

# Twenty-seven Ways for the Forty Days

St. Peter's Episcopal Church – Fernandina Beach, Florida

*Lent is a season of preparation for Easter. It is a gift to you from the Church, not a burden. How might you use Lent? Self-denial? Taking on extra spiritual disciplines? Have you ever made a concerted effort to accept this gift?*

*Here are a few simple suggestions for your journey. Use these or any and all that help you experience and consent to the presence and activity of God in your life. Enjoy!!!*

- 1) Put the Lenten calendar up on your refrigerator or wall and look at it every day!
- 2) Attend Centering Prayer – available 8:30-9:00 a.m. every Tuesday and Thursday. Enter church through the courtyard door.
- 3) Hand write a note to someone you think about often, but have not contacted lately. You may have thanks to share, forgiveness to either offer or request, or simply to say, “I love you”.
- 4) Select a book of the Bible, and with or without help from a commentary as guidance, read and study it thoughtfully.
- 5) Take a walk on the beach, alone or with a friend, and soak in the wonder of God's amazing Creation.
- 6) Attend Evening Prayer, held at 5:30 p.m. each Monday, Tuesday, Thursday, and Friday in the church during lent.
- 7) Call and thank someone for a kindness they have done for you or others.
- 8) Simplify your life. Use less electricity, buy less, watch less television, spend less money on things and more time with family, and friends, in church and in prayer.
- 9) Read ***Forward Day by Day*** – whether in paper form or online - each day.
- 10) Give up something that you enjoy very much, and each time you think about it or crave it, thank God that you have choices of things to enjoy in your life.
- 11) Volunteer with the Interfaith Dinner Network, or at the Barnabas Center, or New to You Store, or Habitat for Humanity, or somewhere that serves people.
- 12) Invite someone who is alone to share a meal at your table; include him or her in the grace.
- 13) Pray the “Daily Devotions for Individuals and Families”, found in the Book of Common Prayer on pp. 137-140. Choose one (morning, noon, evening, or night) and pray it every day.

- 14) Attend our “Lenten Wednesdays for ALL”, enjoying soup at 5:30, and soak in the sharing of your fellow parishioners after supper.
- 15) Bring a Friend to church, or Wednesdays for ALL, or Centering Prayer.
- 16) Read the entries in the Lenten Devotional each day.
- 17) Make a trip to our beautiful, peaceful church once or twice a week to simply sit, pray, and enjoy the presence of God (church is open from 8:30-4:00 each day!)
- 18) Select a ministry in the church that needs your help, and offer your time and talent once a week or month or whatever works for you.
- 19) Attend our Wednesday 12:10 Eucharist, and experience the prayers for Healing, as well as the Real Presence of Christ.
- 20) Make a point to say “thank you” to people who serve you (postal workers, delivery people, hair dressers, wait staff, cashiers, etc.). Mean it!
- 21) Choose a book (ask clergy or friends for recommendations) to read that will challenge your mind and soul. Or one that will bring you peace. Or both.
- 22) Walk the “Way of the Cross”. The service sheets are on the back table of the church. Walk the Way (crosses by the side of the church; they are numbered) by yourself or with a friend. Notice that the sounds of the everyday world go on around you.
- 23) Clean out your closet or drawer or garage and give away items that someone else needs more than you do.
- 24) Choose to park at the end of the parking lot, or use the steps, or walk on errands, and thank God for your health. Exercise.
- 25) Read and pray the “Morning Resolve” found in the front cover of the *Day by Day* or on the purple cards available at the back of the church.
- 26) Journal. Reflect about your journey of faith, about the world-class sermons you hear at St. Peter’s, about your prayer life, about relationships in your life, heroes in your life, about books/movies/poetry, about anything you want!
- 27) Saunter around the Community Garden as if it were a labyrinth. Walk slowly and purposefully, moving from heel to toe, enjoying the rhythm.