

WHAT IS LENT?

Lent is a 40-day liturgical season that begins on Ash Wednesday and concludes at the Great Vigil of Easter. Sundays are not included in the 40-day count because every Sunday is a joyful celebration of Jesus' resurrection. Though not biblical, Lent has long been a tradition in the Christian Church, and it is thought that the tradition of the 40 days recalls the 40 days Jesus spent in the wilderness, fasting and being tempted by Satan (Matthew 4:1-11). Lent is considered a time of penance and discipline.

Because of Lent's penitential nature, worship tends to be more solemn, and purple is the liturgical color of the season. Some congregations remove flowers from the worship space, and for many, songs of praise like the Gloria in Excelsis ("Glory in the highest") and expressions of joy like the exclamation "Alleluia" ("Praise the Lord") are removed from the liturgy until Easter. Many congregations hold special mid-week worship services and promote other devotional activities to help their members concentrate on the Lenten disciplines of fasting, almsgiving (charity) and prayer.

Ash Wednesday is the first day of Lent. On this day, Christians focus on their complete sinfulness and the necessity of Christ's suffering and death to insure their salvation. Ashes are referred to many times in the Old Testament as signs of sorrow, mourning, humility, and repentance, and on Ash Wednesday they are used to remind people of their mortality - that "you are dust, and to dust you shall return" (Gen. 3:19). Many churches use ashes during Ash Wednesday worship in a ritual called the Imposition of Ashes. In this custom, ashes are mixed with a small amount of oil and applied to the forehead of each worshipper.

The Sunday of the Passion or Palm Sunday begins the last week of Lent, known as Holy Week. During this holiest time of the church year, the worship services relive the final week of our Lord's human life. Holy Week includes The Triduum (or "The Three Days"). Maundy Thursday, when Christians observe Christ's "Last Supper"--the institution of the Sacrament of Holy Communion --and the mandate to serve one another in love. Good Friday, which commemorates the imprisonment, trial and death by crucifixion of Jesus. And, on the Saturday evening of Holy Week, Lent culminates in the Great Vigil of Easter, when Christians gather in darkness, light new fire, and celebrate the fulfillment of the Old Testament prophecies in the resurrection of Christ. On Sunday morning, with great joy we celebrate the "day of days" and begin the 50 days of Easter - filled with hope and sharing the good news that Christ is risen - He is risen, indeed!

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Mid-week Lenten Soup Meals SIGN-UP

Gifts of soup and bread for our designated (Feb. 24, March 10, 17 (lunch only), 24) Lent Soup Meals are most welcome. Please let us know your willingness to contribute by signing up on the chart on the Information Table in the Chapel.



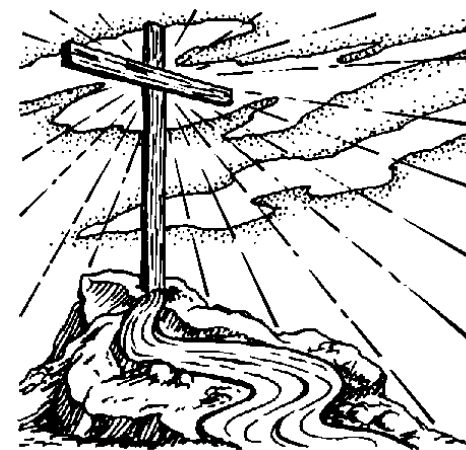
BETHANY EVANGELICAL LUTHERAN
CHURCH

200 Third Avenue
Altoona, PA 16602
Phone: 814-944-7560

Email: bethanyelca@verizon.net
Website: www.bethanylutheranchurch.net

BETHANY EVANGELICAL LUTHERAN CHURCH

THE 2010 LENTEN JOURNEY



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THE 2010 LENTEN JOURNEY: THE PSALMS OF LENT

ASH WEDNESDAY: The 40 Day Lenten Journey Begins

February 17th - at 7:00pm at Bethany

- Imposition of Ashes and Holy Communion



LENT WEEK I: Psalm 91

Wednesday, February 24th

5:45pm - Soup & Bread Supper at Bethany

6:30pm - Evening Service at Bethany

LENT WEEK II: Psalm 27

Wednesday, March 3rd

5:45pm - Soup & Bread Supper at St. James Lutheran

6:30pm - Evening Service at St. James Lutheran

LENT WEEK III: Psalm 63

Wednesday, March 10th

5:45pm - Soup & Bread Supper at Bethany

6:30pm - Evening Service at Bethany

LENT WEEK IV: Psalm 32

Wednesday, March 17th

5:45pm - Soup & Bread Supper at St. James Lutheran

6:30pm - Evening Service at St. James Lutheran

LENT WEEK V: Psalm 126

Wednesday, March 24th

5:45pm - Soup & Bread Supper at Bethany

6:30pm - Evening Service at Bethany

LENT WEEK VI: Psalm 22

Wednesday, March 31st

7:00pm - Holy Wednesday Service at Bethany

BETHANY'S SPECIAL CLASSES

Baptism #1 & Baptism #2—See Pastor Betty
First Communion Class - Saturday, March 20th at 11am
OR *Thursday, March 25th at 6:30pm*
New Members Classes - See Pastor Betty

THE LENTEN BOX "BACH" LUNCH CONCERT SERIES

Wednesdays in Lent Feb. 24 – March 31

Lunch at Noon - Concert at 12:30pm

The Host Church is Second Avenue UMC

(Corner of 1st Street & 2nd Avenue, Altoona)

Meals are provided by 2nd Avenue UMC, Bethany Lutheran, 5th Avenue UMC, Greenwood UMC, East End UMC and Faith United Church of Christ

Join us for a light lunch of soup, bread, and dessert.

Following lunch, a time of reflective music will be provided in the sanctuary. If you can't come for lunch, you are welcome to bring a bag lunch to eat while you enjoy the concert.

Jen Harry, Liturgical Dancer, w/Asa Carns on 2/24

Rev. Betty Landis, Soprano, with Asa Carns on 3/3

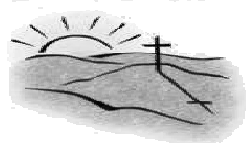
Judy Moore, Flute, with Asa Carns on 3/10

Betty Wingert, Piano, with Asa Carns on 3/17

Jim White, Baritone, with Asa Carns on 3/24

Leslie Beers, Suzuki Strings, and Asa Carns on 3/31

COME NOURISH YOUR BODY AND SOUL!



THE FINAL WEEK: HOLY WEEK

Sunday of the Passion

Palm Sunday—March 28th

9:00am - Palm Procession and Holy Communion Service

10:30am - Sunday School/Hodie's Here!

Holy Week Schedule

Tuesday—Friday *Sanctuary Open from 7am-3:00pm* for Prayer & Meditation



Holy Wednesday— March 31st

7:00pm - Psalm 22 & Service of the

Word & Confession



The Triduum - The Three Days

Maundy Thursday— April 1st

6:30pm -Hand/Foot Washing

7:00pm -Holy Communion

First Communion for Bethany Youth



Good Friday—April 2nd

7:00pm -Tenebrae Service at Bethany



Holy Saturday - April 3rd

10:00pm-Vigil of Easter/Holy Baptisms

Midnight - Break-the-Fast Party

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EASTER Sunday—April 4th

6:30am -Sunrise Festival Service

8:15am -The Magnificent Easter

Breakfast/No Sunday School

10:00am -Easter Festival

Worship



HOME LENTEN RESOURCES are AVAILABLE on the INFORMATION TABLE in the CHAPEL