

Fasting Fund

Lent 2019

Lent has always been about reflection, reconciliation, compunction, and denying oneself. Our Gospel reading for Ash Wednesday specifically describes three practices: Alms giving, prayer, and fasting. This year I ask that we come together in denying ourselves through a particular practice of fasting. During Lent there will be a basket placed by the organ console in the sanctuary. That will be a place for an offering – an invitation for giving.

The offering asked is what it would cost you to go out to eat one meal. Just one meal. Whether it is from the dollar menu or an upscale restaurant, whatever the amount, the offering would be placed in the basket. This signifies giving up a meal, just one, in a practice of virtual fasting. Fasting is a way of opening ourselves to the presence of God in our lives by giving up a meal and to take the time to reflect on the life, death, and resurrection of Jesus Christ. Thus in giving up a meal we are offering ourselves to the life changing presence of the Holy Spirit.

The invitation is that you may suggest where the proceeds of this offering goes to. During Holy Week, the week before Easter Sunday, we will place slips of paper by the basket where you may suggest a local need that the proceeds of the Fasting Fund we collect will go. We will announce the list of beneficiaries after Easter Sunday.

No matter what your personal practice is this year I invite you to participate in our communal offering to the local community through our Fasting Fund. Denying ourselves through the giving of the cost of a meal will open us up to the loving presence of God in a new way. Not only is it fasting but it is also a way of almsgiving. And we can complete the three practices spoken in our Ash Wednesday Gospel reading by praying about what we might offer and who we may want to give to in our local community.

Have a Blessed, Holy, and Peaceful Lent,

Fr. Mitch+

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