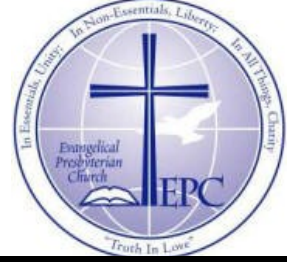


# WATER FROM THE ROCK

Trust Ye in the Lord forever; for in the Lord Jehovah is an everlasting Rock (Isaiah 26:4)



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## DATES TO REMEMBER

**February 4:** MOR & WIM meetings

**February 7:** Fifth Sabbath of Epiphany; Holy Communion.

**February 13:** Valentines Dinner at TW Boone's at 6pm

**February 14:** Transfiguration Sunday

**February 16:** FAT Tuesday fellowship dinner at 7pm in the Fellowship Hall

**February 17:** Ashe Wednesday service (7pm)

**February 21:** First Sabbath of Lent; Vespers service at 7pm.

**February 25-26:** 64th meeting of Mid-Atlantic presbytery at River Oaks EPC in Clemmons, SC.

**February 28:** Second Sabbath of Lent

## from the pastor's quill



Lent is a season of soul-searching and repentance. It is a season for reflection on one's personal walk with Christ and discipleship. It is a period of preparation and personal reflection that precedes Resurrection Sunday (Easter). Lent in the days of the early church was called *Quadragesima* (Latin for forty, standing for the forty days of fasting practiced by Christians before Easter). Early English changed the name of this 40 day period to "Lencten" (now Lent) which means "Spring." *Lencten* was the Old English word for the month of March; it literally means, "When days lengthen."

Lent begins on Ash Wednesday. By observing Lent to prepare for Easter, we imitate Jesus forty days of preparation for His mission that culminated in Easter morning. Because Lent is a preparatory time for Easter, the early church took this time to rededicate themselves to God. The ancient church that developed under the instruction of the Apostles observed Lent, believing it to be a commandment from them. In the process of reflection and repentance, the early disciples often fasted. Fasting is a spiritual discipline that does not involve starvation or dehydration. It is about resetting one's priorities; putting those things away that distract us from fellowship and devotion to Christ and abstaining from them.

As a church family going into this season of Lent, let us remember that the reason for the season is to take spiritual inventory on our walk with Christ. It provides an look at your life and your relationship to God and your own life of discipleship in the spiritual disciplines.

- How have you spent the last year in daily Bible reading, study and prayer?
- How have you spent the last year in serving others in need, especially those whom you dislike or those that get on your nerves?
- How have you spent the last year in church attendance and the life events of the church?
- How have you spent the last year growing in your knowledge of the reformed faith through the study of our confession and catechisms?
- How have you spent the last year in your contribution of your time and talents in and for the church; equally in tithes and offerings?
- How have you spent the last year in prayer, service or phone calls to your fellow church members, in sickness and need?

Let us commit ourselves anew this season and draw close to God, both individually and corporately as a church family; spend more time in prayer for ourselves and each other.

In Grace,  
Pastor Johnson

## Points of Interest

- The Young Adult Sunday School has begun! The class meets in the old choir room in the Bross Education Building.
- We are planning a Basketball team for next year to play in the church league at the YMCA.
- Inquirer's Class begins in March. All those inquiring into our church are welcome. The class will meet all Sundays of March.



*"He who runs from God in the morning will scarcely find him the rest of the day"*

*John Bunyan*