



January 30, 2024

Tuesday Night 2024 Lenten Preaching Series

“Hope – Rooted in Christ”

6 P.M. Dinner • 7 P.M. Holy Eucharist with hymns and sermon

February 20

Calvary Preacher: The Rev. Moni McIntyre
315 Shady Ave. at Walnut, E. Liberty

February 27

St. Thomas Preacher: The Rev. Charles Fischer
378 Delaware Ave, Oakmont

March 5

St. Stephen's Preacher: The Rev. Liddy Barlow
600 Pitt Street, Wilkinsburg

March 12

St. Andrew's Preacher: The Rev. Leslie Reimer
5801 Hampton Street, Highland Park

March 19

Redeemer Preacher: The Rev. Carter Hawley
5700 Forbes Avenue, Squirrel Hill



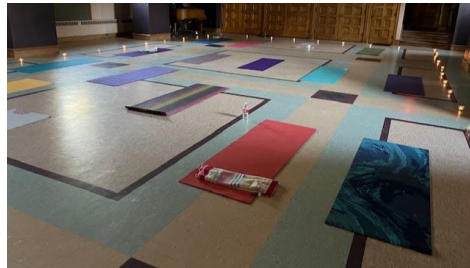
Lenten Meditation in Motion Series at St. Paul's, Mt. Lebanon

Sundays in Lent from 4-5 p.m.

(Feb 18, Feb 25, March 3, March 10, March 17)

Lent is a season for quietness and introspection, and yet it can be so hard to fit these things in our schedules.

Please come to the St. Paul's, Mt. Lebanon, Undercroft (1066 Washington Road, Pittsburgh, PA 15228) on Sundays from 4 - 5 p.m. for a Lenten Yoga and Meditation series.



These classes will have around 30 minutes of movement, and 20 minutes of guided reflection and meditation on scriptures and themes of Lent. The classes will be taught for all levels, please bring a yoga, exercise mat, or towel to participate. At the end of the class you are welcome to stick around for a cup of tea. These candlelit classes will offer a container for reflection, gentle movement, and connection with others and we hope you will set this time apart for yourself this Lent.

[Please sign up here](#) or contact The Rev. Laura Di Panfilo at laura@Stpaulspgh.org for more information.



A Day of Lenten Reflection



Lenten journeys can take many forms. Some people choose to give up things or to fast. Some choose to take on difficult tasks. This year, I plan on investigating what it means to rest in God's love and affection. The term *metanoia* means something like, "to change the way we process or understand".

On **Saturday, February 17th**, The Abbey of Saint Nicholas in Brookline will be hosting a time of reflection (10 am – 3pm) to discuss a Lent of self-care and accepting God's love for us. A light meal of vegetarian bruschettas, water, and fruit teas will be provided – if you would like to help, just bring a couple bucks.

This is not going to be overly structured; it will be a time of thoughtful conversation and ideas, noon prayer, and a concluding meditation exercise. To RSVP, please email saintnicksabbey@gmail.com.

[The Abbey of Saint Nicholas](#), 3010 Pioneer Avenue, Pittsburgh, PA 15226



One Day Women's Spiritual Retreat in Ligonier

"Following God in a Perplexed World" Being an Apprentice of Jesus
Saturday, March 9 – 8:30 a.m. – 4:30 p.m.

[St. Michaels of the Valley Episcopal Church](#), Smith House, Rector, PA
2535 State Rd. 381

"Teach me more about you, how you work and how you move, so that I can walk onward in your Truth until everything within me brings honor to your name."
Psalm 86:11 (Passion Bible)

Outcomes:

- Exploring a Deeper Spiritual Journey and Creating Space for Something New to Emerge
- Spend time in scripture, contemplative prayer & worship allowing the Holy Spirit to shape us by the presence, purpose and power of God in all things.
- Experience Spiritual Formation – God's work in us to conform us to the image of Christ.
- A community of women gathering around the transforming presence of Jesus Christ so that they can know and do the will of God.



The cost is \$25 per person and includes breakfast and lunch. Send check payable to St. Michael's of the Valley Church.

Please RSVP by March 4th to Belva McKlveen at office@stmichaelsligonier.org or 724-238-9411.



A Meaningful Lenten Project for Your Parish

We take so many things for granted -- our homes, fresh water, lights, clean clothes, the list goes on and on. Some folks do not have these luxuries; they live on the street or in their cars.

The Justice Ministry at St. Brendan's, Franklin Park, offers a Lenten project for their parishioners to help the homeless right from their own homes.



Each participant receives a calendar with a different entry for each day during Lent. If you have access to the listed item or if you do the daily task, put a small amount of money in a container. For instance, donate \$0.50 every time you have a meal today, give \$0.25 if your home has heat, etc.

This is an extremely meaningful and humbling exercise because it highlights so many of the simple things in life that we take for granted. It's a great conversation starter for every age in a household.

At the end of Lent, St. Brendan's parishioners bring the money to church and their funds will be given to [Outreached Arms](#), a non-profit for the homeless.

The St. Brendan's Justice Ministry is pleased to share this 2024 Lenten calendar with all parishes that would like to adapt it for their own awareness campaign. Each parish has the opportunity to designate an organization in their own community to benefit from the funds. It's a legal-sized Word document [available here](#).

Donna Aiello from St. Brendan's has offered to advise parishes who may want to replicate this campaign. Donna can be reached via email at donna.aiello@forecastdirect.com



Episcopal Relief & Development Lenten Meditations



Join Us This Lent

You're invited to subscribe to Episcopal Relief & Development Lenten Meditations! Visit ER&D's [website](#) to sign up for daily meditation emails, written by [Miguel Escobar](#), on living an authentic life as followers of Christ.

Want to learn more? In this video, Miguel reflects on what was in his heart when he was crafting the meditations.



Episcopal Diocese of Pittsburgh | 325 Oliver Avenue, Suite 300, Pittsburgh, PA 15222

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