

Pastoral Moment

Sunday, March 1, 2020

Following the F.O.R.M.U.L.A.E
(Faith.Outreach.Risk.Missions.Unity.Learning.Agape.Excellence)

Dear Cornerstone Family,

Greetings in the name of our Lord and Savior Jesus Christ! The Lenten Season has begun and I hope you have begun the practice of denial in whatever way you deem most beneficial. As I have mentioned, as we deny ourselves do not forget to fill that time that you would be indulging in a snack or social media with serious moral reflection, prayer, scripture reading, or perhaps a combination of these. You may wish to be creative during this lent.

I have heard that this season may be a season for those who spend most of their time in denial (e.g. single parents, etc.) to feel what means to receive again. One sister who had been diagnosed with Cancer said that she took up cursing for lent. The point I am trying to make is that the Lenten Season is for all of us to reflect upon our lives in many ways, using varied spiritual practices so that after these forty days we will shed some of the illusions about what we believe makes for a good life.

I leave you with a prayer that I have prayed and will continue to pray throughout this season. I hope you too will use it to further your Christian growth during this season:

“Saving God, I stand amazed when I consider that Jesus counted it all joy to go to the cross. And because he did so teaches me to find joy in things I would tend to avoid or even reject. Forgive me for trying to define my Christian life in terms of things that are pleasant, quick and easy.

Teach me joy of accomplishing your will when it can only be done through painful slow, and challenging ways. Deliver me from a spirituality of entertainment, and replace it with one of engagement! Give me your graced ability to accept the sound of hosannas or the hammering of nails. In Jesus’ name. Amen”

Following the F.O.R.M.U.L.A.E,

Pastor J. C.

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