

WHY LENT

Greetings to you all. This is to remind us that Lent is here again. Lent is the season that follows the Epiphany season and comes immediately after the transfiguration Sunday.

According to our church calendar, Lent begins with Ash Wednesday, lasts 40 days and ends before Holy Saturday, exclusive of Sunday, as they are considered little Easter. During this period, people of different faiths and individuals celebrate this season in various ways. Most of the themes that cut across are repentance, fasting, abstinence from food in whole or in part, prayer—a time to deepen one's spirituality through meditation, Self-denial where some individuals give up certain luxuries and almsgiving a time to draw deeper attention to the relationships with our neighbours. The primary purpose is remembering Jesus's suffering, death, and resurrection. I want to remind you that you can select what suits you best. As we deepen our faith, we must not compromise our health during fasting and self-denial. However, Before Lent, we have Shrove Tuesday, also called Fat Tuesday or Pancake Tuesday. It is a day before Ash Wednesday. On Shrove Tuesday, traditionally, people use butter, sugar, and eggs, which is why pancakes are essential. It is a day of confession, self-examination, and burning of the previous year's Palms for use on Ash Wednesday, preparing us for the solemn season of Lent.

We will celebrate Ash Wednesday with penitence as we usher in the Lent season. Ashes are placed on the foreheads, a sign of sadness as we contemplate our shortcomings and a sign that we want to change. We will have Palm Sunday, usually associated with Jesus' entry into Jerusalem. Another vital celebration this season is Maundy Thursday when we

commemorate Jesus Christ's Last Supper with his disciples and remind ourselves of the importance of our service to others, the community, and selflessness. Then we have Good Friday and Holy Saturday. And finally, we will culminate with Easter Sunday—the most significant day of our Christian faith, with the resurrection story. Let us set our feet and spirits on the journey of reflection, service to others, and love. It is a scary wilderness; however, we are not alone; we have Jesus and people around us. Thanks be to God.

Dates to remember:

Shrove Tuesday -March 4
Ash Wednesday-March 5
Palm Sunday-April 13
Maundy Thursday-April 17
Good Friday-April 18
Holy Saturday-April 19
Sunrise and Easter -April 20

Grace & peace
Rev. Dorcas



WHY LENT

Greetings to you all. This is to remind us that Lent is here again. Lent is the season that follows the Epiphany season and comes immediately after the transfiguration Sunday.

According to our church calendar, Lent begins with Ash Wednesday, lasts 40 days and ends before Holy Saturday, exclusive of Sunday, as they are considered little Easter. During this period, people of different faiths and individuals celebrate this season in various ways. Most of the themes that cut across are repentance, fasting, abstinence from food in whole or in part, prayer—a time to deepen one's spirituality through meditation, Self-denial where some individuals give up certain luxuries and almsgiving a time to draw deeper attention to the relationships with our neighbours. The primary purpose is remembering Jesus's suffering, death, and resurrection. I want to remind you that you can select what suits you best. As we deepen our faith, we must not compromise our health during fasting and self-denial. However, Before Lent, we have Shrove Tuesday, also called Fat Tuesday or Pancake Tuesday. It is a day before Ash Wednesday. On Shrove Tuesday, traditionally, people use butter, sugar, and eggs, which is why pancakes are essential. It is a day of confession, self-examination, and burning of the previous year's Palms for use on Ash Wednesday, preparing us for the solemn season of Lent.

We will celebrate Ash Wednesday on March 5, 1:00 pm, Wembley; with penitence as we usher in the Lent season. Ashes are placed on the foreheads, a sign of sadness as we contemplate our shortcomings and a sign that we want to change. We will have Palm Sunday, usually associated with Jesus' entry into Jerusalem. Another vital celebration this

season is Maundy Thursday when we commemorate Jesus Christ's Last Supper with his disciples and remind ourselves of the importance of our service to others, the community, and selflessness. Then we have Good Friday and Holy Saturday. And finally, we will culminate with Easter Sunday—the most significant day of our Christian faith, with the resurrection story. Let us set our feet and spirits on the journey of reflection, service to others, and love. It is a scary wilderness; however, we are not alone; we have Jesus and people around us. Thanks be to God.

Dates to remember:

Shrove Tuesday -March 4
Ash Wednesday-March 5
Palm Sunday-April 13
Maundy Thursday-April 17
Good Friday-April 18
Holy Saturday-April 19
Sunrise and Easter -April 20

Grace & peace
Rev. Dorcas



