

How do *you* do

# LENT?

A Creative Reflection Workbook for 2025



# *A Message From Our Rector*



The First Day of Lent

Commonly Called Ash Wednesday

“I invite you therefore, in the name of the Lord, to observe a holy Lent by self-examination, penitence, prayer, fasting, and almsgiving, and by reading and meditating on the word of God.” - *Book of Alternative Services*, page 282.

Did you know? The latest in mental health research tells us that the cure for anxiety and stress may not only be calming practices, but creative ones, too? In her book *Beyond Anxiety: Curiosity, Creativity, and Finding your Life's Purpose*, sociologist Martha Beck claims that anxiety is “the most common mental illness in the world.” She says, “Creativity can become a disruptive and even a revolutionary act” in such a world. And, you needn't be able to paint a Michelangelo or even draw a stick figure to take part. Cooking, playing, building, birding, colouring, gardening—anything three-dimensional that fires “the spatially and visually oriented right hemisphere” of the brain is considered a creative act.

So, this Lent, the clergy team at St Clement's came up with a bit of a different approach to the ancient custom of observing a holy Lent. We've gone with a booklet inviting *creative* responses to different scripture passages with “prompts” offered by lay leaders and clergy within our congregation. For each of the weeks in Lent, there's a page with room to write, draw, paint, cut and paste, or leave the booklet behind altogether to go outdoors and explore. We hope this little book inspires you to self-examination, penitence, prayer, fasting, almsgiving, and reading and meditating on the word of God by way of a different route than you've maybe tried before. In a world where we've too often convinced ourselves that to stay anxious is to stay productive, we hope this offers a productive reframe. Will you join us?

With every good wish and prayers for a holy Lent,

The Reverend Helen Dunn, *Rector*

# WEEK 1 - Quadragesima Sunday

Week 1 Reflection by  
Deacon Elizabeth Mathers

*... you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the LORD your God has given to you and to your house.*

Deuteronomy 26:11

1. Write and decorate an invitation to the celebration. Possible mediums to explore include calligraphy, drawing, painting or collage.
2. Reflect on the bounty that the LORD our God has given us, as individuals and as community. Try to find a time and place where you will not be distracted (turn off devices!) - sitting quietly, walking in the forest ... Does anything surprise you? You may choose to write or draw the bounty, make a poem or a prayer, or an artwork.
3. How might you, over this Lent, share this bounty creatively? Journal about your response - ideas and how you might make them happen; your choice(s) and how you followed through.

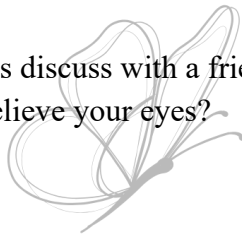
## WEEK 2 - *Reminiscere Sunday*

Week 2 Reflection by  
Rector's Warden David Smith

*Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, "Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah" not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.*

Luke 9:28-36

1. Write or tell briefly a story about a moment or an event that changed you (or someone you love) dramatically.
2. Draw or paint: What do you imagine Jesus looked like to Peter and James and John – his face, his dazzling clothes, etc?
3. Think and perhaps discuss with a friend: Are there areas of your life where you struggle to trust God's word, to believe your eyes?



## WEEK 3 - Oculi Sunday

Week 3 Reflection by  
Archdeacon Peggy Trendell-Jensen

*Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food.*

Isaiah 55:1-2

1. In what ways are you spending your money or time on "that which does not satisfy?" Jot down some thoughts. Does the list prompt you to consider any changes in how you're using your resources?
2. With rising food costs, it would be lovely to "buy wine and milk without money!" This passage is meant metaphorically, of course, but the truth is that people need real food as well. Affordability is a growing concern for many seniors and families in North Vancouver. This week, would you consider buying some extra goods to put in your grocery store's food bank donation bin?
3. In growing our faith, it is vital to "listen carefully" to spiritual mentors at all stages of our journey. Who were those people for you, in your youth or later years? Jot down relatives, authors, church friends or others who helped to deepen your faith over the course of your life - and maybe even write one of them a thank-you note! How are you paying their gift forward?

## WEEK 4 - Laetare Sunday

Week 4 Reflection by  
Jenn Ashton  
Indigenous Cultural Sensitivity Leader

*From now on, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us.*

2 Corinthians 5:16-19

1. Reflecting on your path to becoming a Christian, did you have a before and after? Do you have anything left over from your before? Any loose ends to tie up? Write a few lines about it, or a forgiveness (yourself or others) *to-do* list to help you move forward from that different time.
2. Sometimes we forget that we are part of God's Creation. Just as you tend your garden lovingly, and stand in awe of an old growth forest, look at yourself in the mirror and learn to feel the same way. List or collage a few things you can do to treat your body better. When you respect your health, you are praising God's creation.



---

I am part of creation.

---



## WEEK 5 - Judica Sunday

Week 5 Reflection by  
Beth Bailey  
Children's Ministry Worker

*Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. The wild animals will honour me, the jackals and the ostriches; for I give water in the wilderness, rivers in the desert, to give drink to my chosen people, the people whom I formed for myself so that they might declare my praise.*

Isaiah 43: 18-21

1. Pretend your life is being scanned by a water detector? What areas in your life are "dry" and what areas in your life are "wet"?
2. Look up images of the desert in bloom on the internet and choose one. Using whatever colouring utensils that you have, recreate the joy and beauty of it without caring what your final product looks like.
3. How do you declare God's praise when God's water makes the dry areas in your life wet and then blossom? Think about an area in your life like this and either dance, sing or write a poem in celebration of it.

## WEEK 6 - Palm Sunday

Week 6 Reflection by  
Lynley Lewis  
Music Director

*Then they brought it to Jesus; and after throwing their cloaks on the colt, they set Jesus on it. As he rode along, people kept spreading their cloaks on the road. As he was now approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, saying, "Blessed is the king who comes in the name of the Lord! Peace in heaven, and glory in the highest heaven!"*

Luke 19: 35-38

### Prompts:

1. Pretend you're a reporter reporting on the news that someone called Jesus is making a ceremonial entry into Vancouver on Sunday, April 13, 2025. How would you provide coverage for this live event happening while you read this? What would you focus on and who would you interview?
2. What would a pathway strewn with cloaks look like if you had a drone camera? Draw a picture or create a scene with plasticine.
3. Which "deeds of power" would people in the procession be shouting about? Can you jot down modern day equivalents of Jesus' deeds of power?

*Room for Reflection*

*Room for Reflection*

*Room for Reflection*



**St. Clement's Anglican Church**

3400 Institutute Road,  
NorthVancouver, B.C.  
V7K 2K9  
[StClementsChurch.ca](http://StClementsChurch.ca)