



25 Main Street, P.O. Box 61, Grand Bend, Ontario N0M 1T0 * (519) 238-2402
huronshoresunitedchurch@gmail.com * www.huronshoresunitedchurch.com

3 March, 2021

Season of Lent

"My refuge, my fortress, my God in whom I trust." Psalm 91:2

Lent always makes me think we are on the back nine of winter. The days get longer; the sun's rays get warmer. Spring is on the way.

For practicing Christians, Lent is a season of reflection – that slow march to Good Friday. It's a time for considering what we might change in ourselves. Acknowledging a less attractive characteristic is a step towards being a better person. Some of us even like to give something up, at least for this season, like chocolate. I've decided it's CNN.

While I'm delighted to be grounded in the thinking of our Protestant, United Church, I am a fan of the current Pope Francis. He asks the following question.

"Do you want to fast this Lent?
Fast from hurting words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from complaints and contemplate simplicity.
Fast from pressure and be prayerful.
Fast from bitterness and fill your hearts with joy.
Fast from selfishness and be compassionate to others.
Fast from grudges and be reconciled.
Fast from words and be silent so you can listen."

Until next time.

Much love and be safe

Peter

pchallen@hay.net

*"Our relationship with God and each other strengthens us, and helps make the world a better place.
We welcome and include **everyone** into congregational life."*

