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# From Pastor Jayneann's Pen

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Lent. A time of self-examination and reflection, repentance, fasting and preparation for the coming of Easter. A season of forty days – not including Sundays – which begins on Ash Wednesday and ends on Holy Saturday. The word Lent comes from the Anglo Saxon word *lencten*, which means "spring" ...

If you're like I was a few years ago, you stopped listening when you read "not including Sundays." Lent doesn't include Sunday? Why not?!

*I like learning new things and I thought this was cool when I first read the explanation. This "not counting Sundays" is how I made it through my hardest Lenten fast. (All unhealthy, fun foods.)*

Sundays in Lent are not counted as part of the 40 days because each Sunday represents a "mini-Easter." Actually all Sundays, not just the ones in Lent, are mini-Easters. Think about it. Each Sunday when you eat breakfast and get dressed to come to church, you're coming to celebrate Easter with everyone else. (By extension, each Sunday that you decide not to come, you choosing not to celebrate Easter.)

This mini-Easter thing puts a whole different light on how and why we come to worship on Sunday, and what we do afterward. (Ham every week sounds good to me!) Mini-Easter might not mean there's no arguments at home beforehand, but would we be less inclined to gossip or to take someone's words personally? Would more people be on their best behavior? Would ushers and greeters be in top form? Would we all be paying extra attention so we'd notice new guests?

I don't have the answers but I like the possibilities these mini-Easters present. This notion even adds credibility to the idea of weekly Holy Communion.

Maybe as we continue in Lent we might allow our Sundays to temper the reverent spirit of Lent with joyful anticipation of the Resurrection. Then in the Easter Season, and beyond, perhaps we can hold onto these mini-Easters as we do church each Sunday.

Lenten blessings,

