

Clontarf & Scots Presbyterian Church



Change Normal

Or is life just different

From the *Minister*

February 2021

This Lent

Commemorating the “forty days and forty nights” when Jesus fasted in the wilderness (Matthew 4:2), Lent is a season of repentance, self-examination and reflection for Christians. Usually we practice giving up things, like chocolate or other favourite foods, but this Lent, with everything we have been forced to give up, how about marking these 40 days by trying to “Take up”!

“**Take up**”, things and practices for the next 40 days that will mark your journey well. Here are some suggestions;

Praying: Daily prayer is a spiritual practice that many people find difficult to maintain.

Consider combining prayer with an already established part of your daily routine.

For example, every time you brush your teeth you could say a short prayer of thanksgiving for your day. I have suggested to the Howth Road children to set an alarm for once a day, to hold a tea spoon and within 5 minutes to say: ‘**t**’ one things you are **thankful** for, ‘**s**’ think about matters you are **sorry** about, ‘**p**’ any things you wish to **ask the Lord helps for**.

Daily check in with God: The “**Daily Examine**” is a long-standing spiritual practice, championed by Ignatius of Loyola over 400 years ago and still practiced today! It involves spending time at the end of each day reflecting on God’s presence in our daily activities and discerning God’s direction for us.

A simple way to do this on your own or with others is to ask:

At what moments did you sense God’s presence today?

When did it feel like God was far away?

Practicing generosity: The biblical practice of “almsgiving”—giving food or goods to those in need—is a good practice for Christians year round, but has traditionally been emphasized during Lent.

How about daily putting an amount aside in a ‘piggy bank’, or setting an amount aside to be given at the end of Lent to a given project.

There will be a daily exploration on the church website. With the help of Samuel, I will post a daily ‘did you know’ video, in order to help us all explore our journey together.

LORRAINE

OPPORTUNITIES TO LEARN AND PARTICIPATE

Pressing on Together – Side by side

PW webinar

Saturday 27 February, 10:30 am – 11:45 am

Register now:

<https://www.presbyterianireland.org/Events/Pressing-on-Together-Side-by-side.aspx>

Contact: Helen Dawkins for more information.



News

Merry Christmas and Happy New Year Greetings from South Korea

Dear Everyone!

Hello, Hope you all are keeping very well.

I would like to send you all to Merry Christmas and Happy New Year!

I am keeping very well and busy working in my country but Sometimes I miss Clontarf church, life in Ireland and you all so much.

I wish this epidemic finish as soon as possible and looking forward to seeing you soon!

Take care!

Your Sincerely,

and Big hugs from South Korea

Seho Lee



Congratulations

Well done to Denis who passed his Irish Driving test recently.

May you enjoy many kilometres/miles of driving !!



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