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A Season of Reflection and Repentance

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Lent is a season of reflection and repentance. The 40 days prepare Christians for the events of Holy Week and Easter. "There are those who embrace these Lenten practices as a welcome part of an annual rhythm in the lives of prayer and devotion to God, a way of renewing that relationship by marking off time for more prayer, changing the way they eat or refraining from certain activities like watching TV. For some, it is a time to link the giving up with a giving to others," said Sandra Yocum Mize, chair of the religious studies department at UD.

"In our own culture of extravagant plenty, crowded schedules and constant flow of information, it seems that for at least some Christians, Lent provides a set time to reorient oneself away from those constants of our culture to the gospel's message -- yes, to repent of those failings and disorders in one's life, but also to believe in the good news of forgiveness and the possibility of community that works for justice and peace that is rooted in love of God and neighbor."

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