

Holy Trinity

Lent Newsletter 2018

"Giving up giving up!"

I hope that by now most of us have realised that Lent has really nothing to do with giving up things. It is rather a time for re-orientating our lives in a God-ward direction. Lent calls us to go deeper in our relationship with God: an opportunity to reflect seriously on what keeps us back from entering into more fully our experience of God. What this has to do with giving up chocolate or coffee, and such like, I really don't know!!

The trouble with most of our virtuous activities during Lent is simply this: by and large they benefit no-one but our selves. John Chrysostom, the early Christian mystic wrote, "No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great." The challenge that this sets before us is that of engaging with the Season of Lent in ways that are primarily for the benefit of others. It demands that we find ways of deepening our relationship with God that impact on others positively and creatively. Put simply, we have to take the focus off ourselves and place it on others. In doing this we are, of course, creating the space and opportunity in our lives for God to be known and experienced more fully in our own lives.

If you really want to 'fast' or give up something this Lent then here are some suggestions:

- 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 worries and have trust in God
- Fast from complaints and contemplate simplicity
- Fast from pressures 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

Courtesy of Pope Francis

Through fasting from our own needs and pre-occupations we can be re-orientated towards God and neighbour. By allowing this 'repentance', this turning around, to take place we are drawn into that more spacious place of God's love and grace. In the process we will discover that the greatest barriers to our fuller experience of God lie within ourselves. They are our selfish desires and wants, our indifference to others, our hurts and wounds, our refusal to forgive and be forgiven, our lack of love and compassion. Sometimes we just need to be saved from ourselves.

May the Lord grant you a holy and blessed Lent in which you come to know more of God's love for you and the whole creation.

Rev Ken (Priest-in-Charge)

Ash Wednesday Service

Wednesday 14th February 7pm: Service of Holy Communion and Imposition of Ashes.

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Lent Course

This will be held every Wednesday during Lent.

As an experiment, this year it will be held on Wednesday afternoons at 2pm. It is hoped to encourage those who don't like coming out on dark evenings. The first meeting is on Wednesday 14th February in the hall.

Lent Appeal

The appeal this year is for the St Ninian's Stay and Play Scheme. We have supported this worthwhile initiative before, please consider putting a little away each week during Lent. Monies raised can be returned on Easter Sunday.

Advent Appeal

The Advent Appeal raised £170 for the Bethany Christian Trust. Thanks to all who contributed.

Swaziland Ceilidh

The Ceilidh held on Friday 26th January, which was a very enjoyable occasion, raised £553 for Swazi education.

Ministry Team

Priest-in-Charge
Rev'd Kenneth Gibson

tel 01382 535920 or 07825554419

Lay Readers

Linda Walls tel 01382 533107

Bill McFawns tel 01382 796749

Services

Sunday Sung Eucharist 10.30am

Thursday Holy Communion 10am