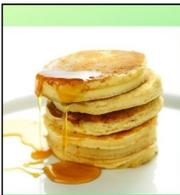




## Lent at Westminster, 2021

Originating in the fourth century of the church, **the Season of Lent** spans 40 weekdays beginning on Ash Wednesday and culminating in Holy Week and Easter Sunday. Originally, Lent was the time of preparation, study, and prayer for those who were to be baptized at the Easter Vigil. But since these new members were to be received into a living community of faith, the entire community was called to preparation. In like manner, Westminster members and friends are invited to take part in a season of preparation and renewal by engaging in a variety of rituals, prayer practices, and gatherings online to ground us and unite us as the Body of Christ in these times.



Shrove  
Tuesday  
February 16

**Shrove Tuesday** is the traditional feast day before the start of Lent on Ash Wednesday. It's a chance to indulge before the start of Lent, a tradition dating back to 600 AD when all animal products, not just meat, were banned during Lent. Christians made pancakes on Shrove Tuesday to use up their supply of butter, milk, and eggs before Lent. Shrove Tuesday is also known as Pancake Day and Mardi Gras, which means Fat Tuesday in French. The word "shrove" comes from the old middle English word "shriven," meaning to go to confession.

In years past, we at Westminster would observe this tradition by feasting on pancakes just before our Ash Wednesday worship. That's not possible this year, so we encourage you to mark Shrove Tuesday in your home. Cook up some pancakes, put on some music, decorate with Mardi Gras colors of green, gold, and purple, and maybe play a game or two. Snap some photos of your Shrove Tuesday celebration and share them with us at [westminster@wpcdurham.org](mailto:westminster@wpcdurham.org).



Ash  
Wednesday  
February 17

**Ash Wednesday Service** will be **broadcast on YouTube on February 17, at 7:00pm**. Make plans to be part of this evening of reflection and preparation for Lent.

### Rituals and Practices

Lent can be a rich time to deepen our connection with God and with one another. Jesus prayed and taught his followers to pray, to wash feet, and to share bread and wine. In so doing, the community is formed as his Body.



**The Light Remains** Just as light was central to our season of Advent, we invite you to designate one candle to be your in-home Christ Candle. We will light the candle on Ash Wednesday and invite you to light your own along with us. You may add another candle for each week of Lent, or just light your Christ candle.

**The Sign of the Cross** This embodied ritual reflects the nature of our Trinitarian God. Rather than receiving ashes on Ash Wednesday, we will learn and practice this sign throughout the season.

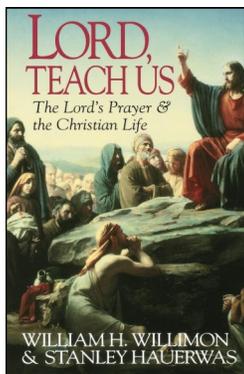
**Pray The Lord's Prayer** Jesus taught his followers to pray the Lord's Prayer. This Lent, allow this prayer to help you focus on Jesus. You might choose to pray The Lord's Prayer every day throughout Lent or you might learn The Lord's Prayer in another language. You can also sign up to receive daily reflections throughout the season. Learn more about this simple yet powerful challenge, and sign up [here](#).

We want to know that we're in this together! Send us a video of you and your partner, your child or children, or your whole family saying the Lord's Prayer together. If you learn it in another language, we want to see that, too! Email your videos to [westminster@wpcdurham.org](mailto:westminster@wpcdurham.org). We'll share them on Westminster's social media and at the end of Lent, stitch them together into one lively video that celebrates the blessing that prayer has in our communal life of faith.

## Faith Formation Online and @Home

**Z-Event for Families (Pk-4th Gr): Lent & The Lord's Prayer, February 21, 9:45am** Join your friends for a meaningful time online as we are introduced to the season of Lent and the prayer Jesus taught his followers and us! 1st - 4th graders will continue to explore this prayer in their biweekly Church School sessions.

**Faith Formation@Home** Each week, Marietta will offer new ways to explore and learn more about the prayer Jesus taught. [Click here for resources your family can use](#) for Pretzel Sunday, Pancake Tuesday, and Ash Wednesday!



**Lord Teach Us: A Book Discussion with Chris Tuttle & Friends** This classic by Will Willimon and Stanley Hauerwas, works through each phrase of the Lord's Prayer, using it as a framework for the Christian life. [Sign up](#) if you're interested in reading the book and joining in the conversation. We'll be in touch with the group to find an agreeable time to meet.

**Film Discussion: The Mill & the Cross , Palm/Passion Sunday, March 28, 3:00pm** This powerful [movie](#) focuses on a dozen of the five hundred characters depicted in Bruegel's painting, "The Way to Calvary." The theme of Christ's suffering is set against religious persecution in Flanders in 1564. Watch the movie ahead of time (if you have a Roku device, it's available for free on Tubi), then join the online conversation to explore the symbolism and connections to Christ's call to follow as we do justice and walk in alignment with the vision of the "Kin-dom" of God.

Sign up for The Lord's Prayer Challenge  
and any of our Lenten Groups

Questions about any of our 2021 Lenten programs , resources, and events?  
Please contact [Marietta Wynands](#), Director of Christian Education.



Grateful thanks to the Flower Guild for decorating our Sanctuary  
for the season of Lent.