

ASH WEDNESDAY

The liturgical use of ashes originated in the Old Testament times. Ashes symbolized mourning, mortality, and penance.



Prophesying the Babylonian captivity of Jerusalem, Daniel (c. 550 B.C.) wrote, **“I turned to the Lord God, pleading in earnest prayer, with fasting, sackcloth, and ashes”** (Daniel 9:3).

After Jonah’s preaching of conversion and repentance, the town of Nineveh proclaimed a fast and put on sackcloth, and the king covered himself with sackcloth and sat in the ashes (Jonah 3:5-6).

The early Church continued the usage of ashes for the same symbolic reasons. In the Middle Ages (at least by the time of the eighth century), those who were about to die were laid on the ground atop sackcloth and were sprinkled with ashes. The priest would bless the dying person with holy water, saying, “Remember that thou art dust and to dust thou shalt return.”

About the year 1000, an Anglo-Saxon priest named Aelfric preached, “We read in the books both in the Old Law and in the New that the men who repented of their sins bestrewed themselves with ashes and clothed their bodies with sackcloth. Now let us do this little at the beginning of our Lent that we strew ashes upon our heads to signify that we ought to repent of our sins during the Lenten fast.”

This year the imposition of ashes will consist in the ancient tradition of sprinkling upon the head.

15 OTHER LOVING POSSIBILITIES

1. Rise a little earlier and spend 10 minutes quietly thanking and offering your day to God.
2. Practice the presence of God: throughout your day, acknowledge His silent presence.
3. Make use of online guided prayer resources. Here are two: the Society of Saint John the Evangelist: <http://ssje.org/ssje/time>, Jesuit Media Initiatives: <http://www.pray-as-you-go.org/home>.
4. Pray for those who have hurt you—an act of love, which is already to forgive them.
5. Choose two or three persons whom you know are suffering and commit to praying for them.
6. Go for a long walk in nature and thank God for the beauty of Creation. And **“look up at the sky, and count the stars, if you can.”** (Genesis 15:5)
7. Reach out to an old friend with whom you have not spoken in a while.
8. Smile at the cashier.
9. Donate personal possessions, such as clothes, shoes, or books to people in need.
10. Pick up trash.
11. Fast from gossip, and practice being uplifting and encouraging.
12. Fast one day per week from social media.
13. Spend quality time (QT) with your significant other (and/or with your children), strengthening your relationship.
14. Stop feeling guilty for things you have done wrong; instead, remember God’s unconditional love for you.
15. Forgive yourself—by the grace of God...



ASH
WEDNESDAY

FEBRUARY 17

Services at
Noon &
7:00 PM

LENT 2021

I WILL GIVE YOU A
New Heart



I will give them a heart to know
that I am the Lord
and they shall be my people and I
will be their God,
for they shall return to me with
their whole heart.

Jeremiah 24:7



ASCENSION
and
SAINT AGNES

EPISCOPAL * ANGLICAN
CHURCH

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LENT 2021

Dear Members and Friends,

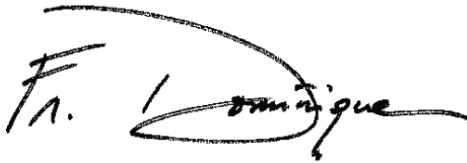
Next week, the Universal Church will again enter into the season of Holy Lent.

Lent is a time of particular intimacy with our Lord. It is a special journey to the Cross and Resurrection, two facets of the same mystery of the pouring forth of divine love. Ash Wednesday officially begins this most holy season when we, are particularly drawn by the One who loves us and, in that encounter, experience the renewal of our hearts.

In this brochure, you will find several offerings to facilitate such an encounter and such renewal of the heart. Prayerfully consider what the Lord may be inviting you to experience in order to deepen your intimacy with Him.

As we embark on this Lenten journey, we can be assured that we do not travel alone. Like those Christians that have gone before us, we walk with each other, following Jesus of Nazareth. With renewed hearts, may we ever more generously lay down our lives for one another and serve those most in need.

In prayer with you as we journey in hope,



The Rev. Dominique Peridans
Rector

SACRAMENT OF RECONCILIATION

We celebrate this particular encounter with Christ. In this ritual, also called Confession or Penance, God offers the assurance of forgiveness. Please contact Fr. Dominique at (202) 347-8161 or fatherdominiqueasa@gmail.com.

STUDY

Death, Life, and Eternal Life

A Four-Part Lecture Series

Wednesdays at 6:00 PM via Zoom



February 24

Dying to Self: Asceticism and Martyrdom

Rev. Anna Petrin, PhD
Assistant Professor of Worship
Wesley Theological Seminary
Washington, DC



March 3

The Death of a Friend: Jesus and Lazarus

Rev. Matt Sigler, PhD
Assoc. Prof. of Wesleyan Studies
Seattle Pacific University
Seattle, WA



March 10

Sitting with Christ's Tomb: Examining Good Friday

Dr. Jonathan Powers, DWS
Assistant Professor of Worship
Asbury Theological Seminary
Wilmore, KY



March 17

The Empty Tomb: Glimpses of Easter in Lent

Rev. Marcus Walker
Rector
St. Bartholomew the Great
London, UK

STUDY (continued)



Book of Ruth

A Three-Part Video Series

with Molly Jane (MJ) Layton
Seminarian Intern

Available on Church of the Ascension
and St. Agnes YouTube Channel

Little Baby Obed

published Friday, February 19

Ruth and Boaz

published Friday, February 26

Ruth and Naomi

published Friday, March 5

PRAYER

Wednesdays In Lent

5:30 PM **Adoration**

(quiet prayer in the sacramental presence of Christ)

6:30 PM **Holy Eucharist**

Saturday, February 20 and March 20

10:00 AM **Praying the Psalms**

(Via Zoom with Fr. Charles Hoffacker)

Friday, March 5

7:30 PM **Stations of the Cross**

Prayerful meditations (with music)

on Christ's journey to His death

(live-stream; 45 minutes)

Sunday, March 7

5:00 PM **Choral Evensong**

meditative service of chant, readings and prayers

(live-stream; 45 minutes)

SERVICE

If you would like to assist in our "Sandwiches in the City" ministry either by preparing or distributing (Sundays, 12:30-2:30 PM), please contact Helena Mirtova at (703) 220-5747 or by email at krisalarisa@hotmail.com.