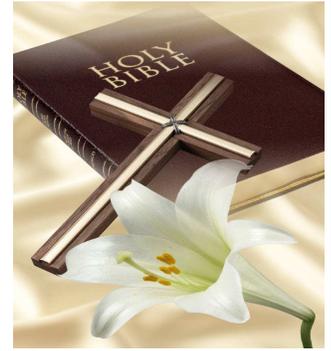


EMMANUEL BAPTIST CHURCH, PORT MARIA, ST. MARY
E-EMMANUEL

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EDITORIAL: LENTEN EXPERIENCE

Each year during the Lenten period, many of us give up things or habits that we [perhaps] use to equate with the “giving up of sin” in our lives. Though this “giving up of things/habit” is good and is one aspect of Lent, it should never be seen as, nor should it become the extent of our Lenten experience. Lent is a period of reflection, repentance, refraining from, renewal and rededication.

Our reflection during this period should be punctuated with prayer and periods of fast where we open up ourselves before and to God. During Lent, we should truly repent of our sins—confess all our failures and the wrongs we have done—and focus on our need for God’s grace and mercy. As we repent, we should pledge to refrain from engaging in anything (words or deeds) that is not characteristic of God. We should use this period to renew our commitment to God—to hear anew His call upon our lives and respond to Him in a fresh way. We should also seek to rededicate ourselves to God—to place our needs, fears, hopes—our lives in the hands of God—to totally abandon ourselves in Christ Jesus.

The Lenten experience—reflecting, repenting, refraining, renewing and rededicating—is not just for the now and it is not for self; it is for life (yours and those who do not know Christ); and it is for love of God.

Lent is for life and for love—the life and love that we have in Christ Jesus through His death and resurrection. May this truly be your Lenten experience.

*Dahlia Palmer, Chairperson,
 Communications Committee*

MARCH REMINDERS

1st	Peace Day
9th	Ash Wednesday
9th	Fasting and Prayer (10 a.m.)
13th	First Sunday in Lent
20th	Sunday School Anniversary
20th	Second Sunday in Lent
27th	Third Sunday in Lent

March Birthdays

Gregory Walsh	1st
Doris Nelson	3rd
Esther Sahti	8th
Louise Scarlett	12th
Adassa Reddie	15th
Alpha Hibbert	17th
Loretta Reid	20th
Ena Rhoden	20th
Shamar Brown	23rd
Tanesha Holness	23rd
Trevelyn Williams	28th
Steve Hamilton	31st

The flower for March is the daffodil, which symbolizes rebirth because the daffodil is one of the first flowers of spring.

AQUAMARINE is the birthstone for March.

ASH WEDNESDAY

This is the first day of the 40-day period known as Lent. Ash Wednesday is the day when many Christians begin the journey of fasting and praying; a day when we look at self and acknowledge a falling short of God’s expectations. It is a day of confession and ridding the heart of anger and hate; it is a day of baring the depths of our souls before God (and man) - a day of forgiving and receiving forgiveness. It is a day when we acknowledge how frail we are as human beings. It is a day for the healing of hurts and pains that have been buried into dark corners of our lives. It is a day of being an instrument of healing to others. It is a day when we start the journey of giving up something to spend more time in the presence of God. It



is a day of preparing our minds to recall the sacrifice of Jesus dying on the cross for our sins. Ash Wednesday is also a day of celebration because what Jesus offers us leads to life. As we metaphorically begin the journey of following Jesus on Ash Wednesday—through the wilderness, along the palm strewn road, on the way to Golgotha and to the cross—may we get a glimpse of the glorious resurrection that awaits us.

Remember to pray for the sick ... and shut-in members of the church and in our surrounding communities. Here is a list of our sick and shut-in members:

Sis. Audrey Maxwell	Sis. Emma Scarlette-Grant	Sis. Inez Graham
Sis. Herma Grandison	Sis. Percess Scott	Bro. Thomas Bennett
Bro. Lucan Scott	Bro. Jeremiah Dalhouse	Sis. Roslyn Walters
Sis. Georgina Peart		

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