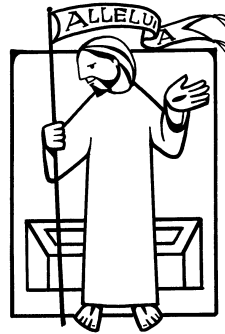


From Ashes



*Remember man
that you are
dust and into
dust you shall
return.*



To Easter

at Holy Cross
Episcopal Church

LENT 2019

Walk in Love!

*And this is love, that we walk according to his commandments
—you must walk in it. (2Jn 4.5-6)*

Dear Parish Family,

Our Ash Wednesday liturgy (worship service) invites us “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.”

You will find in this booklet a host of opportunities designed to facilitate our Lenten Journey. Please take a moment to flip through it, and then mark your calendars and join us for as many of the educational, fellowship or worship opportunities as you can. It is jam-packed with multiple events every week, so you may need to make some choices. We hope the variety of programs and offerings will make it possible for each person to fully enter into our Lenten Journey.

Liturgy Note: Like last Lent, we will worship using more inclusive language (i.e., a sensitivity to gender-free language when referring to God) at all of our services, and we will replace the consecrated water in the baptismal font with sand. The former is an expression of inclusiveness of all who come to worship at Holy Cross and the latter is an expression of our eagerness for Easter while we wander through the desert of our Lenten Journey. At the Great Vigil the waters of new life will once again flow from the font that welcomes all to God’s table. Please do let us know what you think!

We pray that our 2019 Lenten Journey together will bring us closer to each other in our community at Holy Cross and our Lord Jesus Christ.

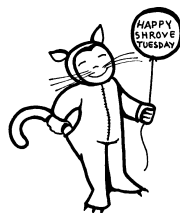
A most blessed Lenten Journey to you.

Blessings,
Mark, Martha, Pamela & Patricia

Shrove (Fat) Tuesday

Tuesday, March 5, 6:00 PM

This year, once again, the families of Holy Cross would like to invite the community to celebrate Shrove Tuesday with a traditional pancake feast. As parents, we are masters at pancakes for dinner, and welcome this opportunity to feed our church family! Dinner will begin at 6 p.m. in Turner Hall with plenty of pancakes, an array of toppings, and ham. We will have OJ, coffee and milk, and Mimosas! It is Fat Tuesday after all!



After a filling pancake supper, we should be prepared for fasting on Ash Wednesday! We will conclude our festivities with a brief service which will include the burying of the Alleluia banner and the burning of last year's Palm Sunday palms. We hope that you can join us!

Why pancakes? The tradition is that before we begin our Lenten fast, pancakes are served to use up fat, butter, sugar, and eggs.



Shrove Tuesday is a good day to start thinking about what you want to take on and/or what you want to “give up” during the forty days of Lent. These acts of reflection, self-denial and sacrifice help us to fully enter into the glory, wonder and delight of the Easter gift to the world.

REMEMBER to please bring your palms from last year's Palm Sunday. We will burn them tonight to prepare for Ash Wednesday services in the morning.

So, what will you do this year to prepare for the cross and empty tomb? Need ideas? Read on!

Holy Communion and Imposition of Ashes



**MARCH 6
6:30 AM,
12:00 Noon, & 7:00 PM**

As Ash Wednesday is a fast day (no solid food from sunrise to sunset), and a day of reflection about what it means for us to be on this Christian journey. Fasting is only suggested for those whose health will not be compromised. On this day we will have three opportunities to come together for prayer, the imposition of ashes and Holy Communion. We invite you to join us at one of these times as we move deeper into this holy season.

We also invite you to join us for a simple break-fast meal at 6:00 PM in Turner Hall. We will provide everything; come and break your fast with us. Remember during a fast, when your stomach rumbles think of God and all that God has done for us!



Opportunities for Our Lenten Journey

Name: Meditations booklet and Journey Through Lent poster

Date: Everyday

Time: Anytime

Where: Pick up resources at the *Information Center* at church

Sponsored by: *The Staff*

During the season of Lent, we invite you to pick up the Meditation booklet which contains daily short meditations for each day throughout Lent. We invite you also to Save your change and pop it in a Hope Chest. Our change can do amazing things when it is all collected together.

You may also sign up to receive Daily Lenten Meditations by e-mail by going to

<https://www.episcopalrelief.org/church-in-action/church-campaigns/lent>

The Journey Through Lent posters are back this year. These are similar to the Advent posters, authored by the same priest. It is a wonderful way to mark the days of Lent, place the poster on a door where you can glimpse a remind of the days' thought or task.

Name: *Healing and Reconciliation*

Date: Sunday, March 10

Time: 12—1 pm

Place: At the back of the Church

Sponsored by: The Healing Team



Trained Healing Team Ministers are available every Sunday, and during Holy Week, to listen to confidential requests for healing, and to respond with prayers and the laying on of hands if desired.

Once a month our team gathers to listen to each other and to God. We are currently reading *Find the Good* by Heather Lende. During Lent we will discuss how her stories relate to our theme to “walk in love.” We then pray for our own healing and for our ministry with the people of Holy Cross. Please be in touch with Martha if you are interested in exploring joining this team.

Name: *Lent Madness*

Date: Sundays through Lent

Time: Anytime

Where: Holy Cross Turner Hall

Sponsored by: Holy Cross Men's Group



Join the Holy Cross community as we participate in our 6th Lent Madness! Based on the NCAA's March madness tournament, this "competition" pits various saints against each other until we crown one saint with the Golden Halo. This has become an international phenomenon and a Holy Cross Lenten tradition. Use the helpful guide about this year's saints or use your best guess to make your picks-which are due on Shrove Tuesday at the pancake supper. It is a fun (as much fun as we can have in Lent) to learn more about the communion of saints that we celebrate at each Eucharist. Brackets will be available and will have to be turned in on Shrove Tuesday at the pancake supper. It will be \$5 per bracket to play. The winner gets to decide which Holy Cross ministry gets the pot AND your name on the plaque in the Parish Hall.

Name: *The Way of Love: Bless*

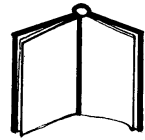
Date: Mondays, Mar. 11, 18, 25, Apr. 1 & 8

Time: 7 - 8 pm

Where: Holy Cross Conference Room

Cost: \$8.95 for a trade paper, or \$5.38 for Kindle edition.

Sponsored by: *I.H.H. (In His Hands) Book Reading Group*



In His Hands (the Monday night book group) will be reading *The Way of Love* series, we will begin with *Bless*, and see where the series takes us. Following Presiding Bishop Michael Curry's call to follow "The Way of Love: Practices for a Jesus-Filled Life" each of these seven little books will provide an entry point to the novice who wishes to learn more about how to begin a practice of turning to Christ, learning about the faith, prayer, worship, the sharing of gifts with others (bless), being a disciple (go), and rest (take time for self-care). Gleaning from the wisdom of CPI authors, each little book will offer excerpts from well-known titles already published in a short, accessible format.

Name: *The Old Testament In The New Covenant*

Dates: Wednesdays, March 13, 20, and 27, April 3 and 10

Time: 6 pm: Simple supper, 6:30 and 27, April 3

Cost: 0

Where: Holy Cross, Turner Hall

Sponsored by: Adult Education Team



As we walk in love in this time of Lent, we invite you to join us in studying the Old Testament and how it leads us into the New Covenant. The lessons of this program, presented by Jodi Kingdon, will give you insight into the historical background of the Old Testaments creation, why these scriptures still matter in our lives today, and how God interacts with us. The program includes selected illustrative scripture passages and reflection questions.

Name: Come to Church; Go in peace to love and serve the Lord

Date: Sundays

Time: 8:30 and 10:15 am every Sunday;

Where: In the Church on Sunday Mornings

Sponsored by: The Clergy



Here we are fed, inspired, and commissioned to take what we have shared into the world, as we walk in love.

Date: Every day

Time: 12 Noon

Place: Anywhere

Sponsored by: The Contemplation Group



The Contemplation Group invites everyone to join us in praying every day at noon for peace in our time. So that we might, more and more, walk in love as Jesus taught us.

Name: *Contemplating and Action*

Date: Tuesdays

Time: 5:30—6:15 pm

Sponsored by: The Contemplation Group



Contemplation and Action have a long tradition of being linked together. Quiet contemplation is an ancient practice, and it does take practice! Yet this time of sitting with each other around a candle informs how we will then take action in our daily encounters and living. Maybe this is the Lenten discipline you are looking for?

Name: *The Wired Word*

Date: Wednesdays (check parish calendar for changes or cancellations)

Time: 11 am —12 pm

Where: Mark's office (Conference Room)

Cost: \$18.00 for a participant Workbook

Sponsored by: Wednesday Morning Study Group



Our Wednesday morning study group invites you to join us in a Lenten exploration into the commandments. Come, gain a new appreciation of God's guidance toward faithful and blessed living. Here is a fresh look at those familiar words so central to the will and way of God. Explore the commandments, from their biblical setting through the teachings of Jesus and into our own lives. In seven sessions, we discover how God's timeless laws speak solid truth to us today.

Name: *Sharing about our Lenten Theme over Dinner*

Date: Mar. 9, and Apr. 13

Time: 6 pm

Where: March: Steph Bigelow's; April: TBA

Sponsored by: On Our Own

Contact: Martha Kuhlmann, martha@holycrosscv.org



“On Our Own” is for all who fit this description. We meet one Saturday a month for appetizers and desserts, and conversation.

At the March and April meetings we will be discussing our Lenten Theme; Walk in Love. If you wish to carpool, please meet in the upper parking lot at Holy Cross at 5:30 p.m.

Name: *Food for Going Out into the World*

Date: The Sundays of Lent

Time: 8:30 and 10:15 am

Place: Church

Sponsored by: Bread Making Team



During the season of Lent, we use pita bread at communion instead of our usual recipe with milk and honey. This practice reminds us that we are in a simpler, plainer time, and it makes our sweeter, fancier bread taste even better when it's at Easter! Once again, Diane Granlund has offered to make her homemade version of pita bread for the Sundays of Lent. She also leads the kids of TKA in making it to be used at our Maundy Thursday service. As we are fed with the Bread of Life, be it plain or fancy, we are nourished to go into the world to share God's gift of reconciliation.

Name: *Knitting and Crocheting in Love*

Date: Saturday, March 16

Time: 3—4:30 pm

Where: The back of the church

Sponsored by: The Prayer Shawl Ministry

Contact: Sandra Sommer



We invite you to join us in knitting or crocheting items as simple as squares to be made into blankets for our four-legged friends at the Hayward Animal Shelter; to scarves for our sisters and brothers at Sacred Space; to shawls for members of our community who are experiencing challenging or celebratory times. Our creations are outward and visible signs of our commitment to walk in love.

Name: Helping our Church Family
Date: As needed
Sponsored by: The Community Care Team

*You shall know they are
Christians by their Love*



The Community Care Team responds to the physical and spiritual needs of our community providing meals, rides, help with small household tasks, prayers, home or hospital communion visits, and a worship service at Oak Creek Alzheimer's and Dementia Center. If you need help or would like to help, please speak with Martha or Mark, or contact the team leader:

EUCHARTISTIC VISITORS

Sandra Sommer

MEALS TO GO

Georgia Brown

OAK CREEK MINISTRY

Hilary Drake

HITCH A RIDE

The Rev. Deacon Patricia Pearson

HELPING HANDS

Ken Couche

THE PRAYER LIST

Bonnie Pikul: 510/889-7233

Name: Picking up, Lent Reminders

Date: All of Lent

Where: Here and There

Sponsored by: The Facilities Team



Christians remind themselves of Lent in their daily prayers and by their daily actions. Changing what we eat, what we wear and our prayer schedule all serve to remind us—frequently—that it is Lent. Here's a thought. Each day of Lent, wherever you happen to be, make sure you pick up a piece of litter and throw it out.

That little combination of thought and action...remembering, seeing the detritus, bending over and grabbing it, and then tossing it in a bin...can be a private reminder for us that it is Lent, it is God's world, we are lucky to inherit, we are responsible for it, and maybe most importantly, that we are God's stewards.

Name: *Lenten TKA* (The Kids Academy)

Date: Wednesdays, Mar., 13, 20, 27, and Apr. 3

Time: 3:30—5:30 pm

Place: Holy Cross, Turner Hall

For: Kids K-5 and Counselors, 6-12

Sponsored by: TKA Planning Team

Contact: Martha Kuhlmann, martha@holycrosscv.org



Along with prayers, music, snacks, and games, this session's enrichment segments will include activities and art projects that tie in with the themes of Lent, Holy Week, and Easter.

March 13: Petra Fibrichova: Yoga for kids

March 20: Debra Collins, art project

March 27: Hope Heusdens, art/craft activity

April 3: Diane Granlund: Making Bread for our Maundy
Thursday service

Name: Book Conversations

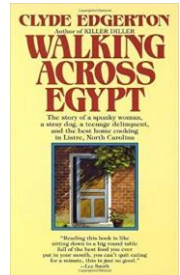
Date: Saturday, March 9 and April 13

Time: 9:30—11 am

Place: Conference Room

Sponsored by: The Saturday Morning Book Group

Contact: Martha Kuhlmann, martha@holycrosscv.org



For our March meeting we will read and discuss, *Walking Across Egypt* by Clyde Edgerton. This novel is filled with rich characters, a wonderful quirky story about living out one's faith, and lots of southern cooking.

Our April book is *Everything Happens for a Reason: and Other Lies I've Loved* by Kate Bowie.

"A meditation on sense-making when there's no sense to be made, on letting go when we can't hold on, and on being unafraid even when we're terrified. And it happens to be hilarious. Above all, though, this is a love letter to life."

Name: *Aging Gracefully*
Date: Tuesday, March 26
Time: 12 noon 'til 2 pm
Sponsored by: The Senior Adult Ministry



Walk in Love is Holy Cross' theme for 2019's Lenten journey. This Aging Gracefully gathering will be led by Karla Werning, a surgeon & member of Holy Cross. She will share her story & photos of her personal Walk in Love through work with International Surgical Service Missions. We hope you can join us! Bring a bag lunch.

Name: “*Walk in love*” on the Labyrinth
Date: Any day
Time: Anytime
Sponsored by: Friends of our Labyrinth (fool)



Available 24 hours a day, 7 days a week, our Holy Cross labyrinth is a walking meditation. Take our Lenten theme “Walk in Love” with you onto the labyrinth. As you walk it's path, reflect on what this might mean to you: in your heart; with your family; with your friends; at work; relaxing; with the world. Reflect on WHEN you might walk in love: in the moment; tomorrow; next week; in Lent; forever.

Name: *Walking with the FESCO Families*
Date: Everyday/ Save the Date: Saturday, May 4
Time: Anytime
Where: Bring items to Holy Cross
Contact: Lori Clifford
Sponsored by: Outreach Team



We have two unique opportunities in our Walk to End Family Homelessness.

1. We invite you to provide items needed by families living at the shelters of the Family Emergency Shelter Coalition (FESCO). These items will make their journey a little bit easier.

- Bath Towels and wash cloths
- Diapers/Pull-Ups (all sizes)
- Feminine Hygiene Items
- Cleaning Supplies
- Socks, and undergarments (all sizes)
- Learning Toys for infants and toddlers
- Arts & Crafts Supplies

2. Join The 22nd Annual FESCO Shuffle and raise funds to continue providing shelter and programs for our clients.

- Saturday, May 4, 2019
- San Leandro Marina, Seagull Picnic Area
- 9 AM-12 Noon
 - Register online at FESCOShuffle.org
 - Join Team Holy Cross
 - Seek Sponsors
 - Walk the easy one-mile course
 - Stay for light lunch and Raffle
- More Info on the Information Center



Lent Confessions...but does anyone “make confessions” anymore?

What used to be called the Rite of Confession is now called the Rite of Reconciliation. Our Prayer Book points out that the ministry of reconciliation is present in our Christian life together and in our common prayer as we gather for worship, confess our sins, and receive absolution. The prayer book also recognizes that there are times when we might want to make an individual confession. Lent and Holy Week are traditional times for Christians to take advantage of this opportunity. Please be in touch with one of our priests if you wish to schedule a time.

Holy Week

Palm Sunday — April 14

8:30 and 10:15 AM

The service begins on the Labyrinth and we process into the church waving palms and glorifying God. We made a change in the Palm Sunday service last year, “come and see!”

Holy Cross is being Stewards of God’s Grace (2009’s Lenten theme) and once again endorsing Eco-Palms as a way to promote economic justice on Palm Sunday. Through our use of Fair Traded palm branches we make Palm Sunday a day of celebrating economic justice for farmers and stewardship of God’s creation in Guatemala and Mexico. Eco-palms are harvested in a way that rewards workers for the quality of the palms they harvest rather than the quantity, which helps to limit the amount of palms taken from our creation.

Eco-palm communities have taken upon themselves to learn about harvesting practices that minimize impact on the natural forest where the palm grows, and biodiversity of the region and improve the local communities’ standard of living.



*Hosanna h! Blessed is He who comes in the
name of the Lord*

Monday of Holy Week— April 15 at 7:00 PM

A simple service of Holy Communion celebrated at 7:00 PM. The story of a woman anointing Jesus with costly perfume is the traditional gospel reading for this evening. Come and hear how a simple act causes quite a stir!



Tuesday: Tenebrae— April 16 at 8:00 PM

Join the choir for an ancient service of “Matins.” This profound service of an extinguishing of light is a reminder of what we experience as we move deeper into Holy Week and toward the cross. The

choir has some wonderful music to share with us as we journey toward the extinguishing of the lights in the church to a single candle.

Wednesday: Service of Reconciliation— April 17 at 7:00 PM

Join us for an evening of reflection, repentance and forgiveness. Tonight is an opportunity to spend some time considering our life journey just before we embark upon the “three great days.” We hope you can join us for an evening of reflection.



Maundy Thursday— April 18 at 6:00 PM

This service begins the Triduum Sanctum, The Three Great Days!

Maundy Thursday, Good Friday, and Easter (the Vigil in particular) have ancient roots in the early Christian church. We invite you to make a commitment to be present for these most important celebrations of our life together as the body of

Christ. This year we once again share our popular, “out of the box” Maundy Thursday experience. It features a simple pot-luck meal (bring whatever the Spirit moves you to share) and an opportunity to wash feet or have your feet washed, hosted by our children!



The Chapel of Repose follows the Maundy Thursday service. Sign up for a prayer “watch” at the Information Center after church or call the parish office (889-7233).

Good Friday— April 19

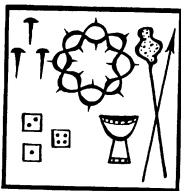


Stations of the Cross—12:00 Noon

This is a moving 45-minute service led by our youth as we move around the parish campus and trace the last hours of Christ before and on the cross. We begin in a bare church and return there after making one lap around the parish grounds hearing the story of Christ’s passion and a brief meditation at each station.

Children’s Good Friday Event—4:00 PM

Good Friday is a crucial part of our Christian story and when working with children, it must be shared in careful and developmentally appropriate ways. We have de-signed a Good Friday experience for preschool and grade school children. It will include crafts and experiential learning and we plan to use a movie to tell this important part of our sacred story. Does the picture at the right give you a clue about the movie? Adults, you are MOST welcome to join us too!



Good Friday Service—7:00 PM

Our evening service will be a combination Labyrinth Walk and the reading of the Passion. Please bring coats and dress in layers as we complete our liturgy by tracing the steps of Jesus on the Labyrinth.

The Great Vigil of Easter

Saturday, April 20 beginning at 8:00 PM

On this night we celebrate the “feast of feasts” by hearing God’s word proclaimed, welcoming new Christians into the household of God through baptism, and celebrating our first Easter communion!



We begin our worship this evening on the Labyrinth gathering around the New Fire (a bonfire) holding candles and hearing some of our most sacred stories told in the oral tradition. We then process by candlelight to Turner Hall where we will celebrate baptism and then make a final procession to the Memorial Garden to

reclaim the Alleluia banner buried there on Shrove Tuesday. Lastly, we arrive at the doors of the church to proclaim, “Christ is risen” and celebrate together the first Eucharist of Easter in the sanctuary filled with light, music, flowers, and the ringing of our Easter Bells! (Be sure to bring a hand bell if you have one!) Following the service, we will break our Lenten fast with a Pot-luck feast! We invite you to bring something that you have given up for Lent and share it at our table as we break our Lenten fast together!

If someone in your household is interested in the Sacrament of Baptism, please speak with one of the clergy. The Vigil is the perfect night to be welcomed into the household of faith!



Easter Sunday

Easter Day Celebrations April 21

Our first Easter morning service of Holy Communion is a sunrise celebration with Taize music on the Labyrinth at 6:00 AM

Our traditional Festive choral celebration of Holy Communion is at 8:30 AM and 10:15 AM



An Easter Egg hunt will follow the 10:15 service!

Nursery Care is available for children 3 years and under at the 10:15 service.

1:00 PM Sacred Space worship service in Cannery Park Hayward. Sandwich making in Holy Cross kitchen following 10:15 service. Sacred Space is a ministry with unhoused persons in the Hayward area. Every Sunday Holy Cross, in rotation with other Episcopal parishes in the Southern Alameda Deanery, leads a worship service. A bag lunch is provided to those who attend, and to those who just drop by.



*The Resurrection
of the Lord*

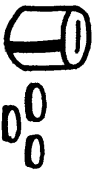
Holy Cross Episcopal Church
19179 Center Street
Castro Valley CA 94546



prayer for the good of your soul



fasting for the good of your body



absiniquing for the good of your neighbor