



Message for Congregations and Lay and Rostered Leaders

Dear Beloved of God –

“giving something up for Lent”

I’ve often struggled with the notion of “giving something up for Lent.” Now don’t get me wrong; I am all for spiritual practices and discipline. I’m just not sure that the act of giving up chocolate or movies or texting for Lent can draw us closer to God in and of itself.

Laurence Hull Stookey puts it well when he writes: “Lenten disciplines are not temporary deletions or additions, but spiritual exercises that permanently alter us.... The fuller Lenten discipline is a self-examination that seeks greater conformity to the mind of Christ, and more effective ministry on behalf of the world” (Calendar: Christ’s Time for the Church, Abingdon Press, 1996, p. 82).

The concept of a period of penitence and preparation for the celebration of Christ’s resurrection through spiritual exercises such as fasting originated as a way of preparing new converts for their baptism, which would occur at the Easter Vigil. As Christianity gained a foothold in the culture and infant baptism became the norm, this time of preparation was extended to include those who had already been baptized.

Within our faith communities’ “giving something up for Lent” is frequently heard. “Giving something up” as a reminder of what Christ gave up for us in his incarnation, his life on earth, and his death. But while we may have the right intentions, I wonder if our practices truly alter how we view the world around us; our relationship with Christ; or our relationship with one another.

This Lenten season I encourage you to think deeply about your Lenten observance. Instead of asking what you can give up for Lent, consider what stands in the way of a closer walk with God. Do you need to turn the Netflix off in order to spend more time in prayer and Scripture reading? Then by all means limit your viewing

and replace it with devotional time. In other words, whatever we choose ought to bring us closer to Christ himself.

But there is more. Christ gave himself up for others, and through our baptism into Christ we are called to do the same. During Lent, consider what practices will help bring about Christ’s kingdom here on earth. Are there people with whom you need to be reconciled? Is there a way to promote justice in your community? What action might you take to care for creation? Are there opportunities to serve the poor, the widow, and the orphan? Asking these kinds of questions will lead us to practices that result in the deep transformation intended by Lenten observances.

This year, rather than simply “giving something up for Lent,” I challenge you to give more of yourself to Christ by finding one or two ways in which your life can more fully emulate his. Perhaps these will become habits that don’t end with Easter but continue to sustain you throughout the year.

In Christ Jesus –
Shalom,
+Bishop Larry Kochendorfer

“The God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.” (Romans 15:13)



Why is Lent for 40 days and what is its meaning?

The Lent period reflects when Jesus fasted and suffered in the desert for 40 days and 40 nights, before he started his ministry.

According to the Bible, he was tempted by Satan during this time, but each time he managed to refuse his temptations.

People follow Jesus' example and give up vices in a bid to grow closer to God as Easter approaches.

Shrove Tuesday or Pancake Day occurs the day before Lent begins, symbolizing when Christians would eat up foods such as milk and eggs before fasting.

What is Ash Wednesday?

Ash Wednesday is officially the start of Lent but the exact date changes each year depending upon when Easter falls.

To mark the day, clergy all over the world burn palm from the previous year's Palm Sunday services to create ash.

This is then rubbed across people's foreheads in the shape of the cross as they are reminded "For dust you are and to dust you shall return".

The ceremony is meant to show followers that their lives are short and they must live them to the fullest.

This sees Lent begin and it continues until the Thursday before Easter weekend.

Where does the tradition of fasting come from?

Lent and fasting go hand in hand for many in the Christian church.

Many followers abstain from certain food or temptations, following Jesus' 40-day fast in the desert in preparation for his public ministry.

Fasting has been practiced for centuries within a number of religions and culture, and is featured within Jewish culture in the Old Testament.

For example, Queen Esther asks the Jewish nation to come together in prayer and fasting, and Christians often combine the two practices nowadays.

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~ April 2020 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Palm Sunday 10:00 Trinity Communion Service	6	7 World Health Day	8	9 Dietrich Bonhoeffer executed this day 1945 Maundy Thursday Thursdays in Black - Towards A World Without Violence	10 Day of Pink - Celebrating diversity and raising awareness to stop homophobia, transphobia, transisogyny and all forms of bullying Good Friday (regional holiday)	11 Holy Saturday Refugee Rights Day
12 Easter Sunday 9:00 St. John's Eucharist Service 11:15 Hope Communion Service	13 Easter Monday Easter Monday	14	15	16 Thursdays in Black - Towards A World Without Violence	17	18
19 10:00 Trinity Song Service	20	21	22 Earth Day	23 Thursdays in Black - Towards A World Without Violence	24 Day of Prayer for Peace in the Holy Land	25
26 9:00 St. John's Morning Prayer Service 11:15 Hope Communion Service	27	28	29	30 Thursdays in Black - Towards A World Without Violence	Notes:	

RELIGIOUS ABSTINENCE

Becky Pemberton

When does Lent end, why does it last for 40 days and 40 nights and what is the meaning of the Christian tradition?

The end of Lent isn't Easter Sunday as many people believe...

MILLIONS of people all over the world are beginning to observe Lent, a period of the year when we try to give up some of our favourite things.

Many people believe that Easter Sunday marks the end of Lent, but this is actually incorrect – so when is the date that you can indulge in your forbidden items once more? Here's all you need to know...

What is Lent?

The Lent fast is a Christian tradition, but many non-believers also take part.

On Ash Wednesday, people over the globe give up certain foods or habits to improve their health or demonstrate self-restraint.

For Christians Lent is a time of repentance, fasting and preparation for the coming of Easter.

It lasts for 40 days until Easter, but this is without Sundays being included in the amount (if they were counted it would be 46 days).

When does Lent 2020 start and end?

This year, Lent started on February 26 which is also known as Ash Wednesday and the day after Shrove Tuesday.

The day of Lent changes every year in accordance with the lunar calendar, similar to Easter Sunday.

Lent is a 40-day fast which ends on the Thursday before Easter Sunday, April 9 which is known as Holy Thursday, or Maundy Thursday.



~ March 2020 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 St. David's Day Zero Discrimination Day 10:00 Trinity Communion Service 11:00 Trinity Annual Meeting	2	3	4	5 Thursdays in Black - Towards A World Without Violence	6 World Day of Prayer 7:00 Forestburg World Day of Prayer - Big Knife Villa 7:00 Sedgewick World Day of Prayer - Nazarene Church	7
8 International Women's Day International Women's Day 9:00 St. John's Eucharist Service 11:15 Hope Communion Service 12:30 Hope Council Meeting	9 Commonwealth Day	10 1:30 Hope Worship Committee	11	12 Thursdays in Black - Towards A World Without Violence	13	14
15 10:00 Trinity Song Service 11:30 St. John's Annual Meeting	16	17 St. Patrick's Day	18	19 Thursdays in Black - Towards A World Without Violence	20	21 International Day for the Elimination of Racial Discrimination Week of Solidarity with Peoples Struggling Against Racism and Racial Discrimination
22 Week of Solidarity with Peoples Struggling Against Racism and Racial Discrimination World Water Day 9:00 St. John's Morning Prayer Service 11:15 Hope Communion Service	23 Week of Solidarity with Peoples Struggling Against Racism and Racial Discrimination	24 Day of Prayer for Peace in the Holy Land Week of Solidarity with Peoples Struggling Against Racism and Racial Discrimination	25 Week of Solidarity with Peoples Struggling Against Racism and Racial Discrimination	26 Thursdays in Black - Towards A World Without Violence Week of Solidarity with Peoples Struggling Against Racism and Racial Discrimination	27 Week of Solidarity with Peoples Struggling Against Racism and Racial Discrimination	28 8:30 Earth Hour - 8:30 p.m. to 9:30 p.m. local time.
29 No Services This Sunday	30	31	Notes:			

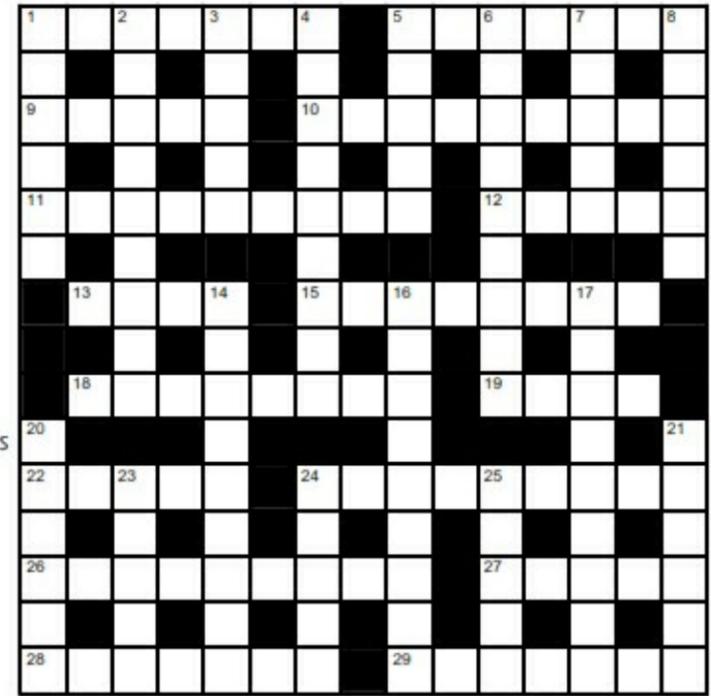
BIBLE CROSSWORD VII

Across

- 1 Wife of Isaac (7)
- 5 Resplendencies (7)
- 9 Stories (5)
- 10 Judges, elders, tax collectors, for example (9)
- 11 Catastrophies (9)
- 12 Father of Ahiam (5)
- 13 Hades (4)
- 15 Eunuch from here was baptised by Philip (8)
- 18 A sound of joy (8)
- 19 Vessel (4)
- 22 Up on high (5)
- 24 First meal of the day (9)
- 26 Hard (9)
- 27 Solomon made a throne out of this (5)
- 28 Furious (7)
- 29 Decorated (7)

Down

- 1 Repair (6)
- 2 David committed adultery with her (9)



by Philologus

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- 3 Barrels (5)
- 4 Propitiation (9)
- 5 Jesus was given three as a child (5)
- 6 Times (9)
- 7 Father of Esau and Jacob (5)
- 8 Killed by Jael (6)
- 14 Heavenly flash (9)
- 16 Reaped (9)
- 17 Copycats (9)
- 20 Horse rider's seat (6)
- 21 Remained (6)
- 23 Tender (5)
- 24 Tied (5)
- 25 Abraham was going to kill his son with this (5)

Solution found on page 5

BIBLE CROSSWORD VII - SOLUTION

R	E	B	E	C	C	A	G	L	O	R	I	E	S	
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Across: 1 Rebecca, 5 Glories, 9 Myths, 10 Officials, 11 Disasters, 12 Sacar, 13 Hell, 15 Ethiopia, 18 Laughter, 19 Ship, 22 Aloft, 24 Breakfast, 26 Difficult, 27 Ivory, 28 Enraged, 29 Dressed.

Down: 1 Remedy, 2 Bathsheba, 3 Casks, 4 Atonement, 5 Gifts, 6 Occasions, 7 Isaac, 8 Sisera, 14 Lightning, 16 Harvested, 17 Imitators, 20 Saddle, 21 Stayed, 23 Offer, 24 Bound, 25 Knife.

Bible Crossword by BiblePuzzles.org.uk