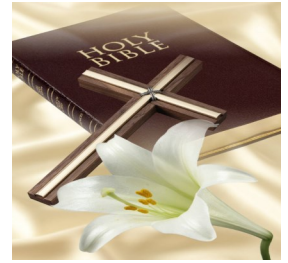


EMMANUEL BAPTIST CHURCH, PORT MARIA, ST. MARY
E-EMMANUEL

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EDITORIAL: LENT

Ash Wednesday is the first day of the season of Lent. It marks the beginning of a season of fasting and repentance in preparation for the Easter celebration. Historically on this day, Christians come before a pastor or priest for him to put the sign of the cross, marked with ashes on their foreheads. The ashes symbolize man's mortality and represent an attitude of humility, sorrow, and repentance. For many Christians, Ash Wednesday reminds them of where their hearts should be in relation to God, and that Jesus came to reconcile their sins. Over the next month, Christians are encouraged to fast, pray, and seek repentance for their sins. Christians should reflect on their lives and make a deeper commitment to God and their Church.

*Sis. Nora Davis
 Chairperson, Communications*

MARCH REMINDERS

- 16th Sunday School Anniversary
- 23rd Open Air Meeting - Cox Street

CONDOLENCES



Our Sis. Andrea Jackson passed away last Sunday. We give God thanks for her life and the impact she made on many persons. Please, be in prayer for the family, especially Joel, as they mourn her passing.

Types of Fasting



During this period of Lent many of us are challenged to draw closer to God through sessions of fasting and prayer. There are generally three types of fast a Christian may participate in. They are called the normal fast, the partial fast or the radical fast.

The normal fast seems to be the only fasting instruction *(cont'd overleaf)*

Remember to pray for and visit with 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:

Veronica Allen, Gwendolyn Byfield, Violet Daley, Inez Graham, Emma Grant, Leonard Martin, Audrey Maxwell, Valrie Melbourne, Doris Nelson, Georgina Peart, Adassa Reddie, Daphne Reid, Loretta Reid, Lucan Scott, Keziah Spence, Ionie Thomas,

March Birthdays: May God's Peace be yours today!!



Shadel Brown
1st



Gregory Walsh
1st



Doris Nelson
3rd



Novlette Barnett
5th



Nesta Spence
6th



Esther Sahti
8th



Lousie Scarlett
12th



Adassa Reddie
15th



Alpha Hibbert
17th



Ena Rhoden
20th



Shamar Brown
23rd



Tanesha Holness
23rd



Dafflyn Campbell
26th



Trevelyn Williams
28th

given in the Bible and was connected to the Day of Atonement. This fast lasted from sunset of one day to sunset of the next (Leviticus 16:29 and 23:32). This is a fairly easy fast since you do not normally eat during the night so much of the fasting time is during the sleeping hours. Many people who are interested in fasting start with a normal fast and fast on one particular day per week each week. During this time no food is eaten and only water is drunk.

For the partial fast, the emphasis is on eating only certain types of foods instead of totally avoiding food. Daniel, Shadrack, Meschach and Abednego demonstrated this type of fast by eating only vegetables and drinking water (Daniel 1:12-16). Daniel also participated in this fast when he ate alone and practiced a limited diet for three weeks (Daniel 10:3). Today most people conduct this fast by eating mainly plant-based foods such as fruits, vegetables, beans, legumes, healthy oils and whole grains. They only drink water and do not eat meat, dairy, caffeine, sugar, artificial sweeteners, highly processed food or bread during this fasting period.

A radical fast is one in which someone would not eat food and drink water for an extended period of time. Some people may choose to drink water during this type of fast. It is very important that an individual knows how medically fit they are before starting such a fast. An example of this type of fast can be found in Esther when she decided to not eat or drink for three days (Esther 4:15-16). David went seven days without food when pleading with God to save his son's life (2 Samuel 12:15-20). Jesus (Matthew 4:1-11) and Moses (Deuteronomy 9:9-18) both fasted for forty days.

We welcome your ideas and suggestions:

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Visit our website at: www.emmanuelbaptist-jm.org

Like us on facebook at:

<http://www.facebook.com/EmmanuelBaptistjm>

Highlights of the Jamaica Baptist Union

General Assembly

The Jamaica Baptist Union held its 164th General Assembly between February 19 and 23 under the theme: *Being God's People in God's World: Living by Faith*. Reverend Michael Shim-Hue was installed as the new president to serve for the 2014-2016 period.

CONGRATULATIONS

Congratulations to the Sunday School's Superintendent, teachers, workers and students.

The Sunday School entered eighteen (18) candidates and all of them passed their Sunday School Examinations. Emmanuel was recognized at the JBU General Assembly for this outstanding achievement and the church received a trophy.

[Jesus] All to us by Chris Tomlin

As we frame our minds, bodies and souls for Lent, let us reflect on the Author and Finisher of our faith. Here are the words of a song that we can use as a means of meditation:

Precious Cornerstone, sure Foundation

You are faithful—to the end

We are waiting, on You Jesus

We believe, You're all to us

Let the glory of Your name, be the passion of the church

Let the righteousness of God, be a holy flame that burns

Let the saving love of Christ, be the measure of our lives

We believe, You're all to us.

Only Son of God, sent from heaven

Hope and mercy, at the cross

You are everything, You're the promise

Jesus You, are all to us

When this passing—world is over

We will see You—face-to-face

And forever—we will worship

Jesus You, are all to us

**FASTING IS A GIFT THAT GOD HAS GIVEN
TO THE CHURCH IN ORDER TO HELP US
PERSEVERE IN PRAYER.**