

LENT 2024

LENT IS A CHRISTIAN SEASON OF PREPARATION & REPENTANCE.

WE SPEND THIS TIME IN PRAYER AND LOOK FOR WAYS THAT WE HAVE WANDERED AWAY FROM GOD. WE "RETURN TO THE LORD OUR GOD" THROUGH SPIRITUAL PRACTICES LIKE THOSE YOU'LL FIND ON THIS CALENDAR--PRAYING, GIVING, AND FASTING. JOIN US IN GROWING CLOSER WITH GOD THESE 40 DAYS!

LENTEN SERVICES AT HOLY TRINITY:

WEEKEND SERVICE TIMES:

SATURDAYS AT 5:00 P.M.
SUNDAYS AT 9:30 A.M.

SPECIAL LENTEN SERVICE TIMES:

WEDNESDAYS AT HTLAKEVIEW
9:30 A.M. IN PERSON
8:00 P.M. COMPLINE ON ZOOM



HTCHICAGO.ORG/HOLYWEEK

		13 SHROVE TUESDAY	14 ASH WEDNESDAY	15 GIVE encouragement to a friend	FAST 16 from screens for today (notice what you have time for)	17 PRAY for children who live in the midst of war
18 SUNDAY! remember your baptism with a bubble bath	19 GIVE your time by sharing a cup of hot chocolate with someone you love	20 PRAY for the lonely	21 GIVE a 10-second hug to someone you love	22 PRAY for those without adequate housing	23 FAST from music today (notice what you hear instead)	24 PRAY for those who are hungry
25 SUNDAY! make a special meal with family or friends	26 PRAY for students and teachers	27 GIVE gently used clothing to the Shepherd Shop	28 PRAY for families of all shapes and sizes	29 GIVE your attention to Creation and RECYCLE!	FAST 1 from plastic today (notice how hard it is to avoid using plastic!)	2 GIVE make or buy cookies for a neighbor
3 SUNDAY! spend some time outside in Creation today	4 GIVE some love: send a note to someone who is lonely	5 PRAY for caregivers and hospital staff	6 GIVE a donation to the food bank	7 PRAY for nursing home residents	8 FAST from social media today (notice how it impacts your screentime)	9 PRAY for first responders
10 SUNDAY! snuggle up for a movie or show for some Sabbath rest	11 PRAY for those who need healing	12 GIVE your time! corral carts in a store parking lot	13 PRAY for those who mourn	14 GIVE away some gently used books	FAST 15 from gossip and sass (notice your relationships)	16 GIVE a drawing or painting to a nursing home for a resident's room!
17 SUNDAY! start a puzzle or word search and spend time with family or friends	18 GIVE laughter! tell a joke to a friend	19 PRAY for those who teach about our faith	20 GIVE your help with someone else's chore or job	21 PRAY for someone who excludes you	FAST 22 from spending money today (notice how you use what you have)	23 PRAY for those who don't have a faith community

HOLY WEEK 2024

24 PALM SUNDAY	25 FAST from busyness... slow down and journey through Holy Week	26 PRAY for pastors and deacons everywhere	27 SPY WEDNESDAY	28 MAUNDY THURSDAY	29 GOOD FRIDAY	30 EASTER VIGIL
31 EASTER SUNDAY						

DID YOU KNOW? LENTEN FACTS

- WE SAY "40 DAYS OF LENT" BUT THERE ARE ACTUALLY 46 DAYS BETWEEN ASH WEDNESDAY AND EASTER SUNDAY... THIS IS BECAUSE WE DO NOT FAST ON SUNDAYS! SUNDAYS SERVE AS "MINI EASTER" OR A DAY TO OBSERVE THE HOPE AND PROMISE OF RESURRECTION.
- YOU AREN'T REQUIRED TO "FAST" FROM ANYTHING, BUT YOU CAN ALSO CHOOSE TO FAST FROM ANYTHING (FROM A SINGLE TREAT TO VIDEO GAMES).
- WE OFTEN TRY TO "GIVE ALMS" OR GIVE TO CHARITY ABOVE AND BEYOND OUR TYPICAL GIVING DURING LENT. BUT YOU CAN GIVE MORE THAN MONEY!
- PRAYER IS AN IMPORTANT PART OF WHO WE ARE AS CHRISTIANS. PRAYER CAN COME IN MANY FORMS, FROM SPEAKING FORMALLY TO GOD TO COLORING OR SINGING OR EVEN JUST TRAVELING IN A CAR IN SILENCE, LISTENING FOR GOD'S "STILL, SMALL VOICE."
- YOU CAN'T DO LENT "WRONG" IF YOU SPEND YOUR TIME WITH GOD. WE'D LOVE TO JOIN YOU ON THIS JOURNEY!

HOLY WEEK WORSHIP SCHEDULE

MAUNDY THURSDAY, MARCH 28
HTLOOP: 6:30 P.M. HTLAKEVIEW 7:00 P.M.

GOOD FRIDAY, MARCH 29
HTLOOP: 6:30 P.M. HTLAKEVIEW 3:00 P.M.

EASTER VIGIL, SATURDAY, MARCH 30 AT 7:00 P.M.

EASTER SUNDAY, MARCH 31
HTLOOP: 10:00 A.M. HTLAKEVIEW 9:30 A.M.

PEOPLE TO PRAY FOR:



OTHER PRAYERS:
