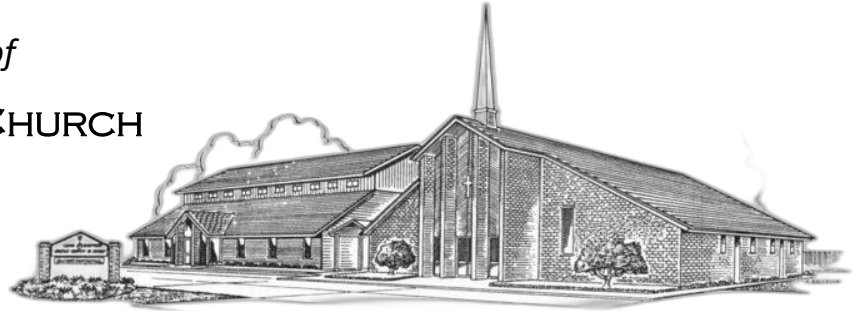


Shepherd's Voice

The monthly parish newsletter of

GOOD SHEPHERD ANGLICAN CHURCH

LENT 2024



WORSHIP SCHEDULE FOR LENT 2024

WHAT WE BELIEVE...

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, visible and invisible.

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.

For us and for our salvation he came down
from heaven,
was incarnate from the Holy Spirit and the
Virgin Mary,
and was made man.

For our sake he was crucified under Pontius
Pilate;
he suffered death and was buried.

On the third day he rose again in accordance
with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living
and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver
of life,
who proceeds from the Father and the Son
who with the Father and the Son is wor-
shiped and glorified,
who has spoken through the prophets.

We believe in one holy catholic and apostolic
Church.

We acknowledge one baptism for the for-
giveness of sins.

We look for the resurrection of the dead,
and the life of the world to come. Amen.

Ash Wednesday, February 14 @ 12:15 PM or 6:30 PM

Sunday morning Holy Eucharist—Trinitytide Proper 21

Sunday, February 18 @ 8:30 AM or 10:00 AM

Sunday morning Holy Eucharist—Lent 1

Sunday, February 25 @ 8:30 AM or 10:00 AM

Sunday morning Holy Eucharist—Lent 2

Sunday, March 3 @ 8:30 AM or 10:00 AM

Sunday morning Holy Eucharist—Lent 3

Sunday, March 10 @ 8:30 AM or 10:00 AM

Sunday morning Holy Eucharist—Lent 4

Sunday, March 17 @ 8:30 AM or 10:00 AM

Sunday morning Holy Eucharist—Lent 5 Passion Sunday

Sunday, March 24 @ 8:30 AM or 10:00 AM

Sunday morning Holy Eucharist—Palm Sunday

Thursday, March 28 @ 6:35 PM

Maundy Thursday

Friday, March 29 @ 3:00 PM

Good Friday

Sunday, March 31 @ 8:30 AM or 10:00 AM

Sunday morning Holy Eucharist—Easter Sunday

PLEASE NOTE:

Our YouTube channel is located at www.YouTube.com/GoodShepherdMet.

Each Sunday morning, we livestream our 10:00 AM Holy Eucharist on our channel.

FROM THE RECTOR'S STUDY

LIVING A HOLY LENT

Each year, the Church invites her faithful to enter into a spiritual journey called Lent.

Lent is a solemn religious observance in the Christian liturgical calendar, marking the forty days (not counting Sundays) leading up to Easter, and mirroring the forty days Jesus spent fasting in the wilderness.

The purpose of Lent is multi-faceted. It is a time for us: to remember the sacrifice Jesus made for us; to examine our lives in light of His teachings; and to prepare our hearts for the joyous celebration of His resurrection.

Lent begins on Ash Wednesday when we are physically marked with ashes as an outward symbol of our mortality and reminder of our need for repentance. It's a stark reminder of our human frailty and need for redemption.

In the season of Lent, believers are encouraged to embrace three spiritual disciplines by which to draw closer to God: prayer, fasting, and almsgiving (also called charity or works of mercy).

Through prayer, we communicate with God, expressing our gratitude, seeking guidance, and interceding for others. We can use this time to increase our prayer life, perhaps by setting aside a specific time each day for quiet reflection and conversation with God. I like to set alarms in my phone at specific times throughout the day to remind me to stop and pray.

Fasting, or "giving up" something, is another important aspect of a holy Lent.

While generally thought of in the context of abstaining from food, fasting can be a much broader spiritual discipline. What it's really about is freeing ourselves from the need for instant gratification and in doing so, we learn self-control centered on God's will. When we fast, we learn to redirect our natural hunger for food toward a spiritual hunger for the supernatural of God.

Lastly, almsgiving (aka, charity, or works of mercy) encourages us to extend our love to others, just as God has showered His love upon us. Serving as a call to action for the believer, Christians are reminded of their obligation to care for their neighbors in need and to be generous in giving, doing so from an abundantly joyful heart.

Entering and journeying through a holy Lenten season is a multifaceted experience. While it should be a deeply personal time with God through His Word, Sacraments, and other personal devotions, do not underestimate the importance of walking through this journey together with your church family. Corporate worship in the Eucharist is where the highest prayer of the Church occurs, uniting us to Christ, to each other, to the faithful around the globe, and with the blessed souls of those in the Church Triumphant, who have finished their earthly duties and recline at the Wedding Feast of the Lamb.

Continued on page 3

Continued from page 2

The Lenten journey can be transformative. It is not about adhering to rituals for the sake of tradition; rather, it is about allowing these practices to mold us into the image of Christ. Ephesians 4:22-24 (NLT) encourages us to "throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy."

So, as we journey through this holy season, let us not merely go through the motions. Let us take this time to sincerely reflect on our lives, to repent of our sins, and to seek God's forgiveness. Let us use this time to grow in our relationship with God, to deepen our understanding of His love and mercy, and to prepare our hearts for the joy that Easter brings.

Let us also remember that the journey of Lent is not one to be taken alone. We are part of a community of believers, all striving to live out the Gospel message. Let us support one another, pray for one another, and encourage one another as we walk this path together. Take advantage of all the additional resources available through our church parish during Lent.

As we journey from the ashes of repentance to the joyous light of Easter, may this Lenten season be a time of spiritual renewal for all who ask and seek.

"And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God." (Hebrews 12:1b-2, NIV)

May we, too, endure our own crosses with the hope and joy of the resurrection before us.

Until next month, let your light shine!



Fr. Randall M. Graf, Rector



LENTEN QUIET CHAPEL

EACH FRIDAY FROM 11AM TIL 1:00 PM

As in previous years, each **Friday during Lent**, Good Shepherd Church invites you to come enjoy some quiet time with the Lord between the hours **of 11:00 AM and 1:00 PM**. We'll only break the silence for a quarter hour beginning at **12:15 PM** in order to pray **The Great Litany**.



NOTES FROM RINDA

The Lenten season is a time for reflection as we prepare to celebrate the risen Lord on Easter Sunday. As we pray or meditate, listening to the Holy Spirit's voice—that still, small voice—we can feel the calmness of the inner peace that only comes from God. Music can help us experience the love of God as we spend quality time with Him. Our favorite hymns or anthems, instrumental music, memories of childhood songs; all these can accompany our prayer and study. Recordings of beautiful and inspiring can be found on YouTube or other streaming services.

The Good Shepherd choir is working on several anthems which we will present during Lenten worship services. We have discovered that these anthems are among our favorites. They are contemplative and thought provoking. We pray that our efforts will be a blessing to all who will hear them.

I would suggest that when we enter the sanctuary for worship, we do so quietly so that we may prepare our hearts and minds for participation in the hearing of the word, the singing of hymns, and most importantly, the participation in the Eucharist.

May God's blessings and peace be with you during this holy season.

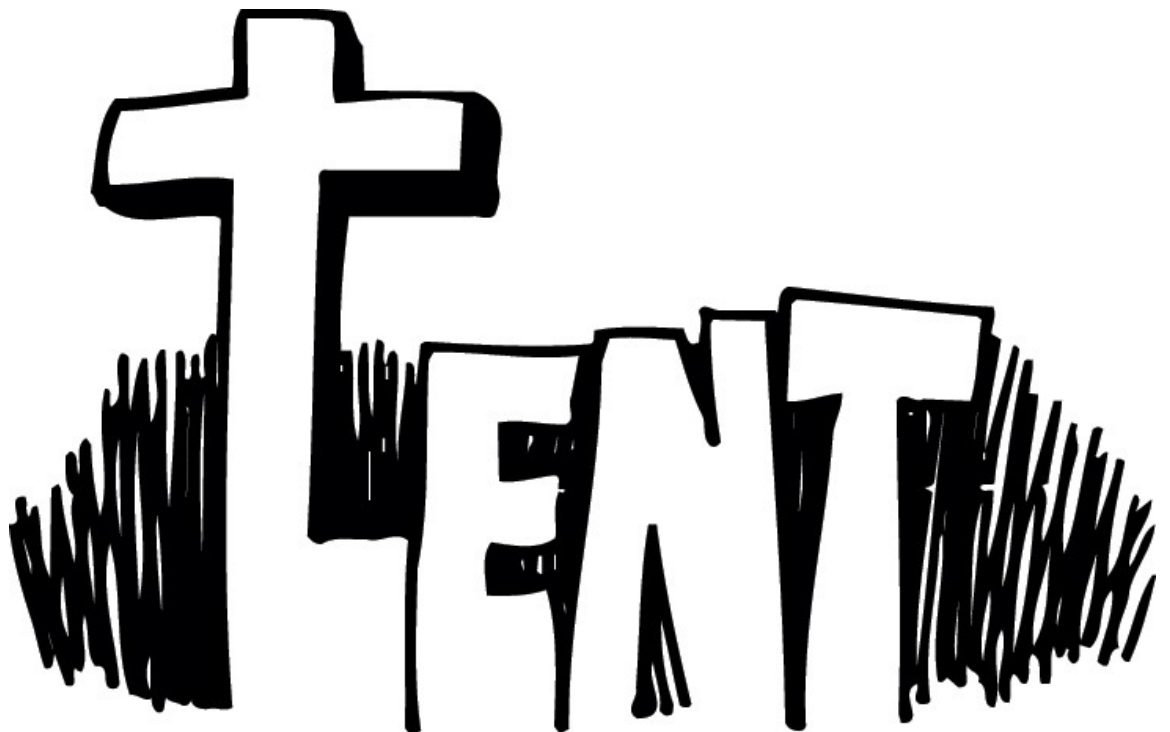
"What wondrous love is this, O my soul, O my soul.

What wondrous love is this, O my soul.

***What wondrous love is this that caused the Lord of bliss
To bear the dreadful curse, for my soul."***

Appalachian folk hymn

Rinda Coleman
Music Director



THE EXHORTATION

From page 147 of the Book of Common Prayer (ACNA 2019)

Dearly beloved in the Lord: if you intend to come to the Holy Communion of the Body and Blood of our Savior Jesus Christ, you must consider how Saint Paul, in his First Letter to the Corinthians, exhorts us all diligently to examine ourselves before we presume to eat of that Bread, and drink of that Cup. For as the benefit is great, if we receive that holy Sacrament with a truly penitent heart and lively faith, spiritually eating the Flesh of Christ and drinking his Blood, so that we might be made one with Christ and he with us; so also is the danger great, if we receive these gifts unworthily. For then we become guilty of profaning the Body and Blood of Christ our Savior, and we eat and drink to our own condemnation. Therefore, judge yourselves lest you be judged by the Lord. First, examine your life by the rule of God's commandments. Wherever you have offended, either by thought, word, or deed, confess your sins to Almighty God, with the full intention to amend your life. Be ready to make restitution for all injuries and wrongs you have done to others; and also be ready to forgive others who have offended you: for otherwise, if you unworthily receive Holy Communion, you will increase your own condemnation. Therefore, repent of your sins, or else do not come to God's Holy Table.

If you have come here today with a troubled conscience, and you need help and counsel, come to me, or to some other Priest, and confess your sins, that you may receive godly counsel, direction, and absolution. To do so will both satisfy your conscience and remove any scruples or doubt.

Above all, each of us should give humble and hearty thanks to God for the redemption of the world by the death and passion of our Savior Jesus Christ. He humbled himself, even to death on a Cross, for us sinners who lay in darkness and in the shadow of death, that he might make us children of God, and exalt us to everlasting life.

Because of his exceedingly great love for us, our Savior Jesus Christ has instituted and ordained these holy mysteries as pledges of his love, and for a continual remembrance of his death and passion, to our great and endless comfort.

To him, therefore, with the Father and the Holy Spirit, let us give continual thanks, as is our duty and our joy, submitting ourselves entirely to his holy will and striving to serve him in holiness and righteousness all the days of our life. **Amen.**

According to the rubrics of the Book of Common Prayer (BCP 2019, pg. 140) of the Anglican Church in North America (ACNA): The Exhortation is traditionally read on the First Sunday of Advent, the First Sunday of Lent, and Trinity Sunday.

KEEP UP WITH GOOD SHEPHERD CHURCH ONLINE



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www.Twitter.com/GoodShepherdMet



www.GSCMet.com



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COLLECT FOR ASH WEDNESDAY

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

From the ACNA (2019) Book of Common Prayer, page 544.

BURYING OUR ALLELUIAS: A LENTEN PRACTICE

Have you ever wondered why don't we sing or say "Alleluia" during Lent?

The term means "Praise Jahweh". It is seen frequently in the Psalms. The only use of the term in the New Testament is in the book of Revelation. From the fourth century, it has been a term of praise, an opportunity for Christians to join the heavenly hosts of angels in praise.

During Lent, however, we are on a penitential journey, no longer singing with the choirs of angels, but acknowledging our sins and practicing repentance. The forty days of Lent correspond to the time that Jesus spent in the wilderness in preparation for His ministry on earth and ultimate sacrifice.

At the end of the Lenten season, we can rejoice, singing Alleluia! He is Risen! Until that time, let us spend time in prayer, fasting and alms giving, in preparation for that celebration.



PRAYER



FASTING



ALMSGIVING

PRAYING AN ACT OF SPIRITUAL COMMUNION

Since the COVID-19 pandemic lockdown began, Good Shepherd Church has been streaming our 10:00 AM Sunday morning Service of Holy Eucharist each week. During the distribution of Holy Communion, the lector reads a prayer entitled ***An Act of Spiritual Communion*** for those who are watching at home and are unable to partake in the reception of Holy Communion sacramentally. That beautiful prayer comes from the Book of Common Prayer (pg. 677, ACNA 2019) and can be prayed by a Christian any time they are longing for the grace of Holy Communion but are unable to receive the tangible elements of the sacrament. These are the words to that prayer:

***Dear Jesus, I believe that you
are truly present in the Holy Sacrament.
I love you above all things,
and I desire to possess you within my soul.
And since I cannot now receive you sacramentally,
I beseech you to come spiritually into my heart.
I unite myself to you, together with all your faithful people
gathered around every altar of your Church,
and I embrace you with all the affections of my soul.
Never permit me to be separated from you. Amen.***



GOOD SHEPHERD CHURCH

ANGLICAN CHURCH IN NORTH AMERICA

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www.GSCMet.com

Father Randall M. Graf, Priest & Rector

REGULAR WORSHIP SERVICES

Holy Eucharist

8:30 AM & 10:00 AM every Sunday

Red Letter Holy Days

12:15 PM or 6:30 PM

Lenten Quiet Chapel

11:00 AM—1:00 PM each Friday

