



*I invite you therefore,  
in the name of the Church,  
to the observance of a holy Lent,  
by self-examination and repentance;  
by prayer, fasting, and self-denial;  
and by reading and meditating on God's holy Word.*

**-Book of Common Prayer,**  
Ash Wednesday Liturgy

The observance of a Holy Lent begins with  
Ash Wednesday on February 14 and  
takes us to Holy Week and Easter Sunday on April 1.

**Ash Wednesday** services will be held at  
7:30 am, 12:00 noon, and 7:00 pm.  
The nursery will be open during the 12:00 noon service.

**Sunday Services** during Lent are at  
7:30 am, 9:00 am, 11:15 am, and 5:15 pm  
Children's Chapel meets at 9:00 am on Sundays.

# Formation and Spiritual Growth

## Restorative Practices and Parenting

Our "Restorative Practices and Parenting" group, led by parishioner Phil Holmes, will meet for three sessions from 6:00 - 7:15 PM on February 21, March 7, and March 21. If you are not yet registered, you can sign up here <https://goo.gl/QrDHci>. The fee for three sessions plus materials is \$50 per person or parenting pair. (That is, there is a maximum cost of \$50 per family with scholarships available.) Childcare will be provided.

## Monday evening Lenten book group

A small group will gather to discuss *Convictions* by Marcus Borg during Lent on Monday evenings. For more information, please contact Nancy Tunnessen at [ntunnessen@nc.rr.com](mailto:ntunnessen@nc.rr.com).

## Adult Formation on Sunday mornings

- **Invite, Welcome, Connect**

*February 18, February 25 and March 4, 10:15, Great Hall*

How do we live as disciples and evangelists in the Episcopal Church? This three-part series will help us welcome others while deepening our own faith.

- **The Lily Cross with Suzanne Sauter**

*March 11, Parlor*

Suzanne Sauter will discuss the art that enhances our spiritual traditions.

- **Holy Week and the Triduum**

*March 18, 10:15, Great Hall*

The Rev. Elizabeth Marie Melchionna will explain the significance of some of the most important days of our liturgical year.

**Lenten Quiet Day** with the Rev. Tammy Lee. Saturday, March 24 at Camp New Hope. Please watch emails and website for more information.

## Episcopal Youth Community

All 6th-12th grade youth are invited to join friends for fun and fellowship on Sundays at EYC in the Youth Room on the third floor. Unless otherwise noted, middle school EYC will meet each Sunday from 5:00-7:00 pm and senior high EYC will meet from 6:30-8:30 pm Both groups will share dinner in the Great Hall at 6:30 pm Please contact Mike ([mpeterson@thechapelofthecross.org](mailto:mpeterson@thechapelofthecross.org)) for more information.

## Martha's Circle Bible Study, second Tuesday mornings

Martha's Circle will meet on Tuesdays, February 13 and March 13 at 9:30 in the Overlook Room. Eileen McCorry will continue her discussion of Psalms of New Orientation. Newcomers are welcome.

## **Women's weekly Bible Study Wednesday mornings**

The 9:00 am Weekly Women's group welcomes new members anytime. Contact Boykin at [bell@thechapelofthecross.org](mailto:bell@thechapelofthecross.org) for more information.

## **Let Centering Prayer draw you into a deeper life with God...**

The Centering Prayer group meets in room 303 on the third floor each Tuesday from 5:00 - 6:30 p.m. The gathering includes a brief check-in, about 25 minutes of sitting in silence, and a closing educational period. All are welcome; no experience is necessary.

# **Fellowship and Hospitality**

## **Shrove Tuesday Pancake Supper**

EYC will sponsor a pancake supper on Tuesday, February 13 from 5:30-7:00 p.m. in the Great Hall. Suggested donation is \$7 for adults and \$5 for children under 12 (credit cards, cash or checks at the door). All proceeds go to the Youth Mission Fund—supporting summer youth mission trips. Families are invited to arrive early (4:45 PM) to “bury the Alleluias” (since we won't sing or speak them during Lent) and learn about the season of Lent. Please meet in the parlor for the pre-pancake Lent prep.

## **Reconciliation conversations at Wednesday potlucks, 5:30 pm in the Great Hall**

As part of our ongoing efforts toward becoming Beloved Community, there will be discussion tables during the Wednesday evening Potluck suppers using the “Go Speak” discussion cards on reconciliation. You are invited to bring a dish to share in our community efforts at our parish. Using these cards will help us to speak out of our own experiences as we respond to our Christian call “to act justly, to love mercy and to walk humbly with our God.” (Micah 6:8). Even if you don't normally attend the Potluck suppers, this is an opportunity to incorporate a Lenten discipline as we continue our work of reconciliation. Contact Paige Hanks with any questions at the church office or [hankspaige@gmail.com](mailto:hankspaige@gmail.com).

## **4th annual Lenten Fish Fry March 11**

Get ready for the fourth annual fundraising fish fry and silent auction on Sunday, March 11. We welcome volunteers to help with ticket sales and set-up, silent auction merchandising, and staffing the kitchen. We also welcome your silent auction donations, including one-of-a-kind items, unique experiences, and pampering services. Our wish list also includes vacation homes, artwork, and gift certificates. To help or to donate, contact Ellen Cole, [ecole@thechapelofthecross.org](mailto:ecole@thechapelofthecross.org); Nancy McGuffin, [nmcguffin@att.net](mailto:nmcguffin@att.net); or Walker Mabe, [wmabe@thechapelofthecross.org](mailto:wmabe@thechapelofthecross.org).

## **Parent Fellowship**

Parents of young children are invited to the toddler nursery (across from the baby nursery on the Yates second floor) for fellowship and discussion on Sunday mornings during the Formation hour (10:20-11:05). Bring a cup of coffee, bring your young child. The baby nursery will remain open for those who teach church school or want to attend Adult Formation programs. For more information, contact Emma Griffith at [emmawwgriffith@gmail.com](mailto:emmawwgriffith@gmail.com).

## **11:15 Service Coffee Hour**

We have so appreciated all your generous help and delicious donations in making coffee hours such a great success. We ask for different volunteers to help once or twice month to put out the treats, napkins, plates, cutlery as needed, and then tidy up at the end. We need your help on February 18th and March 4th and 18th. Please contact Barbara Lankford, ([blcaswell@gmail.com](mailto:blcaswell@gmail.com) or 919-533-6435) to volunteer.

## **Men's Breakfast first and third Thursdays**

The Men's Breakfast and Bible Study meets the 1st and 3rd Thursday of each month at 7:30 am in the Great Hall for breakfast, fellowship and a discussion about the week's lesson. All are welcome! Lenten dates are February 15 and March 1 and 15. Contact Russ Cole at [rcole@fmrealty.com](mailto:rcole@fmrealty.com) or 919-698-0590.

# **Faith in Action**

## **Diapers for Frances**

Members from Chapel of the Cross will be departing for Ecuador Feb. 20 to see the mission work of Roberto and Cameron Graham Vivanco and Education Equals Hope. We are taking donations of Pampers, size 24 lbs., for their daughter Frances. It seems the diapers in Ecuador are very hard on a baby's skin. If you would like to help Frances, please leave Pampers, size 24 lbs., in the library. All extras will be shared with local Chapel Hill parenting group, Horizons.

## **PROJECT 5000**

Two thousand years after Jesus fed hungry people there are still people who need to be fed physically and spiritually. Through this project we work with the Inter-Faith Council Food Pantry to provide food to those in need in our community. Here is a way you can share God's love! Boxes for canned goods will be available in the Library from Feb. 14 – March 18. Each box will have a list of items to purchase. Bring the full box back to the Chapel of the Cross prior to March 20. Do not seal the top of the box. If you are able to help transport boxes to IFC please contact Karen Taylor: [Karen.taylor@unc.edu](mailto:Karen.taylor@unc.edu) or 919-942-1426. This is a great Lenten project for families to do together.

### **St. Paul Village Community Walk and 5K Run March 3**

Register now to participate in the Sixth Annual Saint Paul Village Community Walk & 5K Run on Saturday, March 3, 2018! Join folks of all ages and skill levels to support the Saint Paul Village, TROSA and Arc Triangle. Register today at: [www.stpaulamechapelhill.org](http://www.stpaulamechapelhill.org). Volunteers are needed to hand out water, and assist with coffee and tea and the food table. Contact Allison Worthy at [allisonworthy@gmail.com](mailto:allisonworthy@gmail.com) if you are interested in volunteering.

### **UNC Black and Blue Walking Tour February 16**

Parishioners are invited to participate in the UNC Black and Blue Tour as part of our ongoing commitment to living out our Baptism and becoming a Beloved Community. The Black and Blue walking tour covers the history and involvement of African Americans on the campus the University of North Carolina at Chapel Hill, as well as the extended Chapel Hill community, from enslavement to the present. One of the central portions of the tour is our own Chapel with a discussion about the role of Pauli Murray. The last tour date is Friday, February 16th from 3:30-5pm. Please register and plan to wear comfortable walking shoes and clothing appropriate for the weather that day. We will meet at the chapel at 3:30 to start the tour. Questions? Contact Paige Hanks at church ([hankspaige@gmail.com](mailto:hankspaige@gmail.com)). Visit <https://goo.gl/WQhtHi> to register for February 16.

## **Worship and Music**

### **Lenten Morning Prayer February 21-March 28**

You are invited to participate in a Lenten discipline of Morning Prayer, held at 8:30am in the Chapel on Wednesdays in Lent, beginning Wednesday, February 21st and concluding Wednesday, March 28th during Holy Week. Come and spend time in worship with this sacred liturgy. "I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship." (Romans 12:1, NRSV)

### **Special Worship on third Mondays**

Come one, come all to the Special Worship Service on February 19 and March 19 during Lent at 7:00 p.m. at the Chapel of the Cross. All are welcome at this monthly service of worship, songs, and stories especially for our neighbors and friends with developmental disabilities.

### **Compline on Sunday evenings at 9:30**

Compline, the rite for the closing of day, is held in the Church at 9:30 on Sunday evenings during the academic year. This service sung in a darkened church, adorned with incense, consists of short recitations of scripture, sung psalms and canticles, and Renaissance motets. All are welcome.

## **Instructed Eucharist March 15**

An Instructed Eucharist for Families will be held on Wednesday, March 14, at 5:15. Though all are welcome, this Instructed Eucharist is designed especially for families with children. A potluck meal will follow.

## **Lenten Resources**

**Meeting Jesus in the Gospel of John** is a free, online and printable resource that begins on Ash Wednesday (February 14) and take participants on a Lenten journey through prayer and reflection on the Gospel According to John and the First Letter of John. This program is designed and produced by the Society of St. John the Evangelist, a religious order of men in the Episcopal Church, and by the Center for the Ministry of Teaching of the Virginia Theological Seminary in Alexandria, VA. <http://meetingjesusinjohn.org>. Those interested in small group discussions on Sunday mornings should contact Boykin Bell at [bbell@thechapelofthecross.org](mailto:bbell@thechapelofthecross.org) to be connected with others

### **Holy Week Labyrinth at Binkley Baptist Church with support from the Chapel of the Cross**

The times to walk this large canvas labyrinth, a replica of the floor labyrinth at Chartres created by the Resource Center for Women and Ministry in the South <http://www.rcwms.org/>, will be posted on our website. The labyrinth will be laid on Palm Sunday and folded on Good Friday. Volunteers are needed to help. Contact the Spiritual Life Committee if interested. A series of Stations of the Cross reflecting issues of mental health will also be available for reflection.

**Faith at Home devotional guides from Episcopal Relief and Development** (with meditations contributed by our own Boykin Bell) will be available at the Welcome Desk beginning February 11.

**If you're interested in a surprisingly comprehensive but quick overview of Lent from Ash Wednesday to Easter**, go to this popular (secular) website: <https://www.vox.com/2017/3/1/14715240/lent-explained-ash-wednesday-easter>

**If your family is "giving alms"** during Lent and would like an interactive tool to help collect money for the offering, go to <http://myfaithmylife.org/2018/01/20/giving-calendar-for-lent-2018/> for a printable giving calendar (created by Jenifer Gamber, author of My Faith, My Life).

**If you enjoy hands-on activities**, you might make a Lenten REMEMBER banner with children using a book or better yet, a handful of service bulletins that otherwise would be recycled. See instructions at <http://jerusalemgreer.com/portfolio/17953/>. During Lent, we remember Jesus' 40 days in the wilderness and then, of course, his death and resurrection.

**“Lent in a Bag”** resources will be available starting February 11. The bags - for use with friends, family or alone - will be full of tokens that represent the Sunday and Holy Week Lectionary readings. Reflection questions are included for each reading and citations are included for both “grown-up” and children’s bibles.

**The Good Book Club** is an invitation to all Episcopalians to join in reading the Gospel of Luke and the Book of Acts during Lent-Easter 2018. Episcopalians will start reading Luke on Sunday, February 11 and read a section of Luke’s Gospel every day through the season of Lent. The entire season of Easter will be devoted to daily readings from the Book of Acts. <http://www.goodbookclub.org/>

## Holy Week and Easter

### **Maundy Thursday (March 29)**

- **5:15 Holy Eucharist** (Church)
- **7:00 PM Holy Eucharist** (Church) with (an optional) foot-washing.
- **Vigil at the Altar of Repose** - Following the 7:00 PM service, the altar will be stripped for Good Friday and the consecrated bread and wine will be placed on the Altar of Repose in the Chapel. You are invited to keep vigil in the “garden of Gethsemane” any time between 8:45 PM and midnight. Sign-ups will offered but you may also quietly join watchers already in place.

### **Good Friday (March 30)**

- **Service at noon** (Church) - The nursery will be open, beginning at 11:45. The service will last about an hour and 15 minutes.

### **Holy Saturday (March 31), time TBD.**

If the weather is nice, the short service (about ten minutes) will be held outside in the garden.

### **The Great Vigil (March 31)**

- **8:00 PM with baptisms** (Church)

### **Easter Sunday (April 1)**

- **Services at 7:30 am, 9:00 am, 11:15 am, 5:15 pm** - A festive cookie reception will be held during the formation hour.

