



Lenten Suppers & Programs

The Season of Lent is upon us! Consider attending Lenten suppers **EACH WEDNESDAY IN MARCH** from 6:00-7:30 pm in All Saints' Hall. A soup and sandwich supper will be served followed by a 30 minute program and closing with An Order for Compline.

Wednesday, **March 4th**: Doug Cutler and Choir will lead us in an Old Fashioned Hymn Sing. We will be taking requests from the 1982 Hymnal.

Wednesday, **March 11th**: Swanson Graves, Senior Warden, and Carol Nash will outline the process for our upcoming rector search and offer an opportunity for questions.

Wednesday, **March 18th**: Dell Hagwood, MDiv, MSN, RN is a Clinical Assistant Professor at ECU College of Nursing and will be speak on celebrating generational differences. She is passionate about building bridges across the generational gaps of Millennials, Generations X, Y & Z and of course the Boomers. She is a captivating speaker.

Wednesday, **March 25th**: Kathryn Hansen is an experienced yoga instructor from the Vidant Wellness Center. She will lead us through 30 minutes of chair yoga and guided meditation. People of all ages and fitness levels will enjoy this program.