



AECST  
FOUNDED 1792

*You're  
Invited!*

*A Lenten Journey With The Rector  
2021*

THE RECTOR INVITES YOU  
TO JOURNEY WITH HIM DURING THIS LENTEN SEASON  
*"Healthy Living During a Pandemic"*

- ~INCREASE YOUR DAILY SCRIPTURE READING~
- ~INCREASE YOUR DAILY PRAYER~
- ~INCREASE YOUR CONSUMPTION OF:  
RAW VEGETABLES, FRESH FRUITS, AND WATER~
- ~INCREASE YOUR DAILY PHYSICAL EXERCISE~
- ~INCREASE YOUR DAILY PERIODS OF REST AND SLEEP~
- ~INCREASE YOUR DAILY EXPRESSIONS OF LOVE~
- ~INCREASE YOUR FREQUENCY OF WEARING A MASK~
- ~INCREASE YOUR FREQUENCY OF WASHING HANDS~
- ~INCREASE YOUR PRACTICE OF SOCIAL DISTANCING~

END YOUR DAY EACH NIGHT AFTER 9 PM BY JOINING THE RECTOR IN  
PRAYER AND COMPLINE ON OUR FACEBOOK PAGE, MONDAY - FRIDAY.

THE AFRICAN EPISCOPAL CHURCH OF ST. THOMAS • FIRST BLACK EPISCOPAL CHURCH IN THE USA  
THE VERY REVEREND CANON MARTINI SHAW, 17TH RECTOR  
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