



Welcome to Lent at the Church of the Atonement.

The season of Lent is a time of prayer, self-examination, repentance, and reconnection with the God who loves us.

It is a rich time in the Church, when our liturgies and gatherings for prayer and study invite us ever deeper into a life that is shaped, blessed, and transformed by the person of Jesus Christ.

We at Atonement don't just welcome you to join us for Lent – we *encourage* you to. We know that this holy season is good for us, and it is made richer by your prayers and presence.

Lent is here. Here are some ways that you can walk with us.



Worshiping God

Low Mass (Mondays – Fridays at 7:30 am; Wednesdays, also at 6:30 pm)
A simple, spoken service of Holy Communion with time for the offering of prayers and reflection on the Gospel.

Healing Mass (Saturdays at 10:00 am)
A service of Holy Communion with prayers for the sick, the dying, and caregivers, as well as laying on of hands and anointing with holy oil for healing.

Sunday Masses (Low Mass at 8:00 am, Sung Mass at 9:00 am, Solemn High Mass at 11:00 am)
The Low Mass on Sundays is similar to the weekday Masses: a said, simple service with prayers, a homily, and Holy Communion.

The 9:00 Sung Mass has hymns and a more informal liturgical style. While families are welcome at any Mass at Atonement, this Mass is particularly appropriate for families with children.

The Solemn High Mass is the most experiential of any of our liturgies. We use music, incense, and ceremonial action to help open us to the presence of God in our midst and particularly in the bread and the wine of Holy Communion. Each week includes hymns and other music sung by one of the Atonement Choirs.

Stations of the Cross and Benediction of the Blessed Sacrament (Fridays at 7:00 pm beginning on 3/15)
Stations of the Cross is an ancient tradition whereby Christians retrace the final steps of Jesus' walk through Jerusalem to the site of his crucifixion. As we make this journey ourselves, we take time to reflect on Jesus' faith and obedience and pray for the strength and courage to follow in his footsteps. Following this, we offer Benediction, where we spend time together in prayerful

contemplation of the Blessed Sacrament, the bread that has been broken and given so that we may be healed and saved.

This year, prior to Stations, we will share in a simple soup supper in the parish hall, beginning at 6:00 pm.

Choral Evensong (and Benediction) (Sunday, March 17, at 4:00 pm and Wednesday, April 3, at 7:00 pm)
Evensong is a sung service of Evening Prayer, where the St. Cecilia Choir leads us in praying the appointed psalms and canticles (musical reflections) which follow the scripture readings. On Sundays, this liturgy is followed by Benediction of the Blessed Sacrament.

Praying to God

The Holy Rosary (Saturdays at 9:30 am)

At Atonement, we regularly pray the Rosary, contemplating the great mysteries of God's saving action in the world, the gift of God's Son, and the faith of his mother Mary. Through the Rosary, we invite Mary to pray for us in times of sorrow or joy.

Contemplative Prayer (Wednesdays at 7:00 pm)

Join with others following our Wednesday evening Mass to spend a half-hour in quiet contemplation of God's love for us. Be still and listen to what God might be speaking to you.

Lenten Quiet Day (Saturday, March 16, from 11:00 am to 3:00 pm)

This day is an opportunity to take some time away from the world and spend a few hours in quiet contemplation and prayer.

Learning About God

Faith Formation (Sundays at 10:00 am)

Every Sunday we offer opportunities to learn and grow in your knowledge and love of the Lord. Children are invited to participate in Catechesis of the Good Shepherd (ages 3-6) or Saving Wisdom (ages 6 and up), both of which help them to learn the stories of scripture and the Church's language for our experiences of God. Our adult forums during Lent will focus on the practices of Lent, such as the Rosary, journaling, praying the Daily Office, etc., and how these practices can transform your life.

Turning Back to God

Confessions (Saturdays at 9:00 am)

Each Saturday we offer a time for you to come make your confession before God and receive absolution and blessing from God's Church. If you are looking for a way to unburden yourself and to experience the gift of God's forgiveness, you are encouraged to come make your confession during one of these times. Confessions are also offered in private appointments with a priest; please contact the parish office for scheduling.