

Rector's Note

“When two or three are gathered together in God’s name, I will be in the midst of them...”

The above is from the prayer of Saint Chrysostom, Early Church Father who served as archbishop of Constantinople, at the close of the Daily Office of Evening Prayer – *1979 Book of Common Prayer*.

Our practice of praying the Daily Office of Evening Prayer this Lenten season is becoming an anchoring piece of my emerging Lenten practice; it helps me to slow down, pause, and breathe, and experience God as I make space in my heart to be transformed by God’s loving and prodding Spirit.

I have been thankful to have a small group of members join me at 4:30 Monday to Thursday in person as well as online. Another option beyond praying Evening Prayer with Saint Andrew’s in person or on our FB page is with Forward Movement (a longstanding Episcopal prayer resource). Below is a link that will take you to their Morning and Evening Prayer podcast along with daily devotionals. It is another option for daily prayer from the tradition of our *Book of Common Prayer*.

<https://www.forwardmovement.org/Pages/Item/15054/Our-Podcasts.aspx>

As we’ve prayed and listened, I’ve realized we need to tweak our Lenten practice to expand beyond Evening Prayer (prayer is a dialogue after all, right?). And so, for the remaining Wednesdays in Lent – March 15, 22, 29, we will include Eucharist at 5:30 with the ancient practice Lectio Divina (think contemplation!). Here is a link to learn more about it:

<https://www.episcopalchurch.org/glossary/lectio-divina/>

I look forward to continuing to gather with you these coming weeks as we settle more deeply into our Lenten routines.

Listening all-ways,
Rev’d Stephanie +