

Ash Wednesday and Lent at Home

As we are less able to meet in person this Lent, here are some ideas for marking Ash Wednesday and the progress of Lent at Home.

Don't try to do everything! This is a variety of ideas and you might choose one or two that seem doable. They are designed to be used flexibly by one person on their own, or a group in a household, or over the phone or Zoom with others.

You will find in these pages:

- Page 2 A short service to mark Ash Wednesday at home.
- Page 3 “Blessing the Dust” a poem by Jan Richardson, to use as a prayer or ponder through Lent.
- Page 4 Information about a Lent Course, from the comfort of your own home via Zoom – All welcome!
- Page 5 Living Generously Through Lent – some ideas for practising an Attitude of Gratitude during the Lent season.
- Page 6 Lent Reflections – a journey with Jesus to Jerusalem
- Page 7-8 A Pilgrimage at Home – using your home as a focus for prayer
- Page 9 Some suggested reading and listening in Lent
- Page 10 a simple form of daily prayer for Lent
- Page 11 some events in Lent run by Holy Rood House – two on-line and a quiet garden day.

A Liturgy to use at home on Ash Wednesday

Use all or part, add hymns, readings etc as you like. This is flexible to use as a one on their own or as a group – in a household, or together over the phone or by Zoom – in which case share the speaking.

This could be done before a meal, or at any other time of day.

Introduction (in a group one person could read this)

Every year at this time we celebrate our redemption through the death and resurrection of our Lord Jesus Christ. Lent is a time to prepare for this celebration and to renew our life in the Easter mystery. We begin this holy season by acknowledging our need for repentance, and for the mercy and forgiveness proclaimed in the gospel of Jesus Christ.

We begin our journey to Easter with the sign of ashes. The sign of ash signifies our need for self-examination and penitence during this holy season of Lent that we may be broken open and prepared for new life as the baptised people of God.

This ancient sign speaks of the frailty and uncertainty of human life, and is a sign of hope in repentance.

Strike a match and light a candle, blow out the match and use it to draw an ash cross on a small piece of paper – place the cross/es around the candle, pause ...

In the blazing light of your love our failings are illuminated
our failure to give, our failure to love, our failure to follow
our failure to serve, our failure to be the people you would have us be.
Forgive us and renew us.
You know our nature and our frailty
Enfold us with your presence that we might daily know
your forgiveness and healing love.

Read Matthew 6:1-21

Lord, grant us simplicity of faith and a generosity of service
That gives without counting cost
A life overflowing with Grace
Poured out from the One who gave everything
That we might show the power of love in a broken world.
You are invited, in the name of Christ, to observe a holy Lent by prayer and fasting, by works of love, and by reading and meditating on the Word of God.

To think about, and discuss with others:

- How will you observe this Lenten season?
- Will you commit to daily prayer, will you try fasting?
- What most often comes between you and God?
- How can you fast from that during Lent in order to give God your attention?

To end

To you, O Lord, I lift up my soul; O my God in you I trust.

You are the God of my salvation,

To you, O Lord, I lift up my soul.

In you I hope all the day long.

O my God in you I trust.

Remember, Lord, your compassion and love, for they are from everlasting.

To you, O Lord, I lift up my soul; O my God in you I trust.

The Lord's Prayer is said

End with The Grace

'Blessing the Dust' by Jan Richardson

A Blessing for Ash Wednesday

All those days
you felt like dust,
like dirt,
as if all you had to do
was turn your face
toward the wind
and be scattered
to the four corners
or swept away
by the smallest breath
as insubstantial—

Did you not know
what the Holy One
can do with dust?

This is the day
we freely say
we are scorched.

This is the hour
we are marked
by what has made it
through the burning.

This is the moment
we ask for the blessing
that lives within
the ancient ashes,
that makes its home
inside the soil of
this sacred earth.

So let us be marked
not for sorrow.
And let us be marked
not for shame.
Let us be marked
not for false humility
or for thinking
we are less
than we are
but for claiming
what God can do
within the dust,
within the dirt,
within the stuff
of which the world
is made,
and the stars that blaze
in our bones,
and the galaxies that spiral
inside the smudge
we bear.

Lent



Join us this Lent as we journey together through the Gospel readings for this **season of reflection and repentance.**

Each Wednesday in Lent between 8 and 9pm

Join as many as you wish from the comfort of your own home as we draw together on Zoom.

Joining details: <https://t.ly/lent21>
Contact Rev David for more details,
david@northallerton.me

17 th February	Mark 1:9-15	Baptised in water and Spirit
24 th February	Mark 8:31-end	Devine not human
3 rd March	John 2:13-22	Seeking a sign
10 th March	John 3:14-21	Those who believe
17 th March	John 12:20-33	We want to see Jesus
24 th March	John 7:40-52	This is the Messiah
31 st March	John 13:21-32	And it was night

Living Generously Through Lent – developing an attitude of gratitude!

Ideas for individuals to take a journey of generosity through Lent.

Traditionally, the season of Lent is a time of spiritual internal examination as we journey through the forty days, in preparation for Holy Week and Easter. Historically many Christians used this time for fasting, following the example of Jesus who fasted for forty days in the wilderness. Today, some people choose to use the season to commit to a Lenten discipline - giving something up or taking something up - as a tool to reflect on how we can better live Christ's story and grow to become the people God creates us to be.

As generosity is the outpouring of a lived-out faith, we have come up with a few suggestions of Lenten disciplines which you might like to commit to during the season of Lent.

1. Practice gratitude.

Giving springs from the attitude of a grateful heart. Gratitude is a spiritual discipline rooted in the belief that everything good that happens around us is given from God out of love for us, and this discipline will help to recover a Christian theology of thanksgiving. Our giving is the fruit of and expression of gratitude. Commit to giving thanks each day, either by sending a message to someone or by making a note of three things you are grateful for each day.

2. Take up the 4oacts challenge.

4oacts, created by Stewardship, presents a different challenge each day to practice generosity in your life. This is a really creative way of doing Lent differently. In 2019, more than 100,000 people took the challenge, creating a wave of over 4 million generous acts in 180 countries around the world. Find out more at <https://4oacts.org.uk/>

3. Donate something every day.

Find a charity or a selection of charities which you can donate to each day throughout Lent. You could include giving supplies to a local Food Bank, or put aside clothes and toys to post to a charity shop who are accepting donations.

4. Commit to praying for your community.

You could commit to giving thanks for the generosity of your community each day in Lent, reflecting on the gifts of money, time, hospitality and other means. You could also prayerfully discern what mission your church is being called to use with that resource.

5. Sign up to virtual volunteering.

Commit to giving your time to volunteering with a charity. Due to COVID restrictions this could be done virtually, and there are plenty of opportunities for this, such as the Crisis Text Hotline, Help from Home and Help a Hero. Get in touch with your local volunteering organisations, or a selection of ideas can be found at <https://www.volunteermatch.org/virtual-volunteering> and <https://www.goodhousekeeping.com/life/a34288060/virtual-volunteer-opportunities/>

6. Set aside Money for Mission.

In addition to your regular planned giving commitment to your church, you could set aside an additional gift amount each day or week, in order to resource mission. You might want to have a particular ministry in mind for this, or generally to bring glory to God.

from - <https://dioceseofyork.org.uk/generosity-stewardship/resources/living-generously-through-lent/>

Lent reflections - A Journey with Christ

Through Lent we travel with Jesus to Jerusalem, and through these readings we meet with him some of those he encountered on his way.

Set aside a time each week in Lent to do this. Taking one reading a week, before you read, light a candle and place next to it an item as a physical representation – it can help sometimes to have something to focus on to look at, to touch and pick up, to hold.

You can do this without the objects

For each you will need:

- some stones and some bread
- cords or rope – preferably rough
- an empty bowl
- your wallet, purse or some loose change/bank cards
- oil and perfume (or scented oil)
- a palm cross if you have one, or other cross

You are invited to focus on the object, and read the scripture associated with it, read slowly and read it 2 or 3 times. As you read, pay attention to any word or phrase in the passage that strikes you – don't worry too much about the rest.

Having read the passage slowly a couple or three times consider what God might be saying to you through it, and then what your response to God might be.

Pray for any people or situations that have come to mind during your reading. Pray for yourself.

You might want to come back to the passage at the times in the week.

Luke 4:1-14	Led by the Spirit...	Stones and Bread
Luke 13:10-16	“You are set free”	Ties that Bind
Mark 10:46-end	“What do you want me to do for you?”	An Empty Bowl
Luke 19:1-10	“I must stay with you today”	Money, Money, Money
Mark 14:1-9	“She has done a beautiful thing for me”	Anointing
Matt 21:1-11	“Look, your King is coming to you”	Palms to Crosses

A Lockdown Pilgrimage at Home

For each stage you can go to the actual place in your home, or from the comfort of your sofa simply bring it to your mind's eye. You could do this once a week through Lent. Don't be tempted to move on too quickly, take as long as you need in each room as God leads you – you may find that you stay in one longer than others in prayer. You can do this alone or with your household, or over the phone with friends. It is written in the plural but can, of course be changed to singular.

To start

Lord God, we invite You into our home.

We thank You that in spite of all we have done that we should not have, and all we have not done but should have, You are still interested in us. We give You thanks for Your wonderful salvation.

Come with us on our journey round our home.

You are welcome here.

At the front door or gate

We think about what we go out to do from here, and those who come to our door.

Silence

We ask Your blessing on what we already do.

We ask that You will guide us into other things You may want us to do.

We offer ourselves to be your hands and feet on this earth.

In the Living Room

We thank You for times of relaxation here. We look around at the objects here that probably remind us of times we have enjoyed out in the world or that remind us of people in our lives, and we give thanks for these memories.

Silence

We give thanks for all who have been an important part of our life, both inside and outside our home.

Telephone/Writing materials/ Computer

We think of the people we are in contact with and pray for Your blessing on them.

Silence

We pray for Your guidance as to who to contact, who may be lonely at this time or who may need support.

Guide us to those who are in need

In the Kitchen

We thank You that we have food and drink, and we ask Your blessing on those who do not have enough to eat or drink today. Give wisdom to organisations that are working to help.

O God,

To those who have hunger, give bread

To us who have bread, give hunger for justice

Silence

From South America (Iona)

In the Bathroom

The water here reminds us of Your cleansing. We thank you with all our heart for the deep cleansing that is available to us through Your son Jesus Christ through His crucifixion and resurrection.

Silence

The water here also reminds us of Jesus washing the disciples' feet.

Help us to serve one another

At the Dining table

We give thanks for those who have sat round our table and ask Your blessings on them.

Silence

Guide us to how best to use our time and money in helping others in the future, whether it be inviting people round or meeting elsewhere.

We offer ourselves as Your eyes and ears to those around us.

In the Bedroom

For relaxation and sleep we thank you.

We think of those that cannot sleep this night, due to anxiety, war, hunger, lack of freedom, conflict, uncertainty.

Silence

Bless them and may they know Your presence and guiding hand.

Outside space

We give thanks for Your creation, for the growing shoots we see that remind us of Your new life. Help us to share that news with others.

Silence

For the wonders of Your creation, we thank you Lord

To end

May this home be a place where God is.

May those who live here, and those who visit, feel Your presence.

Be with us as we interact with others outside our home.

May we take the love of God with us as we go out into the world.

Praise to God the Father who brought us to this place, and this time.

May His Son, who redeemed us, help us to be more like Him

And may God the Holy Spirit be with us, guiding our future steps.

Amen.

(with thanks to Joyce Hogg)

Reading or Listening Through Lent

Bible Reading Plan –

- read through a whole gospel of your choice. If you finish that, start another one [Note: at the rate of about 2 chapters a day (with Sundays ‘off’) you could read all 4 Gospels in Lent] or
- read the accounts of ‘Holy Week’ in each gospel starting at:
 - Matt 21; Mark 11; Luke 19; John 12

Book suggestions

- Hannah Steele: *Living His Story*. The Archbishop of Canterbury’s Lent book for this year.
- Jane Williams: *Approaching Easter*. 10 themes for reflection in Lent and Easter, using some well known art as a springboard.
- *Bread and Wine – Readings for Lent and Easter*. An anthology of daily readings from writers including CS Lewis, GK Chesterton, Philip Yancy, Henri Nouwen and many others
- Timothy Radcliffe: *Seven Last Words*. Meditations on each of the ‘seven last words’ of Christ on the Cross.
- Stephen Cherry: *Barefoot Disciple, Walking the Way of Passionate Humility* “This is about humility as the deepest kind of reality. It will resonate profoundly with all who are hunger for truth ...” - ++Rowan
- *The Little Book of Lent*, with passages specially selected for each of the 40 days of Lent, this collection of readings comes from some of the most celebrated modern-day spiritual writers including Desmond tutu, Jane Williams, Margaret Silf, NT Wright
- Stephen Cottrell: *The Nail*. Written from the perspective of key witnesses who describe Christ’s crucifixion from their points of view.

Daily Reflections by email or app

<https://cafod.org.uk/Pray/Lent-Calendar>

each day a reflection will be sent by email, a global perspective for Lent

<https://www.churchofengland.org/resources/livelent-2021-church-resources-gods-story-our-story>

sign up to daily reflections by email; or on the app, or order a copy of the booklet

Audio Options

<https://www.churchofengland.org/our-faith/what-we-believe/lent-holy-week-and-easter/stations-cross>

reflections by Archbishop Justin on the stations of the cross to use through Lent, in Holy Week or on Good Friday.

The Daily Hope phone line: 0800 804 8044

BBC Radio 4 Lent Talks, Wednesdays at 8.45pm, starting 24th Feb: Six people well known in their fields reflect on the story of Jesus’ ministry and Passion from the perspective of their own personal and professional experience

Visual Reflections

If pictures are your thing: *The Folly of God Mediation Pack* using the art of Sieger Koder, is a set of images for meditating on the Lenten and Holy Week Story.

Prayer During the Day in Lent

This simple form of daily prayer can be used at any time of day as a simple focus of prayer. You'll need a Bible to look up the readings. You could use it with some of the other ideas in this pack. For instance, if you have chosen to read through a gospel, or to do the Lent reflections, you could do those in the middle of this order instead of the readings suggested.

<p>Preparation</p> <p>O God, make speed to save us.</p> <p>All O Lord, make haste to help us.</p> <p>Hear my prayer, O Lord, and give ear to my cry;</p> <p>All hold not your peace at my tears.</p> <p>Praise</p> <p>Jesus, like a mother you gather your people to you; you are gentle with us as a mother with her children. Despair turns to hope through your sweet goodness; through your gentleness we find comfort in fear. Your warmth gives life to the dead, your touch makes sinners righteous. Lord Jesus, in your mercy heal us; in your love and tenderness remake us. In your compassion bring grace and forgiveness, for the beauty of heaven may your love prepare us.</p> <p>The Word of God</p> <p>Psalmody</p> <p>On Ash Wednesday and any day Psalm 51.1-10 (or)</p> <p>Sunday Psalm 51.11-end Monday Psalm 3 Tuesday Psalm 6 Wednesday Psalm 11 Thursday Psalm 12 Friday Psalm 32 Saturday Psalm 61</p> <p>Each psalm or group of psalms may end with</p> <p>All Glory to the Father and to the Son and to the Holy Spirit; as it was in the beginning is now and shall be for ever. Amen.</p>	<p>Short readings</p> <p>Sunday Romans 6.3-5 Monday Joel 2.12-14 Tuesday I Corinthians 9.24-end Wednesday Romans 7.21-25a Thursday Isaiah 58.6-9a Friday Matthew 6.1-4 Saturday Luke 10.38-end Or, on any day in Lent Luke 15.7</p> <p>Response</p> <p>Silence, study, song, or words from Scripture, such as Blessed are the merciful, All for they will receive mercy.</p> <p>Prayers</p> <p>Prayers may include these concerns</p> <ul style="list-style-type: none">¶ Those preparing for baptism and confirmation¶ Those serving through leadership¶ Those looking for forgiveness¶ Those misled by the false gods of this present age¶ All who are hungry <p>The Collect of the day is said</p> <p>Teach us, good Lord, to serve you as you deserve; to give and not to count the cost; to fight and not to heed the wounds; to toil and not to seek for rest; to labour and not to seek for any reward, save that of knowing that we do your will. Amen.</p> <p>The Lord's Prayer is said.</p> <p>The Conclusion</p> <p>May God bless us and show us compassion and mercy. All Amen.</p>
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Events run by the Community at Holy Rood House in Sowerby near Thirsk.

For further information on any of these, and to book please email enquiries@holyroodhouse.org.uk or ring 01845 522580. Holy Rood House is a charity entirely dependent upon donations, a level of donation is suggested for each of these events, please do not let that be a barrier to joining in but talk to them about your situation.

'A Voice in the Wilderness' A Lent on-line Retreat led by Helen Warwick

Choose from three dates - each a repeat.

Saturday 27th February - 10am - 11.30am

Tuesday 2nd March - 10am - 11.30am

Tuesday 2nd March - 6 - 7.30pm

As we go through this unprecedented time, we will be offering sacred space as we reflect on what emerges from the wilderness. Through poetry, prayer, art and reflection we will explore the way through the wilderness, what voice emerges and the hope and light this can bring through Lent. **Only book on one date.**

Suggested donation £15

Creative Journalling in Difficult Times

on-line

led by Helen Warwick

10am - 11.30am

and repeated at 6pm - 7.30pm

Helen will be encouraging creative ways of exploring this present climate.

Suggested donation £15

'The garden as embracer of our sorrows and joys'

Spring Quiet Garden Day - led by Helen Warwick

Saturday 20th March 10am to 3.30pm

in the Holy Rood healing gardens.

With indoor spaces including our spacious art room.

Suggested donation £25-30