



The Shepherd's Horn

Good Shepherd Lutheran Church • Virginia Beach, Va.



Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love. (Joel 2:13)

This year the season of Lent begins on February 14, which of course also happens to be St. Valentine's Day. I find this more than a bit ironic. I mean, is there any other day of the year more about the heart than Valentine's Day? From cards to candies to helium filled balloons, there will be hearts *everywhere*, hearts that symbolize both love and passion. Meanwhile, as we gather on a day that, this year, will also be Ash Wednesday, we will hear again of God's steadfast, passionate love and God's call to us, "Return to me with all your *heart*."

But what does it mean to return to God with all our heart? Lent is a season for creating holy time and holy "space" in our lives to contemplate this crucial question. All too often we fill our lives with busyness and "stuff," and we become so wrapped up in ourselves and what we have going on that we fail to realize just how hungry and thirsty our souls truly are. We hunger for God. We thirst for Life. We yearn for peace and for hope. Yet unless we make the time to connect our own hearts to God's heart, we will remain restless and unsatisfied. As St. Augustine famously wrote: "You have made us for yourself, O Lord, and our heart is restless until it rests in you."

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Opportunities To Make Some Time For God this Lent

Lent begins this year on **Wednesday, February 14**. Grounded in and modeled after the forty days Jesus spent in the wilderness being tempted by the devil, it is a time for us to contemplate what gets in the way of our relationship with God. Lent is also an invitation to be refreshed and renewed as we make time for God, especially through worship, Bible study, prayer, and fasting. Join us this year as together we take time to make time for God.

Ash Wednesday

Two services on **February 14: Noon and 7:00 p.m.** with the Imposition of Ashes.

Centering Prayer

You are invited to discover a deeper sense of peace this Lent. **Beginning February 21**, Pastor Scott will lead a time of guided prayer and meditation each **Wednesday evening** in Lent from **5:45 - 6:15 p.m.** The sanctuary will be open before and after for personal prayer, as well as for our mid-week evening prayer.

Holden Evening Prayer

Join us on **Wednesday evenings in Lent at 6:30 p.m.** for *Holden Evening Prayer*. This simple, yet powerful service is a long-time favorite at Good Shepherd, and a great way to make time and space in your life for God.

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