

DEAR Friends,

We are in the period of Lent where not so very long ago the emphasis seemed to be on deciding what to give up as a mark of respect for and empathy with all the suffering, loneliness and pain that Jesus underwent leading up to the joy and promise of Easter Day.

Many of us felt the best things to give up for Lent were chocolates and excess eating generally. In other words, fasting.

Today, I guess most people don't fast or are not sure what the purpose is and what good doing so will be for others?

After all, when I was a lad my Dad always said to me when I did not quite finish my dinner: "You know, son, what you haven't eaten would be a feast for someone in Africa for a week". But then he added: "Of course, by the time it gets there, it will have reached its sell-by date."

I sometimes hear myself say at this time of year "I have given up giving up." Tongue in cheek perhaps, but even so, a clever opt-out. Or is it?

One way of making sure we observe Lent every year is to engage in a Lent Study over five weeks, and we are doing that at Langstone Methodist Church.

A dozen of us meet on Wednesday afternoons for an hour of Bible-reading, discussion and prayer, and it is a wonderful way of looking at deep and important questions as we follow Jesus on his route through the wilderness. Ok, I confess, we start with a cuppa and a biscuit but then it is down to serious study and sharing and it is good. It is very good, in fact.

Come Good Friday, Churches Together in Caldicot will be meeting for our open-air service where we have the opportunity to visit each other's churches and share our traditions. Above all, in doing so, we come to know each other better, and best of all, to recognise again our Lord, His love, His sacrifice, His suffering, before, in joy, we arrive at Easter Day.

Take the journey, it is never too late, and it is full of nourishment – of the spiritual kind!

Thought for
the weak



with the Rev Preben
Andersen

Rev Preben Andersen