

# The Link



## A Word About Lent from Dave K.

We will soon be heading into the season of Lent. Because the Kingdom of God is diverse, so are its answers to what Lent is and what to do while in it. One book defines the season of Lent as “Going without dessert, Daniel 10:3. (1) Another dictionary defines it this way, “Lent, among Christians originally the period of pre-baptismal preparation, later of public penance. Finally it became a forty-day devotional preparation for Easter traditionally based on Jesus’ wilderness fast (Mark 1:13). (2) Here is what I’ve come to understand about the season of Lent and how it can improve your walk with God.

It begins on Ash Wednesday and ends on Resurrection Sunday (Easter is a pagan term, nowhere found in the Bible).

Ashes and fasting were a sign of repentance in the Bible (Job 42:5-6; Ezekiel 9:4; Joel 2:12). In the Bible, fasting means not eating food for a certain period of time. Jesus fasted. Today, fasting can pertain to not just eating food but also watching TV, screen time, etc.

Fasting, like all spiritual practices (prayer, worship, etc.), is spiritual exercise, intended to make one stronger, much like weight lifting. Just like one lifts weights, breaks down muscle and relies on the body to repair and make it stronger, one fasts, realizes his or her weakness and need for/dependence on God, God restores and makes one spiritually stronger (Luke 5:33-35).

It is important to replace fasting with God’s grace – replace eating time with time in God’s word and prayer, or replace screen time with time in God’s word and prayer, etc. Fasting, like all spiritual practices (prayer, worship, etc.), can become an empty religious practice leading to vain piety (Isaiah 58:3-7), but when one replaces eating/screen/etc. time with time with God, grace often overflows and makes one closer to God and more compassionate to minister to the world.

Utilize your wisdom. Consult your physician before changing your eating habits. Consult your pastor and church leaders regarding your spiritual journey.

For more resources on Lent, visit our denomination’s website: <https://rca.org/resources/lent-easter-and-pentecost>.

(1) Anderson, K. (1996). *Where to Find It in the Bible*. Nashville: T. Nelson Publishers.

(2) Achtemeier, P. J., Harper & Row and Society of Biblical Literature. (1985). In *Harper’s Bible dictionary* (1st ed., p. 555). San Francisco: Harper & Row.

## Upcoming Events

- Mar. 1 Gently Used Children’s Clothing & Toy Collection begins
- Mar. 3 Grade 3-5 Pretzel Baking
- Mar. 4 Search Committee
- Mar. 6 Ash Wednesday Service
- Mar. 8 Family Movie Night
- Mar. 10 Daylight-Savings Time
- Mar. 10 Children’s Choir Rehearsal
- Mar. 10 NRC Women
- Mar. 11 Elder’s Meeting
- Mar. 11 Consistory Meeting
- Mar. 24 Children’s Choir Rehearsal
- Mar. 31 Mission Offering

## Still Want a Paper Copy of “The Link”?

In an effort to be good stewards of money and other resources, The Link is going electronic. Most will receive The Link in an email from now on. For those from whom we did not receive an email address, we will still mail you a copy unless you call to give another means to send you our newsletter. We hope you find this a valuable resource and communication tool regarding your ministry through Neshanic Reformed Church. If there is something we can communicate better through the newsletter, please let church staff know.

## More Important Church News

### Souper Bowl of Caring Collection Results

We are happy to report that 119 items of non-perishable items as well as \$141.51 collected in our soup pots will be donated to the Hillsborough Food Pantry as part of this national event ending on Super Bowl Sunday. Thank you for your support!

### Family Movie Night

Join us on Friday, March 8th, for hot dogs starting at 6:30p.m. followed by the showing of the original "Mary Poppins" at 7:00 p.m. All welcome!

### Gently Used Children's Clothing, Toy, Book & Baby Items Collection and Sale

Ready for spring cleaning? We will be collecting gently used items for the CNC annual sale. Drop items off to Brookside Hall (bonus points if presorted by size/gender) between March 1st and April 4th.

Save the date and share with friends and neighbors for our sale on Saturday, April 6th 8am-1pm. Most items \$1 (cash only). All proceeds to benefit the CNC Scholarship Fund.

### Ash Wednesday Service

We will participate in a joint service with the Clover Hill Reformed Church to be held at NRC on Wednesday, March 6th, at 7:30 PM. Pastor Dave will be preaching. All are welcome to attend.

### Meals for Christine Held

<https://www.mealtrain.com/trains/34w2zy> - Sign up for a meal via the Meal Train website. We would like to provide meals 3-4 times per week. Contact Anne Mazer with any questions phone at 908-938-2900 or email [andrew\\_mazer\\_210@comcast.net](mailto:andrew_mazer_210@comcast.net).

### March Mission— Samaritan Homeless Interim Program

SHIP is a faith based, interfaith and community funded, assisted and supported, grassroots organization. Their clients are the homeless, near-homeless, working poor families, and individuals in Somerset County Regions who are not able to obtain assistance from government or other private agencies. SHIP provides critically needed emergency interim housing opportunities, counseling, and support services, that greatly enhances their chances of regaining their self-sufficiency again

This offering will be collected on during worship on March 31st. Donations are also accepted all month via our E-Giving (online donation) website, the blue Monthly Mission offering envelope or write "March Mission" in the memo section of your check. Thank you for your support!

### Sunday Worship Altar Flowers

Please contact Neva in the church office if you would like to order flowers to be displayed during one or more of our Sunday worship services.

### Opportunities Available on Sundays

Would you like to be a Greeter/Usher, or help with refreshments after service? Contact the church office for more information or to be added to the rotation calendar.

### Hillsborough Food Pantry Most Needed Items

- Canned vegetables
- Canned fruit
- Laundry detergent
- Dish detergent
- Toilet paper
- Coffee

### Contact Us

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