



During this holiest of seasons, catch the servant ministry spirit and join other adults, youth and children in serving and reaching out to others within and beyond our city borders.

“Just as you did it to one of the least of these...you did it to me.” Matthew 25:40

OBSERVE THE 40 DAYS

through some combination of the following, family-friendly ways

The parish Social Outreach Commission and the Rev. Ollie Rencher offer that there are many “Ways to Observe the 40 Days” of Lent. Each household is asked to practice servant ministry in some way as a way to journey as a parish family to Easter. When we “take on something”, we actually “give up something” to present ourselves fully and ready to be reconciled by God. May Lent 2010 be a rich season for individuals and all in this faith community to participate in actions that bring healing and justice to all people of God.

DAILY PRAYER and MINDFULNESS for the welfare of others and yourself; pick-up a copy of Forward Movement’s “Day by Day”, ERD’s “Healing Ourselves and A Hurting World” or another devotional book for your home or office.

DAILY E-MAIL DEVOTIONAL from CHURCH OF THE HOLY COMMUNION (sign-up: www.holycommunion.org/CHCPublications.htm to receive at your e-mail address inbox)

DAILY COINS OR DOLLARS for EPISCOPAL RELIEF & DEVELOPMENT/ERD (fill your ERD Lenten “Hope Chest” to be collected on Easter Day; donations for this Lenten season will go to the Haiti Earthquake Relief fund)

GIVE to SOUTH AFRICA MISSIONARIES (Heidi Schmidt & Monica Vega) as they work faithfully with children/families impacted by HIV/AIDS in Grahamstown, South Africa (write a check to “CHC” with memo line “South African Missionaries” and bring to worship or the office).

DAILY NON-PERISHABLE FOOD ITEMS for MID-SOUTH FOOD BANK (set aside 1 or more non-perishable food items per day - *Peanut Butter, Chunky Style Soup, Powdered Milk, 100% Fruit Juice, Canned Fruit Cocktail, Canned Peaches or Pears, Tuna, Dried Beans and Peas, Canned Green Beans, Canned Corn, Canned Lima Beans, Canned Sweet Green Peas, Canned Pork and Beans, Rice, Macaroni and Cheese, Canned Chicken and Dumplings* - and bring to the parish for drop-off at the “Forty Days of Food” corner located between the chapel and chancel; whenever you come for worship, formation or fellowship offerings, drop-off your item(s) and watch our food-giving grow toward Easter Day.

TUESDAYS or THURSDAYS serve LUNCH at UNION MISSION (11:45-12:45)

Located at 383 Poplar Ave 38105 (Ph 526.8434), all adults, youth and grade school age children can serve by either meeting there no later than 11:45 or carpooling. Carpoolers meet in CHC reception lobby & leave by 11:20. If you work downtown, it's close & quick!

- reverse side has more opportunities for the season -

SUNDAYS serve DINNER at MORE-THAN-A-MEAL (3:45-5:00)

Located at Grace-St. Luke's Episcopal Church (1720 Peabody Ave 38104), all adults, youth and grade school age children can serve by simply showing up to assist. While our parish's next time to cook and serve is not until Easter Day (April 4), we can serve year-round.

MONDAY-SATURDAY deliver MIFA MEALS (arrive 9:30-10:00 to finish in 1 hour)

- + MIFA (Metropolitan Inter-Faith Association) is calling for "MIFA Meal Volunteers"
- + Sign-up to deliver by calling 901.529.4513 or go to www.mifa.org/mealsvolunteer
- + Can't deliver meals but want to work? Check out www.mifa.org/volunteeropportunities

THURSDAYS in MARCH serve at ST. LUKE'S FOOD PANTRY (9:30-12:00 for 1+ hour)

Located at 480 S. Highland 38111 (Ph 452.6262), all adults, youth and grade school age children can serve and should contact Kathryn Schurch (office 901.527.3361) to make arrangements to be there. March is one of our parish's months to serve at the Food Pantry.

SATURDAY, MARCH 27 participate in MIFAST (MIFA's Day of Reflection & Service)

- + Go to www.mifa.org/mifast and learn how to donate, fast & serve for one day
- + MIFA invites community parishes and congregations to fast for 2 meals and donate the cost of the skipped 2 meals to MIFA's programs. On this day or Sunday March 28, deliver cash or checks to our Chapel's MIFAST Box (checks to MIFA with memo line MIFAST) or make a secure donation to MIFAST online at www.mifa.org/mifast

EXPLORE COUNTLESS REACHING OUT OPPORTUNITIES

- + Go to www.holycommunion.org/OurSocialHome
- + Pick-up list at Social Outreach bulletin board (hallway of the parish offices)

SUNDAY & WEEKDAY WORSHIP (nourish yourself with God's Food and People)

Sunday	7:30, 9:00, 11:15 a.m. Holy Eucharist 10:15 a.m. Christian Formation for All Ages 5:30 p.m. Taizé/Celtic Eucharist (Healing Minister available)
Monday-Friday	8:10 a.m. Morning Prayer in the Chapel (20 minutes)
Wednesday	12:00 p.m. Holy Eucharist/Healing Prayers in the Chapel (30 minutes) 5:30 p.m. "Holy Food, Holy People" Eucharist in the Chapel (30 minutes) 5:30 p.m. "Church Family Together" Supper in the Parish Hall 6:30 p.m. Formation Classes for Adults

SUNDAY & WEEKDAY/NIGHT FORMATION (deepen the relationship with God)

- + Go to www.holycommunion.org/LearningAdultFormationOpportunities.htm
- + Pick-up schedule at Formation bulletin board (hallway of the parish offices)
- + Pick-up schedule at Welcome Tables (found in The Communicator dated December 15)

WHY MIGHT WE BE INTENTIONAL FOR 40 DAYS?

Church of the Holy Communion approaches Social Outreach (servant ministry) through five commitment areas that address the needs of others: Poverty, Community, Healthcare, Education, and Hospitality. God calls all adults, youth and children to serve and extend compassion to others in a number of ways: hands-on volunteerism, contribution of money or goods and prayer rooted in faith and living The Baptismal Covenant.

*Church of the Holy Communion, an Episcopal Church in the center of Memphis,
seeks to be a sacred presence, grounded in the servant ministry of Jesus,
offering spiritual growth opportunities for all.*