

Trios Re:Formed are small groups of 4 to 6 people meeting to reflect on the Lenten gospel readings. We are inviting you to step into a Lenten journey this year with intention to gather with people, listen to God's Word in scripture, talk with each other, and pray for each other and the world. Using the material provided, each small group will then partake in a weekly gathering at a time of your choosing and in a place of your choosing for five weeks to listen and reflect on 'Our Story, Our Calling'. This resource material comes from 'Becoming the Story we Tell: renewing our engagement in Christ crucified and risen,' from the Primate's Task Force on Hospitality, Initiation and Formation, Anglican Church of Canada. For more information, contact Rev. Zsofi Schmiedge at allsaintspriest@sasktel.net.

Lent Programming 2020



Archdeaconry
of St. Cuthbert

Anglican Churches in Regina and Area

Holy Week

in St. Cuthbert's Archdeaconry



Maundy Thursday April 9th

7 pm *Indigenized Maundy Thursday Eucharist*

St. James, **Regina**

6 pm *Christian Observance of the Passover* Plain & Valley at Rock of the Valley Community Church, **Lumsden**

Good Friday April 10th

10 am *All Ages Good Friday Worship*

St. Luke, **Regina**

10:30 am *Good Friday Worship* Plain & Valley at St. Andrew United, **Lumsden**

12 noon *Good Friday Traditional Worship*

St. Mary, **Regina**

Holy Saturday April 11th

9 pm *Easter Vigil*

St. Paul's Cathedral, **Regina**

Easter

April 12th

Celebrated in all parishes. Check parish times and services.

All Saints, Lumsden	200 Qu'Appelle Dr. West, Lumsden (Plain & Valley)
All Saints, Pense	Ontario Street, Pense (Plain & Valley)
All Saints, Regina	142 Massey Rd, Regina
St. Luke	3233 Argyle Rd, Regina
St. James the Apostle	1105 Empress Street, Regina
St. Matthew	2161 Winnipeg Street, Regina
St. Mary the Virgin	3337 15th Avenue, Regina
St. Paul's Cathedral	1861 McIntyre Street, Regina
St. Philip	Living Spirit Centre – 3018 Doan Drive, Regina



Lent begins with **Ash Wednesday** on February 26th.

Ash Wednesday Worship 7 pm All Saints, Regina

Ash Wednesday Worship 7 pm Plain and Valley at Shepherd of the Valley Lutheran, Lumsden

Throughout Lent there are a variety of worship and learning opportunities. They are listed here by days of the week so that you can choose what fits your schedule and interests. For self-forming small groups, see the back page.

Monday

The Signs of Life: Light, Water, Food, Shelter, Community—A Lenten Study **every Monday** at 1:30 pm in the Lounge of All Saints, Regina on March 2nd, 9th, 16th, 23rd and 30th.

Exploring the Lenten Texts—Ecumenical Lenten Study at 7 pm in Lumsden. **Monday**, March 2nd (St Andrew's United), **Monday**, March 9th (Shepherd of the Valley Lutheran), **Monday**, March 16th (All Saints Anglican), **Tuesday**, March 24th (Rock of the Valley), **Tuesday**, March 31st (St. Peter's Roman Catholic).

Tuesday

Sacred Space for Lent is held at St. Luke, Regina **every Tuesday** beginning March 3rd and ending April 7th. Come for a soup and bread meal at 6:30 pm. Reflective prayer and sacred music are from 7 to 8 pm.

Wednesday

Labyrinth at Lunch—a time of quiet and reflective prayer at St. Paul's Cathedral from 12-1 pm **every Wednesday** during Lent. Begins March 4th and concludes April 8th.

Lent at Living Spirit Centre—Soup Supper at 5:30 pm followed by Holden Prayer at 6:30 pm **every Wednesday**. Services led by St. Philip Anglican, Eastside United and Bread of Life Lutheran.

Ember Day of Solemn Prayer and Fasting for the Ministry of the Church is **Wednesday March 4th**. There will be Morning Prayer at 8:30 am, Holy Communion at 12:10 pm and Evening Prayer at 4:30 pm at St. Mary the Virgin, Regina.

The Feast of the Annunciation of the Blessed Virgin Mary is **Wednesday, March 25th**. There will be Holy Communion at 7 pm at St. Mary the Virgin, Regina.

Thursday

Prayer Around the Cross—shared worship hosted by All Saints Anglican, Regina and Our Savior's Lutheran. Come for an evening of candlelight, Holden and Taize followed by dessert and fellowship. **Every Thursday** in March at 6:30 pm: March 5th (All Saints), March 12th (Our Savior's), March 19th (All Saints), March 26th (Our Savior's).

Friday

Friday Morning Eucharist (BAS) will be 9:30 am **every Friday** at St. Luke, Regina. Begins February 28th and concludes April 3rd.

Ember Day of Solemn Prayer and Fasting for the Missionary Work of the Church in Canada is **Friday, March 6th**. There will be Morning Prayer at 8:30 am, Holy Communion at 12:10 pm and Evening Prayer at 4:30 pm at St. Mary the Virgin, Regina.

Saturday

Urban Mini-Retreat: Introduction to the Theology and Practice of Contemplative Prayer is on **Saturday, March 21st** from 9 am to 4 pm at St. Mary the Virgin, Regina. Through an engagement with scriptural, patristic and liturgical texts, participants will gain a basic theological and historical foundation for the practice of contemplative prayer in the classic Christian tradition. The day will be punctuated by morning, noon and evening prayer services and will include practice time in contemplative prayer.

Risen with Christ: Palm Saturday Event for Families and Children is on **Saturday, April 4th** from 3:30 to 6:30 pm at St. Mary the Virgin, Regina. The program will include interactive story of Holy Week, craft activities, snack and supper.