



Ten Lenten Traditions to enrich your Easter Celebration

"I'll never forget our family's first Christian Easter. With the children snuggled down for the night, my husband and I dutifully filled five waiting baskets as we had done all the years before. But something seemed to be missing, which was strange because something had really been added - our understanding of the true meaning of Easter. We needed traditions".



- 1. New Life:** As Lent begins, help your children plant crocus, daffodil, or hyacinth bulbs in a bowl of sand, covering half-way. Leave in a dark closet for two months, keeping soil moist (a process known as forcing bulbs). When shoots appear, let them bask in the sun. Don't forget to leave one bulb unplanted as a reminder of how they began.
- 2. Devotions:** Lent can be a time of family focus on the meaning of the Christian life. You may want to commit to a regular pattern of family worship - daily, weekly, or whenever you can. Or you may post Bible verses, especially the words of Jesus, on the refrigerator, bathroom mirrors, wherever a busy family is sure to see them. Talk about them at dinner or on the way to school - especially how verses apply to events in our daily lives.
- 3. Giving up:** Traditionally, especially in Europe, during Lent there were no weddings, no dancing, no singing. No flowers or alleluias in churches. Some families may find spiritual value in giving up something for Lent - television, sweets, video games - not as a penance, but as an outer symbol of dying to self during a season of spiritual reflection.
- 4. Charity box:** Select a charity that helps those in need. Help your children decorate a box with a slot on top. Display where everyone at home will remember to contribute their change. On Easter, empty box, count together, and put a check in the mail. This custom can be directly related to the preceding one: giving up to give.
- 5. Pretzels:** Bake your own pretzels (*check your own cookbooks, library or Internet for recipe - or buy the frozen ones*). Pretzels originated as early Christian Lenten treats, designed in the form of arms crossed in prayer.
- 6. Children's Charity:** Support or volunteer for an organisation as a means to raise funds to help children with disabilities (*e.g. Royal Children's Hospital—Ed*). In the original words, "Easter means Resurrection and New Life, and the rehabilitation of crippled children means new life and activity . . . physically, mentally, spiritually."
- 7. Jonah:** In [Matthew 12:39-41](#), Jesus, points to the story of Jonah as a sign of his own destiny. So this is a great time to re-view it with your children, discussing the issues of sin, obedience, and God's mercy.
- 8. Easter in Cyberspace:** Check out www.njwebworks.com/easter/ for many, many Christian Easter links, including history, poetry, drama, and daily meditations.
- 9. Giving:** While we usually think of Christmas for gift-giving, Easter has a richer heritage. God gave His Son. Jesus gave His life. Find ways to give unconditionally: money to the homeless person on the corner, treats for those in nursing homes, old clothes to children in another country. Jesus told us clearly, "Whatever you did for one of the least of these brothers of mine, you did for me" ([Matthew 25:40](#)).
- 10. Handel's Messiah:** Invest in a CD or tape and bathe your family in this beautiful classic, clearly composed under divine inspiration - each segment a Bible verse prophesying the birth, life, death, and finally the resurrection of Jesus. (The *Hallelujah Chorus* was a celebration for Easter morning following the Lenten absence of alleluias.)



Pretzels in the shape of a cross

From a free podcast by Barbara Curtis, a Crosswalk.com Contributor

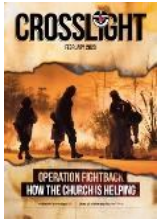


Bible Readings for March 13th Lent 2 *(the readings used in our service may differ slightly)*

Genesis 15:1-12, 17-18 Psalm 27 Philippians 3:17 - 4:1 Luke 13:31-35 or Luke 9:28-36

CROSSLIGHT is available on the internet - click on the following link or the CROSSLIGHT image to view online. www.crosslight.org.au

Print copies of CROSSLIGHT usually available at the entrance of the Black Rock Uniting Church. Latest CROSSLIGHT now available from David Vine, 4 Jemma Crt. Cheltenham 9583 7373.



Prayers of the People



Carol
Jo-ann
Virginia (*Nan's friend*)
Jenny (*Joan Lum's step daughter*)
Betty Kneen
Dawn's daughter Carol
Robert (*Joan Wright's brother*)

We pray especially for -

Stuart *as he struggles with addiction*
Janine and June Bartholomeusz
Audrey Fewster
Margaret's neighbour Joan
Grace Fairbank
Pete, Bruce & Valda (*friends of Jo-ann & David*)

Gemma and Teresa
Susan Bartell
Bronwyn
Gloria Sampson & Family
Barb Loosemore
Isobel Churchward
Anita and Rod

Church on the Internet - Sunday 10am (doors open 9:45 am)



If you don't have Zoom on your computer/laptop/iPad/Smartphone, click on <https://zoom.us/support/download>

Then click on this link below or the "Sunday Church" image to join our Service -

<https://us02web.zoom.us/j/85247373230?pwd=WIM2UHJEemFWS3RScnNqM3puaGdZdz09>



Otherwise open Zoom and enter the following - **Meeting ID: 852 4737 3230** **Passcode: 836844**

WEEKLY OFFERINGS: Thanks to everyone who have continued to make their weekly offering.

Envelopes: If you wish your offering to be specifically for Cheltenham, please place it in an envelope marked "Cheltenham" and place it in the offering bowl at church.

Direct Debit: Cheltenham / Mentone members note that direct payments can now be made to our new Westpac account at **Southland The account number is 664 881 and the BSB number is 033 358**

Payee "Uniting Church in Australia Cheltenham Mentone Parish Council"

The former Commonwealth Bank - BSB 06 3119, Account Number 1014 1206 - is still active for the time being.

Cheltenham-Mentone Members: Please bear in mind that although we are worshipping at Black Rock, the expenses of gas, electricity, water, insurance and maintenance are still ongoing at Cheltenham.

Videos on the Internet



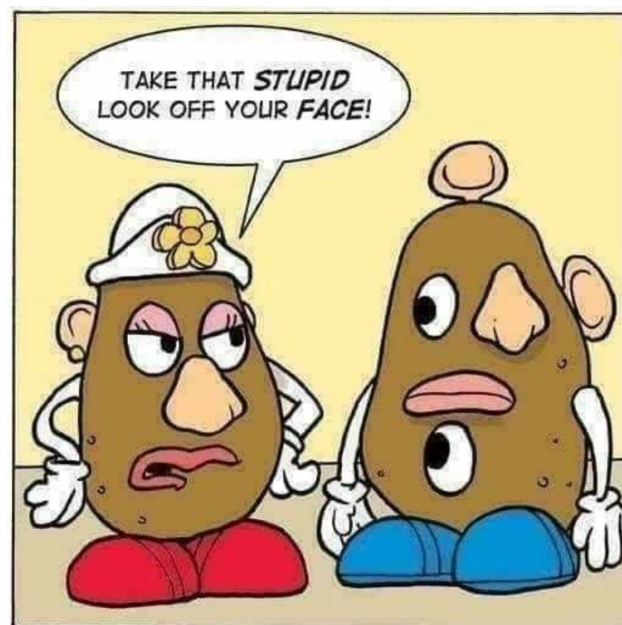
NEW YouTube Channel; Follow this link or click on the YouTube logo
https://www.youtube.com/channel/UCH-y4pZ_f_lezegzNZi6nnQ
to view selected sermons and service preludes



Social Collection Department

BayCISS - collection of goods by Graeme & Joan Wood has recommenced. Leave goods with them at 66 Bernard St. Cheltenham, or call them (Graeme & Joan Wood) on 9555 0462

Emerge - Financial help is the best way to help - Cheques to - GPO Box 420 Melbourne VIC 3001 or donate via the website www.emergesupport.org.au Emerge welcomes vouchers for supermarkets or art materials which children could use at home - materials, pencils, colouring books etc. Margaret Bode is happy to take items to the Moorabbin office if you leave them at her home, 16 Monaco Street Parkdale.



Instead of complaining about gas prices going up... try feeling grateful that you aren't sitting on a concrete floor in a train terminal, holding your cat, wondering if

