

Rudgwick

Magazine



February 2023

no. 326



From the Vicar

Tel: 822127

Email: vicar@rudgwickchurch.org.uk

Dear Friends

Towards the end of this month we will celebrate pancake day, or Shrove Tuesday – using up butter, eggs and other ingredients, usually by making pancakes, before the beginning of Lent the following day. Ash Wednesday, 22 February, marks the start of Lent – 40 days (that strangely are actually 46 as Sundays are feast days) that remind us of the 40 days Jesus spent fasting in the desert before the start of His public ministry. Lent also acts as a reminder of the events that led up to Jesus' death and resurrection that first Easter and is a period of self-reflection.

Each year I am amazed by the number of people who would not necessarily call themselves followers of Jesus and yet decide to give something up for Lent! Some give up a specific food such as meat or chocolate; others give up a drink such as alcohol or coffee, whilst others practice a lifestyle fast – giving up social media, online shopping, binge watching, swearing or gossip.

I often wonder if people know why they are giving something up for Lent. Of course, it is good to be self-disciplined and exercise control. Some things people give up benefit themselves, other things benefit other people and others benefit the planet. However, Lent is not just a time to detox – it is also a time to examine ourselves, our relationship with God and to think of others. Traditionally the things people gave up meant they either saved time, which they could spend in prayer, or saved money, which they could then give away.

So, if you give something up for Lent this year, can I encourage you to also 'pick something up' – spend some of the new-found time you have in prayer, or give some of the money you save to charity.

Every blessing

Martin King