

## Shrove Tuesday Pancake Dinner and Valentine's Day Party



**Tuesday, February 13, 6:00-8:00 p.m.**  
**in the Parish Hall**

*Bring your sweetie (or come and meet one) at our Shrove Tuesday Pancake Supper and Valentine's Day Party! It is a unique happening that Lent starts on Valentine's Day so Celebrate love early to be ready for the contemplative season of Lent to Kick Off on Ash Wednesday, February 14.*

## Schedule for Lent at St. Richard's



**Ash Wednesday, February 14**

- ◆ **12:00 p.m.** Imposition of Ashes and Holy Eucharist
- ◆ **4:30 p.m.-6:00 p.m.** *Ashes on the Go ( Drive up for curb side prayer & imposition of ashes)*
- ◆ **7:00 p.m.** Imposition of Ashes and Holy Eucharist



## Stations of the Cross

Every Friday in Lent

starting February 16 at 6:00 p.m. in the Memorial Garden

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### Soup and Salad Evening Educational Lenten Program

## CONNECTIONS: Exploring Contemplative Practices

Led by Spiritual Director, Reiki Master, Contemplative Prayer Group Leader, Tiffany Lane.

**Every Wednesday in lent starting February 21 and ending on March 21 5:45-7:00 p.m.**

Lent is a time in our church year which calls us to be a more reflective in our time with God. The Lenten Program will be focusing on various forms of contemplative practices that will help us broaden and deepen our prayer practices. Prayer has many forms. The contemplative practices we will be exploring are ancient and have their roots in the very early Christian tradition. However, these practices, over the centuries, had been consigned to monastic communities, only to be brought out as "new" in the later 19<sup>th</sup> and 20<sup>th</sup> centuries. Our Wednesday evenings together will begin with a light dinner, then with the following presentations:

- February 21:** Introduction to Contemplative Practices
- February 28:** Lectio Divina
- March 7:** Guided Meditation/Imagery
- March 14:** Centering Prayer
- March 21:** Spiritual Gazing