

From the Superintendent

Rev Steve Day

Dear friends,

I write this letter with Shrove Tuesday (and the appetising prospect of pancakes!) and Ash Wednesday approaching. On Ash Wednesday, we begin our Lenten journey and turn our attention to the events that take place in Jerusalem during Holy Week, culminating in the crucifixion and resurrection of Jesus.

The period of Lent reflects the time when “Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tested by the devil. He ate nothing at all during those days, and when they were over he was famished” (Luke 4:1-2). I find it hard to imagine this kind of physical hunger and its impact on Jesus. In his famished and exhausted state, the devil tempted Jesus: ‘If you are the Son of God, command this stone to become a loaf of bread.’ Jesus answered him, ‘It is written, “One does not live by bread alone”’ (Luke 4:3-4). Jesus’ response points to his dependence on nourishment which goes beyond physical food. He depends on nourishment, which truly satisfies every aspect of his being. This experience of Jesus in the wilderness is the inspiration behind the Lent resources offered by the Methodist Church in Britain entitled “Soul Food.”

The 1999 Conference report “Called to Love and Praise” describes the vision for a vibrant church community, highlighting qualities like:

- A community nourished by powerful songs of faith, prayers that draw from rich Christian tradition and modern life, and preaching that speaks meaningfully to today’s world with depth and integrity.
- A place of warm fellowship, a “home away from home”, committed to justice, peace and forgiveness.

Hopefully, what we will experience together in worship and fellowship groups during this Lent will feed our souls and inspire us as we walk in the footsteps of Christ. Yet, resources are also available to support our daily devotional life during Lent. There is a weekly pattern to these resources:

- **Monday.** A recipe video for something to cook and potentially share.
- **Tuesday.** A Bible study video discussing questions emerging from that Sunday's Gospel passage.
- **Wednesday.** A craft video for something to make at home or in a group.
- **Thursday.** An inspiring story about how the Methodist Church and our partners work to nourish and care for all.
- **Friday.** A reflection on a classic soul song, revealing the good news in its lyrics.
- **Saturday.** "Soul Food Saturday," a magazine-style video show featuring a panel discussing weekly highlights and showcasing photos from across the church.
- **Sunday.** No resources will be sent, but you are invited to gather for worship.

To register to receive these resources throughout Lent, please go to this link:
<https://www.methodist.org.uk/for-churches/soul-food/>.

I pray that we may find deeply satisfying food for our souls this Lent, which will sustain and equip us as Christ's people. After experiencing the struggles of being tempted in the wilderness, Jesus "returned to Galilee in the power of the Spirit" (Luke 4:14a) and began his public ministry.

May our experience together this Lent enable us to immerse ourselves in the drama and emotions of Holy Week and Easter, discovering new aspects of what it means to be Christ's pilgrim, Easter people.

God bless,



Soul Food, the Methodist Church's Lenten Resources can be accessed via the following URL, or by scanning the QR code on the next page:
<https://www.methodist.org.uk/for-churches/resources/videos/hush-the-noise-christmas-2024-film/>



40 daily **deliveries**
of **spiritual nourishment**
through **Lent**

We do not live by bread alone



Sign up for daily emails through
Lent by scanning the QR code or
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The **Methodist Church** 