### Parish of St James, Christleton

## **Monthly News Letter**

#### February 2017

#### The Rector writes

As the season of Lent approaches, some people will use the season as a time to assist with their health and keep fit regimes such as giving up alcohol or chocolate for Lent, whilst others will seek to show their religious observance by more stringent and unusual abstinence.

This is not what Lent is about......the real purpose is to focus on our preparation for the celebration of the death and resurrection of Christ in Holy week and at Easter. It is about penitence, placing our lives and our sins before God in prayer and reflection.

Lent was originally observed by adult Baptismal candidates, being the last stage before their initiation into the church at Easter. It was not too long before the church realised that all Christians could benefit from a season of preparation marked by acknowledging sin, asking God's forgiveness and reflecting on the Christian life and Christ's call to discipleship.

Many find giving things up part of their Lenten discipline. This is also necessary to focus on doing something active-"opting out" so as more fully to "opt in" to Christian witness at a deeper and more profound level. For some this may mean a more regular pattern of worship, for others the introduction of a more structured scheme of private prayer, perhaps even saying morning and evening prayer, or even to sign up to a Lentern course..

Do opt into this important season in the Christian year.

Malcolm

# Parish Magazine February 2017

For the months of January to March 2017 no magazine was produced, but instead a folded card news letter with limited information produced by the Rector at the time. No electronic version of this news letter is available. We've just scanned the front which can be seen on the previous page.

If in the future we scan all 4 pages then it will be put here.

Thank you.