



Rev. Rebekah Mitchell

Rebekah's Writin'

March 2017

As I sit down to write this message, I have journeys on my mind. The members of the congregation who are participating in this month's pilgrimage to Israel met this week to go over final details before the trip.

When we talk about going to Israel, we use the word "pilgrimage" because it is a special kind of journey that we take together. We travel, we laugh, we enjoy, we explore. But we do it all with the specific intent of deepening our faith. The places we go and the things we experience together in the Holy Land are meant to draw us closer to Jesus. And I can say from experience, that they definitely do.

The Israel Pilgrimage is not the only journey that St. Andrew's will be on this month. The Season of Lent begins on March 1st. This Season is in itself a journey. Each day brings us closer to Holy Week – the week in which we commemorate the betrayal, crucifixion and resurrection of Jesus.

As we journey through this Season, I'd like to encourage you to do something to mark the passing of these special days. There are many ways to observe Lent. Traditionally, people would give up something for Lent... this was meant to be a form of penitence and a practice which helped the individual recognize all the blessings God had given them. Recently, it's become a practice to DO something for Lent – to do an act of kindness each day, or take up a spiritual practice which hasn't been part of your routine until now.

Personally, I take up writing my blog regularly (usually five or six days per week) during Lent. This helps me carve out some time in the midst of busy days to focus on God's word and to share a message with those who take time to read it. (You can check it out at www.rebekahmitchell.ca)

At St. Andrew's, we will give out some resources for Bible readings and devotionals during this Season. These are a free gift to help you on our spiritual journey.

Whatever you choose to do during Lent, I encourage you to do something. Make the season special. Draw close to God. And let's journey toward Holy Week together in faith.

A handwritten signature in black ink that reads "Rebekah".