

St. Paul's Episcopal Church

Our
Lenten
Walk
with Jesus



The Road to Emmaus

St Paul's RenewalWorks Team
3/11/2021

Hello!

Welcome to Our Lenten Walk with Jesus, as we explore together the Emmaus Road story - one of the early resurrection appearances of Jesus after his crucifixion and the discovery of the empty tomb. Here's your Walk Box, created by the Renewal Works Team, filled with fun activities ranging from a movie (or link to a movie below), board game, recipes, prayers, small group discussion guides, classic church camp songs and lots of St. Paul's swag. The weekend also features a physically distanced, guided labyrinth walk at Nativity, Saturday night dinner, donations to Ritter Center and more.

Your Renewal Works support:

Zoom: Michael Green, miesgreen@comcast.net, 415 485 3823

Streaming the movie: Kate Sprague, Sprague.kate@gmail.com, 360 431 5756

Labyrinth Walk: Walter Tanner: walter.tanner@gmail.com, 415 531 9356

Schedule:

Please take pictures daily and send to jrowcliffe@comcast.net – we'll post on St. Paul's Facebook and Instagram.

Zoom link: <https://us02web.zoom.us/j/4669625268> (this is the same link we use for Sunday service)

Movie Streaming link:

https://amazon.com/Road-Emmaus-Bruce-Marchiano/dp/B015PO3HHS/ref=sr_1_1

Thursday, March 11 – 7-7:45 p.m. – Join us on Zoom for an introduction by Jacob to the weekend, a first peek at your Walk Box, songs with Libby and Compline with Tanner.

Friday, March 12 – Make Emmaus Road Walk snacks at your leisure. 7 -7:30 p.m. Read Emmaus Road story (Luke 24: 13-35) together, discussion with Christopher, songs with Libby. Then watch the 30-minute movie and enjoy your snacks!

Saturday, March 13, 9:30 – 10:15 a.m. – Join movie discussion groups on Zoom using the discussion guide; Kate Sprague leads one specifically for the children. Bake unleavened bread at your leisure. Noon – meet at Nativity Episcopal Church, Terra Linda, for a physically-distanced labyrinth walk and hike guided by Tanner. Or take your own, independent walk in your neighborhood, reading the Emmaus Road story. 1-3 p.m. – come to Church to drop off a can or two of food for Ritter Center, pick up your soup and TrueVine or expect delivery. Our children will be helping with this! 7:30 - 8 p.m. – Joan leads Evening Prayer, songs with Libby.

Sunday, Marcy 13, 9:30 a.m. – Godly Play; 10 a.m. Holy Eucharist Rite 2; 11 a.m. Coffee Hour. Please send six words from each family that describe your weekend experience to jrowcliffe@comcast.net. And don't forget to send pictures!

We look forward to walking with you!

Your Renewal Works Team – Jacob, Christopher, Joan, Tanner, Kate, Michael, and Judy

Compline

Thursday after the Third Sunday in Lent

The Lord Almighty grant us a peaceful night and a perfect end. **Amen.**

Officiant Our help is in the name of the Lord.
People **The maker of heaven and earth.**

V: O God, make speed to save us.
R: **O Lord, make haste to help us.**

Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be forever. Amen.

Psalm 31

In you, O LORD, have I taken refuge;
let me never be put to shame; *
deliver me in your righteousness.

Incline your ear to me; *
make haste to deliver me.

Be my strong rock, a castle to keep me safe,
for you are my crag and my stronghold; *
for the sake of your Name, lead me and guide me.

Take me out of the net that they have secretly set for me, *
for you are my tower of strength.

Into your hands I commend my spirit, *
for you have redeemed me,
O LORD, O God of truth.

Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be forever. Amen.

The Little Chapter

Lord, you are in the midst of us, and we are called by your Name: Do not forsake us, O Lord our God. **Thanks be to God.**

V. Into your hands, O Lord, I commend my spirit;
R. **For you have redeemed me, O Lord, O God of truth.**
V. Keep us, O Lord, as the apple of your eye;
R. **Hide us under the shadow of your wings.**

Officiant Lord, have mercy.
People **Christ, have mercy.**
Officiant Lord, have mercy.

The Lord's Prayer

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 forgive us our trespasses,
as we forgive those
who trespass against us.

And lead us not into temptation,
but deliver us from evil.

Officiant Lord, hear our prayer.

People **And let our cry come to you.**

Officiant Let us pray.

Be our light in the darkness, O Lord, and in your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ. **Amen.**

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. **Amen.**

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

The Song of Simeon

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

Lord, you now have set your servant free *
to go in peace as you have promised;
For these eyes of mine have seen the Savior, *
whom you have prepared for all the world to see:
A Light to enlighten the nations, *
and the glory of your people Israel.

Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be forever. Amen.

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

Let us bless the Lord.

Thanks be to God. The almighty and merciful Lord, Father, Son, and Holy Spirit bless us and keep us. Amen.

Emmaus Road Snack



Ingredients (enclosed):

Graham crackers
Green frosting
Gummy bears

Directions:

Step 1

Break graham cracker in half.

Step 2

Frost two edges of graham cracker so it looks like grass on each side, and a road down the middle.

Step 3

Set up three gummy bears on the plain graham cracker (road) portion of the cracker.
It's Jesus and his disciples walking on the road to Emmaus!

Enjoy while watching the movie!

Road to Emmaus Study Guide

Luke (24:13-49) tells the story of two of Jesus' followers travelling to Emmaus after the Crucifixion. They are discussing Jesus' life and death and trying to make sense of what they have seen. Along the way they are joined by a stranger who is interested in their concerns. As they continued to walk the stranger "opened the scriptures" to them. "Then he said to them, "Oh, how foolish you are, and slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?" "Then beginning with Moses and all the prophets, he interpreted the things about himself in all the scriptures." (Luke 24: 24-27)

Yet, the men did not recognize the stranger as Jesus. When Jesus was finally revealed to them recognition of their discussion on the road was swift. "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" (Luke 24: 32) While Luke did not provide much detail about the scriptures Jesus "opened up" to the two Christian followers, the movie uses artistic license to portray how their conversation might have taken place.

In the movie the two followers shared with the stranger their love for Jesus. They described how despite his kindness, great knowledge, and many miracles, Jesus was arrested and killed. The stranger responded to them with a simple question, "If he was so good, then why was he executed?" The two men had no answer. The stranger (Jesus) spent the remainder of the walk explaining the answer to his question in the context of the scriptures.

Jesus used stories from Genesis to set the stage for what must come. The stories from the creation, to Adam and Eve, Noah, and Abraham and Sarah are used to create a narrative that underscored God's plan.

Readings: Genesis 2, 3, 8, and 9. Genesis 12:1-9, 15: 1-6, 17: 1-8, 21: 1-7, and 22: 17-18.

Stories from Exodus of Slavery in Egypt, God's call to Moses to lead the people out of Egypt, and of the Passover further explained Jesus' death.

Readings: Exodus 1: 6-16, 3: 1-10, 12, 14, and 20:1-19. Leviticus 4. Deuteronomy 17: 15-19

David's story illustrated how despite his grave sins God promised to raise up David as a King to do what is right.

Readings: 2 Samuel 7:16. Jeremiah 23:5.

Questions for Reflection:

1. What do you understand better about Jesus after seeing the Road to Emmaus story?
2. What do you think people are looking for in a Messiah today?
3. How would you describe Jesus' suffering and death?
4. What does the Road to Emmaus story teach you about God in your own life?
5. What can we learn from the Road to Emmaus story about evil in the world and how God views sinners?

Unleavened Bread Recipe



Prep:10 mins

Cook: 10 mins

Total: 20 mins

Servings: 6

Yield: 6 disks - Recipe can be doubled if you wish

Ingredients:

1 cup all-purpose flour

1/3 cup vegetable oil

1/8 teaspoon Dead Sea Salt (enclosed)

1/3 cup water

Directions:

Step 1

Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper.

Step 2

Mix flour, oil, and salt together in a bowl; add water and mix using a pastry cutter until dough is soft. Form dough into 6 balls the size of a communion wafer and press into disks balls the size of a communion wafer and onto the prepared baking sheet using your hands.

Step 3

Bake in the preheated oven until bread is cooked, 8 to 10 minutes.

Enjoy with your Saturday evening soup (pick up at Church)!

Evening Prayer

Saturday after the Third Sunday in Lent

Opening Sentence

Let my prayer be set forth in your sight as incense, the lifting up of my hands as the evening sacrifice. **Amen.**

Invitatory and Psalter

V: O God, make speed to save us.

R: **O Lord, make haste to help us.**

Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be forever. Amen.

O Gracious Light

O gracious light,
pure brightness of the ever living Father in heaven,
O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,
and our eyes behold the vesper light,
we sing your praises, O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,
O Son of God, O Giver of Life,
and to be glorified through all the worlds.

Psalm 137

By the waters of Babylon we sat down and wept, *
when we remembered you, O Zion.
As for our harps, we hung them up *
on the trees in the midst of that land.
For those who led us away captive asked us for a song,
and our oppressors called for mirth: *
“Sing us one of the songs of Zion.”
How shall we sing the LORD’S song *
upon an alien soil?
If I forget you, O Jerusalem, *
let my right hand forget its skill.
Let my tongue cleave to the roof of my mouth
if I do not remember you, *
if I do not set Jerusalem above my highest joy.

Remember the day of Jerusalem, O LORD,
against the people of Edom, *
who said, "Down with it! down with it!
even to the ground!"
O Daughter of Babylon, doomed to destruction, *
happy the one who pays you back
for what you have done to us!
Happy shall he be who takes your little ones, *
and dashes them against the rock!
Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be forever. Amen.

The Lesson

Rom. 6:12-23

Therefore, do not let sin exercise dominion in your mortal bodies, to make you obey their passions. No longer present your members to sin as instruments of wickedness but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. For sin will have no dominion over you, since you are not under law but under grace. What then? Should we sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, and that you, having been set free from sin, have become slaves of righteousness. I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification. When you were slaves of sin, you were free in regard to righteousness. So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

The Word of the Lord.

Thanks be to God.

The Song of Simeon

Lord, you now have set your servant free *
to go in peace as you have promised;
For these eyes of mine have seen the Savior, *
whom you have prepared for all the world to see:
A Light to enlighten the nations, *
and the glory of your people Israel.
Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be forever. Amen.

The Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead. On the third day he rose again.
He ascended into heaven, and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic Church,
the communion of saints, the forgiveness of sins,
the resurrection of the body, and the life everlasting. **Amen.**

The Prayers

Officiant The Lord be with you.

People **And also with you.**

Officiant Let us pray.

The Lord's Prayer

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 forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
for ever and ever. **Amen.**

Suffrages

- V. Show us your mercy, O Lord;
R. **And grant us your salvation.**
V. Clothe your ministers with righteousness;
R. **Let your people sing with joy.**
V. Give peace, O Lord, in all the world;
R. **For only in you can we live in safety.**
V. Lord, keep this nation under your care;
R. **And guide us in the way of justice and truth.**
V. Let your way be known upon earth;
R. **Your saving health among all nations.**
V. Let not the needy, O Lord, be forgotten;
R. **Nor the hope of the poor be taken away.**

V. Create in us clean hearts, O God;
R. **And sustain us with your Holy Spirit.**

The Collect for the Presence of Christ

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. **Amen.**

Prayers and Thanksgivings

A Prayer of St. Chrysostom

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

Let us bless the Lord.

Thanks be to God.

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. **Amen.**

Retreat Journal/Notes