

## Lent Resources

### Reflect, Remember, Rejoice

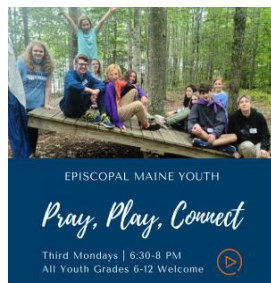
Lent is a time of prayer and reflection when we remember Jesus' time in the wilderness. Many people give something up for Lent, like candy or desserts, or they decrease their screen time. People also can add something to their lives, like saying grace at dinner. It is a pause in our lives to find something that is meaningful to us as individuals and that will help us prepare our hearts for Easter.

Here are some additional resources that you might consider adding to your life to embrace the Resurrection of Jesus on Easter Sunday.

1. **From the Episcopal Maine Diocese.** You can check out their website for the full listings, but here are some activities that may be of interest. The website link is: [Episcopal Maine - A Vigil for Peace in Ukraine - The Episcopal Diocese of Maine](#)
  - To add prayer for the world to your day, there is a Vigil for peace in Ukraine. The link is on the home page.
  - For parents, there is a book study available, beginning on March 17 from 7:45-8:15pm

Join our book study for anxious parents and parents of anxious youth. We'll meet together five times over eight weeks as we work our way through the book *When Anxiety Strikes: Help and Hope for Managing Your Storm*. This book is grounded in the clinical and personal experiences of the authors, as well as in scripture. The authors are Episcopalians, and they know both sides of what it is like to live with anxiety. So whether you're reading this because of your anxiety, the anxiety of the young person in your house, or both, you'll be in good company. Email [Sara D'Angio White](#) to sign up. We'll meet from 7:45-8:15 AM on Thursdays, March 17 & 31, April 14 & 28, and May 5. Read more or purchase the [book here](#).

- For our older youth: Something to consider to help connect them to the broader faith community:



2. National Cathedral: There are Lenten services, concerts and meditations available. The website is:

[A Spiritual Home for the Nation - Washington National Cathedral](#)