

Dear Families:

Today we began the season of Lent. Lent is a time for preparation, but it's not a joyous anticipation like Advent is. Lent is a time to repent, reflect and improve on our Christianity. To do this, we will be working together with the congregation to develop spiritual disciplines for the next six weeks.

The first spiritual discipline on which we will focus is fasting. Fasting is a word that means doing without. Usually, it means skipping meals or treats. But fasting can mean abstaining from any enjoyable activity. There's more to fasting than just "giving up." Fasting is purposeful abstaining from something enjoyable in order to give God that time and attention instead. While we are abstaining from our pleasure, we should focus on God's word in prayer, study or meditation instead.

We studied fasting in the Bible to see how to do it properly. We saw that Esther had her people fast for three days. This unified them as a community of believers and help the whole Jewish nation draw closer to God. Jesus reminds us that fasting is for GOD- not you or for others. If you are fasting and everyone knows it, you are not doing it for the right reasons. You should not proclaim your fasting, nor complain about it. Do it privately, for the God who hears and sees all in private will be most pleased.

Every time you fast during this week, place a chip into your cup. Return the cup with the chips that you collected to church next week, and add them to our collection container. The purpose of this is NOT to proclaim our deeds to others, but to show the youngest members of our congregation how much GOOD can be accomplished by a small but mighty community of faith. We hope you can participate with us!

Thanks for joining us today!
Carol McClellan
CE Director