

GIVE A LITTLE MORE...

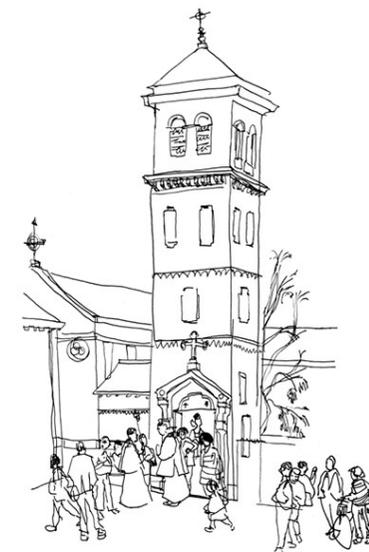
Lent is a good time to reflect on your generosity of spirit, and when necessary make changes to your attitudes...

Some of things already mentioned relate to this attitude. Do you consider yourself a generous person? What are the signs that this is so? Here's a few questions to get you thinking..

- are you generous in your opinions of others? You may need to **give** others a bit more slack or more credit. If that's a tendency in you, resolve to avoid harsh judgements.
- Are you generous with your love for God? Reflect on the evidence there is that you truly love the Lord. How do you really show him your love?
- Are you generous with the talents and abilities God has given you or do you mainly or even solely use them for your own satisfaction and provision?
- Are you generous with your time? We all need time for ourselves, but what percentage of your time is given to worship, to Bible study, or to the 'loving of your neighbour'?
- Are you generous to the Church? This has its financial consideration of course, and Lent is a good time to re assess your giving to sustain the life of the parish and to charities, but it is also about 'donating' some of your free time and your heart to the needs of others who are perhaps not in a position to offer you anything but a 'thank you' and sometimes not even that!
- Are you generous in offering invitations to others to come and experience our life together, to talking freely about Jesus? Resolve to invite someone you know to worship.
- Are you sharing with Jesus the thing he longs to receive from you, and for which he came, that is, your sins. Are you holding back from giving him that 'gift', and so missing out on the joy of forgiveness and really knowing the fullness of his love. **Why not make a personal confession this Lent?**

If after reading this leaflet you'd like to talk to one of the parish clergy about the suggestions it raises, get in touch... +Lindsay (0407097870) Dcn Katie (0416378748) or Fr Chris (0412194397)

3 SIMPLE SUGGESTIONS FOR MAKING A GOOD AND HOLY LENT



*TURN DOWN THE VOLUME...

*DO A LITTLE LESS...

*GIVE A LITTLE MORE...

TURNING DOWN THE VOLUME...

Have you noticed how full of noise life is, and how good we are at making sure it is so? As a society, and maybe even as a Church we are not very good at silence and yet without a measure of it we can hardly know God.

It's perhaps not surprising that many people hardly think he's there at all. But he *is* present. He just won't force his way into our lives, but just gently press....

So this is an invitation to turn down the volume in your life for the forty days, by making a conscious decision and effort to find a quiet time each day which you consciously share with the Lord. And if you already live with a lot of silence that feels lonely it will hopefully remind yourself that you are not alone...

How?

- why not take a short walk each day, but before you set off find a passage or even just a verse of Scripture to 'walk with', or have a small cross in your pocket or a rosary, or maybe just a pebble. Before you start the walk, deliberately offer the time to the Lord and invite him to be with you on the journey. Physically making the sign of the cross can symbolise your intention.
- But if you're not feeling energetic, or are physically unable, deliberately decide to sit quietly somewhere without a radio or TV in the background, but perhaps some soothing music. Decide on a book of the Bible as your companion in the silence. Read a few verses and chew over them. Ask the Lord to give you understanding. If it helps, make the sign of the Cross as you begin and as you end.
- One of the best places for silence is the church building. We are lucky that Christ Church is open during the day and in Lent will remain open until 9.15 p.m. **At 9 p.m. each night someone will be there for the evening service of Compline.**
- Why not decide to attend at least one midweek service with other brothers and sisters at Christ Church. There are plenty to choose from each week. The only words you will hear in that half hour or so are Scripture and prayer. Such words are not noisy. **For times : christchurchbrunswick.org**

DOING A LITTLE LESS...

There is an old Methodist hymn that begins "Doing is a deadly thing.." Maybe a little unfair, because the Bible makes it clear we are supposed to 'do' things to make the world more the shape the Lord wants it to be. Love is a 'doing' thing, but it is also a 'being' thing.

- But there are things we could do a little less, and Lent is a good 40 days in which to make a conscious decision **not** to do some things. For example, doing a little less
- **Eating and Drinking** The tradition of doing less of both these things is a long one as a means by which a person unites themselves with Jesus who fasted for forty days in the wilderness before setting out on his mission. . For some of us alcohol can feature more in our lives than we care to admit, even to the point of dependence. It leads us away from reality not towards it.
- And food? If you have three meals each day, why not cut one out. Give the cost of that food to a charity that cares for those who don't have the luxury to choose not to eat. Do without meat on Fridays at least. Let this little self denial be in solidarity with the poor and remind you that we are stewards of the creation, and while it is God's provision for his people, a chicken is not **just** there to be our dinner!
- **Grumbling**, by obeying the old maxim, 'If you can't say anything good don't say anything at all'. The world is full of unnecessary complaint, often about very small things, or that arise because you haven't got your own way... **Grumbling or murmuring is habit forming...**If you are going to grumble, make sure it's on behalf of another person who has been ill treated...
- **Gossiping**. St James in his letter in the New Testament has plenty to say about the most dangerous part of your body—your tongue. Gossip is rarely if ever fruitful, even if it's enjoyable. Generally cowardly, and half truth at best, it can't be imagined that it gives pleasure to the Lord. The best discipline is to ask yourself a question before you speak about another : **would I say this if that person was here beside me?** A great question during Lent!