

Dear Friends,

The holy season of Lent is here again when we pay closer attention to the 'temptations of Jesus' to find strength and courage for our own lives, as we seek to be better disciples of Jesus. Lent can be a very challenging time for us because we are invited to look inward and deal with ourselves with the help of the Holy Spirit. It is also a time when we are invited to look outward toward others with love and compassion and to treat others as we would want to be treated. This looking inward and outward is designed to transform us more and more into the image of our Lord Jesus Christ. Our journey through Lent doesn't need to be onerous, because genuine relationship with God is a delight. However, our journey through Lent to the heart of our Christian faith — Easter, requires us to be intentional in our relationship with God, to better appreciate God's transforming grace offered to us in Jesus Christ. I encourage us all to take this personal journey through Lent beginning on 'Ash Wednesday', all the way through to Holy Week, and to receive God's love afresh, as we engage with the scriptures, prayer, and acts of faith, both individually and collectively.

There is a joint 'Ash Wednesday Service' at Wealdstone Methodist Church, commencing at 2:00 p.m. This service will include Holy Communion and the Imposition of Ashes. All are welcome to attend.

There will also be a joint 'Good Friday Service' at Wealdstone Methodist Church, commencing at 12:00 noon. All are welcome to attend.

As we journey through Lent to Easter, may this be our prayer:

*God, my light, and my salvation,  
illuminate my life,  
that I may see your goodness in the land of the living,  
and, looking on your beauty,  
may be changed into the likeness of Jesus Christ my Lord.*

*Revd. Audrey D Browne*