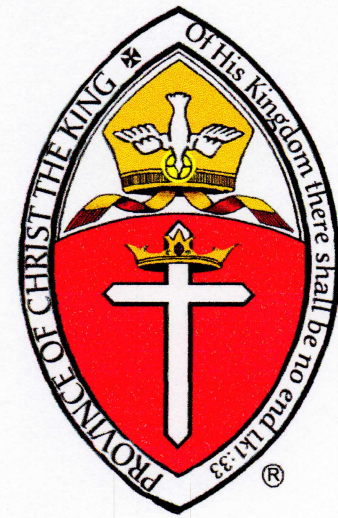


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26 February, AD 2020  
Ash Wednesday

A Lenten Pastoral Letter

To all the Faithful of the Anglican Province of Christ the King:

GREETINGS IN THE NAME OF OUR LORD AND SAVIOUR, JESUS CHRIST!

On January 1<sup>st</sup> of this year, we entered into our duties as the fourth Archbishop of the Anglican Province of Christ the King. It was and remains the highest honor to be elected to this position and one which has been accepted only with the greatest humility, complete dependence upon God, and in deepest appreciation for all the faithful laity and clergy who have gone before us and given their lives to make this Province what it is today. As with any change in leadership, there has been a time of transition and “finding one’s feet”, so to say. But because of the tireless work of our Archbishop Emeritus, Frederick G. Morrison; Mrs. Morrison; and my brother Bishops on the Council, by God’s Grace and by His Will, we have gotten off to a solid start and plan to move the Province ahead on many fronts and in many ways. We thank them all for their continued support and prayers.

With Lent beginning, we felt it important to write to you, the Faithful, and communicate some pertinent points regarding the season and your spiritual preparation for Easter. It is spiritually imperative that **all of us**, Clergy and Laity, alike, establish some sort of spiritual discipline during this holy season of Lent. Traditionally, many people give something up for Lent and then use the money they would have spent on those items and instead give that sum to the poor. In and of itself, that is a very good discipline to do during Lent. But what would happen if we **added** a practice or activity to our spiritual discipline for Lent this year? Instead of giving something up, what would happen if we added to our spiritual practices during Lent? Self-denial, as mentioned above, is one of three ways we can observe an Holy Lent. Another way of practicing self-denial is to observe the traditional fasting and abstinence practices of the Church during Lent. Bodily and spiritual self-denial is one way to draw attention **away** from yourself and focus on the needs of others. Another way to practice a Lenten spiritual discipline is through almsgiving. Almsgiving involves giving over and above that which you give God weekly or monthly. That is called your Offering or Tithes. Many of our parishes use the Lenten Mite Box Program, which aids our Seminary, St. Joseph of Arimathea, as a practice of Almsgiving during Lent; one which I thoroughly and fully support and invite you to participate in this year. Finally, but by no means least, is prayer. Prayer can even sum up the other two. Prayer involves self-denial ~ praying instead of doing something else you might want to do and almsgiving ~ giving extra time on your knees to God. So, **adding** the spiritual practices of self-denial, almsgiving, and prayer are three ways we can **actively observe** an Holy Lent. You really don’t have to do much

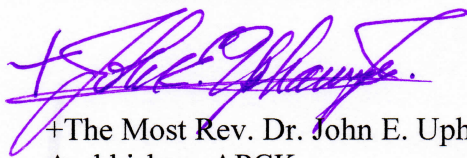
to make progress, spiritually. You could resolve to attend Stations of the Cross at your local Parish or our brother Clergy could begin offering them if they don't already do so; you could read or re-read some of the well-known spiritual classics that focus on Our Lord's Passion or some other aspect of His Crucifixion or His Atoning Death and Sacrifice for the Sins of the whole world; or you could increase or establish a daily time of prayer by saying the Daily Offices. Whatever you decide to do and however you decide to observe an Holy Lent this year, be consistent and persistent and your efforts will bring you that much more joy at Easter.

It has been said the great Church Father and Bishop of the African Church, St. Augustine of Hippo, would, at the elevation of the Host during the Mass, say, "Be Who you see! Become Who you already are!" It is the call of Lent for us to hold a spiritual mirror up to our soul and see how our sins have darkened the image of God within us and marred the relationship we have with Him. By adding to our spiritual discipline and actively trying to observe an Holy Lent, we will be able to more fully reflect Our Lord by being who we see and then accompany Him on His journey to the Cross and participate more fully in His Resurrection that is ours at Easter!

Finally, I want you all to know that it is of paramount importance to me to be present to all of you, my brother Bishops, Clergy, and Laity, alike. My door is always open to you and I am looking forward to seeing you all at your various upcoming Synods this year. Meanwhile, please continue to pray for me, your Bishops, your Dioceses, your Clergy, and your Parishes and people as I do for you each day. Prayer is the strongest gift and inheritance we have as children of God. Let us continue to use it as we press on the legacy and vision of our Founder and Archbishop, Robert Sherwood Morse. We still have a long way to go in the desert.

For the Love of God and the sake of the Gospel, I remain,

Yours in Our Blessed Lord,

A handwritten signature in purple ink, appearing to read "John E. Upham, Jr.", written in a cursive style.

+The Most Rev. Dr. John E. Upham, Jr.  
Archbishop, APCK