



February 2015



Salem Spirit of Life Church

“A Welcoming Community”
Rev Dr Don Eck—Pastor
Rev Dr T (RW Taylor) - Associate Pastor

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Sunday Worship 10:00AM
Sunday School 9:45AM

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A Message From The Pastor

A word about the Lenten Season. Ash Wednesday, Feb. 18th, marks the beginning of Lent. Lent is the most sacred time of the year in most Christian traditions. It is the time we concentrate in a special way on God's gift of Jesus and the place of His life, death, and resurrection in our lives. It is a Season of penance, reflection, and fasting and prepares us for Christ's Resurrection on Easter Sunday, through which we attain redemption.

Why we receive the ashes:

Following the example of the Nine vites, who did penance in sackcloth and ashes, our foreheads are marked with ashes to humble our hearts and remind us that life passes away on Earth.

Ashes are a symbol of penance made sacramental by the blessing of the Church, and they help us develop humility and sacrifice. The distribution of ashes comes from a ceremony of ages past, Christians who had

committed grave faults performed public penance. On Ash Wednesday, the Bishop blessed the hair shirts which they were to wear the forty days of penance, and sprinkled over them ashes made from the palms from the previous year. They the faithful recited the Seven Penitential Psalms, the penitents were turned out of the church because of – just as Adam, the first man, was turned out of Paradise because of his disobedience. The penitents did not return to church again until Maundy Thursday after having won reconciliation by the toil of forty days' penance and sacramental absolution. Later, all Christians, whether public or secret penitents, came to receive ashes. In earlier times, the distribution of ashes was followed by a penitential procession.

While the ashes symbolize penance, they are also a reminder that God is gracious and merciful to those who call on Him with repenting hearts. His Divine mercy is of upmost importance during the season of Lent, and the Church calls on us to seek mercy

during the entire Lenten season with reflection, prayer and penance.

What's Happening Around SSOL:

Wednesday 6:30PM Celebrate Recovery Group - Step Program. This repeats every Wednesday night until the program has been completed.

Saturday February 14th:Valentines Day

Tuesday February 17 HIV Alliance Meets at SSOL for their Regular Meeting 4:00PM

February 18, 2015 Ash Wednesday Service will be at 7:00PM

Friday February 20th Pot Luck and Movie All Are Welcome - 6:30PM -- Signup Sheet on the table in the hospitality room. Movie: ??

Hospitality Schedule For January:

Feb 1st:	Linda
Feb 8th:	Nelson
Feb 15th:	Open
Feb 22nd:	Open

Keep in your prayers those not with us today because of illness or distance.

Readings and Gospel For February:

Feb 1st: The Presentation Of The Lord

Reading: Book of the Prophet Malachi 3:1-4

Psalm Response: Who is this king of glory? It is the Lord!

Reading: Letter to the Hebrews 2:14-18

Gospel: According to Luke 2:22-32

Feb 8th: Fifth Sunday In Ordinary Time

Reading: Book of Job 7:1-4, 6-7

Psalm Response: Praise The Lord, Who Heals The Brokenhearted.

**Reading: 1st Letter of St. Paul to the Corinthians
9:16-19,22-23**

Gospel: According to Mark 1:29-39

Feb 15th: Sixth Sunday In Ordinary Time

Reading: Book of Leviticus 13:1-2,44-46

**Psalm Response: I Turn To You, Lord, In Time Of Trouble,
And You Fill Me With The Joy Of Salvation.**

Reading: 1st Letter of St Paul to the Corinthians 10:31-11:1

Gospel: According to Mark 1:40-45

Feb 22nd: First Sunday of Lent

Reading: Book of Genesis 9:8-15

**Psalm Response: Your Ways, O Lord, Are Love And Truth To
Those Who Keep Your Covenant.**

Reading: 1st Letter of St Paul to the Corinthians 3:18-22

Gospel: According to Mark 1:12-15

LIFE

*only comes
around once, so
do whatever makes
you happy and
proud, and
be with whoever
makes you smile.*



Loving Wellness Mind and Body

