

In the church's year, this is the season of Lent, a period of forty days commemorating Jesus' testing time in the desert, as he prayed and struggled with his calling and mission. From ancient times, Christians have observed Lent as a forty-day period of preparation for Easter, following Jesus' own journey with prayer, self-denial and reflection.

It is a period to practice religious disciplines, to find ways of growing closer to God. This may be through fasting - whether of food and drink, or from particular hobbies and activities, from gossip and unhealthy ways of thinking ... or through taking up spiritual practices - prayer, reading, biblical study, fellowship and discussion, walks or other ways we find bring us closer to God.

Whatever the practice, we practice it to provide space to reflect on our inner desires, values and priorities and to open ourselves more fully to God and God's purpose for us and for the world. Lent prepares us for the great festivals which lead us through the pain and suffering of the cross to redemption and new life.

How will you  
prepare this  
year?

**Lent at St Marks**

**All Welcome**



## Ash Wednesday 5th March

**“Remember that we are but dust, and to dust we shall return, repent and believe the Gospel.”**

The traditional start to Lent, when we mark our foreheads with ash in penitence.  
Communion celebrated at **10am and 7pm.**

### Daily Practice:

Read through **St Matthew’s Gospel** during Lent - see leaflet which cuts the gospel into daily chunks.

**Fasting** - whether from specific foods, drinks, use of time and resources, fasting from gossip, ill thoughts .....

**Prayer** - use the church daily prayer diary for inspiration or find a number of resources online or in bookshops. Ask Sophia for more information if you would like.

**Daily Morning Prayer** in the church - 9.30 Monday - Thursday. Short service of psalms, prayers, readings and reflection.

**Facebook** - Daily reflections on facebook linked to the reflections in Morning Prayer

### Weekly Practice:

**Monday Morning** discussions around discovering God in our daily life and activities, and in the world around us. Starts after Morning Prayer, finished by 11.30.

### Sundays:

**9th March** Discussion after church based on the readings and sermon of the day. Bring your sandwiches. Finished by 1.30pm

**16th March** Glenalmond Day ... fundraising for the youth group members who are going to the Scottish Episcopal Church Summer Camp. Tea and Coffee cafe style, served by the youth fellowship after church! Please support them in their fundraising.

**23rd March** Discussion after church based on the readings and sermon of the day. Bring your sandwiches. Finished by 1.30pm

### Thursday 6th March

Reflection on Passion Story and create paintings for our graveyard 11-2pm. No skill required!

### Taize in Edinburgh ...

On **Saturday 15th March**, brothers from the Taize community will be leading a service of prayer and meditation at Old Saint Pauls in Jeffrey Street. If you would like to join us, please meet at the Jeffrey Street entrance at 7.10pm. Please ask Sophia for more details if you would like.