

# Lenten Reflections 2023

Dear St. John's family and friends,

In just a few short weeks, we will embark on our annual Lenten pilgrimage. For the past two years, we have offered a Lenten Devotional written by members of our community. Your reflections open the scriptures in such meaningful and holy ways.

With the season of Lent quickly approaching, I look forward to offering this gift a third year, but we're going to need your help! We are looking for 40 people to reflect on a daily scripture passage and write a short reflection to help us on our Lenten journeys. You don't need a theological degree or wear a collar to share your thoughts on scripture!

Following are the instructions for writing your reflections.

- Read your passage, pray, and write!
- Your reflection should be no longer than 200-250 words. Remember brief is beautiful!
- To submit your reflections, simply write the date and passage at the top of your submission and include your reflection below it.
- All reflections need to be emailed to [amanda@stjohns-lancaster.org](mailto:amanda@stjohns-lancaster.org) by FEBRUARY 10.
- Whatever is speaking to your heart is what you should write. Remember personal connections make scripture come alive for others. If you are really struggling with what to write, call me! I'd be happy to work through it with you.
- Make sure to write your name at the bottom of your reflection. (If you would like to remain anonymous we understand and will honor that, however we'd love to give credit where credit is due. I have found these writings to mean so much more when we know who they're coming from.)
- Finally, enjoy this process. This practice is designed to inspire conversations with God and with each other.

If you would like to contribute to the St. John's Lenten Reflection Book, please sign up on our website: [www.stjohns-lancaster.org](http://www.stjohns-lancaster.org)

And remember, there is no age limit to this spiritual practice. Children, youth, young adults, seasoned adults, and families are invited to participate!

I look forward to walking with you through this transformative season,  
Amanda+

