

February 23, 2016

Dear friends,

As you read this, we are approaching the middle of Lent. It begs the question, how is your Lent going? Did you have any expectations or goals for this Lenten season, and if so, what has happened?

Now, this message is not meant to make anyone feel guilty, but rather help us be honest. When we are honest with ourselves, there is room created for humility. And where there is humility, there is space for God to work. That is one of the reasons we try to fast. In fasting, we limit the food we eat, both in amount and in kind. By fasting, we discover, or can discover, we don't need all the food we have been eating, or the kind of food we enjoy, or even it is acceptable to hunger once in a while. This can lead us to be honest about our appetites and our needs, which can be different, and in that honesty, we can learn humility. The humility that comes when we discover our appetites are not the same as our needs. Now there is space for God to work, and for us to learn, both about ourselves and about God.

Fasting is one dimension of a rule of life. If you want to learn more, check out the rule of life booklets that are available in the Memorial Hall under the Lenten bulletin board, or talk to Fr David. And remember, even if Lent began a couple of weeks ago, it is still time to think about doing things that will prepare us to walk with God, to live with God, and to know God more fully.

A blessed Lent to all,
Fr David