

March 2009

Dear Friends,

We have begun a journey. A journey with a carpenter to the cross of Calvary. We call this season of the church year – Lent. What is Lent?

Here are some interesting facts about Lent - -

- The word "lent" means "lengthen" and stands for that time in spring when the days grow longer.**
- The original period of Lent was 40 hours. It was spent fasting to commemorate the suffering of Christ and the 40 hours He spent in the tomb.**
- In the early 3rd century, Lent was lengthened to 6 days. About 800 AD it was changed to 40 days.**
- Lent starts on Ash Wednesday, 40 days before Easter.**
- Sundays are not included in those 40 days.**
- Those 40 days correspond with Christ's 40 days in the wilderness.**

Lent is a time of reflection on the wonder of God's love for us. It is a love which resulted in Jesus' death on the cross. Lent is also a time of self-examination as we let the light of God's love shine in our hearts and reveal our sin. Lent is a time of renewal as we celebrate the work of God's Spirit as He transforms our hearts. Lent is a time of knowing God's work in our lives.

I pray that your lives and hearts will be renewed as you journey with the Carpenter of Nazareth to the Cross of Calvary. Let His love touch your lives.

In the power and wonder of His love,

Chaplain Sandy

Chaplain Sandy Anenson