

The Second Sunday in Lent

The Collect of the Day

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. *Amen.*

Life Transformed: The Way of Love in Lent – PRAY

Drawing on the ancient practice of setting aside Lent as a period of study and preparation for living as a Christian disciple, we are pleased to present weekly teachings from Life Transformed: The Way of Love in Lent. Learn more at episcopalchurch.org/lifetransformed.

READ Exodus 14:10-15:1

The story of the Exodus is one of the most important baptismal stories in the whole Bible. In the blessing over the water, which we PRAY at every baptism, we remember that the Hebrews were liberated from bondage in Egypt through water. Exodus is also the only reading that is specifically required in the Easter Vigil because of the way God delivered Israel through the Red Sea and the pillar of fire that lit the way for God's people. That pillar is echoed in the Easter fire, which shines in our darkness at the vigil. The Exodus event holds a seminal place in the recitation of God's liberating action – the common thread woven throughout the vigil and the Bible itself.

One of the most intriguing aspects of this powerful story is the way prayer has been woven through every step the Israelites took in their path to liberation. When they were afraid and even doubted, their prayer was heard by God who told them that he would not abandon them. When they were about to be overtaken by the Egyptians, their prayer for deliverance was answered. Moses was given the power to part the sea, and they crossed on dry land. Finally, when they were safe, the prophet Miriam led a prayer of rejoicing and thanksgiving with song and dancing. Each of these prayers is important to the story and to the relationship built between God and God's people.

In the early Church, Lent was a time for catechumens (those who were preparing to be baptized) to learn about the Christian life. The

outline of the faith that they would follow was called a catechism, and we still have a similar form in our Book of Common Prayer today (pp. 845-862). In particular, our catechism describes the role of prayer in Christian life, including the seven types of prayer:



THE WAY OF LOVE
Practices for Jesus-Centered Life

- **Adoration:** We lift up our hearts and minds to God, asking nothing but to enjoy God's presence.
- **Praise:** We praise God, not to obtain anything, but because God's Being draws praise from us.
- **Thanksgiving:** We offer gratitude to God for all the blessings of this life, for our redemption, and for whatever draws us closer to God.
- **Penitence:** In penitence, we say we are sorry, confess our sins, and make amends and life change wherever possible.
- **Oblation:** We offer ourselves, our lives and labors, in union with Christ, for God's purposes.
- **Intercession:** We bring before God the needs of others.
- **Petition:** We present our own needs, that God's will may be done.

Each of these forms of prayer will help you grow and bring you into a closer relationship with God. In fact, Scripture tells us that even when we don't know how to pray, "the Holy Spirit will intercede for us" and teach our heart how to pray in "sighs too deep for words" (Romans 8:26).

REFLECT: Prayer is one of the essential components of walking the Way of Love. Yet, some people can find it intimidating, frustrating, or hard to practice. Which of the prayer styles from the catechism speak to you? Is there one that comes naturally?

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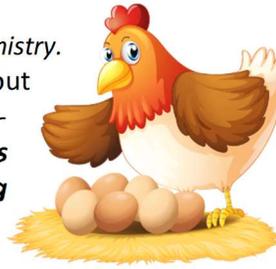
Church Cleaning for Holy Week!!

Please join us on Saturday, April 13th at 10:00 am for the Annual Church Spring Cleaning. We need as many volunteers as possible to help us clean the Church, the Altar Ware, Kitchen and Pantry. Please see Maria Mena for details.

Boiled Eggs for the Homeless

Thank you for participating in this very important ministry.

April 21st is our next monthly opportunity to reach out to the homeless and hungry with a gift of hard-boiled eggs. Please bring as many hardboiled eggs as you can manage for the Feed My Sheep feeding program in down-town Miami and leave them in the crate at the back of church.



Easter Lilies for Easter Season

Please consider donating to the Easter Lilies fund in thanksgiving for a special occasion, a special person or in remembrance of a departed loved one. A cash or check donation can be enclosed in an envelope with "Easter Flowers" written on the outside and placed in the Sunday collection plate. Include the name of the loved one or occasion you would like to dedicate the flowers to.

Thank You!

Casa dei Bambini

Casa dei Bambini Montessori School will be participating in the 2019 Best Buddies Friendship Walk which will take place on March 16. The school's "Walk Team" will be raising funds for Best Buddies in South Florida. Please consider donating to this great cause by visiting the following website:

www.bestbuddiesfriendshipwalk.org/southflorida/supporting/#cdbmontessori

BEST BUDDIES



BEST BUDDIES
FRIENDSHIP WALK



Hospitality

If your surname begins with S - Z, a reminder that there is an opportunity for you to provide a much-needed food item for our hospitality next Sunday, March 24th. Please check with Joyce Foreman this morning and ask her what she needs for next Sunday. Items needed usually are a starch (pasta, potato, etc.), a meat, a salad, a vegetable and a dessert.

We Hold in Prayer †

O God, the strength of the weak and the comfort of sufferers: Mercifully accept our prayers and grant to your servants. the help of your power, that their sickness may be turned into health, and our sorrow into joy; through Jesus Christ our Lord. Amen †

For Healing:

Baby Ailia, Bob, Bobby, Bronwen, Carmela Dana, Daphne, Darryl, Dennis, Gary, Glen, Greg, Fr. Errol Harvey, Jim, Karen, Deacon Katon, Ken, Reverend Kleban, Lily, Malu, Nellie, Obie, Paul, Rafael, Ray, Richard, Rick, Rito, Rose, Santos, Sheila, Bishop Sturdie, Tania and Tony.

For the dying and those who watch and care for them and mourn for their loss.
For peace throughout the world.

Lent & Holy Week

All celebrations and/or events are held at All Souls' Episcopal Church unless otherwise noted

Saturday, March 23rd	
Centering Prayer	
All Souls' Episcopal Church	10:30 am
March 24th	
The Third Sunday in Lent	
Sung Eucharist	10:30 am
Saturday, March 30th	
Centering Prayer	
All Souls' Episcopal Church	10:30 am
March 31st	
The Fourth Sunday in Lent	
Sung Eucharist	10:30 am
Saturday, April 6th	
Centering Prayer	
All Souls' Episcopal Church	10:30 am
April 7th	
The Fifth Sunday in Lent	
Sung Eucharist	10:30 am
Saturday, April 13th	
Church Cleaning for Holy Week!	
All Souls' Episcopal Church	10:00 am
Sunday, April 14th	
Palm Sunday	
Sung Eucharist	10:30 am
Thursday, April 18th	
Maundy Thursday	
Sung Eucharist	7:00 pm
Friday, April 19th	
Good Friday	
Sung Eucharist	7:00 pm
Saturday, April 20th	
Holy Saturday – Easter Vigil	
TRINITY CATHEDRAL	7:00 pm
Sunday, April 21st	
Easter Sunday!!!	10:30 am

STAY CONNECTED! Visit our website: www.allsoulsmb.org & sign up to receive our Weekly Newsletter by email!!



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