

FROM THE HEALING PRAYER MINISTRY

Healing goes hand in hand with thanksgiving and praise. God rewards a grateful heart.

"Heal me, O Lord, and I shall be healed; save me, and I shall be saved; for you are my praise" Jeremiah 17:14

"with God all things are possible."

Matthew 19:26



The Rev. Lisa M. Erdeljon, Associate Rector for Christian Education

FROM OUR RECTOR

The Rev. Jesse Perkins

jperkins@stmichaelsbarrington.org

Each year I look forward to Lent. Yes, you heard that right! I welcome the liturgical encouragement to slow down, give myself some time and space to think and pray, and to allow God a chance to speak to me anew. It is a time to reassess priorities, decisions, and directions of our lives in light of Jesus's life and teaching, and to prepare ourselves for the coming Holy Week. Perhaps I am simply a traditionalist, but I prefer to give up something during Lent rather than take on something new. Fasting of all kinds helps me focus on the blessings I often take for granted (because I am going without them), or it disrupts my routines and expectations in such a way that I get a fresh perspective into my own life and heart. Giving up something for Lent, or fasting from it, also helps me consider just how much I enjoy the instant gratification that this modern life offers me. There is power in fasting (in all forms), and I commend it to you.

If fasting is not something that helps you, then perhaps you can take on something new. A new prayer practice, a new service opportunity, or even a period of time where you create a daily prayer routine. While Lent is not a self-improvement opportunity, it is a time when by either giving something up, or taking on new spiritual disciplines, we can reevaluate our lives and our connection to God.

However you decide to observe this year's Lent, I encourage you to begin your focus on "being" rather than "doing." The fasts or disciplines are only tools to help us discern and grow closer to God. The ultimate purpose of these 40 days of wilderness is to do the hard work of evaluating our selves in relationship to God, and choosing to walk closer to the way of Christ. It is seeing our sin for what it is, and choosing a new path away from it and toward our God, our true source of peace and joy.

So I invite you to this holy work of Lent, of fasting and of new disciplines, of being more than doing. May your efforts to seek and grow closer to God be rewarded with a deep peace and joy.

Prayer to start our Lenten journey (BCP 264):

"Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen."



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* T+ ASH WEDNESDAY FEBRUARY 26

PRAY FOR HUMILITY

Lord Jesus, death your love embraced to extinguish the flame of darkness. Death in ashes, yet love set alight, Now alive and dancing. As a beacon of hope in our hearts, Dear Lord, with this mark of the cross upon me; I choose to walk its way. To let go of self, and entrust all things to you - So that I may catch a glimpse of your eternal love for me.

"Remember that you are dust and to dust you shall return." Genesis 3:19.

++ THURSDAY, FEBRUARY 27

PRAY FOR OUR EYES TO BE OPENED

Oh, most Glorious God, your Son Jesus Christ, and Your Holy Spirit.

May You walk with me this day and find Love and Forgiveness.

Keep me in your Presence. The gift of the present.

★ FRIDAY, FEBRUARY 28

PRAY FOR SOUTH SUDAN

Almighty God, you sent us your beloved Son Jesus Christ to redeem us from our iniquities.

Through His sacrifice, our sins are forgiven. Help us extend the same forgiveness to one another as you have taught us in the Lord's Prayer (Matthew 6:17).

May we daily forgive others as we seek your forgiveness daily, so that we can live in love and harmony.

Prayer for Forgiveness written by South Sudan Writers Team, led by Bp. Joseph Garang

* SATURDAY, FEBRUARY 29

★ + SATURDAY, FEBR	UARY 29	
PRAY FOR LETTING YOUR	GOD LOVE YOU	
Be silent.		
Be still.		
Alone.		
Empty		
Before your God		
Say nothing.		
Ask nothing.		
Be silent.		
Be still.		
Let your God		
Look upon you.		
That is all.		
God knows.		
God understands.		
God loves you		
With an enormous love,		
And only wants		
To look upon you		
With that love.	Adapted from ~Edwina Gateley	In God's Womb

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* MARCH 1

PRAY FOR AN ATTITUDE OF GRATITUDE FOR GOD'S BLESSINGS

Gracious God, I am humbly grateful for your loving kindness and blessings in my life. May praise and glory be joyfully raised to You every day, no matter what the circumstances are at any time.

I am grateful for my life and each new day.

I am grateful for the wonderful blessings of family and friends.

I am grateful for St. Michael's and her faith community and the community and country in which I live.

I am grateful for the beauty of the world You created... the sun, moon, stars, oceans, beautiful landscapes, plants, animals, people, and all that exists.

I am grateful that I belong to You, my loving Father.

I am grateful that Jesus Christ is my Lord and Savior. He has redeemed the world.

I am grateful for the indwelling of the Holy Spirit that guides, teaches, and sustains me.

May I forever sing a song of gratitude and praise for the blessings ever-present during the good times of my life and the difficult seasons that come my way. Thank you, God, for all that was, is, and shall be in this world and in your heav-

enly kingdom. In Jesus' name I pray. Amen

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+T+ MONDAY, MARCH 2

PRAY FOR YOU

Build a better World said God, and I asked him how The world is such a large vast place and oh so complicated now And I'm so small and useless there is nothing I can do, But God in all his wisdom said you can build a better YOU.

+ TUESDAY, MARCH 3

PRAY FOR CALM

Pray for relief from anxiety, fear, and distress as we travel through our daily journeys, and for the knowledge that guidance and comfort from God are available all along the way- as we seek to do that which is right in all aspects of our lives. Amen.

LENT 2020

* wednesday, March 4

PRAY FOR MY FAVORITE ACRONYMS

H.O.P.E. - Hold On, Pain Ends

F.A.M.I.L.Y. - Forget About Me, I Love You

+T+ THURSDAY, MARCH 5

PRAY FOR THE HEALING ESSENCE OF LOVE

"The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience...Throughout history,' tender loving care' has uniformly been recognized as a valuable element in healing." Bernie Siegel "LOVE, MEDICINE, and MIRACLES"

Bernie Siegel "LOVE, MEDICINE, and MIRACLES"



PRAY FOR THE LIGHT OF LOVE

"Whenever we pray with a group of people, their main response—what impresses them more than anything else—is the Love they feel.

LOVE is wonderful medicine; it rings us Light."

Francis MacNutt. PhD

* saturday, March 7

PRAYER FOR TRANSFORMATION

Loving Father, I come to You today to make myself 100% available to You. I lay everything I have and everything I am at Your feet. Take what You want to take, and give what You want to give. Command me in all things. I will do whatever You ask me to do. Transform me and transform my life, so that I may become the very best version of myself and lead others to You with my life and my love. Amen

by Matthew Kelly, Dynamic Catholic

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PRAY FOR AS HOLY AS A DAY IS SPENT

I'm letting go of all my fears Like autumn leaves of earth and air For summer came and summer went As holy as a day is spent

Holy is the place I stand To give whatever small good I can The empty page, the open book Redemption everywhere I look



Unknowingly we slow our pace In the shade of unexpected grace With grateful smiles and sad lament As holy as a day is spent

And morning light sings "providence"
As holy as a day is spent

Excerpted from lyrics by Carrie Newcomer "Holy As The Day Is Spent"

• • LENT 2020 • • • • • • • • • • • • •

* MONDAY, MARCH 9

PRAY FOR STILLNESS

"Be still, and know that I am God." Psalms 46:10.

"Cast all your anxiety on him, because he cares for you" 1 Peter 5:7

TUESDAY, MARCH 10

PRAY FOR PROVISION

Please provide all of my friends, loved ones and enemies with everything they need. Amen.

++ WEDNESDAY, MARCH 11

PRAY FOR THE GLORY

Father, thank You that my life is in Your hands—not just my dreams and goals, but my weaknesses and shortcomings. Thank You for the promise that You are transforming me from glory to glory. I believe that You are working right now to lift me to another level of glory. In Jesus' Name, Amen.

"But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory..."
(2 Corinthians 3:18, NKJV)

•••••• LENT 2020 •••••••

THURSDAY, MARCH 12

PRAY FOR CONTINUED GRACE

Pray for the Grace of God to fill the needs of all who are ill, making difficult decisions, or for continued Grace. May the love of our Savior fill our hearts and souls with happiness and fulfillment as we follow Him. Amen.



PRAY FOR A HAPPY HEART

"A glad heart is excellent medicine,
A depressed spirit wastes the bones away." Proverbs17:22

** SATURDAY, MARCH 14

PRAY FOR PARENTS

Kimberly Curtis, Sunday School Director

God instructs parents on the plan to follow when raising children. Pray that God would raise fathers in this fatherless generation that would stand in the gap. Also, pray that God will give fathers the wisdom they require to lead and make them humble.

Pray and bring mothers into the hands of God to strengthen them in their daily challenges. Pray that mothers will never feel inadequate for the task, and they are geared up for such a time as this- in Jesus name. Amen

"train up a child in the way he should go: and when he is old, he will not depart from it" Proverbs 22:6

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* MARCH 15

PRAY FOR AN OPEN HEART

O Lord, who hast mercy upon all, take away from me my sins, and mercifully kindle in me the fire of thy Holy Spirit.

Take away from me the heart of stone, and give me a heart of flesh, a heart to love and adore Thee, a heart to delight in Thee, to follow and enjoy Thee, for Christ's sake Amen

St. Ambrose of Milan (AD 339-397)

* MONDAY, MARCH 16

PRAY FOR THE SICK

May you be wrapped up in God's love. Found deep in his everlasting wings. Carried and kept, safe and cherished. May the healing power of Christ breathe across your being now.

+ TUESDAY, MARCH 17

PRAY FOR GOD'S BLESSINGS

"For all that has been, thank you. For all that is to come, yes."

Daj Hammarsjkold, UN Secretary 1953-1961

* WEDNESDAY, MARCH 18

PRAY FOR A NEW TURN

I Will Turn Lord, I will turn, Turn my face towards you. I will lay before you the desert areas I hide and turn to soak in your refreshing words of life. I will cast aside the barren, selfish pursuits and turn to rest in the tranquil warmth of your love. I will draw back from the harsh pull of media and turn to bathe in the gentle power of your Spirit. Lord, today I turn my face towards you. I will turn to soak in your words of life, to rest in the warmth of your love, and to bathe in the power of your Spirit.

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++ THURSDAY, MARCH 19

PRAY FOR THE FINAL JOURNEY

Go forth from this world, O Christian soul, in the name of God the almighty Father who created you; in the name of Jesus Christ, the son of the living God, who suffered for you; in the name of the Holy Spirit, who has been poured forth upon the name of the Holy Spirit, who has been poured forth upon the name of the Holy Spirit, who has been poured forth upon the name of the Holy Spirit, who has been poured forth upon the name of the Holy Spirit who has been poured forth upon the name of the Holy Spirit who has been poured forth upon the name of the Holy Spirit who has been poured forth upon the name of the Holy Spirit who has been poured for the name of the Holy Spirit who has been poured for the name of the Holy Spirit who has been poured for the name of the Holy Spirit who has been poured for the name of the name of the Holy Spirit who has been poured for the name of the name of

in the name of the Holy Spirit, who has been poured forth upon you; in the name of the angels and archangels...

May your dwelling be established in peace this day and your home in the heavenly Jerusalem.

+T+ FRIDAY, MARCH 20

PRAY FOR AN END OF WORRY IN OUR LIVES

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Philippians 4:6

* SATURDAY, MARCH 21

PRAY FOR ABUNDANT SPIRIT

I relax into stillness and peace. God is my strength. Centered in Him, my hopes and dreams blossom. In a spirit of peace, I seek to understand and appreciate others. In gratitude, I see abundant blessings and possibilities. The spirit of peace is my well-being. The spirit of wisdom speaks in the silence.

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★ MARCH 22

PRAY FOR SERENITY

God, grant me the Serenity
To accept the things I cannot change...
Courage to change the things I can,

And Wisdom to know the difference.

Living one day at a time,

Enjoying one moment at a time,

Accepting hardship as the pathway to peace.

Taking, as Jesus did, this sinful world as it is,

Not as I would have it.

Trusting that Jesus will make all things right if I surrender to His will.

That I may be reasonably happy in this life, And supremely happy with Him forever in the next. Amen.

LENT 2020 ● **•**

* MONDAY, MARCH 23

PRAY FOR STANDING UP

I pray for justice in our world. I strive to make good decisions that are respectful and inclusive of others. I pray for strength to stand up for what is just and right even when it is not comfortable.

In the words of Martin Luther King, Jr.

"Our lives begin to end the day we become silent about things that matter."



TUESDAY, MARCH 24

PRAY FOR GRACE

Heavenly Father, Walk through my house, take away all my worries, illnesses, depression and sadness. Please watch over and heal my family and friends- in the name of Jesus.

*****†+

♣ WEDNESDAY, MARCH 25

PRAY FOR BEING AN INSTRUMENT OF HIS LOVE

Let me be employed for thee or laid aside for thee.. exalted for thee or brought low for thee...

I freely and heartily yield all things to thy pleasure and disposal.

John Wesley's Covenant Prayer

+T+ THURSDAY, MARCH 26

PRAY FOR RENEWAL

I kneel down before you at this moment, please Enlighten what is dark in me.

Strengthen what is weak in me. Mend what is broken in me. Bind what is bruised in me. Heal what is sick in me. Revive whatever Peace and Love that died in me.

++ FRIDAY, MARCH 27

PRAY FOR FORGIVENESS

Dearest Heavenly Father,

Please forgive us for we have sinned and we do not have the eloquence to express our sorrow. We are thankful that you can read our minds and see into our heart. You understand all of our limitations and the distance our sin creates between us. Sometimes "I'm sorry" is all we can say and it is comforting to know that you understand and forgive.

Only you can understand the language of our hearts and can translate our "sorry" into the prayer we would pray if we had the words within us.

Thank you, Loving Father, that you hear what is in our hearts as well as our spoken word.

In Jesus name we pray. Amen!

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PRAY FOR BEAUTY

An Early Morning Prayer

I come before you, O Lord.
As the sun rises may your hope rise up in me.
As the birds sing may your love flow out of me.
As the light floods into this new day,
May your joy shine through me.
I come before you, O Lord
And drink in this moment of peace,
That I may carry something of your hope, love and joy
Today in my heart.

Amen.



* MARCH 29

PRAY FOR DISCERNMENT

"I am writing to say how much I care for you and to say how much I want you to know me better.

When you awoke this morning, I exploded a brilliant sunrise through your window hoping to get your attention, but you rushed off without even noticing.

Later, I noticed you were walking with some friends, so bathed you in warm sunshine and perfumed the air with nature's sweet scent, and you still didn't notice me. As you passed by, I shouted to you in a thunderstorm and painted a beautiful rainbow in the sky and you didn't even look.

In the evening, I spilled moonlight onto your face and sent a cool breeze to rest you. As you slept, I watched over you and shared your thoughts, but you were unaware that I was so near.

I have chosen you and I hope you will talk to me soon. Until then, I will remain near. I am your friend and love you very much.

Your friend, Jesus"

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EM©JI 10 Commandments











Do not hurt others with words or actions

Keep your promises to others and God

Do not steal from others

Always tell the truth

Do not be jealous or envious of others

+T+ MONDAY, MARCH 30

PRAY FOR A QUIET PLACE

Lord guide me to a quiet place,
Help me make time and space in my busy life,
to receive Your Word.
Be still my heart,
Enter my soul,
Remain in me.
Transform me.

"Let the word of Christ richly dwell within you," Colossians 3:16



PRAY FOR RECAPTURING OUR CHILDLIKE OPTIMISM

In Faith it is sweet and strong; In Trust that triumphs over wrong; In Peace we hear the tranquilizing song; In Hope that sends a shining ray at dawn!

++ WEDNESDAY, APRIL 1

PRAY FOR OUR COMPASSIONATE LORD To forgive our excesses of the worldly, and ask the emboldened Holy Spirit to be our Champion; guiding us to the Kingdom of Light that has been shone brilliantly - let us turn from the excess worldly to the boundless Spiritual! Dearest Lord revert us to humility - Indeed, "The wisdom from above is first pure, then peaceable" James 3:17

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★ THURSDAY, APRIL 2

PRAY FOR THE POWER OF LOVE

Lord, grant us simplicity of faith and a generosity of service that gives without counting cost. A life overflowing with Grace poured out from the One who gave everything, that we might show the power of love to a broken world, and share the truth from a living Word. Lord, grant us simplicity of faith, and a yearning to share it



PRAY FOR THE CHALLENGE AHEAD

Gracious Father

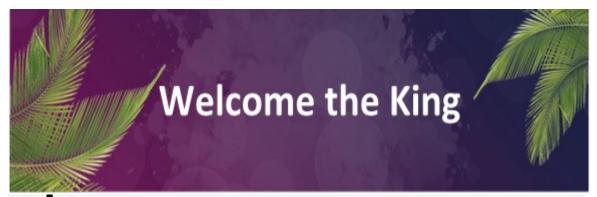
Equip us for the journey which unfolds around us. Bathe us in the Holy Spirit that we might be transformed and uplifted to heights we have never imagined. Let us view our challenges as footsteps toward your glory. Keep our eyes fixed upon the cross, and give us new understanding of the sacrifice which was made on our behalf. Open those eyes to the wonder of your world, and keep us focused on your magnificent Grace.

We ask this through the passion of your Son, our Savior, Jesus Christ.

★ SATURDAY, APRIL 4

PRAY FOR GUIDANCE

All Gracious and Omnipotent Trinity: We are at a quandary with fear resulting from the unknowns and uncertainties. We earnestly pray for Divine guidance and intervention.



+ PALM SUNDAY APRIL 5

You are who Almighty God says you are—blessed, favored, strong, destined for greatness.

Your past doesn't define you. Your circumstances can't control you.

What someone said about you isn't the final word. You are a child of

Almighty God with royal blood flowing through your veins.

Declare today . . .

I am an overcomer!

I am equipped and well able!

I am anointed!

I am God's masterpiece!

What follows your "I am" will always come looking for you.

In a vision I saw someone looking through a magnifying glass, and I realized that it represented a position of focus without peripheral distractions. And, I heard the Lord say, "I want you to focus on things of importance without being distracted by things that the enemy will use to divide and conquer. Your eternal perspective is vital to a successful outcome in your current situation."

Do not turn to the right or the left; remove your foot from evil. *Proverbs 4:27*

** MONDAY IN HOLY WEEK APRIL 6

PRAY FOR GENEROSITY

All-encompassing Lord, we thank thee for this soul-searching season and we praise thee for granting each of your fold a generosity spirit. May your immense love initiate/ renew our compassion for one another forevermore!

+ Tuesday in Holy Week

PRAY FOR TODAY

"Father, thank You that my life is in Your hands—not just my dreams and goals, but my weaknesses and shortcomings. Thank You for the promise that You are transforming me from glory to glory. I believe that You are working right now to lift me to another level of glory. In Jesus' Name, Amen."

Natalie McClinton

"But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory..." (2 Corinthians 3:18, NKJV)

+ T+ WEDNESDAY IN HOLY WEEK APRIL 8

PRAY FOR BEING HUMBLE

I am just beginning to realize how much you love me.

Your son, Jesus was humble and obedient.

He fulfilled your will for him by becoming human and suffering with us.

I ask you for the desire to become more humble so that my own life might also bear witness to you. I want to use the small sufferings I have in this world to give you glory.



+T+ MAUNDY THURSDAY APRIL 9

PRAY FOR HIS SACRIFICE

Loving Provider, you gather me in this upper room with your son, to be fed by your love.

At that supper, Jesus told us to "love one another" and I know that is the heart of his gift, his sacrifice for me.

I ask that I might find the source of my own heart, the meaning for my own life, in that Eucharist.

Guide me to the fullness of your love and life.



+ GOOD FRIDAY APRIL 10

PRAY FOR GOOD FRIDAY

Lord, we live in a world where love, joy, and hope abound, as well as challenges of all kinds, disappointments, failures, and distractions. We thank you for being present in our journeys, for hearing our prayers, and for answering prayers at the perfect time, according to your will.

Lord, give me patience while waiting for answers and dealing with "unscheduled" inconveniences that pop up. Fill me with your light and love for God. Give me hope when I'm discouraged. Give me encouragement when I'm alone or feeling unappreciated. Give me courage when I'm fearful. Give me compassion and time to help those in need. Give me peace when I'm anxious. Give me guidance when the path ahead is unsure. Fill me with more of You and less of me.

Thank you, Lord, for being He who heals the body, mind, and spirit. Thank you for the gift of eternal life upon leaving this one. In Jesus' name I pray. Amen.

LENT 2020 • • • • • • • • • • • • • •



+ HOLY SATURDAY APRIL 11

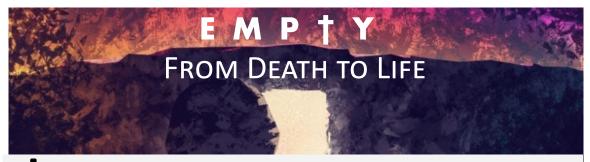
PRAY FOR BEING TRANSFORMED

Too many people are so focused on their flaws, weaknesses, and mistakes they've made in the past that they are unhappy with who they are now. If you feel guilty and condemned that you're not further along, that's going to hold you back from growing. Quit taking inventory of all your faults. You may have a lot wrong with you, but you have a lot right with you.

The key is to learn to accept yourself while you're in the process of "being transformed from glory to glory." You may not realize it, but you're in a phase of glory right now. Learn to enjoy the glory that you're in while God is changing you and taking you to the next level of glory. You have to start accepting yourself right where you are, faults and all. You are not a finished product. God is the Potter, and you are the clay. He is still working on you.

LENT 2020 • • • • • • • • • • • • •





+ + EASTER DAY APRIL 12

PRAY FOR OUR CHILDREN

submitted by Kim Curtis, Sunday School Director

Lord, We ask your blessings for our children whom we love and cherish. Protect us from harm and teach each of us kindness. Show us compassion. Guide our steps and we will follow the path of goodness and light forever more. Amen.









Brendon

Ben

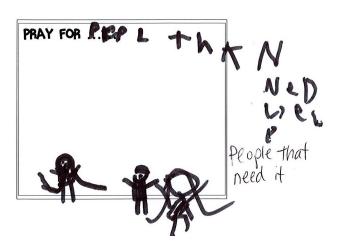






Gaius





We invite you to

HOLY WEEK AT ST. MICHAEL'S

Palm Sunday, April 5

8:00 a.m. Holy Eucharist 10:00 a.m. Holy Eucharist

Wednesday in Holy Week, April 8

6:30 p.m. Taizé Service

Maundy Thursday, April 9

6:30 p.m. Holy Eucharist Watch at the Altar of Repose, 7:30 p.m. through 12:00 p.m. Friday

Good Friday, April 10

12:00 p.m. Good Friday Liturgy followed by Stations of the Cross 12:00 p.m.- 4:00 p.m. A Journey Through Holy Week An afternoon for children ages 3 years to 5th grade. Lunch included. 7:00 p.m. Good Friday Liturgy at St. Mark's Church, Barrington Hills

The Great Vigil of Easter, April 11

8:00 p.m. Holy Eucharist

Followed by a festive reception in the Community Room

Easter Day, April 12

9:00 and 11:00 a.m. Holy Eucharist

Followed by festive receptions in the Community Room

Easter Egg Hunt at 10:30 a.m. (for ages 1 year to 5th grade)

