

~~FEASTING~~

how to begin in 5 steps



1. REVIEW

Read our Fasting How-To Guide to learn why and how to fast.



2. DISCERN

Pray and make a decision on how you can fast this season.



3. COMMIT

Fill out the Commitment Card and return it to the offering plate.



4. PRAY

Use the Meal Prayer card to bless your food, and sign up to receive daily prayer texts.



5. FEAST

Join us on Fridays for a light Lenten meal, teaching, and Stations of the Cross.



CHURCH *of the*
INCARNATION

LENT KIT



In the technology age,
we are often bombarded
with messages from
every direction.

Buy this. Wear that.
Like this post.

This Lent, we hope to
offer you a more
spiritual space on your
communication devices.

HOW?



**Text "LENT" to
1.888.521.3216**

Sign up for Text to Pray to receive a
specially curated prayer each
morning to begin your day with God.



INCARNATIONDFW

Like us on Facebook or follow us on Instagram
to see posts with spiritual relevance.

We want to hear from you too!

Having trouble with fasting? Keeping strong
in your Lenten commitment? We want to be
part of your life. Be sure to tag us at
@incarnationDFW or #IncarnationDFW.

FEASTING

why fast this lent?

What did you give up for Lent last year? What about the year before? One of the Church's leading disciplines for Lent is fasting. It comes back to the covenants that we all make at our baptisms and confirmations—we have renounced the world, the flesh and the devil. In our battle against these three foes, the greatest weapon at our grasp, is the weapon of fasting.

Now, we have all heard about fasting from coffee, chocolate, Netflix, perhaps even swearing. But let's be honest: these are the luxurious fasts of the first world Christian. Can you imagine if this is all Jesus fasted from when he fasted and prayed for us for 40 days and nights in the wilderness?

Fasting has traditionally been about real food—meat, bread, oil, and wine. The greatest figures in the Bible fasted from real food—Moses on Mount Sinai, Daniel and his three friends, Esther in Xerxes' palace, Jonah in the whale's belly, Peter on the rooftop, and Paul after his conversion. Even Jesus says, "when you fast," and not "*if* you fast." Fasting is assumed normal for the Christian.

But why fast at all? Two reasons:

1. Fasting is a way of learning to tame the physical, so that we can pay greater attention to the spiritual. Fitness enthusiasts know that a fit body requires good food. But how does one train a fit soul? Fasting! Fasting creates space in our hearts and minds, by creating space in our bellies, so that we can draw closer to God by becoming convinced that the Bread of heaven is more delicious than the bread of man.
2. Fasting transforms the physical, so that we can overcome the spiritual. The greatest threats to our faith are not physical, but spiritual—consumerism, cynicism, egotism, hedonism, individualism, the list goes on. Yet, only a strong soul, even in a weak body, can stand strong. Fasting therefore anticipates the new and resurrected body that the resurrected Christ has prepared for us, so that we can overcome these various -isms in our earthly life.

But here's the beautiful part. There is a beauty in the recurring nature of the Church Calendar. The Church Calendar is all about second, third, fourth, and sometimes even sixty-fourth chances. Because for as many years as you will live, you will experience that many Lents.

In other words, it is easy for us to waste our spiritual lives by postponing our decision to fast and pray because there is always next year. But the better way to use the Church Calendar is to move from strength to strength. To build your fasting muscle in a small way this year, and then anticipate a greater fast next year, and something even greater the year after. Be excited for the long arc of your life. It's God's gift to you to grow from strength to strength!

In this kit, you will find tools to help you with your fast this Lent and for years to come.

- **HOW-TO FASTING GUIDE**
- **MEAL PRAYER CARD**
- **COMMITMENT CARD**
- **RECIPE BOOK**
- **EVENT LISTING**

FOOT

fasting guide



why we fast

Fasting is a part of the Christian life. Jesus does not say, “*If* you fast,” and neither does he say, “You *must* fast.” He simply says, “When you fast.”

Fasting is best understood in the context of Scripture. The Orthodox theologian Alexander Schmemmann notes that fasting begins in the Garden of Eden even before the Fall. Adam and Eve were commanded to not eat—essentially, to fast—from the tree of the knowledge of good and evil. However, they are tempted by the Serpent, disobey, and break their fast. The result is the crux of Lent, sin and death for all humanity because we have been expelled from Paradise. Christ, on the other hand, the second Adam, also begins his ministry by fasting, however not in Paradise, but in a desert. He, too, is tempted by Satan, but resists. The ultimate fruit of Christ’s faithfulness and victory is the destruction of sin and death and our return to Paradise. Thus, all stories of fasting in Scripture are of holy men and women participating in Christ’s victory over the powers of sin, the flesh, and the devil through the weapon of fasting. Fasting then is not simply an “obligation.” Rather, fasting is a victorious endeavor connected with the mystery of life, death, and resurrection.

why we feast

Fasting is only possible because it is one side of a coin. The other side is feasting. Adam and Eve were not only given the command to fast from the tree of the knowledge of good and evil in the Garden, but to feast on the tree of life. Similarly, when Jesus fasts in the desert and is tempted to make stones into bread and feast, he counters back with, “man shall not live by bread alone, but by every word that proceeds from the mouth of God.” In other words, Jesus showed us that true life comes from feasting on God. God is the tree of life!

Finally, feasting propels us outwards. All this rich heavenly food can make us sluggish and complacent if it’s not directed to its right and proper use—serving God and neighbor. Right after Jesus’ interaction with the Samaritan woman, his disciples urge him, “Rabbi, eat.” Jesus responds, “My food is to do the will of him who sent me, and to accomplish his work” (*John 4:31–34*). In other words, Jesus shows us that we are to fast so that we can feast on serving God and neighbor.

Therefore, fasting should always be connected to feasting. In our tradition, feasting focuses on Word and Sacrament, i.e.: Christ revealed in the Bible and the Eucharist. Through the Church, Christ teaches us to overcome temptation and prepare ourselves for our next home by feeding us with heavenly food. Word and Sacrament send us out into the world to serve God and neighbor. Thus, feasting includes:

- Weekly Sunday services, where Christ is revealed to us through the preaching of the Word and the celebration of the Sacrament of Communion. From the pulpit and at the altar, we are invited to eat the words of life, to feast and drink on the body and blood of our Lord.
- Other opportunities during the week—our daily weekday Eucharist services, involvement in a Growth Group, weekday classes, etc.
- Festive eating on Sundays and other Holy Days in Lent.
- Serving. Both Word and Sacrament ultimately push us outwards to serve God and neighbor.

a practical guide to fasting

ASH WEDNESDAY AND GOOD FRIDAY

- Observe a complete fast* from sun-up to sun-down on Ash Wednesday and Good Friday.
- Begin and/or end your fast with one of our many Ash Wednesday and Good Friday Eucharist services. Let Word and Sacrament be the first feast before you fast at sun-up, and your first feast when you break your fast at sun-down.

FRIDAYS WEEKLY

- Observe a complete fast* or a meatless fast on all Fridays during Lent from sun-up to sun-down.
- Begin your fast by feasting with us at our weekly Friday Eucharists.
MAIN CAMPUS 8 AM • MEMORIAL CHAPEL
- Break your Friday fast with us at Church.
- Join us for Meatless soup and bread, and kid friendly meatless dinners, along with a talk and children's activities.
MAIN CAMPUS 5:30 PM • GREAT HALL
NORTH CAMPUS 5:30 PM • PARISH HALL
- Participate in Stations of the Cross
MAIN CAMPUS 6:30 PM • MEMORIAL CHAPEL
NORTH CAMPUS 6:30 PM • CHURCH

DAILY FAST

- Observe a daily fast throughout Lent. This means meatless meals, and abstinence from wine, alcohol, and tobacco. Check out our family friendly and easy meatless recipes!
- Begin your fast everyday with a feast from our daily "Text to Pray." Or even attend our weekly Eucharists during Lent.
MAIN CAMPUS 8 AM • MEMORIAL CHAPEL
TEXT "LENT" TO SIGN UP 1.888.521.3216

CONFESSION

- Schedule a Sacrament of Confession appointment with a clergy. Fasting will reveal to us the many different ways in which we worship things other than God. At Confession, not only do we get to lay these things down at our Lord's feet, but we also get to experience his grace and freedom in a unique and special way. Schedule your meeting with a priest today. All appointments are confidential.

LENTEN FEASTS

- Observe feasts throughout Lent! Especially spiritual feasts. Read your Bible, be involved in a Growth Group, pray.
- Every Sunday is Resurrection Sunday when you can break your fasts! Break your fast with Communion, and have a festive brunch.
- Other festive holy days to observe in Lent are the Feast of the Annunciation (March 25, when the angel Gabriel announces the birth of Jesus to the Virgin Mary). Break your Daily Fast with a feast.

DAY OF SERVICE

AUSTIN STREET CENTER APRIL 4 • 7:30 AM
Church of the Incarnation and our four partner churches will serve together to encourage and beautify Austin Street Center. Join the wider Church for a day of fellowship and service projects like painting, construction, decorating, organizing, landscaping, and more. This one-day large-scale volunteer activity is for school-age children and up. Contact outreach@incarnation.org for more information. Volunteer sign up will begin in February at incarnation.org.

NOTES ON FASTING

The Church has always made special accommodations for those who are pregnant or nursing, children, or those who have health issues. Fasting is not encouraged.

*A complete fast means only water (or clear juices, tea and coffee).



CHURCH *of the*
INCARNATION

MAIN CAMPUS **3966 MCKINNEY AVE. • DALLAS, TX • 75204**

NORTH CAMPUS **12727 HILLCREST RD. • DALLAS, TX • 75230**

INCARNATION.ORG

MY LENTEN COMMITMENT

This year for Lent, I commit to:

Check as many as God calls.

ASH WEDNESDAY & GOOD FRIDAY

- ☐ Observe a complete fast* or a meatless fast from sun-up to sun-down on Ash Wednesday.
- ☐ Observe a complete fast* for a meatless fast from sun-up to sun-down on Good Friday.

Begin and/or end your fast with one of our many Ash Wednesday and Good Friday Eucharist services. Let Word and Sacrament be the first feast before you fast at sun-up, and your first feast when you break your fast at sun-down.

FRIDAYS WEEKLY

- ☐ Observe a complete fast* or a meatless fast on all Fri days during Lent from sun-up to sun-down.
- ☐ Attend the church's Friday Lenten programming. Both campuses will offer meatless soup and bread, and kid friendly meatless dinners, along with talk and children's activities at 5:30 pm. Stations of the Cross will follow at 6:30 pm.

Main Campus: Great Hall (5:30 pm), Memorial Chapel (6:30 pm)
North Campus: Parish Hall (5:30 pm), Church (6:30 pm)

Begin your fast by feasting with us at our Friday Eucharists at 8 am on the Main Campus in Memorial Chapel. Break your Friday fast with us at church.

CONFESSION

- ☐ Schedule a Sacrament of Confession appointment with a clergy. Fasting will reveal to us the many different ways in which we worship things other than God. At Confession, not only do we get to lay these things down at our Lord's feet, but we also get to experience his grace and freedom in a unique and special way. Schedule your meeting with a priest today. All appointments are confidential.

DAILY FAST

- ☐ Observe a daily fast throughout Lent. This could mean meatless meals, and abstinence from wine, alcohol, and tobacco. Check out our family friendly and easy meatless recipes.
- ☐ What will you give up?

Begin your fast everyday with a feast from our daily "Text to Pray." Attend our weekly Eucharists during Lent at 8 am on the Main Campus in Memorial Chapel.

LENTEN FEASTS

- ☐ Sign up for the daily Text to Pray.
- ☐ Get involved in a Growth Group.
- ☐ Get involved in a Sunday School class.
- ☐ Attend our weekday Eucharists during Lent.
- ☐ Attend Church every Sunday during Lent. Every Sunday is Resurrection Sunday when you can break your fasts. Break your fast with Communion, and have a festive brunch.
- ☐ Other festive holy days to observe in Lent are the Feast of the Annunciation (March 25, when the angel Gabriel announces the birth of Jesus to the Virgin Mary). Break your Daily Fast with a feast!

SIGN UP FOR DAY OF SERVICE:

- ☐ Join us for our annual Day of Service on Saturday, April 4. Church of the Incarnation and four partner churches will serve together to encourage and beautify Austin Street Center. This is a one-day, large-scale volunteer activity with projects like painting, construction, decorating, organizing, landscaping, and more. Sign up to volunteer at incarnation.org.

NOTES:

- The Church has always made special accommodations for those who are pregnant or nursing or have health issues, and children. Fasting is not encouraged.*
- *A complete fast means only water (or clear juices, tea and coffee).*

NAME:


EMAIL ADDRESS:



FEASTING

while fasting

RECIPES FOR LENT



Lord, help me to cook and prepare this food to the glory of your name. Lord, I give you the glory and honor in everything I do, everything I think about and everything I say! With these hands I pause to prepare food. With these hands I will chop, cut, sauté, bake, fry and more. Bless my hands that they might shape and create meals that are healthy, attractive, and tasty. With this mind grant me clarity of focus on every aspect of this meal: from the ingredients to the pots and pans; the stove, the oven, the cooling rack, the temperature in the kitchen. Lord, bless me that I might prepare food that is not only nourishing, but delectable in taste. Lord, may all who sit at this table receive a blessing though the food I have and will prepare. Through Jesus Christ our Lord and Savior we pray. Amen.

(written by The Rev. Dr. Nicholas Hood III)



VEGAN



GLUTEN FREE



KETO DIET



PALEO DIET



WHOLE30 DIET

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SWEET POTATO LENTIL CURRY

SERVES 6
PREP TIME 10 MIN.
TOTAL TIME 35 MIN.



INGREDIENTS

- 2 tbsp. extra virgin olive oil
- 2 shallots, finely chopped
- 1 " fresh ginger, grated
- 2 sweet potatoes, peeled and cubed
- 3-4 tbsp. Thai red curry paste (to taste)
- 3-4 cups low-sodium vegetable broth or water
- ¾ cup dried red lentils (can use green lentils)
- 3 tbsp. soy sauce
- 1 rounded tbsp. creamy peanut butter (or other nut butter)
- 1 (14 ounce) can full fat coconut milk
- 2 cups baby spinach
- juice from 1 lime
- ½ cup fresh cilantro, chopped (plus more for serving)
- cooked basmati

Chickpeas

- 2 tbsp. sesame or extra virgin olive oil
- 1 can chickpeas drained and patted dry
- 2 tbsp. soy sauce
- 1 tbsp. raw sesame seeds

DIRECTIONS

1. Heat the olive oil in a large pot over medium heat. When the oil shimmers, add the shallots and cook 3 minutes until soft. Add the ginger and sweet potatoes and cook until fragrant, about 2 minutes. Stir in the curry paste and cook another minute.
2. Add the 3 cups broth, lentils, soy sauce, and peanut butter. Bring the mix to a boil over high heat, then reduce the heat to low. Cover and simmer 15–20 minutes, until the lentils are soft and the sweet potatoes tender.
3. Meanwhile, make the chickpeas. Heat a large, high sided skillet over medium heat. Add the 2 TBSP oil and the chickpeas. Cook, stirring occasionally until the chickpeas are crisped all over, about 5 minutes. Add the soy sauce and sesame seeds, tossing to combine. Cook 1 minute, remove from the heat.
4. When the lentils are cooked, stir in the coconut milk, spinach, and lime juice, cook 5 minutes. If your curry feels thick, add additional broth to thin. Remove from the heat and add the cilantro.
5. To serve, divide the rice among bowls and ladle the curry overtop. Top with chickpeas, cilantro, and pomegranates.



HALFBAKEDHARVEST.COM

ASIAN GARLIC NOODLES

SERVES 4
PREP TIME 10 MIN.
TOTAL TIME 35 MIN.



INGREDIENTS

- 1 large cooked spaghetti squash
 - ½ medium zucchini julienne cut
 - ½ large carrot julienne cut
 - 1 small red bell pepper, minced
 - ½ cup fresh cilantro, diced
 - ¼ cup roasted cashews or peanuts, chopped
- ### Sauce
- ⅔ cup coconut aminos
 - ¼ cup full fat coconut milk
 - 2 tbsp. fresh grated ginger (or powder)
 - 2 tbsp. red curry paste
 - 6 medium/large garlic cloves (smaller cloves for less spice)
 - 6 large medjool dates, pitted

DIRECTIONS

1. Bake the spaghetti squash. Cut the spaghetti squash in half lengthwise, use a large spoon to scrape the seeds from the center, lay face up on a baking tray, and brush lightly with olive oil. Bake on 450°F for 25 minutes (cook longer for softer noodles).
2. Puree the ingredients for the sauce in a blender.
3. In a large bowl, incorporate ingredients for noodles, pour sauce in, and mix together.
4. Serve recipe hot or cold. If you want to heat the noodles, mix everything together in a skillet and heat until warm.



TOMATO & ARTICHOKE PENNE

SERVES 4-6
PREP TIME 10 MIN.
TOTAL TIME 35 MIN.



INGREDIENTS

- ½ cup pine nuts
- 1 tbsp. extra virgin olive oil
- ½ chopped yellow onion
- 3 cloves minced garlic
- 2 14.5 oz. cans diced tomatoes
- 1 12oz. jar marinated artichoke hearts roughly chopped, liquid reserved
- 1 ½ tbsp. dried basil
- 10 oz. whole wheat penne pasta
- salt & pepper
- ½ cup shredded parmesan cheese (optional for vegans)

DIRECTIONS

1. In a medium saucepan, cook pine nuts over medium-high heat until nicely browned, about 3-4 minutes. Set aside.
2. Wipe saucepan clean, add 1 tbsp. olive oil, sauté onions over medium-high heat until translucent, about 3-4 minutes.
3. Add garlic, stir into onions and cook for 1 minute. Add in the diced tomatoes, chopped artichoke hearts and their reserved liquid and stir in dried basil. Cook over medium-high heat for 20 minutes, until sauce thickens.
4. Meanwhile, cook penne according to instructions. Add pine nuts to the pasta sauce, mix the pasta with the sauce and stir until evenly coated. Add in cheese, stir and serve.



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ONE-PAN FARRO WITH TOMATOES

SERVES 2
PREP TIME 10 MIN.
TOTAL TIME 30 MIN.



INGREDIENTS

- 2 cups water
- 1 cup semi-pearled farro
- 1/2 large onion (white)
- 2 cloves garlic
- 9 ounces grape or cherry tomatoes
- 1 ¼ tsp. kosher or coarse sea salt
- ¼ teaspoon red pepper flakes (to taste)
- 1 tbsp. olive oil, plus extra for drizzling
- Few basil leaves, cut into thin ribbons
- Grated parmesan cheese (optional for vegans)

DIRECTIONS

1. Place water and farro in a medium saucepan to presoak (5–10 minutes) while you prepare the other ingredients.
2. Adding each ingredient to the pot as you finish preparing it, cut onion in half again, and very thinly slice it into quarter-moons. Thinly slice garlic cloves as well. Halve or quarter tomatoes.
3. Add salt, pepper flakes (to taste) and 1 tbsp. olive oil to pan, and set a timer for 30 minutes.
4. Bring uncovered pan (no lid necessary) up to a boil, then reduce to a gentle simmer, stirring occasionally. When the timer rings, the farro should be perfectly cooked (tender), seasoned, and the cooking water should be almost completely absorbed. If needed, though I've never found it necessary, cook it for 5 additional minutes, until farro is more tender.
5. Transfer to a wide serving bowl. Drizzle farro lightly with additional olive oil, scatter with basil and parmesan.



CANNELLINI BEANS ON SOURDOUGH

SERVES 2
PREP TIME 0 MIN.
TOTAL TIME 10 MIN.



INGREDIENTS

- 3 tbsp. olive oil
 - 4 garlic cloves, peeled and thinly sliced
 - Salt and red pepper flakes
 - 1 15-ounce cannellini beans, drained and rinsed (about 1 $\frac{3}{4}$ cups)
 - Half a 14-ounce can artichoke hearts, drained, chopped
 - $\frac{1}{4}$ cup chopped parsley
 - Grated parmesan or pecorino romano (optional for vegans)
- *For gluten-free diets, leave out the sourdough bread.*

DIRECTIONS

1. Heat oil, garlic, and a pinch or two of pepper flakes over medium-low in a medium skillet. Let cook for 3–5 minutes, until garlic is just barely golden at the edges.
2. Add drained cannellini beans and stir to combine. Add salt, to taste. Cook beans in garlic oil for 3–4 minutes, adding a tablespoon of water if it looks dry.
3. Stir in artichoke hearts and cook, stirring, for 1 minute, just to warm. Taste for seasoning and add more salt and/or pepper, if needed. Stir in parsley.
4. Eat as-is, ladled over firm slices of toast, and/or finished with parmesan or pecorino cheese.



SMITTENKITCHEN.COM

SPINACH & GRUYERE QUICHE

SERVES 5

PREP TIME 20 MIN.

TOTAL TIME 1 HR. 30 MIN.

INGREDIENTS

- 1 tbsp. butter
- 3 shallots, minced
- 3 bunches flat-leaf spinach, thick stems removed and leaves roughly chopped
- Coarse salt and ground pepper
- 8 ounces Gruyere cheese, grated (about 2 cups)
- 1 basic pie dough, fitted into two 9-inch pie plates
- 8 large eggs
- 3 cups half-and-half
- $\frac{1}{8}$ tsp. ground nutmeg

DIRECTIONS

1. Preheat oven to 350 degrees, with racks set in upper and lower thirds. In a large skillet, heat butter over medium. Add shallots, and cook, stirring occasionally, until softened, 1–2 minutes. Add as much spinach to skillet as will fit; season with salt and pepper, and toss, adding more spinach as room becomes available, until wilted, 2–3 minutes.
2. Transfer spinach mixture to a colander. Press firmly with the back of a spoon to squeeze out as much liquid as possible. Divide spinach mixture and cheese between prepared crusts. Place each crust on a separate rimmed baking sheet.
3. In a large bowl, whisk together eggs, half-and-half, nutmeg, 1 tsp. salt, and 1 tsp. pepper. Dividing evenly, pour egg mixture into crusts.
4. Arrange baking sheets on racks, and bake until center of each quiche is just set, 55–60 minutes, rotating sheets from top to bottom halfway through. Let quiches stand 15 minutes before serving.



SHAWARMA BUDDHA BOWL

SERVES 4
PREP TIME 15 MIN.
TOTAL TIME 40 MIN.



INGREDIENTS

- 1 head cauliflower
- ½ pint cherry tomatoes
- 1 14-oz can chickpeas
- ¼ tsp. garlic powder
- 1 lemon
- ¼ cup mint
- ¼ cup parsley
- 2 cucumbers
- ½ red onion, small
- 2 cup water (or vegetable broth)
- ½ cup Tahini dressing
- 1 cup quinoa
- 2 tsp. black pepper, cracked
- 1 tsp. kosher salt
- 2 tsp. paprika
- ½ tsp. red pepper flakes
- ½ tsp. salt
- ½ tsp. turmeric
- 3 tbsp. olive oil
- 2 tsp. cumin

**For gluten-free, leave out the quinoa.*

DIRECTIONS

1. Mix together the shawarma seasoning in a small bowl. Add red pepper flakes to taste.
2. Cut the cauliflower into bite-sized florets. Toss the florets with some olive oil, and a little more than half of the shawarma seasoning, then spread onto a baking sheet. Roast them until they are golden brown and crispy.
3. Drain and rinse a can of chickpeas, then dry them. Toss them with some olive oil, spread onto a baking sheet, and put them in the oven along with the cauliflower. Roast for 20–25 minutes, or until they're browned and crisp. Remove from the oven, and toss with the remaining shawarma seasoning.
4. While the cauliflower and chickpeas are roasting, prepare a simple cucumber tomato salad. Diced persian cucumbers, quartered cherry tomatoes, thin red onions, mint, and parsley. That's it. Toss it, set it aside.
5. Layer about half a cup of quinoa (or your favorite grain) in the bottom of a bowl, then top with a quarter of the crispy chick peas, a quarter of the roasted shawarma cauliflower, and a quarter of the cucumber tomato salad. Drizzle with tahini dressing to taste, and serve immediately.



OURSALTYKITCHEN.COM

CASHEW SWEET POTATO NOODLES

SERVES 6-8
PREP TIME 15 MIN.
TOTAL TIME 25 MIN.



INGREDIENTS

- 1 cup cashews
- $\frac{3}{4}$ cup water (more for soaking)
- $\frac{1}{2}$ tsp. salt
- 1 clove garlic
- 1 tbsp. oil
- 4 large sweet potatoes, spiralized
- 2 cups baby spinach
- a handful of fresh basil leaves, chives, or other herbs
- salt and pepper to taste
- olive oil for drizzling

DIRECTIONS

1. Cover the cashews with water in a bowl and soak for 2 hours or so.
2. Drain and rinse thoroughly. Place in a food processor or blender and add the $\frac{3}{4}$ cup water, salt, and garlic. Puree until very smooth.
3. Heat the oil in a large skillet over high heat. Add the sweet potatoes; toss in the pan for 6–7 minutes with tongs until tender. Remove from heat and toss in the spinach—it should wilt pretty quickly.
4. Add half of the herbs and half of the sauce to the pan and toss to combine. Add water if the mixture is too sticky. Season generously with salt and pepper, drizzle with olive oil, and top with the remaining fresh herbs.



CRUSTLESS SPINACH CHEESE PIE

SERVES 8
PREP TIME 2 MIN.
TOTAL TIME 30 MIN.



INGREDIENTS

- 10 ounces frozen spinach thawed, squeezed and drained (or use wilted down fresh)
- 5 eggs beaten
- 2 1/2 cups cheese any kind
- 1 tsp. dried minced onion
- 1/4 tsp. garlic powder
- salt and pepper to taste

DIRECTIONS

1. Grease a 9-inch pie pan.
2. Combine all ingredients and pour into prepared pan.
3. Bake at 375°F for about 30 minutes or until edges start to brown.



LOWCARBYUM.COM

ZUCCHINI LASAGNA ROLL-UPS

SERVES 6
PREP TIME 20 MIN.
TOTAL TIME 1 HR.



INGREDIENTS

- 3 large zucchini ends trimmed and cut ½ inch thick
- salt
- 1 tbsp. Olive oil
- 2 cloves garlic crushed
- ½ cup sweet onion, diced
- 1 ½ cups marinara sauce
- 2 cups mozzarella cheese, divided
- 1 cup ricotta full-fat
- ½ cup Parmesan cheese
- 1 egg
- 2 tsp. Italian seasonings
- ½ tsp. salt
- ¼ tsp. pepper



DIRECTIONS

1. Preheat oven to 400°F.
2. Using a mandoline, cut zucchini lengthwise into ½ inch thick slices. (You can also use a knife, just be careful!) You should have about 24 slices.
2. Lay zucchini flat and sprinkle with salt. Let sit for at least 15 minutes. Before rolling, dab zucchini with a paper towel to get rid of excess moisture.
3. In a large skillet over medium heat combine oil, crushed garlic, and onion. Saute for 2–3 minutes.
4. Pour 1 cup marinara sauce into the bottom of a 9-inch square baking dish.
5. In a medium bowl combine 1 cup mozzarella, ricotta, Parmesan cheese, egg, Italian seasonings, salt and pepper. Mix until combined.
6. Place 1 ½ tablespoons of the cheese mixture along a zucchini slice. Roll zucchini slice up and place in a 9-inch square baking dish. Repeat with remaining cheese mixture and zucchini slices.
7. Pour remaining ½ cup marinara sauce over the roll-ups and top with 1 cup mozzarella cheese. Bake in preheated oven for 25–30 minutes.

GRILLED GINGER CAULIFLOWER STEAKS

SERVES 2
PREP TIME 10 MIN.
TOTAL TIME 35 MIN.



INGREDIENTS

- 1 large cauliflower head
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. ground ginger

Tahini Sauce

- 2 tbsp. Tahini
- 2 tbsp. coconut aminos
- ½ to 1 tsp. chili paste
- 1 tbsp. black sesame seeds (to top)

DIRECTIONS

1. Trim the outer leaves and soft stems off the cauliflower. Then cut 4, ½ inch thick, slices of the cauliflower head, lengthwise. Rub the cut steaks with the garlic, onion, and ginger (use more if necessary).
2. Heat a large greased grill pan (you can also use a normal grill or any grill you have) over high heat.
3. Once hot, place the steaks on the grill and grill for 8 minutes. Flip them and grill for about another 8 minutes.
4. To make the sauce, mix together the tahini, coconut aminos, and chili paste.
5. To serve, plate the cauliflower steaks, drizzle on the tahini sauce, and top with black sesame seeds.



STRENGTHHANDSUNSHINE.COM

INSTANT POT MUSHROOM RISOTTO

SERVES 4
PREP TIME 5 MIN.
TOTAL TIME 35 MIN.



INGREDIENTS

- 1 medium head of cauliflower (or 4–5 cups of pre-riced fresh or frozen)
- 1 tbsp. coconut oil
- 1 small onion diced
- 1 lb. small shiitake mushrooms, sliced (or cremini mushrooms)
- 3 garlic cloves minced
- 2 tbsp. coconut aminos
- 1 cup full-fat coconut milk
- 1 cup vegetable broth
- ¼ cup nutritional yeast
- ½ tsp. sea salt
- 2 tbsp. tapioca starch
- ground black pepper to taste (omit for AIP)
- chopped parsley for garnish

DIRECTIONS

1. Remove the leaves off the cauliflower and cut off the florets from the roots. Use a cheese grater or a food processor with a grater attachment, and grate the cauliflower into the size of rice.
2. Add ghee or coconut oil to the Instant Pot and set it to “Sauté.” Let it heat for 5 minutes and make sure to coat the bottom of the pan.
3. Add onion, mushrooms, and garlic and cook stirring for 7 minutes, until the mushrooms have sweat and are tender.
4. Add coconut aminos, and stir cooking for 5 minutes until the vegetables are browned. Turn off the Instant Pot.
5. Add cauliflower rice, coconut milk, broth, nutritional yeast, and sea salt. Stir everything together.
6. Seal the lid, make sure the pressure valve is set to close, and set the Instant Pot to “Manual” for 2 minutes.
7. Once it finishes to a beep, immediately release the pressure valve and open the lid. You can drain some of the liquid if there’s too much (this depends on how much moisture was in your cauliflower).
8. Sprinkle tapioca starch over the risotto and stir until thickened. Add more salt if desired. Add ground black pepper. Serve warm, sprinkled with chopped parsley.



WHATGREATGRANDMAATE.COM

HUNGRY FOR MORE MEALS TO GET YOU THROUGH YOUR LENTEN JOURNEY?

Check out our “Meatless Meals
for Fasting” board on Pinterest.
Search for “Church of the Incarnation”
at [pinterest.com](https://www.pinterest.com).



CHURCH *of the*
INCARNATION

DAILY DEVOTIONS BEFORE A MEAL

(Adapted From the 1979 BCP, Pg 139)

A Reading from John 6

V: Jesus said, "I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst. I am the living bread which came down from heaven; if any one eats of this bread, he will live forever; and the bread which I shall give for the life of the world is my flesh. He who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day.

R: *Lord, to whom shall we go? You alone have the words of eternal life.*

Prayers may be offered for ourselves and others.

The Collect for Ash Wednesday

Almighty and everlasting God, who hates nothing that you have made, and forgives the sins of all those who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

Finish with The Lord's Prayer.

MEALTIME PRAYERS
FOR FAMILIES WITH LITTLE ONES

(Sung to the tune of “Frère Jacques”)

God our Father,
God our Father
We thank you!
We thank you!
For your many blessings,
for your many blessings!
A-a-men!

The background of the entire image is a repeating pattern of dark purple wine glasses. The glasses are arranged in a grid-like fashion, with some slightly offset from others, creating a textured effect.

~~FASTING~~

your guide to lent 2020

CHURCH *of the* **INCARNATION**



SHROVE TUESDAY PANCAKE DINNER & MARDI GRAS PARADE

FEBRUARY 25 AT 6 PM

MAIN CAMPUS, GREAT HALL

Celebrate with a traditional pancake supper, music, and fun for the kids! Register at incarnation.org.



TEXT "LENT" to 1.888.521.3216

Sign up for Text to Pray to receive a specially curated prayer each morning to begin your day with God.



INCARNATIONDFW

Like us on Facebook or follow us on Instagram to see posts with spiritual relevance on your Lenten journey.



ASH WEDNESDAY

FEBRUARY 26

7 AM TRADITIONAL SERVICE

Main Campus, Church

NOON TRADITIONAL SERVICE

Main Campus, Church

6 PM TRADITIONAL SERVICE

Main Campus, Church

UPTOWN CONTEMPORARY

Main Campus, Ascension Chapel

CONTEMPORARY SERVICE

North Campus, Church



FRIDAYS IN LENT

FEBRUARY 28–APRIL 3

Join us for meatless soup and bread, and kid friendly meatless dinners, along with a talk and children's activities, followed by Stations of the Cross. Held at both campuses.

DINNER + TALK 5:30 PM

STATIONS OF THE CROSS 6:30 PM



EASTER LILIES FOR OUR ALTARS

FEBRUARY 28–APRIL 3

The church will be adorned for Easter with beautiful lilies through your generous donations remembering and honoring your loved ones. Donate online at incarnation.org.



LENTEN QUIET PRAYER RETREAT

FEBRUARY 29

Join us in learning how to center yourself. The retreat will begin in Memorial Chapel with Morning Prayer. It will continue with training, followed by a soup and bread lunch. Childcare will be available from 9 am–1 pm. The Quiet Retreat will be in Ascension Chapel from 1–4 pm. RSVP at incarnation.org.



DAY OF SERVICE

APRIL 4 FROM 7:30 AM –3 PM

Join the wider church for a day of fellowship and service projects like painting, construction, decorating, organizing, landscaping and more at Austin Street Center! Register at incarnation.org.

PALM SUNDAY

APRIL 5 • REGULAR SUNDAY SERVICE TIMES

children's parade

Watch your little ones process before the Traditional and Uptown Contemporary services at 9 or 11:15 am at the Main Campus. Or, before the 10:30 am contemporary service at the North Campus. No props or costumes needed! Children will meet 15 minutes before the service (at the Nursery counter for Main Campus, in the narthex for North Campus) Do you want to help with the parade?

Email Abby at aclark@incarnation.org.

holy week schedule

WEEKDAYS IN HOLY WEEK

8 AM MORNING PRAYER & HOLY COMMUNION

main campus, memorial chapel

NO HOLY COMMUNION ON MAUNDY

THURSDAY AND GOOD FRIDAY

NOON HOLY COMMUNION WITH HEALING MINISTRIES

main campus, memorial chapel

WEDNESDAY ONLY

4:40 PM EVENING PRAYER

main campus, memorial chapel

5 PM SACRAMENT OF RECONCILIATION

main campus, good shepherd altar in the church

MONDAY – WEDNESDAY ONLY (BY APPOINTMENT)

the paschal triduum

MAUNDY THURSDAY, APRIL 9

NOON HOLY COMMUNION

main campus, memorial chapel

SAID SERVICE WITH HOMILY; NO STRIPPING OF THE ALTAR

6:30 PM MAUNDY THURSDAY HISTORY & TRADITIONS

main campus, education building, room 114

7 PM CHORAL HOLY COMMUNION

main campus, church

WITH FOOT WASHING & STRIPPING OF THE ALTAR

7 PM UPTOWN CONTEMPORARY SERVICE

main campus, ascension chapel

WITH FOOT WASHING & STRIPPING OF THE ALTAR

The Vigil at the Altar of Repose begins as soon as the Blessed Sacrament is taken to Memorial Chapel at the conclusion of the Maundy Thursday liturgy, and continues until 8 am on Good Friday.

GOOD FRIDAY, APRIL 10

NOON SOLEMN LITURGY OF GOOD FRIDAY

main campus, church

WITH VENERATION OF THE CROSS AND HOLY COMMUNION
FROM THE PRE-SANCTIFIED GIFTS

5:30 PM GOOD FRIDAY HISTORY & TRADITIONS

main campus, education building, room 114

6 PM SOLEMN LITURGY OF GOOD FRIDAY

main campus, church

WITH VENERATION OF THE CROSS AND HOLY COMMUNION
FROM THE PRE-SANCTIFIED GIFTS

6 PM UPTOWN CONTEMPORARY GOOD FRIDAY SERVICE

main campus, ascension chapel

6 PM CHILDREN'S GOOD FRIDAY LITURGY*

main campus, education building, children's chapel

*For children in kindergarten–3rd grade. For more
info and to RSVP, please email cfm@incarnation.org
(Children are to meet at 5:45 pm in Room 29.)

6 PM CONTEMPORARY GOOD FRIDAY SERVICE

north campus, sanctuary

HOLY SATURDAY, APRIL 11

7:30 PM EASTER VIGIL HISTORY & TRADITIONS

main campus, education building, room 114

8 PM THE GREAT VIGIL OF EASTER

main campus, church

The Kindling of the New Fire; the Vigil of lessons that
tell the story of redemption from Creation to Jesus
Christ; the Sacrament of Baptism for adults; the first
Easter celebration of Holy Communion. The people
are invited to bring bells to ring after the Easter
Acclamation and the return of "Alleluia!"

EASTER DAY

REGULAR SUNDAY SERVICE TIMES

No Sunday School or evening services.

EASTER EGG HUNT

Please join us for our annual Easter Egg Hunt. Bring a
basket, invite your friends, and join in on the fun!

MAIN CAMPUS

10:25 AM • CLOISTER LAWN

NORTH CAMPUS

11:30 AM • BACKYARD

for more information or to register for events, visit
INCARNATION.ORG