

## **Week beginning Monday 3<sup>rd</sup> March 2025**

Ash Wednesday is the beginning of Lent. Many Christian churches hold a special service on this day, during which the presiding priest marks the foreheads of congregants with a cross using ashes made from burning the previous years' palm crosses. This action is usually accompanied by words such as:

*Remember that you are dust, and to dust you shall return or  
Turn away from sin and be faithful to Christ.*

Lent is a period reflecting the 40 days Jesus spent in the wilderness, building up to the events of Easter and written about in the Synoptic Gospels. Traditionally, this period is a time for self-reflection as we come before God in the brokenness of our mortality. Although we live in a time of increased fragility of life across the globe, we come before God *not* in negativity but in faith; in repentance but also in Hope.

God is steadfast in His faithfulness and He calls us to faithfulness wherever we are and whatever our situation. Through prayer, acknowledging our frailties and wrongdoings, and giving our burdens to Him we draw closer to God with deep gratitude for the many Blessings we receive from Him.

As we approach the Lenten season, may each of us have the courage to look far deeper than the everyday trappings and clutter in our lives, both literal and spiritual, into recognition that our only Hope is in the Love, Grace and Mercy of God.

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