



The Episcopal Church of St. John the Baptist
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The Rev. Paula J. Waite, Deacon

Dear Friends in Christ,

This year, it is my privilege to journey with you through the Holy pilgrimage of Lent. Classic practices Christians employ during Lent include almsgiving, prayer, and fasting. Alms are offered to help people in distress. You may fill bags of food for the Milton Food Pantry, write a check to Episcopal Relief and Development Organization, or perhaps you might visit the sick or lonely in our community. Devotional prayer, the act of committing yourself to a specific time of day to pray, results in closeness with God that transcends the busyness of our lives. Maybe you will give up a meal or two and when hunger stirs within you, you will remember those in our world who have little or no food to eat.

All of these practices during Lent are good for us, but we should not see them as a checklist to of what we have done. Instead they are ways to awaken ourselves to our own dependence on God. Seeking a Holy Lent challenges us to be hungry for God. Lent dares us to actively help our brothers and sisters who suffer. Lent affords us the opportunity to walk in the footsteps of Christ allowing God to transform us through our prayers and our thanksgivings.

As part of our Lenten practice this year, each and every one of us will be asked to be a beacon of light and love through our Circle of Kindness initiative. Each week we will be asked to perform a random act of kindness and then ask the recipient to pass it on to another. Each intentional act will be a sign of God's love in our hurting world. It might be as simple as helping a person transport their purchases at the grocery store to the car. Perhaps a neighbor needs something picked up but no one is close by to help them. No act is too small. *"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."* Desmond Tutu.

May this Lent be a holy pilgrimage for all of us.

Your sister in Christ,
Paula+