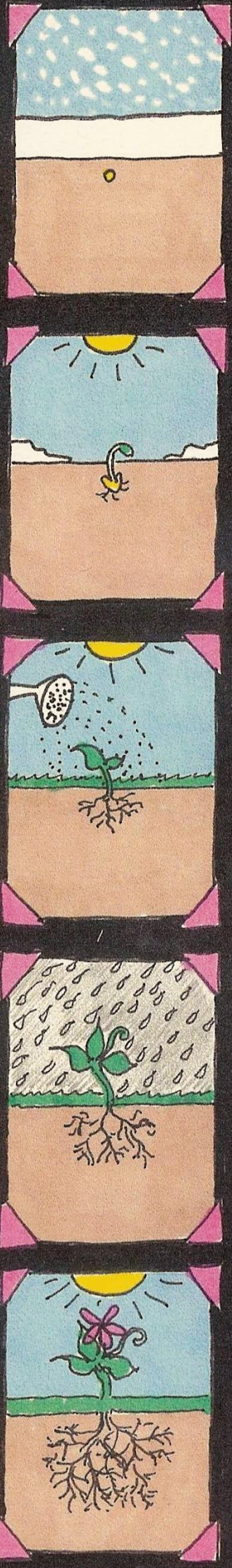


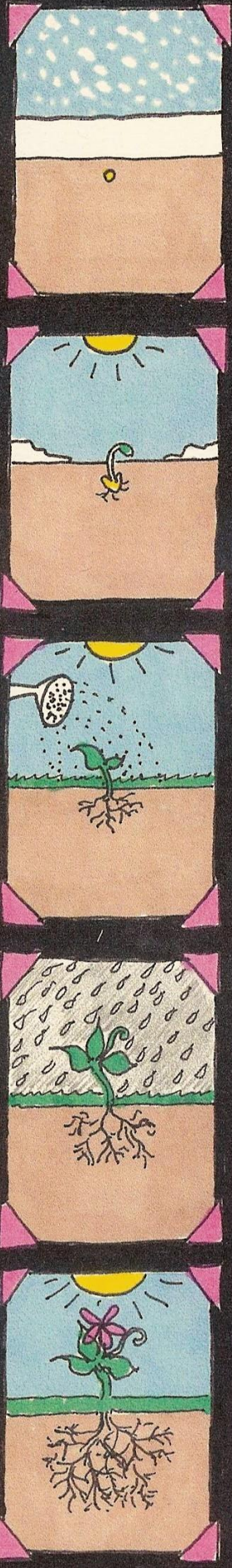
March 13

## LET'S LEARN ABOUT LENT

Lent is the season of the church year which follows Epiphany and precedes Easter. The word "Lent" comes from the Latin adverb "lente", meaning "slowly," and the Old English word "lengthen," which means lengthening of days and coming of Spring. Lent's beginning date is determined by figuring the date for Easter using the formula the first Sunday after the first full moon after the vernal equinox. Generally occurring on March 21, the vernal equinox is the day in Spring when the days and nights are of equal length. Since Lent begins forty days before Easter, not including Sundays, people count backwards from Easter's date to determine the beginning of Lent.

In the 6<sup>th</sup> or 7<sup>th</sup> century Lent was set as a forty day period beginning on Ash Wednesday and ending on Easter Eve. Forty is a significant number especially because it is a reminder of





the time Jesus spent in the wilderness before starting his ministry. (Matthew 4:1-11), Mark 1:12-13, Luke 4:1-13). Jesus spent time alone with God seeking direction for the future. Sundays are not included in the forty days since Sundays are considered feast days. (From *Lenten Alphabet* by Phyllis Vos Wezeman and Jude Dennis Fournier)

Therefore there will be no Sunday devotionals until Palm Sunday.