

Lent: Voluntary Surrender

Rev. Amy Bowden Freedman (2006)

Opening Words: The fruit of quietness is prayer.
The fruit of prayer is faith.
The fruit of faith is Love.
The fruit of Love is service.
The fruit of service is peace. -Mother Theresa

Check-in

Topic: Lent is the forty days from Ash Wednesday to Easter observed by the Roman Catholic, Eastern Orthodox, and some Protestant churches as a period of penitence and fasting. People often make a personal commitment to give up certain foods like sweets, snack foods, meat, alcohol or coffee. In addition to the Lenten penance, some people make a promise to attend church, read scripture, morning or evening prayer or have a daily “quiet time” at home turning off the television, radio, phone and computer to read, meditate or connect with family members. Unitarian Universalists generally do not observe Lent. It has been said that we might be missing something by skipping over Lent to celebrate Easter.

Questions for Reflection and Sharing:

- Have you ever given up something for Lent? If so, share your experience. If not, share what you know about Lent from personal observation of others.
- Christians observe Lent to become closer to Jesus Christ.
 - If you are Christian, have you missed this practice as a Unitarian Universalist? Why or why not.
 - If you do not consider yourself a Christian, given your personal beliefs, what would you like to be more mindful of in your daily living?
- This spiritual commitment must be freely chosen, not imposed. If you were to give up something or add something as a spiritual practice for the forty days leading up to Easter, what would it be? What would you need to do in order to make this commitment? Would you find it difficult? How might this practice enrich your life? Will you observe Lent this year?

Sharing/ Deep Listening

Conversation

Likes & Wishes

Closing Words: Infinite Spirit of Life, one and universal;
around us, among us, within us;
We would serve you and the whole human community.
Awaken and strengthen us to do so. -Clifford M. Reed