

My heart is ready, Yes! My heart is ready!
like a desert I am parched. My soul of sand
soaks up the rain at once is dry again, and
the inner fount of life is rank and deadly.
In such abysmal straits, remind the self
that we are loved, for all our self-despair;
That Jesus Christ has sought us out, that care
will open up the inner streams of health.
God's love is real and God's affection never spent.
So, be watered, tended; be refreshed, this Lent.

Archdeacon Harold Macdonald

LITURGICAL SOURCES

The United Methodist Church of USA has a wonderful **range of liturgical resources** including a contemporary service for Ash Wednesday and a series of meditations for each day of Lent which may provide stimulation for sermons.

<http://www.gbod.org/site/c.nhLRJ2PMKsG/b.5689569/k.B7EF/Lent.htm>

A Lenten Service of Reconciliation - an ordered act of worship combining prayer and Bible reading. Almost a modern Penitential Service. If you are looking for something slightly different yet with a Prayer Book feel to it, this may meet your requirement.

<http://www.jamesoregan.com/Liturgy/lentrecn.htm>

An excellent article introducing Lent. Useful source for the parish magazine

<http://www.cresourcei.org/cylent.html>

SIX LENTEN SERMON SERIES

1. 'FAVOURITE PSALMS FOR LENT'

- Psalm 116:1-2, 11-16
- Psalm 150
- Psalm 119:25-32
- Psalm 139:1-18, 23-24
- Psalm 19

2. 'AS OUR SAVIOUR TAUGHT US'

- Our Father, who art in heaven, hallowed be thy name
 - Thy kingdom come, thy will be done, on earth as it is in heaven
- Give us this day our daily bread
And lead us not into temptation, but deliver us from evil

3. 'FAVOURITE HYMNS FOR LENT'

- How shall I sing that majesty
- Praise to the Holiest

- Teach me, my God and King
- O love that wilt not let me go
- Throned upon the awful tree
- Morning glory, starlit sky

4. 'LENT WITH THE MESSIAH'

- How Beautiful are the feet
- He shall feed his flock
- Comfort ye
- The people who walked in darkness
- He was despised

Each of the series above have been preached at St Mary the Virgin, Godchester, and the good news is that the texts of all of them are available. Click on the title to each sermon at:

<http://www.stmarysgodmanchester.org/sermons-s.php>

5. 'MATTHEW 24'

1. Eschatology...Gesundheit!
2. Until He Comes...We Go
3. Swing Low, Sweet Chariot!
4. Apocalypse Now ... and Then
5. Turn Out the Lights, the Party's Over

Scroll down this page and at the very last are the links to the sermons

http://www.centralpc.org/sermons/sermon_series.htm

6. THE SEVEN LAST WORDS FROM THE CROSS

Sermons from Seattle for the six Wednesdays of Lent, plus Holy Thursday and Good Friday by Edward F. Markquart who has been the pastor of Grace Lutheran Church since 1973. This congregation is one of the largest worshipping congregations on the USA's West coast.

1. Golgotha - John 1:17-19 (For Transfiguration Sunday in preparation for The Seven Last Words)
2. Father Forgive Them For They Know Not What They Do – Luke 23:34
3. Today You Will Be With Me In Paradise – Luke 23:43
4. Here is your son, here is your mother - John 19:26-27
5. My God, My God, Why Have You Forsaken Me? Mark 15:33-34
6. I Thirst - John 19:28

LENT & HOLY WEEK - ADDITIONAL 2011

7. It Is Finished - John 19:30

8. Father, Into Your Hands I Commit My Spirit - Luke 23:46

http://www.sermonsfromseattle.com/lenten_series_golgotha.htm

ASH WEDNESDAY

POETRY

Once in winter,
I stood,
White flakes brushing my face
With white fingers,
I waited with the others
We shivered on the steps--
Stuck out our tongues to catch snowflakes
So cold they would burn.
Soon the big doors would open
On smoke and candles
and a cold thumb would brush
My forehead with a cross of ashes
"Dust to Dust" he would mutter
While snowflakes melted in my hair.

Surely in the brow's sweat we seek the good,
a jewel desired but in harm's setting placed.
Gained at a risk, our lives on danger based,
a chasm 'twixt what's done and what we should;
Hurt and help are in the single circumstance
and evil taints the hope, the goal contaminates.
So Providence submits to bitter fate -
the cross; its partner in redemption's dance.
Good comes by increments; so slow its speed!
Humanity rebuffs the pure, God's Self!
Gives up! The good is placed back on the shelf
Two steps ahead, two back, progress indeed !
Try again! Smudge the tiny ash of grace;
God helps you make the world a better place!
Archdeacon Harold Macdonald

RESOURCES

Useful short introduction to Ash Wednesday for the parish magazine or introductory paragraph on order of service.

<http://www.cresourcei.org/cyashwed.html>

There is an interesting resource list produced by ECLA - Evangelical Lutheran Church of America. It just might stimulate creativity. <http://www.elca.org/Growing-In-Faith/Worship/Planning/Lent.aspx>