

**february 2026**

# **FEBRUARY**

FAITH EVANGELICAL  
LUTHERAN CHURCH  
3355 MACARTHUR ROAD  
WHITEHALL, PA 18052  
610 435 0451

**The Rev. June E. Wann**  
Pastor

**Zach Keenan**  
President, Church  
Council

**Michelle Tabatabai**  
Vice President

**Heidi Carr**  
secretary

**Margy Muthard**  
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**Jordan Bucks**  
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**Joanne Gantz-Jalowiecki**  
Financial Secretary

**Jennifer Kishbaugh**  
Director Of Music

**Claudette Nia**  
Office Administrator

## DATES TO REMEMBER

**February 2** is Groundhog Day—the day we find out whether winter will last 6 more weeks or call it quits early.

**February 8** is the Super Bowl in 2026. See some tasty Super Bowl recipes!

**February 12** is Abraham Lincoln's Birthday. The 16th president of the United States was born in a one-room, 16x18-foot log cabin with a dirt floor.

**February 14** is always Valentine's Day. . .

**February 15** is Susan B. Anthony's Birthday.

**February 16** brings Presidents' Day, a federal holiday also known as Washington's Birthday that is celebrated on the third Monday in February. (George Washington's actual birthday is February 22!)

**February 17** is the Chinese Lunar New Year. Celebrated widely throughout East Asia, this holiday begins with the first new Moon after the Winter Solstice and is associated with the Chinese Zodiac.

**February 17** is also Ramadan, the ninth month of the Islamic calendar.

**February is African-American History Month.** The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution, and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

# *From the Pastor*

As we enter February, we are on the cusp of Lent, a deeply significant season in our church calendar. This month, I invite you to reflect with me on the theme of love—an enduring message that echoes through our faith, particularly as we prepare our hearts for the journey of Lent.

Love, in all its forms, is at the heart of our Christian experience. It is through love that we are called to serve one another, to offer grace, and to share the gospel. Lent, traditionally a time of reflection, repentance, and preparation, is an opportunity to deepen our understanding of how love manifests in our lives.

As we embark on this contemplative season, let us remember the greatest commandment: to love the Lord our God with all our heart, soul, and mind, and to love our neighbors as ourselves. This call to love is not merely a suggestion; it is our foundation as a community of faith. During Lent, we can commit ourselves anew to embodying this love in meaningful ways.

Consider engaging in acts of kindness within our community—whether it's volunteering, reaching out to someone in need, or simply offering words of encouragement. Each small act reflects the love God has shown us through Christ.

Additionally, I encourage you to spend time in prayer and contemplation this Lent, asking how you can grow in love. Perhaps you might read a passage on love, such as 1 Corinthians 13, and reflect on how you can apply these teachings in your daily life.

As we gather for Ash Wednesday services and throughout Lent, let's share our experiences, prayers, and reflections. Together, we can cultivate an environment of love that will not only enrich our personal faith journeys but will also strengthen our bonds as a congregation.

May this February serve as a deliberate reminder of the love that God pours into our lives and the love we are called to share with the world. Let us enter this holy season with open hearts, ready to embrace the transformative power of love.

In His love,

Pastor June Wann



**ADULT FORUM AT 9:00 AM**  
**WORSHIP SERVICE at 10:00 AM**

**Altar Communion-The first Sunday of each month  
celebrate Communion around the Altar. Please join us!**



UPCOMING EVENTS

FEBRUARY 18 ASH WEDNESDAY

MARCH 1 HUNGER INITIATIVE MEAL HERE AT FAITH

MARCH 7 AND 8 BASKET SOCIAL

Gearing up for the Basket Social March 7 and 8! We always welcome volunteers!

WIRED RIBBON REQUESTED

Our Basket Social is coming up in March.

Please drop off wired ribbon in the office M-Th 9am to 3pm.

Now is a great time to fill up baskets with holiday sales. March will be upon us before we know it!

ATTENTION ATTENTION ATTENTION

Our annual basket social is quickly approaching. The basket social is March 7th and 8th , 2026.

Now is a great time with clearance sales to build a basket.

Items can be dropped off M-Th from 9-3.

We need merchandise, baskets, wired ribbon, WOW prizes. Sign up sheets for helping with the various needs involved in this fund raising event will be forthcoming. Volunteers are greatly appreciated and necessary. Margy and Erika will once again be responsible for this event.

Dear "Faithful" members and friends,

The Pieceworkers of Faith invite you to join our sewing group. We meet most Monday's from 1-3 p.m. in Parker Hall (during the school year) and in the Gathering Place during summer months due to Petit Scholars meeting downstairs.

Our group works on projects for our baptized babies, quilts for shut ins, items to sell at the craft fair as well as small items for hospital distribution.

No quilting knowledge is needed, but sewing skills are helpful.

We enjoy the camaraderie and friendship that we have established and would love for you

Please send in recipes, adventures, pictures, testimonies by the last week of the month to be included in the monthly newsletter. Let's make our newsletter personalized to us at Faith!

**MISSION STATEMENT**

Faith Evangelical Lutheran Church is an open and caring community of Christ's disciples, ministering through worship, education, fellowship, stewardship, and evangelism.



## **Walking Wet: Living Our Baptismal Promises in Daily Life**

Welcome to **Walking Wet**, a Lenten Series developed by the Northeastern Pennsylvania Synod and the Virginia Synod focused on the promises made at baptism. The five baptismal promises, which are made whenever someone is baptized, provide guidance as we live as a child of God in the world. These promises are meant to drench us daily in God's love and grace - promises for each day, not merely meant as a one-time deal at our baptism. You can see the promises in the baptismal service on page 228 in the Evangelical Lutheran Worship hymnal.

Join us on Wednesday Evenings during Lent for an interactive time of a soup supper, worship, and Bible Study.

Ash Wednesday Worship 11:00 a.m. and 7:00 p.m.

Wednesdays in Lent in The Gathering Place  
(February 25, March 4, 11, 18, 25)

Join us at 6:00 for a Soup Supper  
6:30 begins worship and Bible Study

## FABULOUS TIME AT OUR ADVENT TEA! KUDOS SOCIAL MINISTRY HOSTESSES!

WHAT A BEAUTIFUL AND FESTIVE WAY TO BEGIN OUR ADVENT SEASON!



## WORSHIP TEAMS FOR FEB 2026

**FEB 1**

**Feb 8**

**Feb 15**

**Feb 18**

**Feb 22**

<b>ALTAR GUILD</b>	Cathy Haller And Linda Johnston	Shel And Judy Ehret	Diane Batza And Charlene Frack		Pat Masonheimer and Charlene Frack
<b>ASSISTING MINISTER</b>	Sue Stahler	Kindall Wann	Kyle Brandt	Judy Ehret	Zach Keenan
<b>LECTOR</b>	Sue Stahler	Kindall Wann	Sue Stahler		Kindall Wann
<b>GREETER</b>	Charlene Frack	Dan Herzog	April Spaits		Dan Herzog
<b>FLOWER SPONSOR</b>		Charlene Frack			
<b>BULLETIN SPONSOR</b>		Charlene Frack			

# NOVEMBER 2025 CALENDAR

# FEBRUARY 2026

SUN 1 Altar Communion Sunday School 9:00 AM Worship Service 10:00 AM 7:00 PM AA	2 <u>1:00 PM Piece</u> <u>makers</u> 6:00 PM Brownies 7:00 PM Pioneer Band (BH)	3 <u>10:00 AM</u> <u>Prayer Group</u> 6:45 PM Boy Scouts 7:00 PM	4 6:00 PM Eagle Scouts	5 6:00 PM Cub Scouts <u>6:15 pm Bell Choir</u> <u>7:30 pm senior choir</u>	6	7
8 Sunday School 9:00 AM Worship Service 10:00 AM 7:00 PM AA	9 <u>1:00 PM Piece</u> <u>makers</u> 6:00 PM Brownies 7:00 PM Pioneer Band (BH)	10 <u>10:00 AM</u> <u>Prayer Group</u> 6:45 PM Boy Scouts 7:00 PM	11 6:00 PM Eagle Scouts	12 6:00 PM Cub Scouts <u>6:15 pm Bell Choir</u> <u>7:30 pm senior choir</u>	13	14 Valentine's Day
15 Sunday School 9:00 AM Worship Service 10:00 AM Installation of Church Council members 7:00 PM AA	16 <u>1:00 PM Piece</u> <u>makers</u> 6:00 PM Brownies 7:00 PM Pioneer Band (BH)	17 <u>10:00 AM</u> <u>Prayer Group</u> 6:45 PM Boy Scouts Church Council <u>7 pm</u>	18 <u>Ash Wednesday</u> 6:00 PM Eagle Scouts	19 6:00 PM Cub Scouts <u>6:15 pm Bell Choir</u> <u>7:30 pm senior choir</u>	20	21
22 Sunday School 9:00 AM Worship Service 10:00 AM AA 7:00 PM	23 <u>1:00 PM Piece</u> <u>makers</u> 6:00 PM Brownies 7:00 PM Pioneer Band (BH)	24 <u>10:00 AM</u> <u>Prayer Group</u> 6:45 PM Boy Scouts	25 6:00 PM Eagle Scouts	26 6:00 PM Cub Scouts <u>6:15 pm Bell Choir</u> <u>7:30 pm senior choir</u>	27	28

## February Facts At-a-Glance

**When: Second month of the Gregorian calendar**

**Days: 28 (29 in leap years)**

**Birthstone: Amethyst**

**Flower: Violet and Iris**

**Zodiac Signs: Aquarius (Jan 20 – Feb 18), Pisces (Feb 19 – Mar 20)**

**Season: Winter in Northern Hemisphere, Summer in Southern Hemisphere**

**Notable Holidays: Valentine's Day, Presidents' Day (US), Groundhog Day (US/Canada)**

## Historical Origins and Etymology

February's roots stretch back to ancient Rome, where it played a unique role in the calendar. Let's explore the fascinating history behind this month's name and its evolution over time.

The name "February" comes from the Latin word "februum," which means purification. It was named after the Roman festival of purification called Februa.

In Old English, February was called "Solomonath," which means "mud month," due to the wet conditions typical of this time of year in England.

## Leap Year Peculiarities

February is unique among all months due to its connection with leap years. This quirk of the calendar system has led to some interesting facts and traditions.

In leap years, February has 29 days instead of 28. This extra day is added to keep our calendar aligned with the Earth's revolutions around the sun.

February can sometimes pass without a full moon – this astronomical event is called a 'Black Moon' and occurs approximately once every 19 years.

The chance of being born on February 29th is about 1 in 1,461. People born on this day are sometimes called "leaplings" or "leapers."

In some traditions, women are allowed to propose marriage to men on February 29th. This custom is known as "Bachelor's Day" or "Ladies' Privilege."

## Cultural Celebrations and Observances

February is home to numerous holidays and observances around the world, reflecting its rich cultural significance in various societies.

Valentine's Day, celebrated on February 14th, is named after Saint Valentine, a Roman priest who performed secret marriages for soldiers forbidden to wed.

In the United States, February is Black History Month, dedicated to recognizing the contributions of African Americans to the nation's history.

Groundhog Day, observed on February 2nd in the United States and Canada, is based on the Pennsylvania Dutch superstition that if a groundhog sees its shadow, there will be six more weeks of winter.

Chinese New Year often falls in February, though the exact date varies each year based on the lunar calendar.

In many countries, February 2nd is celebrated as Candlemas, a Christian holiday commemorating the presentation of Jesus at the Temple.

## **Weather and Natural Phenomena**

February's position in the calendar year leads to some interesting weather patterns and natural events, particularly in the Northern Hemisphere.

In the Northern Hemisphere, February is typically the last full month of winter, while in the Southern Hemisphere, it's the last full month of summer.

The full moon in February is traditionally called the "Snow Moon" in North America, due to the typically heavy snowfall during this month.

The Aurora Borealis (Northern Lights) are often most visible in February due to the long, dark nights in the Northern Hemisphere.

In the Southern Hemisphere, February marks the peak of the cyclone season in regions like Australia and the South Pacific.

## **Famous February Birthdays**

Many notable figures throughout history were born in February. Here are some of the most famous February-born individuals who have left their mark on the world.

Charles Darwin, the father of evolutionary biology, was born on February 12, 1809.

Abraham Lincoln, the 16th President of the United States, shares a birthday with Darwin, also born on February 12, 1809.

Rosa Parks, the civil rights activist known for refusing to give up her bus seat, was born on February 4, 1913.

George Washington, the first President of the United States, was born on February 22, 1732.

Galileo Galilei, the renowned astronomer and physicist, was born on February 15, 1564.

## **February in Literature and Art**

February has inspired many artists and writers over the centuries, often appearing as a symbol or setting in various works.

The poem "February" by Margaret Atwood describes the month as "Winter. Time to eat fat and watch hockey."

Claude Monet's painting "The Magpie" (1869) depicts a snow-covered landscape typical of February in France.

In the novel "The Secret Garden" by Frances Hodgson Burnett, the protagonist Mary Lennox arrives in England in February, setting the stage for the story's themes of renewal and growth.

## **February Traditions and Superstitions**

Various cultures have developed unique traditions and superstitions associated with February. Here are some interesting beliefs and practices from around the world.

In Scotland, it's considered unlucky to get married in February, leading to the saying "Marry in February, you'll rue the day."

According to Welsh folklore, if the first butterfly you see in the year is in February, you will have good luck for the rest of the year.

In some parts of the United States, it's believed that if it thunders in February, there will be a death in the family within the year.

The ancient Romans believed that February was a good time to honor the dead and perform purification rituals.

In Japan, February 3rd marks Setsubun, a festival where people throw roasted soybeans out of their homes to drive away evil spirits and invite good fortune.

### **Facts About February in Sports and Entertainment**

February is a significant month for several major sporting events and entertainment awards ceremonies.

The Super Bowl, the annual championship game of the National Football League (NFL) in the United States, is typically held on the first Sunday in February.

The Winter Olympics are often held in February, showcasing a variety of cold-weather sports on a global stage.

The Grammy Awards, recognizing outstanding achievements in the music industry, are usually held in February.

The British Academy Film Awards (BAFTAs), often considered the British equivalent of the Oscars, take place in February.

In many countries, February marks the height of the Carnival season, with famous celebrations in places like Rio de Janeiro, Venice, and New Orleans.

### **February's Impact on Health and Wellness**

The unique characteristics of February can have various effects on human health and well-being. Here are some interesting facts related to health during this month.

February is American Heart Month in the United States, dedicated to raising awareness about heart disease and promoting cardiovascular health.

The "February Blues" is a term used to describe feelings of low mood and decreased energy that some people experience during this month, often attributed to shorter daylight hours and post-holiday letdown.

In the Northern Hemisphere, February is often when vitamin D deficiency is most prevalent due to reduced sunlight exposure.

February 4th is World Cancer Day, an international day to raise awareness of cancer and encourage its prevention, detection, and treatment.

### **February in the Natural World**

Despite often being associated with the depths of winter, February marks the beginning of many natural cycles and phenomena.

The constellation Orion is prominently visible in the night sky during February in both hemispheres.

In many parts of the Northern Hemisphere, the first signs of spring begin to appear in February, with early-blooming flowers like snowdrops and crocuses emerging.

February is mating season for many animals, including bald eagles, owls, and coyotes.

In the Southern Hemisphere, February marks the peak of the fruit-growing season for many species.

In parts of North America, February is when maple syrup production begins, as the alternating freeze-thaw cycles cause sap to flow in maple trees.

**“Ecologies of Grace:” Exploring the teaching of Dr. Chad Rimmer**  
**Rev. Inge Williams, Green Team co-convener,**  
**and pastor, Friedens Lutheran Church, Shartlesville**

**In May 2025, Lutherans from across the commonwealth gathered in Harrisburg for Lutheran Day at the Capitol. In their joint workshop “Baptism in a Time of Breakdown” and Dr. Rimmer’s keynote address “Ecologies of Grace,” the stories of our Lutheran siblings across the world provided a helpful lens to view our advocacy and grounded the gathering of US Christians in what Lutheran witness can look like “at such a time as this.”**

**Beginning at the beginning**

Dr. Rimmer began with the words of fellow eco-theologian Celia Deanne Drummond: “Overall, eco-theology seeks to uncover the theological basis for a proper (just) relationship between God, humanity, and the cosmos.” In our creation narratives in Genesis, God creates diversity and balance, and when those relationships are properly maintained, the creation creates life. He quoted Meister Eckhart, who, when asked what God does all day long, replied, “God lies on the maternity bed and gives birth.” In Genesis 1, God creates relational balance, and in Genesis 2, humans are called to maintain that balance (to till and keep). This is our first job description as a species. Rather than refer to Adam and Eve’s decision to eat the fruit and their subsequent expulsion from the garden as “the Fall”, Dr. Rimmer refers to this story of sin as “the Disintegration,” because these humans began to focus on their individual shame (what Luther referred to as self-turned-in-on-self) rather than their relationship to each other and other creatures. Relationality, part of our human imago Dei, disintegrates, causing harm to ourselves and creation.

**Justification to continuing creation**

God creates, and God also reconciles. Dr. Rimmer mentioned that there is a growing justice fatigue in youth, partly rooted in the fear of getting it wrong, which leads to paralysis. The good news of justification is that we are freed from the need to be perfect. Justified by God’s action, no longer trapped in isolation by shame, we are freed for new relationships. “Grace doesn’t give us what we deserve,” he said, “but opportunity for new relationships.” These new relationships he calls “ecologies of grace-” niches where mutuality and cooperative diversity have both social and ecological benefit. This is God’s continual creation- the mission of God entrusted to the church.

**The ABC’s of Lutheran Public Witness**

In their workshop Baptism in a Time of Breakdown, Dr. Rimmer and Christine Mangale referenced the Lutheran World Federation’s study document, The Church in the Public Space. (It can be found easily via search engine.) The main question they sought to answer in the workshop was,

**“What are the confessional and faith commitments upon which Lutherans stand around the world?”**

Grounded in Luther’s notion of Two Realms (the spiritual and the worldly) and the Christian political ethos of love (re: the apostle Paul, 1 Corinthians 13), the LWF document offers an ABCDE of the Church’s

**Engagement in the Public Sphere:**

Assessing public issues in participatory ways  
Building relationships of trust  
Challenging injustice  
Discovering signs of hope  
Empowering people in need

Christine and Dr. Rimmer also offered us examples of the church's public engagement around the world:

**#1: Engagement for refugees** - begun after World War II, reaching out to refugees remains one of the core activities of the LWF. Lutherans are to this day the largest actor in United Nations High Commissioner for Refugees work.

**#2: Engagement for gender justice** - the affirmation of women's ordination has been a core commitment of LWF, and LWF also empowers women to tell their stories of gender violence in order to publish a "Shadow Report" ahead the UN Committee on the Elimination of Discrimination against Women to hold countries accountable to their international commitments.

**#3: Engagement for climate justice** - LWF's commitment to mitigate the impacts of climate change dates back to 1977, and LWF has a presence at every COP, partnering in multi-religious advocacy efforts with special concern for indigenous people and the poor. Although neither of these sessions was recorded, you can watch a similar version of Dr. Rimmer's keynote address on the [YouTube](#) page of [Grace Lutheran Church in State College](#), who hosted a six-week speaker series this past fall entitled, "Ecology of Grace." Dr. Rimmer presented on September 17, 2025.

## OUR BAPTISMAL COVENANTS

I WILL TRY TO FOLLOW JESUS CHRIST

"TAKE UPON THEM THE NAME OF THY SON."  
D&C 20:77

I WILL HELP OTHERS

"WILLING TO BEAR ONE ANOTHER'S BURDENS, THAT  
THEY MAY BE LIGHT." MOSIAH 8:8

I WILL TRY TO KEEP THE  
COMMANDMENTS EACH DAY

"ALWAYS REMEMBER HIM AND KEEP HIS  
COMMANDMENTS WHICH HE HAS GIVEN THEM." D&C 20:77

I WILL SHARE MY TESTIMONY

"STAND AS WITNESSES OF GOD AT ALL TIMES AND IN ALL  
THINGS, AND IN ALL PLACES." MOSIAH 18:9

grace

[grās] • noun

*underserved, unmerited,  
unearned, favor.*

[ephesians 2:8]

## The Origins of Lent in Early Christianity

1. **Fasting practices in the early Church:** The practice of fasting has its roots in the early Church, with fasting being used as a means of penance and spiritual discipline.
2. **The development of Lent:** Lent as we know it today evolved in the 4th century, with a period of fasting and preparation for Easter being observed for 40 days.
3. **The significance of 40 days:** The 40-day period is significant as it mirrors the 40 days Jesus spent fasting in the desert and serves as a time of spiritual reflection and preparation for Christians.

**The Council of Nicaea:** The Council of Nicaea in 325 AD established the date of Easter and the period of Lent, with the practice of Lent being observed by all Christians in the centuries that followed.

## Evolution of Lenten Practices Through the Centuries

The practice of Lent has evolved over the centuries to become what it is today. In the early days of Christianity, Lent was a time for baptismal preparation, fasting, and penance. As the church grew, so did the practice of Lent. During the medieval period, Lent became more of a public expression of faith and a time for communal penance. This period also saw the introduction of meatless Fridays, which was later adopted by the Catholic Church as a permanent practice.

The 16th century brought about the Protestant Reformation, which brought changes to the way Lent was observed. Some Protestant denominations rejected the practice of Lent altogether, while others retained the practice but with modifications. In the 20th century, the ecumenical movement brought about a renewed interest in Lent among various Christian denominations.

The practice of Lent continues to be an important part of Christian tradition.

Lent is a time for spiritual reflection and renewal for Christians all over the world. It is a period of 40 days of prayer, fasting, and almsgiving, which represents the 40 days that Jesus spent fasting in the wilderness before beginning his public ministry. During this time, Christians are called to repent of their sins, turn away from selfishness, and focus on spiritual growth. The Lenten season culminates in Holy Week, which commemorates the events leading up to Jesus' crucifixion and resurrection.

Lent is also a time of sacrifice. By giving up something that is important to them, such as food, social media, or other distractions, Christians can focus more on their relationship with God and their commitment to following Christ.

The practice of fasting during Lent is meant to remind Christians of their dependence on God and to help them cultivate self-discipline and self-control. This can also lead to a greater appreciation for the simple things in life and a deeper sense of gratitude for God's blessings.

The ultimate goal of Lent is to grow closer to God and to live a more virtuous and selfless life. By embracing the spirit of Lent and committing to personal growth, Christians can renew their faith and strengthen their relationship with God.

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### Spiritual and Symbolic Significance of the 40-Day Lenten Period

The 40-day period of Lent holds great spiritual and symbolic significance for Christians around the world, with roots dating back to the earliest days of the faith. The number 40 appears frequently throughout the Bible, symbolizing a time of trial, testing, and preparation. In the Old Testament, the Israelites wandered in the desert for 40 years and Moses fasted for 40 days before receiving the Ten Commandments. In the New Testament, Jesus fasted for 40 days in the wilderness before beginning his public ministry.

For Christians, the 40-day period of Lent is a time of self-reflection, spiritual discipline, and preparation for the celebration of Easter. It is a time to remember Jesus' sacrifice on the cross and to focus on prayer, repentance, and works of charity. Fasting, prayer, and almsgiving are the three traditional pillars of Lenten observance, and many Christians also choose to give up a particular vice or habit during this time.

By observing Lent, Christians seek to deepen their faith and grow closer to God, following the example of Jesus and the early Christians. It is a time of spiritual renewal and growth, an opportunity to examine one's life and priorities, and a reminder of the need for humility, sacrifice, and service to others.

The practice of fasting and abstinence during Lent is rooted in biblical and early Christian traditions. Fasting is a way of showing devotion to God and uniting with Jesus in his suffering, while abstinence from meat symbolizes sacrifice and penance. Giving up something that one enjoys is a personal sacrifice that can help one focus on spiritual growth and discipline.

### Observing Lent in Protestantism

**Sola Scriptura:** Many Protestant churches observe Lent, but do not consider it a sacrament or require its observance. This is because Protestant theology emphasizes the authority of scripture and downplays the significance of religious traditions and practices.

**Focus on the Cross:** During Lent, many Protestant churches emphasize the significance of Christ's death on the cross and encourage reflection on its meaning for believers. This can include special services, such as the Stations of the Cross or the Seven Last Words of Christ.

**Individual Devotion:** In contrast to the highly structured and ritualized Lenten practices of Catholicism and Eastern Orthodoxy, Protestant Lenten observance is often left up to individual discretion. Many Protestants choose to fast, give up a particular vice, or engage in daily devotional readings during Lent.

### Varied Lenten Observances in Different Protestant Denominations

Protestant denominations have diverse approaches to Lent. Some, like Anglicans and Lutherans, observe the season with fasting, repentance, and prayer. Methodists and Presbyterians also recognize Lent, but do not require fasting or abstinence. Others, like Baptists and Evangelicals, do not observe Lent at all.

In recent years, many Protestant churches have embraced the Lenten practice of giving up something for the season, such as social media or television, as a way to focus on spiritual growth. Some churches also hold special services or Bible studies during Lent, while others incorporate Lenten themes and symbols, such as the ashes of Ash Wednesday or the Stations of the Cross, into their regular worship services. Despite these differences, many Protestants view Lent as a time to prepare for Easter by reflecting on the sacrifice of Jesus Christ and renewing their commitment to follow him.

### Protestant Emphasis on Personal Reflection and Spiritual Disciplines During Lent

Overall, the Protestant approach to Lent emphasizes the importance of personal spiritual practices and growth. While there may not be as many traditional practices as in other Christian traditions, there is still a strong focus on the individual's personal journey and relationship with God during this season.



## Daily Bible Readings

Sunday: Romans 1-4 Monday: Romans 5-8

Tuesday: Romans 9-11

Wednesday: Romans 12-16

Thursday: Proverbs 1-3

Friday: Proverbs 4-7

Saturday: Psalms 19-21

## CAPITAL INVESTMENTS!

The answers to the following clues have one meaning when capitalized and a different meaning when not capitalized. Find the answers and write them in the spaces provided. Then unscramble the circled letters to reveal a very old person from the Old Testament. Capitalized Non-capitalized

1. A large country in Asia porcelain tableware \_\_\_\_\_
2. 2. Denver football player untamed horse \_\_\_\_\_
3. 3. Slavic language to shine something \_\_\_\_\_
4. 4. A planet a silvery element \_\_\_\_\_
5. 5. City in Iowa a couch \_\_\_\_\_
6. 6. Expensive car buns \_\_\_\_\_
7. 7. Citizen of country near Pakistan woolen blanket/shawl \_\_\_\_\_
8. 8. Soft drink slang for illegal drug \_\_\_\_\_
9. 9. Month rhythmic movement \_\_\_\_\_
10. 10. Epic poet baseball's biggest hit \_\_\_\_\_
11. 11. Greek god of shepherds utensil \_\_\_\_\_
12. 12. Credit card passport stamp \_\_\_\_\_
13. SECRET PERSON \_\_\_\_\_

Answers: 1. china, 2. bronco, 3. polish, 4. mercury, 5. davenport, 6. rolls, 7. afghan, 8. coke, 9. march, 10. homer, 11. pan, 12. visa. Secret Person: Me