

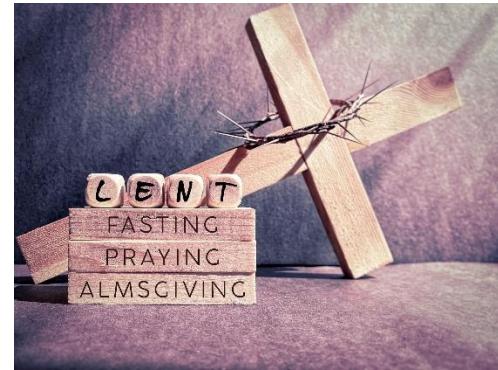


Lent is a sacred season... A time of reflection, repentance, and renewal. Through fasting, prayer, and simplicity, we remember Christ's sacrifice and draw nearer to the heart of God.

Imitating the 40 days Christ spent in the wilderness fasting and overcoming human temptations (Matt 4:1-11; Luke 4:1-13), Lent reminds us that real transformation is the journey of our hearts – through

the wilderness and darkness of our own natures, struggles, and daily behavior – toward the light of Resurrection.

Traditionally, these 40 days (46 days - counting Sundays and Ash Wednesday), we “give up” a habit. Fasting from food, luxuries, social media, or television are popular today. We may also try to add something to our daily routine: an added prayer time, sacred reading, journaling, and creating new health habits are simple changes that refresh our lives and prepare our hearts for Easter.



In the sanctuary, the colors change from green to purple. Green is the liturgical color of Ordinary Time, or growing time; Purple symbolizes our penance and humility as we prepare for Easter Resurrection and reminds us that this is a time to look inward, seek forgiveness, and refocus on the One who brings true life.

We are including burlap in the sanctuary, symbolizing the sackcloth of mourning and repentance. Burlap, bare branches, rocks, and sand serve as a reminder of the desert wilderness in which the Israelites wandered, and Jesus faced his temptations – and so, they bring us into a more thoughtful and penitent attitude.

We pray for this Lent to be a time of transformation and renewal for all of us,

The Worship Stewards.