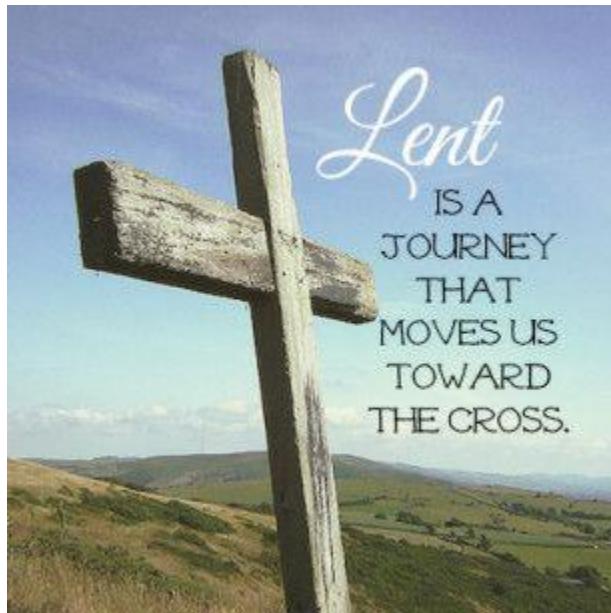


# St. Alban's Episcopal Church

## Lent 2026



*The period of 40 days, which traditionally does not include Sundays, commemorates the “40 days and 40 nights” (Matthew 4:2) that Jesus fasted in the desert after his baptism.*

*The word “Lent” comes from an Old English word for “spring,” and is derived from the German word “lang,” meaning “long,” because during this season before Easter, the hours of daylight become longer. The Book of Common Prayer explains Lent in this way: “The first Christians observed with great devotion the days of our Lord’s passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting.*

*This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church (BCP, pp. 264-265). The Episcopal Church invites us to observe Lent “by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word” (BCP, p. 265)*

*Lent is a sacred invitation to slow down, reflect, and make space for God. It is not about striving for perfection or proving our devotion. Rather, it is about coming as we are—flawed, weary, hopeful—and allowing God to meet us on the road. This booklet provides resources available to guide you on your journey thru Lent. Take a few minutes to find what interests you and walk these 40 days with intention and purpose.*

# Faithful Families Intergenerational Programs

## 11:00 AM Following morning services



### 1<sup>st</sup> Lent: Service Sunday

**Sunday, February 22<sup>nd</sup> LENTEN PRAYER BEADS**

We welcome you to join us after worship to make your own prayer beads which is an ancient tradition used as a tool for contemplative prayer. Make your own set of prayer beads to use throughout Lent.



### 2<sup>nd</sup> Lent: Pretzels for Lent

**Sunday, March 1<sup>st</sup>** We welcome you to join us after worship to make your own pretzels. Praying is another way to draw closer to God and pretzels remind us of prayer, too.



### 3<sup>rd</sup> Lent: Resurrection Garden

**Sunday, March 8<sup>th</sup>** Families are invited to make a Resurrection Garden centerpiece for their home. Please watch the Weekend Update for registration information. You will need to pre-register for this event. Please email the parish office if you have any questions.



### 4<sup>th</sup> Lent: Girl Scout Sunday, Sunday, March 15<sup>th</sup>.

Immediately following the service, we will join together to put together toiletry bags to be donated to men and women living in shelters. This will be in place of our March Service Night. All are welcome to join us!



### 5<sup>th</sup> Lent: Church clean up and Palm Cross Making

After our 10 AM Service on **Sunday, March 22<sup>nd</sup>** we will work together to make palm crosses to be handed out on Palm Sunday. We will also tidy the church up for Easter.

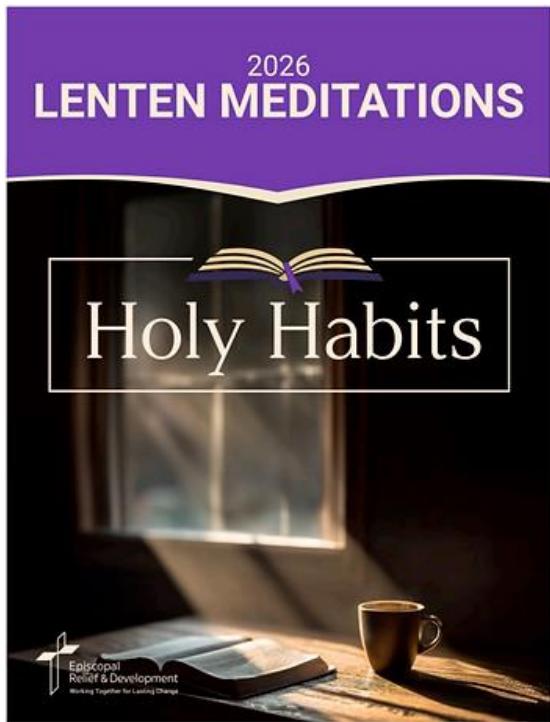


### Palm Sunday: Sunday, March 29<sup>th</sup>.

Holy Week Scavenger Hunt following the 10 AM Service for the youth. Fun for all! Also, we will set up and plant some flowers (weather permitting) around the grounds outside the church as we prepare for Easter. Please bring some gardening gloves and a rake and join us. Many hands make light work!

**\*This schedule is subject to change. Please keep an eye on the weekend update.**

# Episcopal Relief and Development 2026 Lenten Meditations



For 15 years, Episcopal Relief & Development has been blessed by the opportunity to join readers on their spiritual journeys with thought-provoking meditations.

Written by Sister Monica Clare, an Episcopal nun, author and unlikely TikTok star, our 2026 meditations offer an invitation to rediscover—or deepen—holy habits of prayer, worship and Scripture engagement. These holy habits provide a path to a life rooted in God, given shape, meaning and direction.

Visit the Episcopal Relief and Development website to subscribe to daily emails, download a PDF, read the meditations and access a Group Study Guide to reflect on the meditations and Scripture with others.

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

## 25 Great Things You Can Do for Lent

Ash Wednesday marks the beginning of Lent, the 40 days of preparation for the Easter season when Christians are called to deepen their spiritual lives through the practices of fasting, prayer, and almsgiving. The belief is that our consistent participation in these practices — like exercise we do for our physical health — improves our spiritual well-being by stripping away all that is unnecessary and becoming more mindful of how God is working in our lives. Challenge yourself this year, and go beyond the usual practice of “giving up” something. Now is a great time to take stock of your spiritual life and to grow in it. Not sure where to start? Check out these 25 ideas:



<https://bustedhalo.com/ministry-resources/25-great-things-you-can-do-for-lent/>

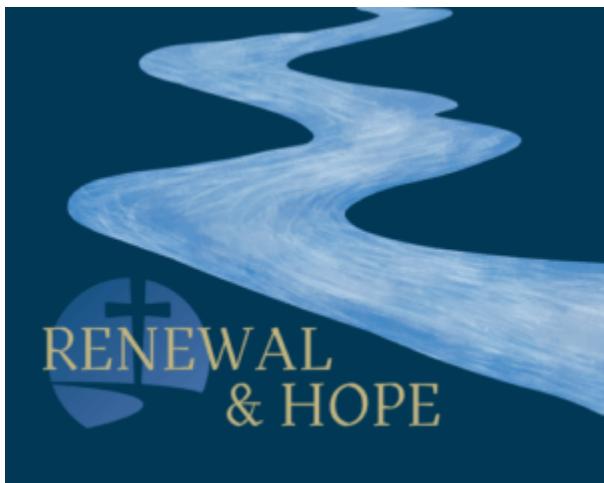
# United Thank Offering: Gratitude and Reciprocity

United Thank Offering's 2026 Lenten materials are inspired by "The Serviceberry: Abundance and Reciprocity in the Natural World" by Robin Wall Kimmerer. This book takes a look at how the natural world functions via a gift economy as plants, animals, soil, etc., share what they have for the common good. When the UTO Board and Staff read this book, we resonated with the themes because they also are the foundation of the ministry of UTO. UTO was created to support work that lacked funding by encouraging Episcopalians to give thanks for the gifts in their lives and then "pay it forward" via UTO. Our faith teaches us that grace is a gift freely given by God and that the gift is so great we want to respond by giving to others. This is what it means to be a part of a gift economy when we give thanks and we give back.



During Lent, we are invited to take on something that will deepen our faith, which is what these materials intend to help you do. Below you'll find a calendar (which you can also receive as a daily text message by signing up below with a prompt for reflection, action, or connection based on the belief that "all flourishing is mutual" and that when we are blessed, we bless others. Each week, we'll reflect on an aspect of gratitude and reciprocity to help deepen (or start) your personal spiritual discipline of gratitude.

Download free resources for congregations and families below, or sign up for the daily text message prompt. <https://unitedthankoffering.com/lent/>



## Renewal & Hope video series

This Lent, Seminary of the Southwest is offering a new Lenten project that invites the wider church into a season of *renewal* and *hope*. Designed to accompany the first five weeks of Lent, the series creates space for prayer, conversation, and faithful reflection on repentance, discipleship, and the promise of new life.

<https://ssw.edu/lent2026/>



## Daily Prayer

a resource of Forward Movement

## Daily Prayer from Forward Movement

Pray the Daily Office, Daily Devotions, and digital versions of current and past issues of *Forward Day by Day*. Pray using your smartphone, tablet, or computer, or pray along with one of their daily prayer podcasts.

<https://prayer.forwardmovement.org/home>

## Lenten Email Devotional from Living Compass

*This Lent season we are happy to be offering our daily email devotional, Living Well Through Lent 2026: Cultivating Healing and Wholeness in Heart, Soul, Strength, and Mind.*

*Written by Scott Stoner and featuring reflections from seven guest writers: Robbin Brent, Brian Cole, Robert Hirschfeld, Westina Matthews, Amy Sander Montanez, Lisa Senuta, and David Steindl-Rast.*

*You will receive 47 daily emails, one for each day of Lent, plus Easter. The emails will begin on Ash Wednesday, February 18, 2026.*

<https://www.livingcompass.org/lent-signup>



## On Spotify: A Lenten Playlist

Music for Lent selected by Lifelong Learning staff from the Virginia Theological Seminary and available on Spotify.

Music for the liturgical season of Lent as we repent and prepare ourselves for the coming of Easter.

[https://open.spotify.com/playlist/1yVDuiEReOhe0RAcyQHFOU?si=lZN\\_URrcRUmnpH4S52mb\\_Q&nd=1&dlsi=7b3fbcd44b7c417a&mc\\_cid=dd1ea2701d&mc\\_eid=b84bb1976e](https://open.spotify.com/playlist/1yVDuiEReOhe0RAcyQHFOU?si=lZN_URrcRUmnpH4S52mb_Q&nd=1&dlsi=7b3fbcd44b7c417a&mc_cid=dd1ea2701d&mc_eid=b84bb1976e)



A free daily online Lenten Devotional Guide

pause

listen

think

pray

go

[www.d365.org](http://www.d365.org)

A Resource for Adults and Youth and all you need is your phone.....

As we draw near to Lent, consider engaging d365's Lenten devotional series, "Journey to the Cross". Available from Ash Wednesday (February 18, 2026) through Easter Sunday (April 5, 2026), the series features scripture, prayer, and meditative thoughts accompanied by gentle music.

### The devotional experience

d365 is a daily devotion written for youth and adults. The devotion follows a five-step format – Pause, Listen, Think, Pray, Go.

- The *Pause* step remains the same all week and is designed as a centering tool as you begin the devotion.
- The *Listen* step is the scripture passage for the day, using the Common English Bible translation.
- The *Think* step is the devotional thought by the week's writer.
- The *Pray* step is the start of a prayer that you can expand into your own conversation with God.
- The *Go* step is a call to action – launching you from this moment toward acting on what you have heard.

Typically, an author writes on a single theme for one week. In these devotions, you will read honest struggles and questions, all in the context of real faith. As you read the thoughts of the writers, think about your own response to the scripture for the day. Let the writer's words serve as background for your own conversation with God.

Learn more about this excellent resource and Lenten discipline at  
[www.d365.org](http://www.d365.org).



Start your journey with us by  
downloading the d365 app

[Download on the  
App Store](#)

[GET IT ON  
Google Play](#)

**Short on time, here's a  
resource you can put on your  
phone so you can take a few  
minutes any time of the day  
for prayer and reflection.**

***God's presence is wherever we are. It lives in us and all around us. Yet sometimes we need something to remind us that we are always in God's presence. For this season of Lent, you are invited to create a special gathering place in your home to remind you of God's continual presence: a **HOME ALTAR**. We are entering the most sacred days of our yearly observances. Deepen that experience by creating this visual and spiritual Journey for you and your family.***



**Identify a place.** You will need either a table or shelf where you can place simple objects. A place that is visible but also set-apart. The word sacred literally means 'set-apart'.

**Gather a few items:** a tablecloth or placemat, candle, and cross. You might also set your Bible, Prayer Book, Hymnal, other devotional / story book near-by. Spend some prayerful and quiet time thinking about items that will be meaningful for you and your family.



In thinking ahead to Easter consider having things ready to signal the joy ... bells, flowers, white cloth for table, a large white candle, a home-made Alleluia of some sort, butterflies, and maybe some photos of Easter celebrations of other years.

***This is a great opportunity to engage everyone in the household together. It is in the acts of intention that will open our hearts to the opportunity to experience the sacred anew.***



# WHO WILL WIN THE GOLDEN HALO?

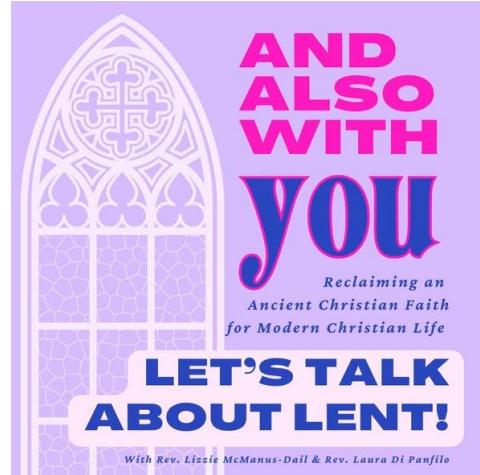
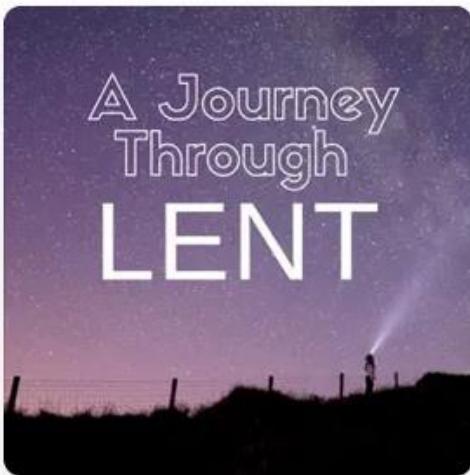


The format is straightforward: 32 saints are placed into a tournament-like single elimination bracket. Each pairing remains open for a set period of time and people vote for their favorite saint. 16 saints make it to the Round of the Saintly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the coveted Golden Halo. The first round consists of basic biographical information about each of the 32 saints. Things get a bit more interesting in the subsequent rounds as we offer quotes and quirks, explore legends, and even move into the area of saintly kitsch.

For more information go to <https://www.lentmadness.org/>

**Lenten Audio Devotional**

## Some available Podcasts.....

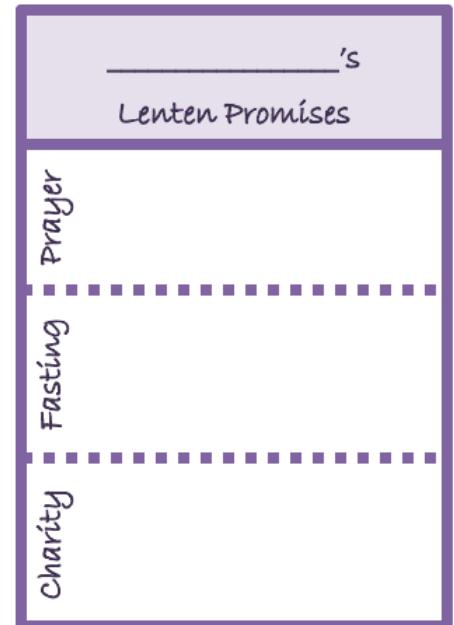


## *Lent Promise Card for Families*

Here's an easy way to turn away from distractions and focus our attention where it should be: on acts of prayer, fasting, and almsgiving/charity.

Keeping a Lenten promise, once you determine what it is, is always easier with the support of others. So, we created a Lent Promise card – an activity for each member of the family. With our promises well thought out, written down, and kept on the refrigerator (a visible location), we are hopeful it will help us to not only keep our own promises but support each other these next 40 days as we count down to Easter.

[https://faithandfabricdesign.com/2014/03/activity-lent-promise-card-for-families.html?utm\\_source=Pinterest&utm\\_medium=organic](https://faithandfabricdesign.com/2014/03/activity-lent-promise-card-for-families.html?utm_source=Pinterest&utm_medium=organic)



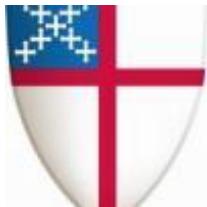


## Prayer for keeping Lent

*God our Creator, the strength of all who put their trust in you, mercifully accept our prayers; and because, in our weakness, we can do nothing good without you, grant us the help of your grace, that in keeping your commandments we may please you, both in will and deed; through Jesus Christ our Lord. Amen.*

*Almighty God, you know that we have no power in ourselves to help ourselves. Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Savior. Amen.*

- Adapted from the Book of Common Prayer of the Episcopal Church.



*St. Alban's Episcopal Church  
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201-337-4909*

St. Alban's Episcopal Church is a member of the World-Wide Anglican Communion.

## JOURNEY WITH US THROUGH LENT

*Worship in-person or online every Sunday at 10:00AM*

**We hope you will join us in the life of the church.**

**Everyone is welcome here!**

**Please be sure to join us each Sunday  
for our 10 AM Worship Service.  
The Service will be In-Person and livestream.**

**Rev. Fr. David B. Rude  
will be presiding and preaching.**

**Details about Holy Week and Easter Services  
will be sent out shortly.**

**WE WILL BE INDOORS WITH PLENTY OF ROOM FOR  
DISTANCING. PLEASE WEAR A MASK FOR SINGING, AND  
BE CONSCIOUS OF SOCIAL DISTANCING**

**PLEASE JOIN US!!! ALL ARE WELCOME!**