

Welcome to the Wednesday Evening Lenten Series!

Icebreaker Introductions (share with those sitting near you)

- If you owned a food truck, what kind of food would you make? Or, what food truck concept do you wish existed?
- How long have you been in Fresno? What's something you like about being here?
- How did you find yourself at St. James Cathedral this evening? What's your faith background?
- What's something you're hoping for or excited about learning during this series?

The Book of Common Prayer

- Our current BCP (the red book in the backs of the chairs) is from 1979
- Thomas Cranmer compiled and wrote the first Book of Common Prayer in 1549 during the English Reformation.
- His idea was to have a single book for church services so that the people of England could be united through the sharing of prayers in common
- There are supplements and updated liturgies that are also authorized for us to use, but all the necessary liturgies of the church are in the 1979 BCP
- One goal of Cranmer's BCP was to allow any reader to follow and use the liturgies of the church every day - it was not meant for only clergy!

Inwardly Digest: The Prayer Book as Guide to a Spiritual Life by Derek Olsen

Published by *Forward Movement* in 2016:

“Have you ever wondered if there was some kind of guide to living a deeper, richer spiritual life that seamlessly incorporated scripture alongside the wisdom of the Church? There is—and you can find it in a pew rack near you! The Book of Common Prayer is more than a service book; it is a map to a deeper relationship with God, a framework for developing a more intentional and rewarding life of faith.

Scholar Derek Olsen explores liturgical spirituality and how the prayer book serves as a repository of Christian wisdom and spiritual practice stretching back to the beginnings of the Christian movement. Focusing on three key elements—the Calendar, the Daily Office, and the Eucharist—he discusses the spiritual principles behind them and provides clear, practical, easy-to-follow explanations of the services. These patterns of life laid out in The Book of Common Prayer serve as a guide to the spiritual life, so that we might connect back to the God who calls each of us by name and that we might love as God loves us.”

Wednesday Evening Lenten Series: Book Discussion of *Inwardly Digest* by Derek Olsen

Time: Wednesdays in March, 6:00-7:30 p.m.

Location: Fireside Room in St. James Cathedral

Contact: Deacon Jessica Harmon, jharmon@stjamesfresno.org

Week	Topic	Chapters to be discussed
March 1	The prayer book as a spiritual guide	1 - Fundamentals
March 8	Counting Church Time	2 & 3 - Essence and Anatomy of the Calendar
March 15	Praying every day	5&6 - Essence and Anatomy of the Daily Office
March 22	Eucharist	8&9 - Spirituality and Shape of the Eucharist
March 29	The Church is the Body of Christ	10, and anything else we want to discuss

Discussion questions to guide your reading

- What did you think of the topic/chapter titles before reading?
- What surprised or challenged you in the reading?
- Where did you encounter God/divinity in this week's topic?
- What are you going to take with you (practices, beliefs, knowledge, etc.) from this week?
- What are you interested in learning more about?

How do we want to use our time together?

To close before the Ash Wednesday service:

BCP p. 833, Prayers and Thanksgivings, *64. Before Worship*

O Almighty God, who pours out on all who desire it the spirit of grace and of supplication: Deliver us, when we draw near to you, from coldness of heart and wanderings of mind, that with steadfast thoughts and kindled affections we may worship you in spirit and in truth; through Jesus Christ our Lord. *Amen.*