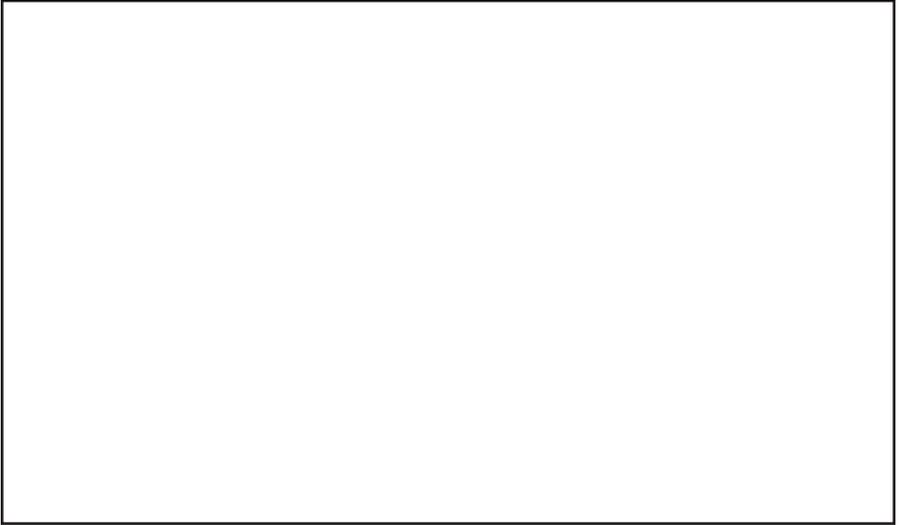
	REFLECT	RESET
SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

LECTIONARY FOR THE SECOND SUNDAY IN LENT

Genesis 12:1-4a
Romans 4:1-5, 13-17

Psalms 121
John 3:1-17 or Matthew 17:1-9

“ It’s easy to confuse a lot of activity with a purposeful life. Get some rest.
—Bob Goff



DAYLIGHT SAVINGS TIME BEGINS

SUNDAY, March 8, 2020

from *COMMON PRAYER*

Lead us by your light, O Lord : that we might shine like the sun.

DAILY OFFICE



Psalm 24, 29

Genesis 41:14–45



Psalm 8, 84

Romans 6:3–14

John 5:19–24

PRIORITIES

1

2

3

MONDAY, March 9, 2020

from *COMMON PRAYER*

Forgive our greed, Lord : and free us for life together.

DAILY OFFICE



Psalm 56, 57, [58]



Psalm 64, 65

Genesis 41:46-57

1 Corinthians 4:8-20, (21)

Mark 3:7-19a

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

CUE

REST or REWARD

1

2

3

:

:

:

:

:

:

:

:

:

--

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

CUE

REST or REWARD

1
2
3

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

* For the Invitatory

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

CUE

REST or REWARD

1

2

3

:

:

:

:

:

:

:

:

:

--

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 THIRD SUNDAY IN LENT

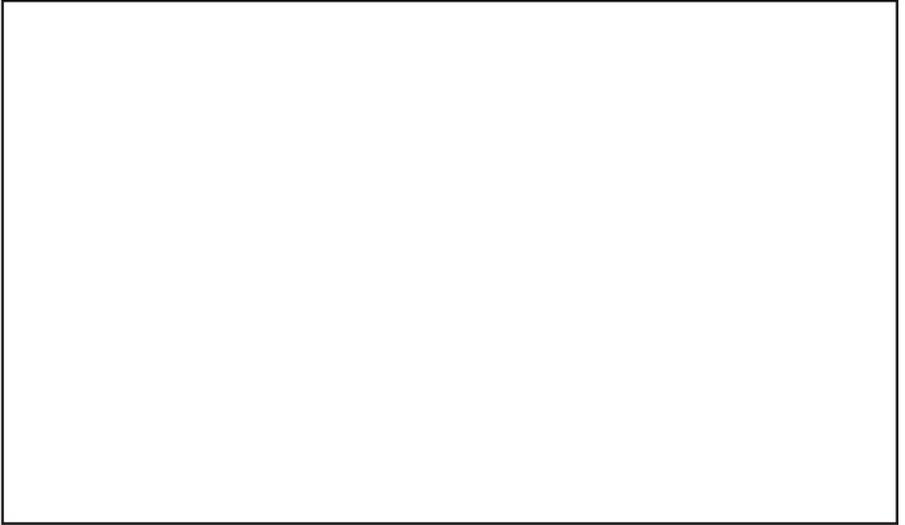
Exodus 17:1-7

Psalms 95

Romans 5:1-11

John 4:5-42

“Each person deserves a day away in which no problems are confronted,
no solutions searched for. Each of us needs to withdraw from
the cares which will not withdraw from us.
—Maya Angelou



SUNDAY, March 15, 2020

from **COMMON PRAYER**

Cleanse our hearts, Lord, by your Spirit : that we might praise your holy name.

DAILY OFFICE



Psalm 93, 96

Genesis 44:1–17



Psalm 34

Romans 8:1–10

John 5:25–29

PRIORITIES

1

2

3

MONDAY, March 16, 2020

from *COMMON PRAYER*

Lord God of hosts, hear our prayer : listen, O God of Jacob.

DAILY OFFICE



Psalm 80



Psalm 77, [79]

Genesis 44:18-34

1 Corinthians 7:25-31

Mark 5:21-43

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

CUE

REST or REWARD

1
2
3

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

--

FRIDAY, March 20, 2020

from *COMMON PRAYER*

Set our hearts to sing your praise : and our bodies to do your will.

DAILY OFFICE



Psalm 95* & 88



Psalm 91, 92

Genesis 47:1-26

1 Corinthians 9:16-27

Mark 6:47-56

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

* For the Invitatory

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

REST or REWARD

1

2

3

:

:

:

:

:

:

:

:

:

--

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 FOURTH SUNDAY IN LENT

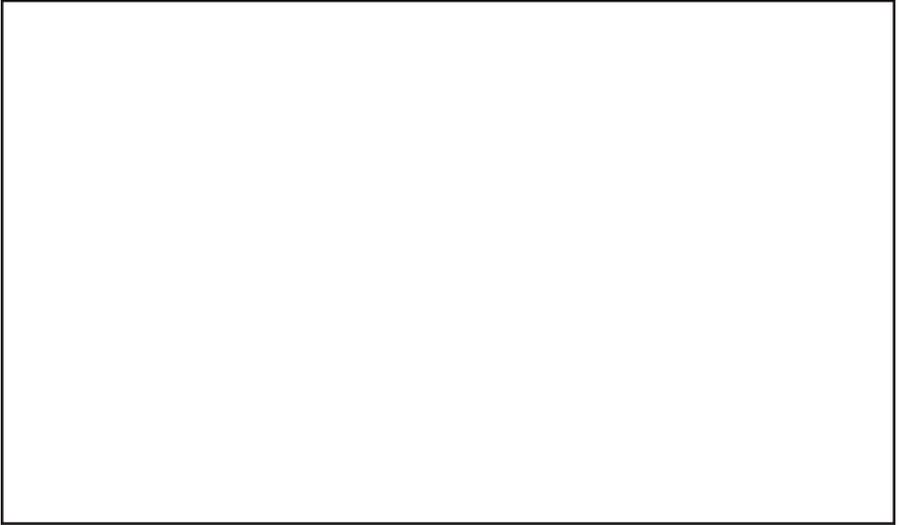
1 Samuel 16:1-13

Psalm 23

Ephesians 5:8-14

John 9:1-41

“To come into silence is to come into the presence of the Divine.
—John O’Donohue



SUNDAY, March 22, 2020

from *COMMON PRAYER*

Hold not your tongue, O God of our praise : for the air is full of empty words.

DAILY OFFICE



Psalm 66, 67

Genesis 48:8–22



Psalm 19, 46

Romans 8:11–25

John 6:27–40

PRIORITIES

1

2

3

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

1

2

3

:

:

:

:

:

:

:

:

:

Large empty rectangular box for notes or reflections.

THE ANNUNCIATION OF THE LORD



Here, we commemorate the visit of the angel Gabriel to the Virgin Mary, during which he announced she would be the mother of Jesus. This feast day forecasts Jesus' birth at Christmas, and illustrates how the liturgical year is an interwoven and continuous cycle of time.

LECTIONARY FOR THE ANNUNCIATION OF THE LORD

Isaiah 7:10–14

Psalm 45 or Psalm 40:5–10

Hebrews 10:4–10

Luke 1:26–38

PRACTICES TO CONSIDER

- Plant (or plan to plant, if it's too early) seeds and watch them grow
- Celebrate this feast day by breaking your Lenten fast on purpose with foods shaped in rings or circles such as angel food cake, coffee rings, or wreath-shaped cookies in honor of the eternal cycle of liturgical time

INVITATION THROUGH IMAGERY

The central image is a vase which represents Mary as God's willing vessel, set before an open book which symbolizes the good news of the coming Messiah. The rose, lily, and violet represent Mary's charity, chastity, and humility. Behind them stands the mandorla, an almond-shaped aureole of light used in antiquity to represent the convergence of humanity and divinity in Jesus. Seven rays of light suggest the Holy Spirit descending to envelope Mary.

from COMMON PRAYER

Here am I, the servant of the Lord : let it be to me according to your will.

DAILY OFFICE



Psalm 85, 87

Isaiah 52:7-12

Hebrews 2:5-10



Psalm 110:1-5(6-7), 132

Wisdom 9:1-12

John 1:9-14

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

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



Psalm 73

Exodus 1:6–22

1 Corinthians 12:12–26

Mark 8:27–9:1

PRIORITIES

CUE

REST or REWARD

1
2
3

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

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

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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 FIFTH SUNDAY IN LENT

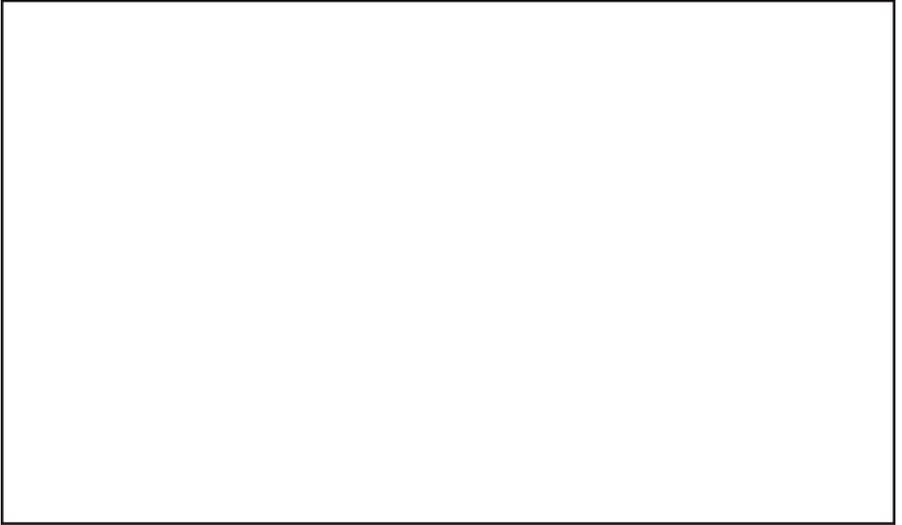
Ezekiel 37:1–14

Psalms 130

Romans 8:6–11

John 11:1–45

“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

1

2

3

MONDAY, March 30, 2020

from *COMMON PRAYER*

In you alone we put our trust : let us not be put to shame.

DAILY OFFICE



Psalm 31



Psalm 35

Exodus 4:10-20, (21-26), 27-31

1 Corinthians 14:1-19

Mark 9:30-41

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

CUE

REST or REWARD

1
2
3

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

from **COMMON PRAYER**

Awake, O sleeper, rise from the dead : and Christ will shine on you.

DAILY OFFICE



Psalm 131, 132, [133]



Psalm 140, 142

Exodus 7:25—8:19

2 Corinthians 3:7-18

Mark 10:17-31

PRIORITIES

CUE

REST or REWARD

1

2

3

:

:

:

:

:

:

:

:

:

--

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

CUE

REST or REWARD

1

2

3

:

:

:

:

:

:

:

:

:

--

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	

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

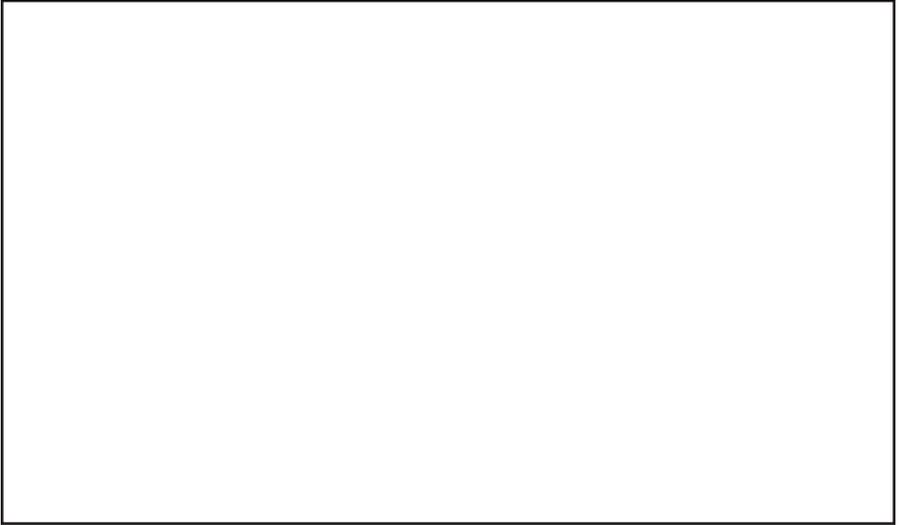
PRACTICES TO CONSIDER

- 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

1

2

3

from *COMMON PRAYER*

With you, O Lord, is the well of life : and in your light we see light.

DAILY OFFICE



Psalm 51:1-18, (19-20)



Psalm 69:1-23

Lamentations 1:1-2, 6-12

2 Corinthians 1:1-7

Mark 11:12-25

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	

On this day, Jesus cleansed the Temple and cursed a fig tree for not bearing fruit. That evening, Mary anointed Jesus' feet with expensive oil and her tears.

LECTIONARY FOR MONDAY OF HOLY WEEK

Isaiah 42:1-9

Psalm 36:5-11

Hebrews 9:11-15

John 12:1-11

from COMMON PRAYER

Save us, Lord, but not us alone : redeem your whole creation.

DAILY OFFICE



Psalm 6, 12



Psalm 94

Lamentations 1:17-22

2 Corinthians 1:8-22

Mark 11:27-33

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

On Tuesday of Holy Week, Jesus debated with the religious authorities in the Temple and issued his famous discourse about the end of the age on the Mount of Olives.

LECTIONARY FOR TUESDAY OF HOLY WEEK

Isaiah 49:1-7

Psalm 71:1-14

1 Corinthians 1:18-31

John 12:20-36

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

Psalms 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.

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

CUE

REST or REWARD

1		
2		
3		

	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	

GOOD FRIDAY



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 azabtani*, 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.

from COMMON PRAYER

He who hung the earth upon the waters : today he is hung upon the cross.

DAILY OFFICE

Psalm 95* & 22

Lamentations 3:1-9, 19-33

John 13:36-38

Psalm 40:1-14, (15-19), 54

1 Peter 1:10-20

John 19:38-42

PRIORITIES

CUE

REST or REWARD



1

2

3

:

:

:

:

:

:

:

:

:

Large empty rectangular box for notes or reflections.

* For the Invitatory

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

Psalms 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 *grygorēite*, a call to watch and pray through the darkness.

EASTER



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.

EASTER EXAMEN

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	

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 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

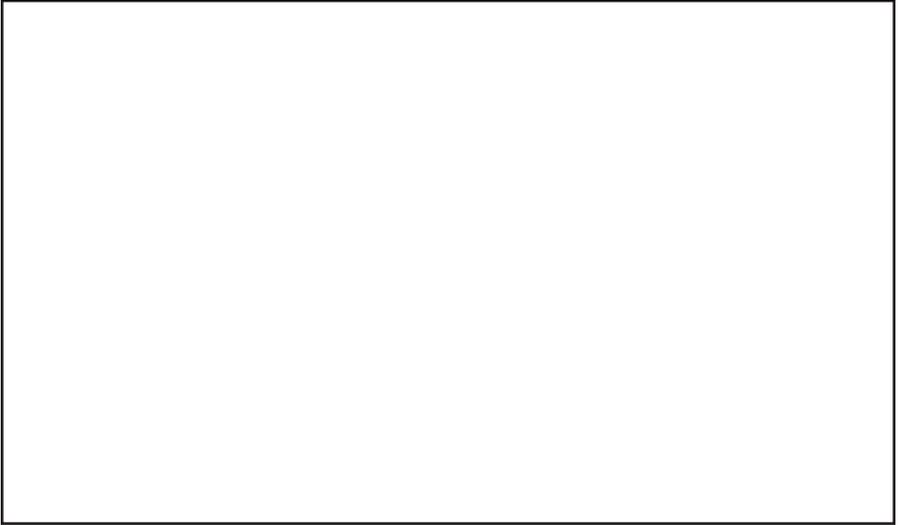
Isaiah 25:6–9

Psalm 114

1 Corinthians 5:6b–8

Luke 24:13–49

“ 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



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

①

②

③

MONDAY, April 13, 2020

from *COMMON PRAYER*

Some say this world of trouble is the only one we need :
but I'm waiting for that morning when the new world is revealed.

DAILY OFFICE



Psalm 93, 98



Psalm 66

Exodus 12:14-27

1 Corinthians 15:1-11

Mark 16:1-8

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

CUE

REST or REWARD

1
2
3

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

--

WEDNESDAY, April 15, 2020

from *COMMON PRAYER*

You have stamped your image on us, Lord : to mark us as your own.

DAILY OFFICE



Psalm 97, 99



Psalm 115

Exodus 12:40-51

1 Corinthians 15:(29), 30-41

Matthew 28:1-16

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

1

2

3

:

:

:

:

:

:

:

:

:

--

FRIDAY, April 17, 2020

from *COMMON PRAYER*

We stoop to lift up our souls, O God : rain down heaven in our hearts and in your world.

DAILY OFFICE



Psalm 136



Psalm 118

Exodus 13:1-2, 11-16

1 Corinthians 15:51-58

Luke 24:1-12

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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 SECOND SUNDAY OF EASTER

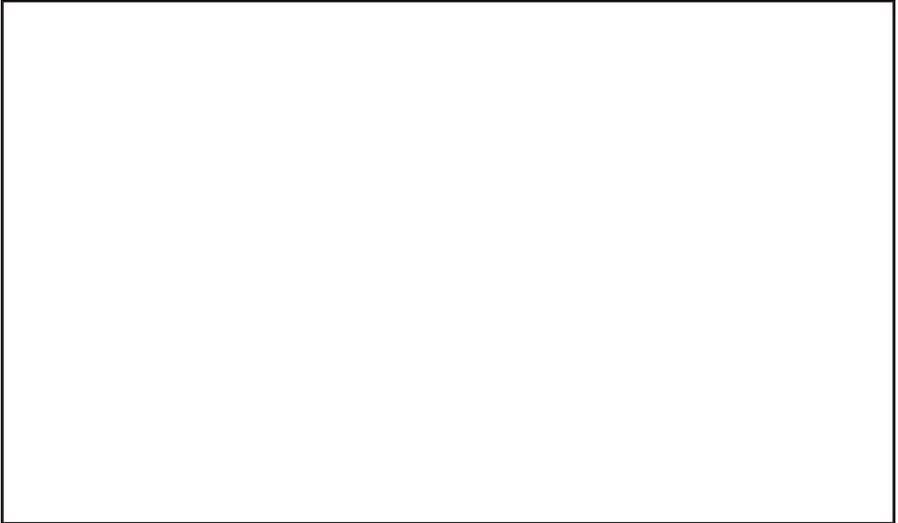
Acts 2:14a, 22–32

Psalm 16

1 Peter 1:3–9

John 20:19–31

“ We must have some room to breathe. We need freedom to think and permission to heal. Our relationships are being starved to death by velocity. No one has the time to listen, let alone love.
—Richard A. Swenson



SUNDAY, April 19, 2020

from **COMMON PRAYER**

Alabare! Alabare! Alabare a mi Senor : Praise to the Lord! Praise to the Lord!
Sing praises now, forevermore.

DAILY OFFICE



Psalm 146, 147

Exodus 14:5–22



Psalm 111, 112, 113

1 John 1:1–7

John 14:1–7

PRIORITIES

1

2

3

MONDAY, April 20, 2020

from *COMMON PRAYER*

Lord, you have the words of life : you have the words of eternal life.

DAILY OFFICE



Psalm 1, 2, 3



Psalm 4, 7

Exodus 14:21-31

1 Peter 1:1-12

John 14:(1-7), 8-17

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	

--

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

1

2

3

:

:

:

:

:

:

:

:

:

--

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

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

from **COMMON PRAYER**

O Mighty God, our Prince of Peace : you order your kingdom with justice.

DAILY OFFICE



Psalm 18:1-20



Psalm 18:21-50

Exodus 16:10-21

1 Peter 2:11-25

John 15:12-27

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	

--

FRIDAY, April 24, 2020

from *COMMON PRAYER*

May the Lord direct our hearts : into God's love and Christ's perseverance.

DAILY OFFICE



Psalm 16, 17



Psalm 134, 135

Exodus 16:22-36

1 Peter 3:13-4:6

John 16:1-15

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

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

CUE

REST or REWARD

1		
2		
3		

	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	

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 THIRD SUNDAY OF EASTER

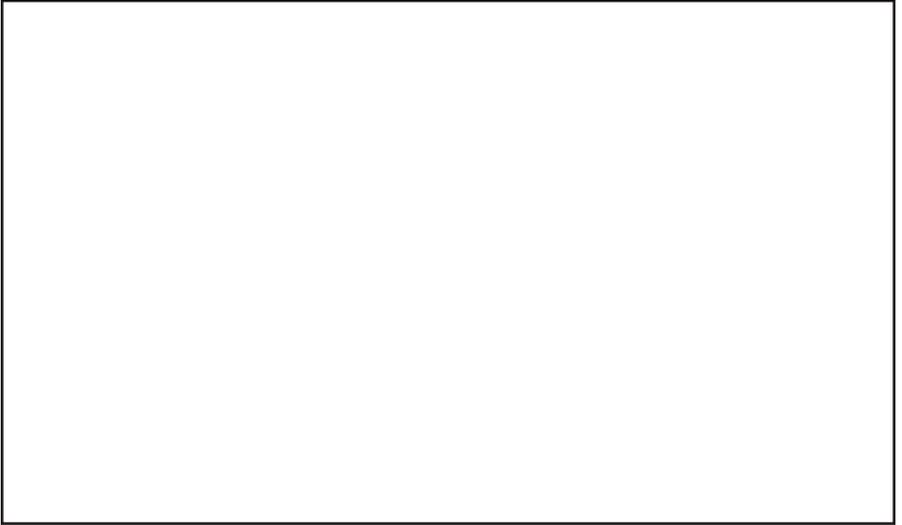
Acts 2:14a, 36–41

Psalm 116:1–4, 12–19

1 Peter 1:17–23

Luke 24:13–35

“ Sometimes I have loved the peacefulness of an ordinary Sunday.
It is like standing in a newly planted garden after a warm rain.
You can feel the silent and invisible life.
—Marilynne Robinson



SUNDAY, April 26, 2020

from *COMMON PRAYER*

Guide my feet and hold my hand : set my heart on heaven's way.

DAILY OFFICE



Psalm 148, 149, 150

Exodus 18:1-12



Psalm 114, 115

1 John 2:7-17

Mark 16:9-20

PRIORITIES

1

2

3

MONDAY, April 27, 2020

from *COMMON PRAYER*

God, grant me courage : that I may plant seeds of peace.

DAILY OFFICE



Psalm 25



Psalm 9, 15

Exodus 18:13-27

1 Peter 5:1-14

Matthew (1:1-17), 3:1-6

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	

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

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

CUE

REST or REWARD

1

2

3

:

:

:

:

:

:

:

:

:

--

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

CUE

REST or REWARD

1

2

3

:

:

:

:

:

:

:

:

:

--

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.

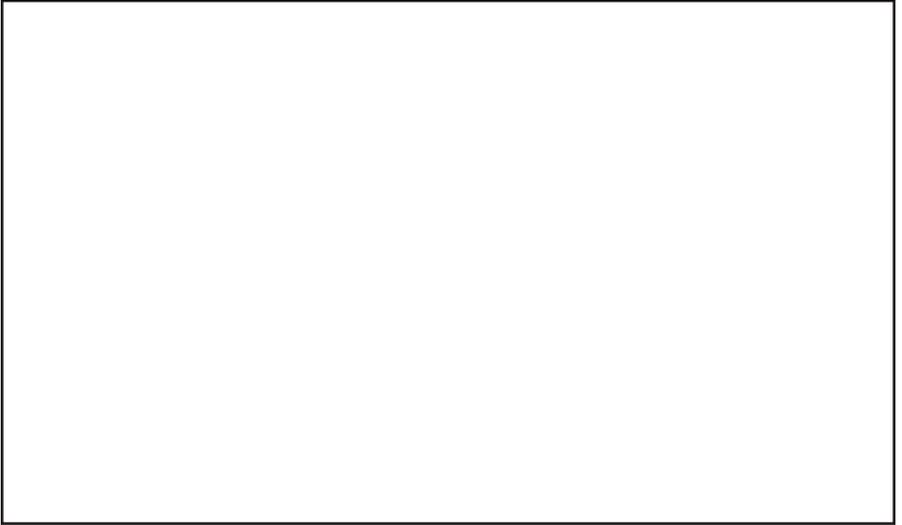
	REFLECT	RESET
SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

LECTIONARY FOR THE FOURTH SUNDAY OF EASTER

Acts 2:42–47
1 Peter 2:19–25

Psalm 23
John 10:1–10

“You can’t truly rest until every area in your life rests in God.
—A. W. Tozer



SUNDAY, May 3, 2020

from *COMMON PRAYER*

Root us, Lord, in your life : the life that lasts forever.

DAILY OFFICE



Psalm 63:1-8, (9-11), 98

Exodus 28:1-4, 30-38



Psalm 103

1 John 2:18-29

Mark 6:30-44

PRIORITIES

1

2

3

MONDAY, May 4, 2020

from *COMMON PRAYER*

May the words we say and the prayers we pray : echo heaven's praise.

DAILY OFFICE



Psalm 41, 52



Psalm 44

Exodus 32:1-20

Colossians 3:18—4:6, (7-18)

Matthew 5:1-10

PRIORITIES

CUE

REST or REWARD

1
2
3

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

CUE

REST or REWARD

1
2
3

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

--

WEDNESDAY, May 6, 2020

from *COMMON PRAYER*

In the light of the morning : we will sing for joy.

DAILY OFFICE



Psalm 119:49-72



Psalm 49, [53]

Exodus 33:1-23

1 Thessalonians 2:1-12

Matthew 5:17-20

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

CUE

REST or REWARD

1
2
3

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

--

from *COMMON PRAYER*

How happy upon the hills : are the feet of those who bring good news.

DAILY OFFICE



Psalm 55

Exodus 40:18-38



Psalm 138, 139:1-17, (18-23)

1 Thessalonians 4:1-12

Matthew 5:38-48

PRIORITIES

CUE

REST or REWARD

1

2

3

:

:

:

:

:

:

:

:

:

--

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 FIFTH SUNDAY OF EASTER

Acts 7:55–60

Psalm 31:1–5, 15–16

1 Peter 2:2–10

John 14:1–14

“The ability to rest gives the world back to God for a while.
—Joan Chittister



MOTHER'S DAY (US)

SUNDAY, May 10, 2020

from *COMMON PRAYER*

Shine the light of your justice, God : in our hearts and on our world.

DAILY OFFICE



Psalm 24, 29

Leviticus 8:1–13, 30–36



Psalm 8, 84

Hebrews 12:1–14

Luke 4:16–30

PRIORITIES

1

2

3

MONDAY, May 11, 2020

from *COMMON PRAYER*

Exalt yourself above the heavens, God : and your glory over all the earth.

DAILY OFFICE



Psalm 56, 57, [58]



Psalm 64, 65

Leviticus 16:1-19

1 Thessalonians 4:13-18

Matthew 6:1-6, 16-18

PRIORITIES

CUE

REST or REWARD

1
2
3

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

from *COMMON PRAYER*

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

DAILY OFFICE



Psalm [70], 71

Leviticus 19:26-37



Psalm 74

2 Thessalonians 1:1-12

Matthew 6:25-34

PRIORITIES

CUE

REST or REWARD

1

2

3

:

:

:

:

:

:

:

:

:

--

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 SIXTH SUNDAY OF EASTER

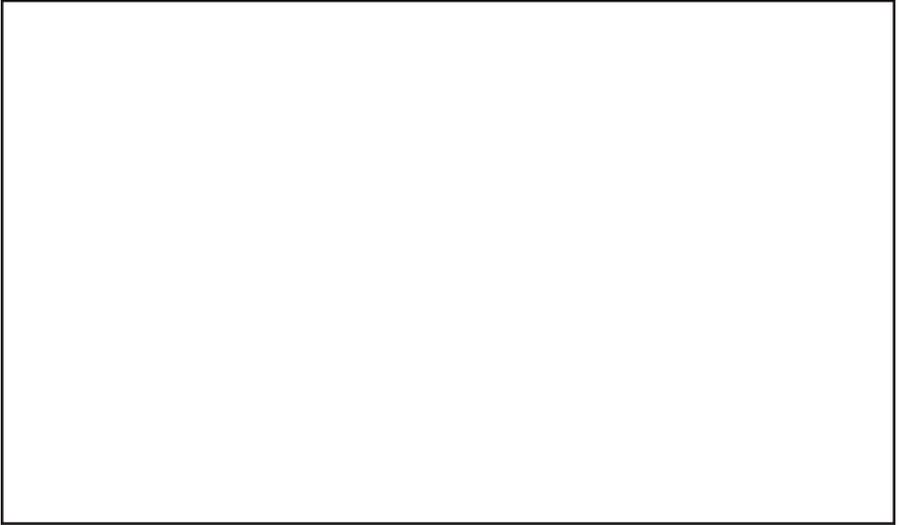
Acts 17:22–31

Psalm 66:8–20

1 Peter 3:13–22

John 14:15–21

“ 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

1

2

3

MONDAY, May 18, 2020

from *COMMON PRAYER*

Steep us in your story, Lord : that we may live its truth today.

DAILY OFFICE



Psalm 80



Psalm 77, [79]

Leviticus 25:35-55

Colossians 1:9-14

Matthew 13:1-16

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

from COMMON PRAYER

Find us in your love, O Lord: and lead us in your path.

DAILY OFFICE



Psalm 119:97-120 Leviticus 26:27-42 Ephesians 1:1-10 Matthew 22:41-46



Psalm 68:1-20 2 Kings 2:1-15 Revelation 5:1-14

PRIORITIES

CUE

REST or REWARD

1		
2		
3		

	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	
	:	

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 broken 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.

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

Daniel 7:9-14



Psalm 24, 96

Hebrews 2:5-18

Matthew 28:16-20

PRIORITIES

CUE

REST or REWARD

1	
2	
3	

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

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

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

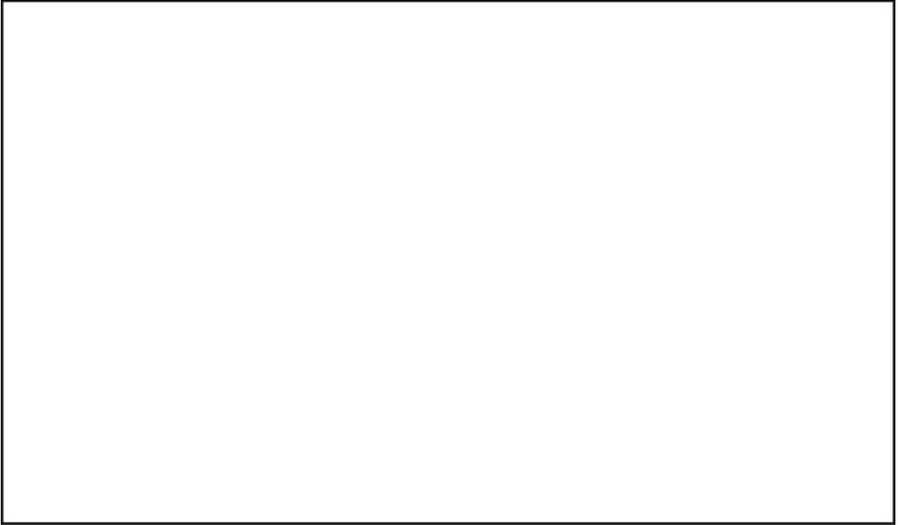
Acts 1:6–14

Psalm 68:1–10, 32–35

1 Peter 4:12–14; 5:6–11

John 17:1–11

“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

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

1
2
3

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

_____ : _____

--

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

REST or REWARD

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

from **COMMON PRAYER**

Praise to you who dwell among us : keeping promise by your presence.

DAILY OFFICE



Psalm 105:1-22



Psalm 105:23-45

Zechariah 4:1-14

Ephesians 4:17-32

Matthew 9:1-8

PRIORITIES

CUE

REST or REWARD

1

2

3

:

:

:

:

:

:

:

:

:

--

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

1		
2		
3		

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

--

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

Psalms 104:24–34, 35b

1 Corinthians 12:3b–13 or Acts 2:1–21

John 20:19–23 or John 7:37–39

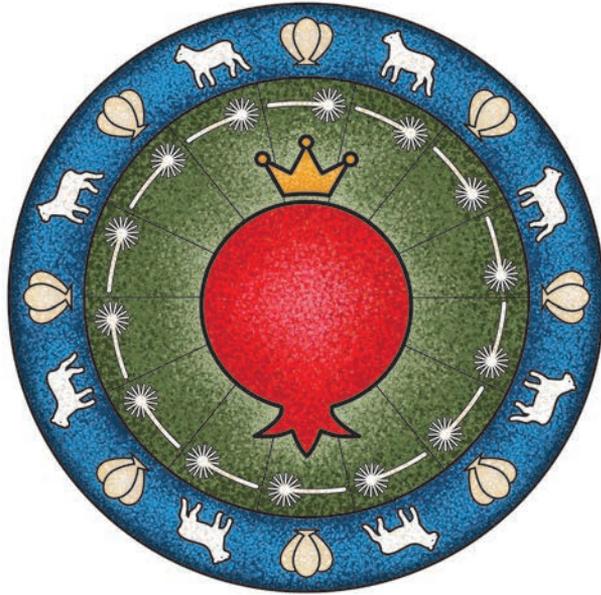
PRACTICES TO CONSIDER

- 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.

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

Romans 12:9-16b

Psalms 113

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 thistle-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.

WEEKLY EXAMEN

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

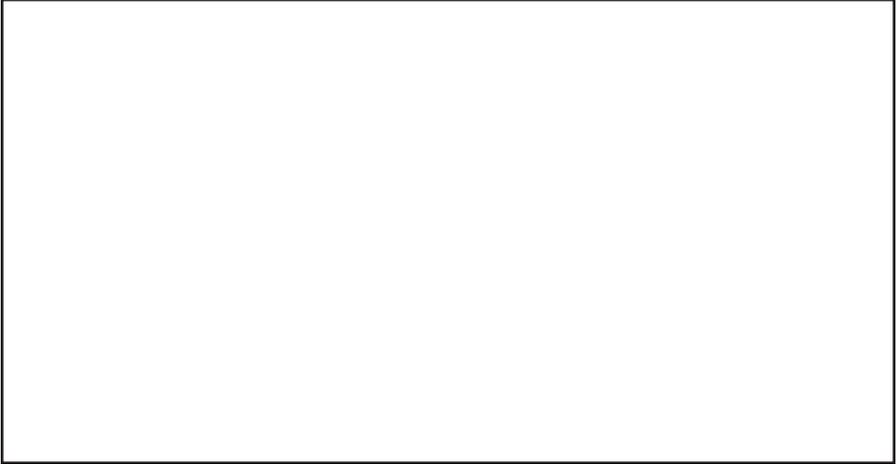
- 1. Draw near to God. Become present. Rest your mind and heart.
- 2. Reflect on the previous week with a posture of humility and gratitude.
- 3. Note what surfaces. When have you been near to or far from God's presence?
- 4. Ask God to guide your reflections to be both faithful and gracious.
- 5. Reset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

REFLECT

RESET

SPIRIT	
BODY	
MIND	
RELATIONSHIPS	
HOME	
WORK	
RESOURCES	

“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





SACRED ORDINARY DAYS