

Lenten Covenant Groups, Small Groups, and Practices

Walking Together a Lenten Pilgrimage

Wherever you are on your journey of faith, no matter where you've been or where you're going, there is a Lenten group or practice for YOU. Groups meet the first week in March through Holy Week. If you have questions or need assistance connecting, contact Minister of Welcome, Engagement, and Pastoral Care Rev. Mark Lile-King at mark@holy-trinity.com or 272-6149 x273. Many blessings on your Lenten pilgrimage.

Covenant Groups and Small Groups

Lectio Divina Covenant Group (12 Participants)

Facilitators-Tom and Gale Robins, sign up at galerobins1946@gmail.com

Monday, 6:30-7:30 p.m., Smyth Library

Join a meditative, caring community reflecting on readings from Holy Trinity's Lenten Devotionals, listening compassionately to one another, and sharing ancient spiritual practices.

Monday Malt Down: A Malt-a-Media Experience! (No limit)

Facilitators- McBee Lucius, Rev. Mark Lile-King, information at mark@holy-trinity.com

Monday, 6:00-7:00ish p.m., Oden Brewery, 804 W Gate City Blvd

A bunch of us are gettin' together at Oden Brewery Monday nights and we want you to join us! We'll view a new video each week before we arrive then talk about how it relates to faith while enjoying a cold brew (non-alcoholic beverages and food truck available). We'll view videos by Bishop Curry, Brene' Brown, and others. Video links will be posted each Wednesday on Holy Trinity's electronic newsletter *ePistle* and in the bulletin. To sign up to receive the *ePistle*, go to holy-trinity.com/news.

Well-Spring Covenant Group (No limit)

Facilitator-Lou O'Brien, sign up at louob57@gmail.com

Tuesday, 10:30-11:30 a.m., Well-Spring

Join Well-Spring residents for a contemplative covenant group. Participants will use Lenten Devotionals written by Holy Trinity members and friends for reflection and meditation.

Everything Happens for a Reason: And Other Lies I've Loved

Facilitators-Carol Lucas and Trudy McCarty

Tuesday, 12:30-1:30 p.m., Smyth Library

(Ongoing group. Sorry, this group is full)

Walk with Duke Divinity School professor Kate Bowler on her journey of dealing with colon cancer. *Everything Happens for a Reason* tells her story, offering up her irreverent, hard-won observations on dying and the ways it has taught her to live."

Share Lunch with Your Neighbor (No limit)

Tuesday, 12:00-12:45/1:00 p.m., City Center Park, sign up at mark@holy-trinity.com

Experience God's presence with a neighbor. Pack an extra lunch, dessert, and beverage to share with a neighbor at City Center Park. Select a bench and be open to God's presence in the moment. Join us for lunch in Haywood Duke Thursday, April 2, 12:00 p.m., to share your experiences.

Abbotswood Covenant Group (No limit)

Facilitator-Rev. Mark Lile-King, sign up at mark@holy-trinity.com

Wednesday, 9:45-10:45 a.m., Library

Join Abbotswood residents for a contemplative covenant group. Participants will use Lenten Devotionals written by Holy Trinity members and friends for reflection and meditation.

Praying with Art, Music, and Everyday Things (12 Participants)

Facilitator-Marjorie Donnelly, sign up at marjorie@holy-trinity.com

Wednesday, 12:00-1:00 p.m., Smyth Library

In this small group, the focus will be on experiencing the sacred rather than talking about the sacred. In the five weeks that we are together, we will engage Visio Divina and Audio Divina. Many of us are familiar with Lectio Divina (sacred reading), which is a method of praying with scripture. Visio Divina (sacred seeing) is a method of praying with images or other media, and Audio Divina (sacred listening) is a method of praying with music. Before moving into praying with art or music, we will open each time with a meditation on a few every-day objects such as a candle, a stone, a bowl, a shawl, even a clothespin to help us come into the presence of the holy.

Becoming More Present-Episcopal Church Women-ECW (12 Participants)

Facilitator- Melody Smith Young, sign up at melody.smith.young@gmail.com

Wednesday, 4:00-5:00 p.m., Smyth Library, Childcare is provided

Join an Episcopal Church Women (ECW) group to discuss Shauna Niequist's book *Present Over Perfect*. "In a culture that values speed, efficiency, image, and busyness, some of us are aching for another way to live: more intentional, more connected. Simpler, slower, richer." The group will view a 4 part video series about the book. You can participate without reading the book. All are welcome.

Silent Meal (No limit)

Wednesday, 5:00-7:00 p.m. and Thursday, 12:00-1:30 p.m., Haywood Duke

"Eating a meal in silence in community can be a powerful Lenten spiritual practice. In Benedictine monasteries over the centuries, eating together in silence has been a source of spiritual renewal, community building, and connection with God. A silent meal together can open up our seeing, listening, tasting and being as the body of Christ in surprisingly new or forgotten ways. "Look for a special Silent Meal table close to Haywood Duke's Greene St entrance.

Divine Encounters in Nature

Thursday, 5:15-6:15p.m., Fisher Park, 700 N Elm St

Come explore in nature our relationship to the divine. Experience God's presence walking trails, sitting quietly, or sharing your life with others as you stroll. Join us for a few minutes or stay as long as you like. Pause on your way home or at the end of your day with your children to experience God's unique presence in nature. A Holy Trinity greeter will welcome you across from First Presbyterian 5:15-5:45.

Covenant Group

Facilitators-Meredith Scott and Rev. Nathan Finnin

Friday, 11:00 a.m.-12:00 p.m., Smyth Library

(Ongoing group. Sorry, this group is full)

The Cure gives the diagnosis of this century's religious obsession with sin-management. *The Cure* infuses a relational theology of grace and identity, which alone can heal, free and create sustainable, genuine, loving, life-giving communities.

Lenten Practices

Lenten Devotionals

Lenten devotionals, written by members of the Holy Trinity community, offer spiritual reflections, stories, and insights to guide us on our Lenten pilgrimage. You are most welcome to share these devotionals with others. Lenten Devotionals will be available electronically beginning Ash Wednesday on the church website under "News", though the weekly electronic newsletter *ePistle*, and on REALM.

Family Lenten Prayer Space

Facilitator-Erin Aderholdt, information at epaderholdt@gmail.com

Creating a Family Lenten Prayer Space is a meaningful way to observe Lent with your children. We've prepared special Lenten bags for you to take home to create your own prayer space. Each bag is filled with symbols to guide your family's sharing. NEW! Each week in the bulletin and in the *ePistle*, you'll find a QR code that will direct you to a site offering new ways to observe family Lent. New codes each Wednesday in the *ePistle*. (You may need to download scan app on your phone.) Here are two great books to help you practice mindfulness with your children: *A Handful of Quiet* by Thich Nhat Hanh and *Sitting Still Like a Frog* by Eline Snel. Both books are available in Sacred Garden Bookstore.

Lenten Prayer Board

Weekly in front of the church

The Holy Trinity community joins together during Lent to pray by name or anonymously for those who suffer in mind, body, or spirit. Write your prayer request on a provided sticky note and place it on the Lenten Prayer board located on the walk in front of the church. To pray for someone, pull a sticky note off the board and take it with you. Pray for the person during the week.

Life Centering

We're pulled in so many directions throughout the day that it's easy to lose connection with what is truly meaningful. Use a sound, site, or time each day to reconnect with true self, family, neighbors, and God. For example, you might set your cell phone to tone at a scheduled time to call you back. You might be called back when you see a certain color, building, or person. At your prompt, pray, "Living Christ, I return my life to you. Help me be a blessing to (Name a person). Amen."

Lenten Music Series

Wednesday, 12:15-12:45 p.m., Church

Gather with fellow Lenten pilgrims for Holy Trinity's Lenten Music Series. These Lenten musical meditations are designed to enrich your personal experience during Lent, providing a time for you to leave the busyness of your day and hear some beautiful music. The free programs will feature musicians of Holy Trinity and include music of J. S. Bach, Rachmaninoff, Franck, Mozart, Beethoven and Debussy. Wednesdays, March 4–April 8, 12:15–12:45 p.m., Church

Labyrinth Walks

Walking the Labyrinth invites a transformative experience of walking with the Spirit. Walk the Labyrinth on Palm Sunday 10:15 a.m. and Good Friday following noon service.

Episcopal Youth Community (EYC)

EYC (grades 7-12) will have the opportunity to participate in the second annual "InstaLent" challenge. Using a specially created Instagram account "EYClent" our youth will have the opportunity to post a photo each day during Lent, corresponding with a word for the day. Prompts include words like "ashes" "what I'm reading" "peace" and many more.