

A RULE FOR LENT

The list of opportunities on this page is offered as an aid in developing a Lenten discipline. It is suggestive, not necessarily comprehensive.

Take on no more than you can realistically accomplish, but do not fail to ask what it is you hope to get out of your observance of Lent this year. The point is to be deliberate and intentional. Pick one or two items from the list ... and then commit yourself to your choice(s).

- I will participate in the **Wednesdays at Trinity** series

Beginning March 13th and continuing through April 10th, join us weekly at church and share a time of fellowship and deepening faith. Come for the whole evening or pick the part(s) that appeal to you and/or work with your schedule:

5:00 PM Eucharist

5:45 PM Simple Soup Supper

6:30 PM Engaging the Gospel (*see other side for more info.*)

- I will attend **Sunday Morning Forums** on Sundays at 9:15 am.

- I will pick up and use the **ERD Hope Chest box** as part of my Lenten devotions.

ERD Hope Chests can be returned on Sunday, April 28.

- I will set aside time for **individual study/reflection** for 20/30 minutes ____ day(s) per week (*see above and/or the **Day by Day** devotional guide*).

- I will participate in "**Lent Madness**" this year.

- I will sing in the Choir (rehearsals on Wednesdays @ 6:30 pm. Contact Susan Evans at trinitybendmusic@gmail.com.)

- I will attend the midday **Lenten Eucharist** on Wednesdays at noon.

- I will participate in the "**Sermon Reflections**" discussion on Wednesday mornings, from 9-10 am. (*Contact Terri Rahmsdorff at trahmsdorff@gmail.com or 541-390-8653.*)

- I will enhance the health of my body/mind/spirit by _____ (*be specific*).

- I will attend this year's Women's Retreat, "**On Holy Ground**," March 8-10, at the Powell Butte Retreat Center.

- I will **abstain** from _____ (*specify meat, alcohol...*) from Ash Wednesday to Easter (*savings to support Episcopal Relief and Development or another relief agency of your choice*).