



Photo credit: "Rebirth at Grace" by Bob Cantrall

## Sunday Worship

9 am • online

**Lent I Morning Prayer** • February 21  
**Lent II Holy Eucharist\*** • February 28  
**Lent III Morning Prayer** • March 7  
**Lent IV Holy Eucharist\*** • March 14  
**Lent V Morning Prayer** • March 21  
**Palm Sunday Holy Eucharist\*** • March 28

\* Pick up consecrated communion bread on the Saturdays before Holy Eucharist services in the church parking lot from 9-10:30 am.

***Servicios en español*** • 4 pm • en Facebook

Sagrada Eucaristía\* • 28 de febrero

Domingo de Ramos • 28 de marzo

\*Recoja el pan de comunión consagrado los sábados antes de los servicios de la Sagrada Eucaristía en el estacionamiento de la iglesia de 9 a 10:30 am.

## Sunday Forums

11:30 am • online

**Lent as a Season of Spiritual Practice with Rev. Amy and Fr. Mac • Feb. 21**

How can you deepen your spiritual practices and connection with God during this season of preparation? Come for a discussion full of insight and ideas for you to take home.

**It's Okay To Not Be Okay with Rebecca Bell • Feb. 28**

This ongoing series explores ways to cope with the grief and uncertainty of this time, with former war correspondent and psychotherapist Rebecca Bell.

**Meditation with Fred Luskin • March 7**

A time of guided meditation to build resilience and find peace with Dr. Fred Luskin, the Director of the Stanford University Forgiveness Project.

**Reflections on a Year of Home Worship • March 14**

A year since our last service in the sanctuary, what have we learned about worshipping at home? Join Rev. Amy and Rev. Anne for a time of reflection and sharing what we've learned together.

## Lenten Series and Ongoing Offerings

### **Building the Beloved Community: Tools for meeting God in each other**

*Wednesdays in Lent at 6 pm, beginning Feb. 24 • online*

What are the skills and tools that can help us build the beloved community and meet God in each other? Rev. Anne and Rev. Robin from St. Mary's Napa from will co-lead this series. We will look at the value of cultivating and listening to a diversity of voices. We will learn practical skills for engaging in conversation across a cultural divide, look at what we bring to conversation, as well as group dynamics in building an affirming space for difference.

### **The Visio Gaze: Experiencing God's Presence Through Art, A Contemplative Lenten Series**

*Sundays in Lent at 4 pm, beginning March 7 • online*

If you are looking for a contemplative practice during Lent, join us for The Visio Gaze, an opportunity to experience God through classical and contemporary art. Each session will begin with a familiar Gospel reading, followed by the invitation to gaze on two separate pieces of art, one classical and one contemporary representation of the Gospel. While gazing at each piece, a slow series of prompts drawn from the ancient practice of Visio Divina will be offered to open our hearts to God's presence. The series, developed and presented by parishioners from the three Episcopal Churches in the Napa Valley, is open to our church families and friends.

### **Being Grateful in Difficult Times with Fr. Mac • During Lent; time/date TBD • online**

We all know the joy of a surprise gift, good news, or a great achievement -- all of those things eliciting feelings of gratitude. But these days, full of grief, worry, and uncertainty do not easily nurture a sense of thanks. Indeed, they seem to be gnawing away our hearts and our hopes. So what of gratitude now? When we don't feel grateful? Fr. Mac McIlmoyl will lead a study on Diana Butler Bass's recent book, Grateful. This Lenten journey will help us understand what gratitude is, how it can strengthen us as individuals and in community, and the surprising ways in which it subverts hopelessness and injustice.

### **Meditation • Mondays at 10 am or Tuesdays at 2 pm, and Wednesdays at 4:30 pm • online**

### **Stations of the Cross • Fridays in Lent at noon • online**

**The Burning Box** will be in the Grace Courtyard throughout Lent. Write on a piece of paper & place in the box what you would like to offer up to God this Lent. It will be burned in the new fire at the Easter Vigil.

### **Collaborative Art Project**

*"Peace is present when things form part of a whole greater than their sum, as the diverse minerals in the ground collect to become the tree." — Antoine de Saint-Exupéry*

This Lenten season we have a special creative contemplation, and all are welcome to participate. No artistic ability necessary. Artist and Grace Church member, Julia Crane Capener, has created a faux stain glass project for our entire congregation. As the opening quote suggests each of us will make a small piece of a larger work which will be unveiled on easter. Complete kits and instructions will be available later in Lent.

**The Labyrinth** is always open for walking and reflection. Individual appointments to pray inside the sanctuary can be scheduled.

**For more information and to receive links to all these online offerings, sign up for our weekly newsletter at [grace-episcopal.org](http://grace-episcopal.org)**

