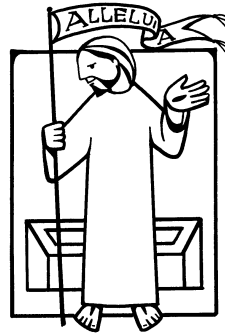


# From Ashes



*Remember man  
that you are  
dust and into  
dust you shall  
return.*



# To Easter

at Holy Cross  
Episcopal Church

## LENT 2020 You Saw Me!

I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, 36 I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.. (MT 25.35-36)

Dear Parish Family,

Our Ash Wednesday liturgy (worship service) invites us “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.”

You will find in this booklet a host of opportunities designed to facilitate our Lenten Journey. Please take a moment to flip through it, and then mark your calendars and join us for as many of the educational, fellowship or worship opportunities as you can. It is jam-packed with multiple events every week, so you may need to make some choices. We hope the variety of programs and offerings will make it possible for each person to fully enter into our Lenten Journey.

Liturgy Note: Like last Lent, we will worship using more inclusive language (i.e., a sensitivity to gender-free language when referring to God) at all of our services, and we will replace the consecrated water in the baptismal font with sand. The former is an expression of inclusiveness of all who come to worship at Holy Cross and the latter is an expression of our eagerness for Easter while we wander through the desert of our Lenten Journey. At the Great Vigil the waters of new life will once again flow from the font that welcomes all to God’s table. Please do let us know what you think!

We pray that our 2020 Lenten Journey together will bring us closer to each other in our community at Holy Cross and our Lord Jesus Christ.

A most blessed Lenten Journey to you.

Blessings,  
Mark & Martha

# Shrove (Fat) Tuesday

## Tuesday, February 25, 6:00 PM

This year, once again, the families of Holy Cross would like to invite the community to celebrate Shrove Tuesday with a traditional pancake feast. As parents, we are masters at pancakes for dinner, and welcome this opportunity to feed our church family! Dinner will begin at 6 p.m. in Turner Hall with plenty of pancakes, an array of toppings, and ham. We will have OJ, coffee and milk, and Mimosas! It is Fat Tuesday after all!



After a filling pancake supper, we should be prepared for fasting on Ash Wednesday! We will conclude our festivities with a brief service which will include the burying of the Alleluia banner and the burning of last year's Palm Sunday palms. We hope that you can join us!

Why pancakes? The tradition is that before we begin our Lenten fast, pancakes are served to use up fat, butter, sugar, and eggs.



Shrove Tuesday is a good day to start thinking about what you want to take on and/or what you want to “give up” during the forty days of Lent. These acts of reflection, self-denial and sacrifice help us to fully enter into the glory, wonder and delight of the Easter gift to the world.

**REMEMBER** to please bring your palms from last year's Palm Sunday. We will burn them tonight to prepare for Ash Wednesday services in the morning.

So, what will you do this year to prepare for the cross and empty tomb? Need ideas? Read on!

# **Holy Communion and Imposition of Ashes**



**FEBRUARY 26**  
**6:30 AM,**  
**12:00 Noon, & 7:00 PM**  
**4:00 PM Children's Service**

As Ash Wednesday is a fast day (no solid food from sunrise to sunset), and a day of reflection about what it means for us to be on this Christian journey. Fasting is only suggested for those whose health will not be compromised. On this day we will have three opportunities to come together for prayer, the imposition of ashes and Holy Communion. We invite you to join us at one of these times as we move deeper into this holy season.

This year we have added a NEW experiential Ash Wednesday worship experience designed for children and all children of all ages. The service is less than an hour and intended to introduce our youngest Christians to the journey of Lent.

We also invite you to join us for a simple break-fast meal at 6:00 PM in Turner Hall. We will provide everything; come and break your fast with us. Remember during a fast, when your stomach rumbles think of God and all that God has done for us!

# Opportunities for Our Lenten Journey

**Name:** Meditations booklet and Journey Through Lent poster

**Date:** Everyday

**Time:** Anytime

**Where:** Pick up resources at the *Information Center* at church

**Sponsored by:** *The Staff*

During the season of Lent, we invite you to pick up the Meditation booklet which contains daily short meditations for each day throughout Lent. We invite you also to Save your change and pop it in a Hope Chest. Our change can do amazing things when it is all collected together.

You may also sign up to receive Daily Lenten Meditations by e-mail by going to <https://www.episcopalrelief.org/church-in-action/church-campaigns/lent>

The Journey Through Lent posters are back this year. These are similar to the Advent posters, authored by the same priest. It is a wonderful way to mark the days of Lent, place the poster on a door where you can glimpse a reminder of the days' thought or task.

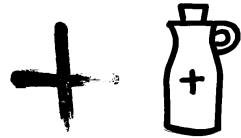
**Name:** *Healing and Reconciliation*

**Date:** Sunday, March 15

**Time:** 12—1 pm

**Place:** At the back of the Church

**Sponsored by:** The Healing Team



Trained Healing Team Ministers are available every Sunday, and during Holy Week, to hear confidential requests, and to respond with prayers and the laying on of hands, if desired.

Our team gathers once a month to discuss our book *The Praying Life* by Deborah Smith Douglas and to pray for each other. During Lent we will discuss the theme, “You Saw Me!” and how it relates to our reading and our ministry with the people of Holy Cross. Please be in touch with Martha if you are interested in exploring joining this team.

**Name:** *Lent Madness*

**Date:** Sundays through Lent

**Time:** Anytime

**Where:** Holy Cross Turner Hall

**Sponsored by:** Holy Cross Men's Group



Join the Holy Cross community as we participate in our 7<sup>th</sup> Lent Madness! Based on the NCAA's March madness tournament, this "competition" pits various saints against each other until we crown one saint with the Golden Halo. This has become an international phenomenon and a Holy Cross Lenten tradition. Use the helpful guide about this year's saints or use your best guess to make your picks-which are due on Shrove Tuesday at the pancake supper. It is a fun (as much fun as we can have in Lent) to learn more about the communion of saints that we celebrate at each Eucharist. Brackets will be available and will have to be turned in on Shrove Tuesday at the pancake supper. It will be \$5 per bracket to play. The winner gets to decide which Holy Cross ministry gets the pot AND your name on the plaque in the Parish Hall. Questions? Ask Jim DeMersman

**Name:** *Let Your Life Speak: Listening for the Voice of Vocation*

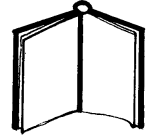
**Date:** Mondays, Mar. 2, 9, 16, 23 & 30

**Time:** 7 - 8 pm

**Where:** Holy Cross Conference Room

**Cost:** \$12 for hard cover, or \$11 for Kindle edition.

**Sponsored by:** *I.H.H. (In His Hands) Book Reading Group*



In His Hands (the Monday night book group) will be reading *Let Your Life Speak: Listening for the Voice of Vocation*. With wisdom, compassion, and gentle humor, Parker J. Palmer invites us to listen to the inner teacher and follow its leadings toward a sense of meaning and purpose. Telling stories from his own life and the lives of others who have made a difference, he shares insights gained from darkness and depression as well as fulfillment and joy, illuminating a pathway toward vocation for all who seek the true calling of their lives.

**Name:** *Where Have I Seen You?*

**Dates:** Wednesdays, March 4, 11, 18, 25 and April 1

**Time:** 6 pm: Simple supper, Program at 6:30 pm

**Cost:** 0

**Where:** Holy Cross, Turner Hall

**Sponsored by:** Adult Education Team



*As often as you did it for one  
of my least brothers, you did  
it for me.*

## **Where Have I Seen You?**

"What can I give him, poor as I am?

If I were a shepherd, I would bring a lamb;

If I were a wise man, I would do my part;

Yet, what can I give him?"

As we prepare for the Lenten season, join us to discuss what it means to leave the communion table as a disciple of Christ.

## **March 4: What Do We Call It?**

We have been fed. Now go feed others. It's a simple command, but what is the "food" that others need? What does it look like to "feed" others? In this session we'll discuss and define what it means to be a disciple of Christ "feeding" others.

## **March 11: What Is Needed?**

As we come to the table, let us consider what nourishment others seek. At this session we will create an art installation that conveys our thoughts on this topic.

## **March 18: What Can I Bring Him?**

What are the gifts you've been given? What are the gifts you can share? During this session we'll discuss the many gifts we have to give to the world.

## **March 25: What Lights My Fire and Keeps It Burning?**

How do you fill your days? How can you use your passions to feed others? Bring a small object, scripture and/or quote that represents your gift that can be used to feed others.

**Name:** Come to Church; Go in peace to love and serve the Lord

**Date:** Sundays

**Time:** 8:30 and 10:15 am every Sunday;

**Where:** In the Church on Sunday Mornings

**Sponsored by:** The Clergy



Here we are fed, inspired, and commissioned to take what we have shared into the world, where we attempt to see the face of the divine in each person we encounter.

**Date:** *Praying for Peace for the World God Made*

**Time:** 12 Noon

**Place:** Anywhere

**Sponsored by:** The Contemplation Group



The Contemplation Group invites everyone to join us in praying every day at noon for peace in our time. So that we might, more and more, see all of creation as the incarnation of God.

**Name:** *Contemplation and Action*

**Date:** Tuesdays

**Time:** 5:30—6:15 pm

**Sponsored by:** The Contemplation Group



Contemplation and Action have a long tradition of being linked together. Quiet contemplation is an ancient practice, and it does take practice! Yet this time of sitting with each other around a candle informs how we will then take action in our daily encounters and living. Each week we will offer our time on behalf of those in need: the hungry, the homeless, the stranger, the sick, those in prison.

**Name:** *The Wired Word*

**Date:** Wednesdays (check parish calendar for changes or cancellations)

**Time:** 11 am —12 pm

**Where:** Mark's office (Conference Room)

**Cost:** \$18.00 for a participant Workbook

**Sponsored by:** Wednesday Morning Study Group





Our Wednesday morning study group invites you to join us in a Lenten exploration into the commandments. Come, gain a new appreciation of God's guidance toward faithful and blessed living. Here is a fresh look at those familiar words so central to the will and way of God. Explore the commandments, from their Biblical setting through the teachings of Jesus and into our own lives. In seven sessions, we discover how God's timeless laws speak solid truth to us today.

**Name:** *Sharing about our Lenten Theme Together*

**Date:** Mar. 14, and Apr. 4

**Time:** 6 pm

**Where:** March: Diane Granlund's; April: Stephanie Bigelow's

**Sponsored by:** On Our Own

**Contact:** Martha Kuhlmann, martha@holycrosscv.org or 925-831-2479



“On Our Own” is for all who fit this description. We meet one Saturday a month for appetizers and desserts, and lively conversation.

At the March and April meetings we will be discussing our Lenten theme, “You Saw Me!” If you wish to carpool, please meet in the upper parking lot at Holy Cross at 5:30 p.m.

**Name:** *Being fed, so that we may feed others*

**Date:** The Sundays of Lent

**Time:** 8:30 and 10:15 am

**Place:** Church

**Sponsored by:** Bread Making Team



During the season of Lent, we use pita bread at communion instead of our usual recipe with milk and honey. This practice reminds us that we are in a simpler, plainer time; and it makes our sweeter, fancier bread taste more celebratory at Easter. Once again, Diane Granlund has offered to make her delicious homemade pita bread for the Sundays of Lent. She also leads the kids of The Kids Academy in making bread to be used at our Maundy Thursday service.

As we are fed with the Bread of Life, be it plain or fancy, we are nourished to go into the world to share God’s gift of reconciliation and love.

**Name:** Helping our Church Family

**Date:** As needed

**Sponsored by:** The Community Care Team

*You shall know they are  
Christians by their Love*



The Community Care Team responds to the physical and spiritual needs of our community providing meals, rides, help with small household tasks, prayers, home or hospital communion visits, and a worship service at Oak Creek Alzheimer’s and Dementia Center. If you need help or would like to help, please speak with Martha or Mark, or contact the team leader:

**EUCHARTISTIC VISITORS:** Sandra Sommer 510/483-4314

**MEALS TO GO:** Georgia Brown: 510/537-7658

**OAK CREEK MINISTRY:** Hilary Drake: 510/278-9342

**HITCH A RIDE:** Stu Ryan: 510/8613440

**HELPING HANDS:** Ken Couche: 510/909-3369

**WRAPPED IN LOVE:** Our faithful knitters and crocheters make shawls and scarves for members of our community experiencing challenging or celebratory times; and blankets for our four-legged friends at the Hayward Animal Shelter.

Martha: 925/831-2479

**THE PRAYER LIST:** Bonnie Pikul: 510/889-7233

**Name:** *Picking up, Lent Reminders*

**Date:** All of Lent

**Where:** Here and There

**Sponsored by:** The Facilities Team



Christians remind themselves of Lent in their daily prayers and by their daily actions. Changing what we eat, what we wear and our prayer schedule all serve to remind us—frequently—that it is Lent. Here’s a thought. Each day of Lent, wherever you happen to be, make sure you pick up a piece of litter and throw it out.

That little combination of thought and action...remembering, seeing the detritus, bending over and grabbing it, and then tossing it in a bin...can be a private reminder for us that it is Lent, it is God's world, we are lucky to inherit, we are responsible for it, and maybe most importantly, that we are God's stewards.

**Name:** *Lenten TKA* (The Kids Academy)

**Date:** Wednesdays, Mar., 4, 11, 18, 25

**Time:** 3:30—5:30 pm

**Place:** Holy Cross, Turner Hall

**For:** Kids K-5 and Counselors, 6-12

**Sponsored by:** TKA Planning Team

**Contact:** Martha Kuhlmann, martha@holycrosscv.org



Along with prayers, music, snacks, and games, this session's enrichment segments will include activities and art projects that tie in with the themes of Lent, Holy Week, and Easter.

March 4: Hope Heusdens, Art/craft activity

March 11: Petra Fibrichova, Yoga for kids

March 18: Debra Collins, Art activity

March 25: Diane Granlund, Making Bread for our Maundy Thursday service

**Name:** *Book Conversations*

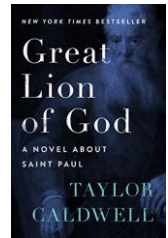
**Date:** Saturday, March 14

**Time:** 9:30—11 am

**Place:** Conference Room

**Sponsored by:** The Saturday Morning Book Group

**Contact:** Martha Kuhlmann, martha@holycrosscv.org



For our March meeting we will read and discuss, *Great Lion of God* by Taylor Caldwell.

“Born to a devout Jewish family, Saul of Tarsus is raised by his parents to embrace their love of humanity. Dogged by what he perceives as a lack of true faith, he embarks on a journey to save his people from sacrilege. On the road to Damascus a vision of the resurrected Jesus changes the course of his life. *Great Lion of God* paints a unique and very human portrait of Saint Paul, one of the most complex figures of early Christianity.”

**Name:** *Aging Gracefully*  
**Date:** Tuesday, March 31  
**Time:** 12 noon 'til 2 pm  
**Sponsored by:** The Senior Adult Ministry



*You Saw Me* is Holy Cross' theme for 2020's Lenten journey. This Aging Gracefully gathering will be an opportunity for our senior adults to get together and reflect on our Lenten journey – share your thoughts, a laugh, and a meal together.

We hope you can join us! Bring a bag lunch.

**Name:** “*You Saw Me*” on the Labyrinth  
**Date:** Any day  
**Time:** Anytime  
**Sponsored by:** Friends of our Labyrinth (fool)



Available 24 hours a day, 7 days a week, our Holy Cross labyrinth is a walking meditation. Take our Lenten theme “*You Saw Me*” with you onto the labyrinth. As you walk its path, reflect on what this might mean to you: in your heart; with your family; with your friends; at work; relaxing; with the world.

**Name:** *Corazón Lenten Build*  
**Date:** March 13 - 15  
**Time:** Anytime  
**Sponsored by:** Outreach Team



Saint Paul's Episcopal Church in Burlingame, is taking a leaf out of our book and hosting a Lenten build, and inviting us to join them! We travel down on Friday, March 13th, and return on Sunday, March 15th. Free housing is available at All Soul's Episcopal Church, Point Loma, and the only cost to you is for food while on the road. (You are welcome to chip in for gas for the driver too.) No experience is needed and a valid passport or passport card is Required. For more information, speak with Richard Patenaude, David Fencsik, or Mark Spaulding.

**Name:** *A Lenten Quiet Afternoon for All*

**Date:** March 28

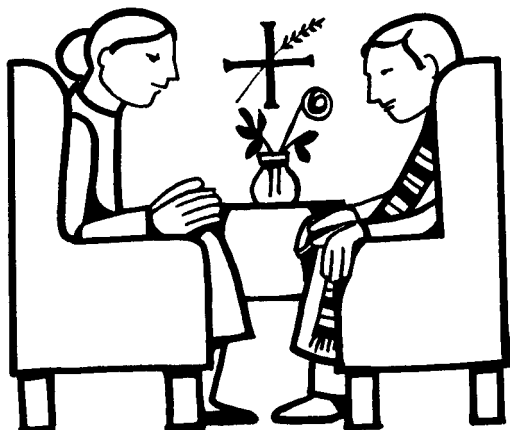
**Time:** 2-5 pm

**Place:** Turner Hall

**Contact:** Martha Kuhlmann



Here is an opportunity to reflect on our Lenten Journey, and all that lies ahead as we anticipate Palm Sunday, Holy Week, and Easter, the celebrations at the heart of our faith. The afternoon will include readings and stories; quiet and sharing; possibilities for written and artistic responses, for walking the Labyrinth, and for sitting in silence. Please consider making time for what promises to be a rich and meaningful time with sister and brother pilgrims ... as we make our way to Jerusalem, with Jesus.



## **Lent Confessions...but does anyone “make confessions” anymore?**

What used to be called the Rite of Confession is now called the Rite of Reconciliation. Our Prayer Book points out that the ministry of reconciliation is present in our Christian life together and in our common prayer as we gather for worship, confess our sins, and receive absolution. The prayer book also recognizes that there are times when we might want to make an individual confession. Lent and Holy Week are traditional times for Christians to take advantage of this opportunity. Please be in touch with one of our priests if you wish to schedule a time.

# Holy Week

**Palm Sunday** — April 5

8:30 and 10:15 AM

The service begins on the Labyrinth and we process into the church waving palms and glorifying God. We made a change in the Palm Sunday service last year, “come and see!”

Holy Cross is being Stewards of God’s Grace (2009’s Lenten theme) and once again endorsing Eco-Palms as a way to promote economic justice on Palm Sunday. Through our use of Fair Traded palm branches we make Palm Sunday a day of celebrating economic justice for farmers and stewardship of God’s creation in Guatemala and Mexico. Eco-palms are harvested in a way that rewards workers for the quality of the palms they harvest rather than the quantity, which helps to limit the amount of palms taken from our creation.

Eco-palm communities have taken upon themselves to learn about harvesting practices that minimize impact on the natural forest where the palm grows, and biodiversity of the region and improve the local communities’ standard of living.



*Hosanna h! Blessed is He who comes in the name of the Lord.*

## Monday of Holy Week— April 6 at 7:00 PM

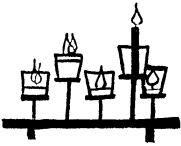
A simple service of Holy Communion celebrated at 7:00 PM. The story of a woman anointing Jesus with costly perfume is the traditional gospel reading for this evening. Come and hear how a simple act causes quite a stir!



## Tuesday: Tenebrae— April 7 at 8:00 PM

Join the choir for an ancient service of “Matins.” This profound service of an extinguishing of light is a reminder of what we experience as we move deeper into Holy Week and toward the cross. The

choir has some wonderful music to share with us as we journey toward the extinguishing of the lights in the church to a single candle.



## Wednesday: Service of Reconciliation— April 8 at 7:00 PM

Join us for an evening of reflection, repentance and forgiveness. Tonight is an opportunity to spend some time considering our life journey just before we embark upon the “three great days.” We hope you can join us for an evening of reflection.



## Maundy Thursday— April 9 at 6:00 PM

This service begins the Triduum Sanctum, The Three Great Days!

Maundy Thursday, Good Friday, and Easter (the Vigil in particular) have ancient roots in the early Christian church. We invite you to make a commitment to be present for these most important celebrations of our life together as the body of

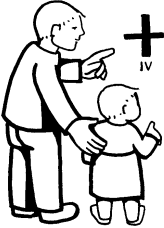
Christ. This year we once again share our popular, “out of the box” Maundy Thursday experience. It features a simple pot-luck meal (bring whatever the Spirit moves you to share) and an opportunity to wash feet or have your feet washed, hosted by our children!





The Chapel of Repose follows the Maundy Thursday service. Sign up for a prayer “watch” at the Information Center after church or call the parish office (889-7233).

## Good Friday— April 10

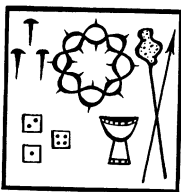


### Stations of the Cross—12:00 Noon

This is a moving 45-minute service led by our youth as we move around the parish campus and trace the last hours of Christ before and on the cross. We begin in a bare church and return there after making one lap around the parish grounds hearing the story of Christ’s passion and a brief meditation at each station.

### Children’s Good Friday Event—4:00 PM

Good Friday is a crucial part of our Christian story and when working with children, it must be shared in careful and developmentally appropriate ways. We have de-signed a Good Friday experience for preschool and grade school children. It will include crafts and experiential learning and we plan to use a movie to tell this important part of our sacred story. Does the picture at the right give you a clue about the movie? Adults, you are MOST welcome to join us too!



### Good Friday Service—7:00 PM

Our evening service will be a combination Labyrinth Walk and the reading of the Passion. Please bring coats and dress in layers as we complete our liturgy by tracing the steps of Jesus on the Labyrinth.

# The Great Vigil of Easter

Saturday, April 11 beginning at 8:00 PM

On this night we celebrate the “feast of feasts” by hearing God’s word proclaimed, welcoming new Christians into the household of God through baptism, and celebrating our first Easter communion!



We begin our worship this evening on the Labyrinth gathering around the New Fire (a bonfire) holding candles and hearing some of our most sacred stories told in the oral tradition. We then process by candlelight to Turner Hall where we will celebrate baptism and then make a final procession to the Memorial Garden to reclaim

the Alleluia banner buried there on Shrove Tuesday.

Lastly, we arrive at the doors of the church to proclaim, “Christ is risen” and celebrate together the first Eucharist of Easter in the sanctuary filled with light, music, flowers, and the ringing of our Easter Bells! (Be sure to bring a hand bell if you have one!)

Following the service, we will break our Lenten fast with a Pot-luck feast! We invite you to bring something that you have given up for Lent and share it at our table as we break our Lenten fast together!

If someone in your household is interested in the Sacrament of Baptism, please speak with one of the clergy. The Vigil is the perfect night to be welcomed into the household of faith!



# Easter

## **Easter Day Celebrations April 12**

Our first Easter morning service of Holy Communion is a sunrise celebration with Taize music on the Labyrinth at 6:00 AM

Our traditional Festive choral celebration of Holy Communion is at 8:30 AM and 10:15 AM



An Easter Egg hunt will follow the 10:15 service!

Nursery Care is available for children 3 years and under at the 10:15 service.

*The Resurrection  
of the Lord*



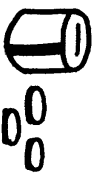
Holy Cross Episcopal Church  
19179 Center Street  
Castro Valley CA 94546



*prayer for the good of your soul*



*fasting for the good of your body*



*absiniquing for the good of your neighbor*