



**Lent at Holy Trinity
Lent, 2022**

For where your treasure is, there your heart will be also.
[Matthew 6:21]

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. [BCP, 265]

With these words, we are called walk the Way of the Cross for the 40 days of Lent. This year, when for the first time in two years we are able to gather in person for worship and fellowship, we will share in a variety of practices so that we will be able to walk together, each at our own pace. Through these Lenten practices, may each person re-discover our treasure in this community that is your “heart home.”

1. Journey's End Refugee Film Festival – Thursdays, 7pm [February 24th & March 24th)
7-8 pm – film showing, register at <https://www.wnyrff.org>
8:15-8:45 pm – Holy Trinity Zoom discussion
2. “Travelling Bags” with objects for reflection and prayer for each week of Lent, based largely on the book *Lent in Plain Sight* by Jill J. Duffield. On March 6th (the first Sunday in Lent) each household will be given a small “travelling bag” containing a tiny bag of dirt, bread, a rock, a vial of olive oil, and a bag of seeds. On each Sunday we will share a Scripture reflection and a prayer focused on one of these objects, and families may set aside a brief time at home to share a reflection and a prayer inspired by the object.
3. Mite Boxes: The Daughters of the King outreach project for March and April is the diocesan ministry Human to Human, which includes several affiliated ministries (Walking Together, Laundry Love, Marie's Mission, Building Bridges, Community Roots). On March 6th, we will have available mite boxes decorated by our children and youth (boxes will be available to decorate on February 27th, March 1st, and March 6th). Each week we will highlight a different affiliate ministry of Human to Human, and we will have an ingathering of the mite boxes at the Bishop's Visitation on May 15th.
4. Sunday Discussions – on March 20th and April 3rd we will have a group discussion during coffee hour following the service. We will gather for about 30 minutes for a “rest stop” on our Lenten journey.