

# 40 Worships in 40 Days

## “Quick Start” Guide

Congratulations! You’ve found our invitation to worship in all kinds of ways during Lent. You will find...

- The daily lectionary readings from the Revised Common Lectionary
- A guide for morning and evening personal devotions
- A schedule of non-Sunday morning worship occasions

Our endeavor is to make sure communal worship is happening at some time, in some space, each day during the season of Lent. Many days, said communal worship will take place during regularly scheduled study groups, meetings and rehearsals. Check the church calendar in your bulletin or on the website for those days / times. However, since the combination of those doesn’t cover every day of Lent, we’ve planned these additional worship experiences. Please join us as often as you are able!

When you look at the schedule (on the reverse side of this page) you may wonder:

**Why yoga?** 1 Cor. 6:19 says “your body is a temple of the Holy Spirit within you,” which means all our movements can be responses to our faith when we are intentional in worshipping God with our hearts, minds, souls, and bodies! Whether you’ve never seen a yoga mat or have a regular practice, together we’ll explore how the Spirit moves through us when we move with purpose, breathe in the Breath of Life, and center ourselves to find joy in the present moment. Join us once or twice over the weekend (March 14, 15 -- see reverse side) for a gentle morning yoga practice. And yes, you can even worship in your exercise clothes - God accepts our devotion no matter what we wear!.

-Caroline Jinkins and Dominique Trott

**Why hiking?** “For the Lord is a great God, and a great King above all Gods. In his hand are the depths of the earth; the heights of the mountains are his also. The sea is his, for he made it, and the dry land, which his hands have formed.” Psalm 95:3-5

**Might it be fun and meaningful to invite a couple of friends to join me for morning or evening prayer?** YES!

**Is there an “app for that?”** Yes! Our very own PCUSA (Presbyterian Church, USA) offers a daily prayer app, available for both iPhone and Android devices.

<https://www.presbyterianmission.org/ministries/worship/daily-prayer/>

We worship with our whole lives, in all we do. Sometimes we’re making art, sometimes we’re cooking a meal, often we’re busy with our professions and caregiving in some manner. In *The Message*, Eugene H. Peterson, paraphrases part of Paul’s letter to the Romans: “So here’s what I want you to do, God helping you: take your everyday, ordinary life -- your sleeping, eating, going to work, and walking around life -- and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.”

Thanks for worshipping with us during Lent and always. We hope that you will find yourself closer to God through our time together.

## Worship Schedule

*Saturday, March 7* "Living Prayer" (9 am, Chapel)

Psalms and song in the chapel, followed by prayer through art and words and visiting our outdoor prayer wall.

*Tuesday, March 10* Taizé Service (7 pm, Chapel)

*Saturday, March 14* Yoga (8:30 am, Westminster Hall)

Led by Dominique Trott

*Sunday, March 15* Yoga (9 am, Jim Cole Room)

Led by Caroline Jenkins

*Saturday, March 21* Banner Making (10 am, Robinson Room)

Join a small group to make banners based on scripture, led by Vickie Williams

*Tuesday, March 24* Morning Prayer Service (8:30 am, Chapel)

*Saturday, March 28* Morning Hike (9 am, meet in PCW parking lot)

Morning Hike in Watchung reservation. Easy to moderate terrain -- approximately 3 miles; estimated return to church by 11:30 am. Robin Hoy will lead the group, please call her at (908) 451-8822 for more information.

*Monday, March 30* Midday Prayer (noon, Chapel)

*Tuesday, March 31* Midday Prayer (noon, Chapel)

*Saturday, April 4* All-day Hike (8 am, meet in PCW parking lot)

Day Hike in the Delaware Water Gap Region (near Stroudsburg, PA). Moderate to challenging terrain -- approximately 9 miles; estimated return to church by 4 pm, please bring your own lunch / water / snacks. Robin Hoy will lead the group, please call her at (908) 451-8822 for more information.

### Holy Week:

**Sunday, April 5 Palm Sunday**

**(8 am Chapel, 10 am Sanctuary, 10 am wired -- Westminster Hall)**

**Monday, April 6** Midday Prayer (Noon, Chapel)

**Tuesday, April 7** Midday Prayer (Noon, Chapel)

**Wednesday, April 8** Midday Prayer (Noon, Chapel)

\*a light lunch (soup, bread) will follow each of the Holy Week midday prayer services.

**Thursday, April 9 6:30 pm Westminster Hall Maundy Thursday Worship**

**Friday, April 10 7 pm Sanctuary Good Friday Tenebrae Service**

**Saturday, April 11 9 am Chapel Holy Saturday Worship**

**Easter Sunday, April 12 9 am, Sanctuary**

**10 am wired (Westminster Hall)**

**11 am Sanctuary**

# 40 Worships in 40 Days

## Daily Readings for Lent 2019 Revised Common Lectionary - Year A

Wednesday, February 26 <b>ASH WEDNESDAY</b>	Joel 2:1-2, 12-17 or Isaiah 58:1-12; Psalm 51:1-17; 2 Corinthians 5:20b-6:10; Matthew 6:1-6, 16-21
Thursday, February 27	Psalm 51; Jonah 3:1-10; Romans 1:1-7
Friday, February 28	Psalm 51; Jonah 4:1-11; Romans 1:8-17
Saturday, February 29	Psalm 51; Isaiah 58:1-12; Matthew 18:1-7
Sunday, March 1 <b>LENT I</b>	Genesis 2:15-17; 3:1-7; Psalm 32; Romans 5:12-19; Matthew 4:1-11
Monday, March 2	Psalm 32; 1 Kings 19:1-8; Hebrews 2:10-18
Tuesday, March 3	Psalm 32; Genesis 4:1-16; Hebrews 4:14-5:10
Wednesday, March 4	Psalm 32; Exodus 34:1-9, 27-28; Matthew 18:10-14
Thursday, March 5	Psalm 121; Isaiah 51:1-3; 2 Timothy 1:3-7
Friday, March 6	Psalm 121; Micah 7:18-20; Romans 3:21-31
Saturday, March 7	Psalm 121; Isaiah 51:4-8; Luke 7:1-10
Sunday, March 8 <b>LENT II</b>	Genesis 12:1-4a; Psalm 121; Romans 4:1-5, 13-17; John 3:1-17
Monday, March 9	Psalm 128; Numbers 21:4-9; Hebrews 3:1-6
Tuesday, March 10	Psalm 128; Isaiah 65:17-25; Romans 4:6-13
Wednesday, March 11	Psalm 128; Ezekiel 36:22-32; John 7:53-8:11
Thursday, March 12	Psalm 95; Exodus 16:1-8; Colossians 1:15-23
Friday, March 13	Psalm 95; Exodus 16:9-21; Ephesians 2:11-22
Saturday, March 14	Psalm 95; Exodus 16:27-35; John 4:1-6

Sunday, March 15 <b>LENT III</b>	Exodus 17:1-7; Psalm 95; Romans 5:1-11; John 4:5-42
Monday, March 16	Psalm 81; Genesis 24:1-27; 2 John 1:1-13
Tuesday, March 17	Psalm 81; Genesis 29:1-14; 1 Corinthians 10:1-4
Wednesday, March 18	Psalm 81; Jeremiah 2:4-13; John 7:14-31, 37-39
Thursday, March 19	Psalm 23; 1 Samuel 15:10-21; Ephesians 4:25-32
Friday, March 20	Psalm 23; 1 Samuel 15:22-31; Ephesians 5:1-9
Saturday, March 21	Psalm 23; 1 Samuel 15:32-34; John 1:1-9
Sunday, March 22 <b>LENT IV</b>	1 Samuel 16:1-13; Psalm 23; Ephesians 5:8-14; John 9:1-41
Monday, March 23	Psalm 146; Isaiah 59:9-19; Acts 9:1-20
Tuesday, March 24	Psalm 146; Isaiah 42:14-21; Colossians 1:9-14
Wednesday, March 25	Psalm 146; Isaiah 60:17-22; Matthew 9:27-34
Thursday, March 26	Psalm 130; Ezekiel 1:1-3, 2:8-3:3; Revelation 10:1-11
Friday, March 27	Psalm 130; Ezekiel 33:10-16; Revelation 11:15-19
Saturday, March 28	Psalm 130; Ezekiel 36:8-15; Luke 24:44-53
Sunday, March 29 <b>LENT V</b>	Ezekiel 37:1-14; Psalm 130; Romans 8:6-11; John 11:1-45
Monday, March 30	Psalm 143; 1 Kings 17:17-24; Acts 20:7-12
Tuesday, March 31	Psalm 143; 2 Kings 4:18-37; Ephesians 2:1-10
Wednesday, April 1	Psalm 143; Jeremiah 32:1-9, 36-41; Matthew 22:23-33
Thursday, April 2	Psalm 31:9-16; 1 Samuel 16:11-13; Philippians 1:1-11
Friday, April 3	Psalm 31:9-16; Job 13:13-19; Philippians 1:21-30
Saturday, April 4	Psalm 31:9-16; Lamentations 3:55-66; Mark 10:32-34

<b>Palm / Passion Sunday</b> April 5  <b>HOLY WEEK BEGINS</b>	<i>Liturgy of the Palms:</i> Matthew 21:1-11; Psalm 118:1-2, 19-29 <i>Liturgy of the Passion:</i> Isaiah 50:4-9a; Psalm 31:9-16; Philippians 2:5-11; Matthew 26:14-27:66 or Matthew 27:11-54
<b>Monday of Holy Week</b> April 6	Isaiah 42:1-9; Psalm 36:5-11; Hebrews 9:11-15; John 12:1-11
<b>Tuesday of Holy Week</b> April 7	Isaiah 49:1-7; Psalm 71:1-14; I Corinthians 1:18-31; John 12:20-36
<b>Wednesday of Holy Week</b> April 8	Isaiah 50:4-9a; Psalm 70; Hebrews 12:1-3; John 13:21-32
<b>Maundy Thursday</b> April 9	Exodus 12:1-4 (5-10) 11-14; Psalm 116:1-2, 12-19; I Corinthians 11:23-26; John 13:1-17, 31b-35
<b>Good Friday</b> April 10	Isaiah 52:13-53:12; Psalm 22; Hebrews 10:16-25 or Hebrews 4: 14-16; 5:7-9; John 18:1-19:42
<b>Holy Saturday</b> April 11	<i>Other than Easter Vigil:</i> Job 14:1-14 or Lamentations 3:1-9, 19-24 Psalm 31:1-4, 15-16 1 Peter 4:1-8 Matthew 27:57-66 or John 19:38-42 <i>Easter Vigil:</i> Genesis 1:1-2:4a and Psalm 136:1-9, 23-26 Genesis 7:1-5, 11-18; 8:6-18; 9:8-13 and Psalm 46 Genesis 22:1-18 and Psalm 16 Exodus 14:10-31; 15:20-21 and Exodus 15:1b-13, 17-18 Isaiah 55:1-11 and Isaiah 12:2-6 Baruch 3:9-15, 3:32-4:4 or Proverbs 8:1-8, 19-21; 9:4b-6 and Psalm 19 Ezekiel 36:24-28 and Psalm 42, 43 Ezekiel 37:1-14 and Psalm 143 Zephaniah 3:14-20 and Psalm 98 Romans 6:3-11 and Psalm 114 Matthew 28:1-10
<b>Resurrection of the Lord</b> <b>Easter Sunday</b> Sunday, April 12	Acts 10:34-43 or Jeremiah 31:1-6; Psalm 118:1-2, 14-24; I Corinthians 3:1-4 or Acts 10:34-43; John 20:1-18 or Matthew 28:1-10