



LENT - A SACRED SEASON

Lent is a time of prayer, fasting, repentance, and generosity for the 40 days leading up to Easter. Reflecting Christ's 40-day fast in the wilderness before his public ministry commenced, Lent begins on "Ash Wednesday" and concludes on Easter Sunday.

Lent is a Christian tradition of repentance and reflection in preparation for Christ's resurrection. It provides an opportunity to contemplate the sufferings of Jesus during his journey to and upon the cross. Established at the First Council of Nicaea in 325 A.D., it has origins in apostolic times. Initially, it prepared individuals for baptism and repentance for those excluded from Communion. Repentants wore sackcloth and ashes during this time. This ritual ended around the ninth century. Then, Lent became a practice among all Christians to receive ashes on their foreheads on Ash Wednesday, the first day of Lent, symbolizing the need for repentance. Other rituals included fasting food and certain drinks, and giving to the poor.

HOW CAN I PARTICIPATE?

Lent is a sacred time to seek God. Considering Jesus' time of fasting, we are invited to also press pause on certain items or activities during this season. This allows our mind, body, and soul to practice God's presence and reflect on the suffering and death of Jesus. You could completely fast from food for any number of days, fast from certain types of food and/or drinks, social media, entertainment, shopping, etc. Some people choose to "add in" something instead during Lent like prayer walking, journaling, and memorizing scripture.

Lent is also a period of generosity, reflecting the profound gift of Jesus' sacrifice. In this season, consider contributing additional time, finances, or other resources to those in need.

Commence this collective journey of transformation by attending "Ash Wednesday" at the church any time from 7:00 to 7:30 AM to receive a blessing and palm leaf ashes.

Join others in communal scripture reading on Tuesdays and praying scripture on Fridays. Both are hosted at the church from 7:00 to 7:30 AM.

Participate in "Holy Week"—the week preceding Easter—which is Holy Thursday, Good Friday, Holy Saturday, and Easter Sunday. Please reference the "Holy Week" flier for details.

We look forward to this sacred and meaningful time together!