

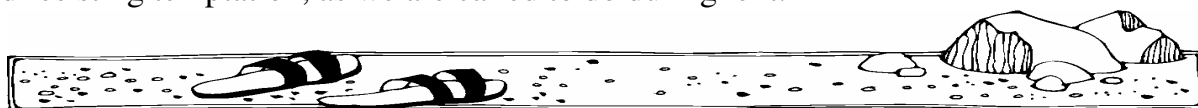


A Look at Lent

The season of Lent is a time when we prepare our hearts, minds and souls for the sacred observances of Christ's death on Good Friday and his resurrection on Easter. In Lent, we recognize we are simply dust and ashes without Christ, we confess our sins to God, and we follow Christ to the cross, where we are made whole again.

Why 40 Days?

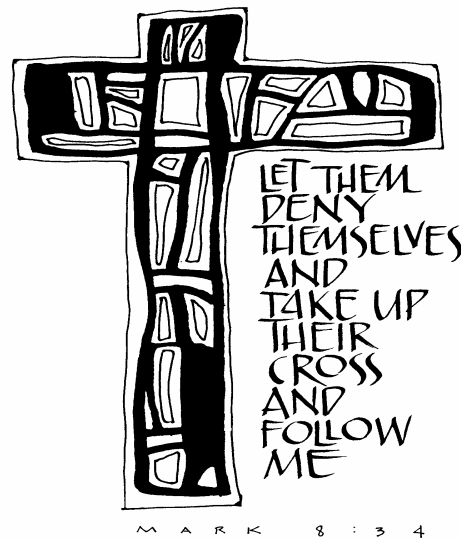
Lent began on Ash Wednesday and ends on Holy Saturday. Sundays are excluded from the counting of the 40 days because they still remain "little Easters." We celebrate Christ's victory over death every Sunday. The number 40 is important because, at the start of his ministry, Jesus spent 40 days fasting, praying and resisting temptation, as we are called to do during lent.



First Sunday In Lent

The Cross

The central symbol of the Christian faith is the cross and this is an especially appropriate image for our Lenten journey with Jesus. For it was on the cross that the sinless Son of God suffered and died for us that we might be forgiven and live forever with him in heaven. During Lent, read the bible verses about the events leading up to Christ's crucifixion. Read about Jesus' miracles, his entry into Jerusalem, Jesus being anointed, the Last Supper, Jesus washing the disciples' feet, Jesus praying in Gethsemane, Judas' betrayal, Jesus being arrested, Peter's denial, and Jesus' trial and crucifixion. During Lent, put a cross in a prominent place where you can see it often and it can remind you of your own Lenten journey.



Other Days to Celebrate in March

St. Patrick of Ireland Remembrance Day on March 17th – When Patrick was a young boy, he was stolen from his home in England and enslaved by Irish raiders. After a number of years he returned to his home; but later, Patrick returned to Ireland as a missionary. Shamrocks are a popular symbol for this day. St. Patrick is said to have used the shamrock to teach Irish people about the Triune God. Make shamrock decorations & celebrate St Patrick's Day.



In Christ's service,
Lisa Kammerer, Associate in Ministry