

The Rector Writes....

“Repent, and believe in the Good News.” Mark (1:15)

This year the month of March falls in the Church season of Lent – a season of hope and reflection.

The first words spoken by Jesus in the Gospel of Mark (believed to be the earliest written of the four Gospels) are those above : **“Repent, and believe in the Good News.”**

These powerful and simple words can provide us with direction and guidance as we journey through this month and the season of Lent. What do we do in Lent ?

1. Lent is a time to return to what is essential and thus a time to turn our minds towards God.
2. God made all things to be ‘good’ and we seek to be at one with that goodness.
3. God is not a distant but a personal God, wishing us to be in close relationship with Him. We try to encounter God by reading and studying Scripture – the Bible.
4. God’s love for us has a face, the face of Jesus Christ. Jesus is the good news of God. We try meet Jesus by reading and studying the Gospels – the Bible.
5. We communicate with God in many ways but our prayers are key. Lent is a time to pray and reflect more than ever and to seek to build an ever closer relationship.
6. We often develop our spiritual hunger to be closer to God by denying ourselves of some physical luxuries – ‘giving something up for Lent’. This is intended to focus us onto our relationship with God.
7. Lent is a time to reflect upon our charitable support of others. Jesus said that the two great commandments were to ‘Love God and Love our neighbour’. Christianity is first and foremost a practical faith and Lent must be a time to try to make a positive difference to those around us.

Now is the acceptable time to return to God with our whole heart.

Now, as a point in time, is unique and cannot be repeated.

Now is the day to commit ourselves to commit more closely to our loving and forgiving God..

May this be a good Lent for you - full of wellbeing in body, mind and spirit. May you study, pray and serve to become closer to God and may God truly bless you.

With thoughts and prayers

Clive Sedgewick