Our sympathies are extended to:

- Emily Bergman (senior, Dagsboro, DE) on the death of her great grandmother.
- Danielle Kreider (senior, New Castle, DE), whose friend died.

It’s that time of year again – time to gear up for another Lent! Ready or not, the invitation to “fast, pray, and give alms” begins a week from today on Ash Wednesday. For those unfamiliar with this holy season, Lent is a time of spiritual preparation and special practices leading up to Holy Week and Easter. When I was a child, the emphasis in Lent was always on sacrifice and giving something up. As I grew older the emphasis shifted to doing something extra as a way of practicing one’s faith. Ultimately, there is no one right way to observe Lent, but each person is in a different place in their spiritual journey.

For me a guiding question in considering my own Lenten practice is: How will this help me to pay attention to God’s presence in my life and to heed more deeply the guidance of the Spirit?

Prayer resources abound during Lent, both online and in a variety of books, brochures, and selective worship opportunities. For some of us, taking advantage of even one of these offerings may be deeply gratifying. For others, designating 15 minutes to complete silence each day may nourish our souls more than any words or activities.

If giving up sweets or caffeine or alcohol just makes me irritable for 40 days, then such fasting probably won’t be very useful. However, I may choose to forgo a favorite food or drink as a way of feeling connected to those who go without basic necessities. Such small sacrifice enables me to draw closer to Christ who comes to me through those whose sufferings are far more difficult than my own.

If adding another volunteer activity just stretches and stresses me even more than I already am, additional service will be counterproductive. In fact, sometimes letting go of an activity in order to be more faithful and focused to what is already on our plate can be very rewarding. However, if we have been feeling called to reach out in response to a specific need, Lent may be a perfect time to explore that opportunity as a possible way of discipling and charitable work.

Once we discern our own Lenten practice it is often helpful to share our intentions with a trusted other in order to have an accountability partner along the way who can offer encouragement and support, especially if we fall off the Lenten wagon along the way! For me, confessing aloud to an overdependence on social media and committing to a “Facebook Fast” has been helpful as I prepare for the coming season. When I share this plan aloud to another, I am far more likely to commit myself to the resolution.

In the coming week may each of us prayerfully consider the way in which we are called to be intentional in our Lenten journey. Perhaps this link might be a helpful resource as you ponder your own path leading up to Easter:

http://rachelheldevans.com/blog/40-ideas-lent-2013

May we keep each other in prayer and recognize that as a community of faith, we are all in this together and we do not travel this season alone. Peace to all.

By Anne Gibbons

Associate Chaplain and Director of the Bonner Leader Program

February 11, 2015

Welcome to the Chaplain’s Corner newsletter. If you have a joy or concern you’d like to share with our staff, please send an e-mail or give us a call at Ext. 8348. We only share concerns with the campus community, via newsletter or e-mail, with permission. You can view previous and current issues of our newsletter (in PDF format), on the Spiritual Life page of the Lynchburg College website—www.lynchburg.edu/spirituallife.

Passages Through Grief

New class begins February 19

For anyone with significant loss, death, divorce, health issues, etc. Learn to understand and cope with grief

- 6 sessions, held on Thursdays, 7-9 p.m.
- First Christian Church, 3109 Rivermont Ave. $75/person (scholarships available).

Contact: Susan Williams 434-944-8458

College website — www.lynchburg.edu/spirituallife

Volunteer Opportunities

Sunday

- Quaker Meeting—10:30 a.m., Center for Spiritual Life
- InFaith [IF] — Campus Protestant Worship, 3 p.m., Snidow Chapel. James Coleman ’16 will be preaching.
- Roman Catholic Mass—4:30 p.m., Snidow Chapel.

For a list of our regularly scheduled meetings during the academic year, go to the Spiritual Life webpage and click on “Spiritual Organizations on Campus.”

Regularly Scheduled Meetings

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<thead>
<tr>
<th>Date/Time/Location</th>
<th>Event</th>
<th>Description</th>
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<tr>
<td>Tuesday, February 17 5:30 p.m., Center for Spiritual Life</td>
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<td>Wednesday, February 18 12 noon &amp; 8 p.m., Snidow Chapel</td>
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<tr>
<td>Friday, February 20 6:30 to 9 p.m., Hopwood Auditorium</td>
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Come enjoy some delicious pancakes and celebrate Mardi Gras

Join us to begin your Lenten journey by receiving ashes

Open discussion on dating and religion. Snacks served.

Other Events

- Pancake Supper—February 19
- Valentine’s Day!!!
- Interfaith Dating Discussion—February 19
- Ash Wednesday Services—February 19
- Mardi Gras—February 19
- Mardi Gras — Center for Spiritual Life