What is Lent?

"Lent" is derived from the Middle English word "Lente" which means "springtime". EASTER IS ALWAYS CELEBRATED ON THE first Sunday AFTER THE FIRST FULL MOON IN SPRING. This can be as early as March 23, 2008 or as late as April 24, 2011. Lent is 40 days before Easter, excluding Sundays.

The LENTON Season is a special time for:
1. Meditations, prayer, penitential practices like restricting social activities, deny eating certain foods we like, etc. Find time to meditate and pray regularly.
2. Increased understanding of Christ's Sacrifice and Resurrection.
3. Recommitment to the Christian Life.

Fast and prayer have been important observances since Biblical times. They have often preceded great religious revelations or events. For example:

- MOSES - Exodus 34:27-28. Moses fasted and prayed for 40 days. During this time God gave him the Ten Commandments.
- ELIJAH - Elijah fled for his life through the wilderness, fasting 40 days and Nights until he came to Mr. Horeb. There God gave him helpful Counsel. I Kings 19:1-8
- JESUS - Jesus fasted 40 days before beginning His public ministry. Matthew 4:1-2

Practicing Lenten Discipline does not come easy, was it easy for Jesus? Give up one big meal a week and donate the money saved to charity. Watch less television and use that time to pray or do a good deed for you "neighbor". Plan to attend and participate in mid-week Lenten Vespers. Approach Lent JOYFULLY. Think of it as a time of opportunity rather than sacrifice. Be loving towards other and open to God's will.

Observing LENT can help you experience the full JOY of EASTER.

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