

# Grace Cathedral Youth Program for Lent

Lent and Easter give us all a chance to rest, reflect and reconnect with what is most important to us. We are offering special events and activities for youth throughout this sacred season.

## Bible Study: Sunday March 16 and 30, 2 pm

Lent is a time when we can study the Bible and other sacred texts to hear what God is saying to us today. Youth are invited to participate in a Bible Study where we will use practices including *Lectio Divina*, or meditating on words, to engage with Scripture. Contact Steph for the Zoom link.

## Service: Community Treasure Swap, April 5 and 6

Lent is a time when we can explore how practices of service and giving can enrich our lives, as well as how we can care for each other and the planet. Youth are invited to participate in our Community Treasure Swap. All participants are invited to swap items they no longer need for something they do. This fun activity also cares for the planet by keeping items out of landfill. We are seeking volunteers to help set-up this event on April 5 and help run it on April 6. Youth also are warmly invited to participate in the swap.

### Worship

Youth are invited to worship, and participate in, our special services during Lent and Holy Week, either in person or online.

#### Ash Wednesday March 5, 6 pm

This deeply sacred service begins our Lenten journey. It is a wonderful opportunity to reflect on what matters the most in life.



#### Palm Sunday, April 13

#### Palm cross making from 10 am, service at 11 am

Youth are invited to participate in both the traditional activity of palm-cross making and the Palm Sunday procession.

#### Maundy Thursday April 17, 6 pm

Youth are invited to worship and participate in this beautiful, mystical service that begins with foot-washing and ends with a clearing of the altar.



#### Easter Vigil, April 19, 9 pm

A glorious service that journeys from darkness to light. Youth are invited to participate, worship and celebrate with the newly baptized!



#### Easter Sunday, April 20, 11 am

Our Easter Sunday service is a festival of joy! Youth are invited to worship, participate and help with our Easter Egg hunt!



**Questions? Email Steph McNally:  
[stephm@gracecathedral.org](mailto:stephm@gracecathedral.org)**