

Hebron Happenings

A Note from Jason

Dear Friends,

March marks the beginning of Lent with Ash Wednesday on March 2nd . Within the Christian calendar Lent is a time to recognize our own sinfulness and our own mortality. When churches observe the imposition of ashes, the pastor often says to each congregant as the cross is formed: “Remember you are dust and to dust you will return” (Gen. 3:19). This may sound like a morbid tradition, but perhaps there is another way to think about it.

If you have ever run a race or competed in any kind of competition, you know that you must train. Several years ago, I decided to set a goal of completing a triathlon. Now this wasn't a long 'Iron Man' distance, but a much shorter 'Sprint' triathlon that consisted of a 400-yard swim, a 12 mile bike and a 5K (3.1 mile) run at the end. None of the distances are long on their own and I had already been running and training for a half marathon, so I felt confident in that part of the race. However, it had been a long time since my days of being a lifeguard or even riding a bike! I knew that I could run the 5k no problem, but I needed to make sure I could get through the swim and bike ride without killing myself (And in western PA riding a bike is an uphill affair)!

I knew my weaknesses and I began a training regimen to help me build some strength in those areas. I joined a 'masters' swim group at a local pool and got lapped by folks twice my age, but kept at it until I could keep up. I also bought an entry level road bike and started riding on safe bike lanes before moving onto some roads and working on western PA hills. All of this helped me grow into being a triathlete, but it required a recognition of my weaknesses and dedication to slowly making improvement in those areas.

This can serve as a metaphor for looking at Lent as part of the Christian calendar - it is a kind of spiritual workout that requires us to take a hard look at ourselves and our weaknesses – our sin. In so doing, we begin the process of repentance. It is only when we admit our sin, confess it, and then ask the Spirit to help us move in a different direction that we can begin to build our spiritual muscles and stamina in the areas of our brokenness.

So during this season of Lent, I encourage you to think about a spiritual practice that might help strengthen your faith practice, perhaps in an area of weakness. Something that would encourage one or more of the fruit of the Spirit in your life. It could be by giving something up as is often the practice during Lent, but it could also be adding something like a more dedicated devotional time or a commitment to serving others in a concrete way.

Of course, the beauty of Lent is that it ends with Holy week and Resurrection on Easter Sunday. This is our spiritual 'race day' if you will. In training for any race, it is always good to keep the end in mind – and we know Lent ends by remembering that Jesus died so that we might be forgiven and was raised as Lord so that we might have life! That's a worthy race to take part in. May God grant us humility, grace, and endurance this Lenten season.

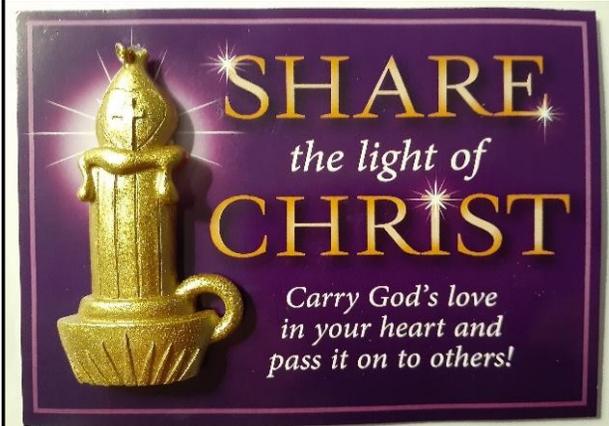
God Bless,
Jason

Deacons Report

The Deacons closed out 2021 making gift baskets for our homebound members and friends. Twelve baskets were made and delivered. Due to COVID 19, this was the first opportunity in quite a while that we were able to visit (in person) with many of our homebound and we pray that these visits can continue this year. This will enable us to share more info on the homebound so that you also can get to know them better!

We hope you enjoy the holiday remembrance favors the Deacons presented to members, the homebound, and our little food pantry. Many thanks to Deacon Sharon Haines for her creativity in making this happen. Joyce Marburger ended her term as Deacon in December 2021, and we are grateful for her service, especially her hard work in preparing our Holy Communion table.

The Deacons always look for new ways to reach out to our congregation, and would value any suggestions that you may have.



Did you ever want to be published?

Now is your chance to at least have some of your photos published. Hebron would like your nature photo to be a part of the Sunday morning bulletin. The photo can be anything that God made such as a rainbow, waterfall, sunrise, sunset, spring flowers, autumn leaves, ocean waves, or many of the other things that God gave us to enjoy. Please submit your favorite nature photo to Autumn. E-mail hebronchurch1767@gmail.com.

Hospitality

There is a sign-up sheet for hospitality in the lobby. This is something we all enjoy—so feel free to take a turn to welcome Hebron members on Sunday mornings.

Adult Sunday School

The Adult Sunday School meets every Sunday at 9:45 am. Starting on Sunday, March 6, 2022, Larry Shoup lead the class through the six-week study *The Walk* by Adam Hamilton. In *The Walk*, Adam Hamilton focuses on five essential practices that are rooted in Jesus' own walk with God and taught throughout the New Testament.

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