



Journey into Lent: Dust

The purpose of Lent is to prepare oneself for the death and resurrection of Christ. It is to reflect on the divine human pattern of life and death. In order to live we need to die. It is the time to embark into a journey of deep human brokenness were we realise that we can not do life on our own.

Theo Geyser



Wanneer jy na jouself in die spieël kyk,
waarvan hou jy die meeste en wat sou jy
graag wou verander?

We need NOT to ask **FROM** what and who do we abstain or hold back during Lent but rather **FOR** what and who do we hold back.

It is to listen to the challenges and promptings that God stirs in our hearts.

Theo Geysler



As jy net een boodskap gehad het om vir die handjievol belangrikste mense in jou lewe te los, wat sou dit wees in 25 woorde of minder?

Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life?



And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you— you of little faith?

~ Matthew 6:25-30



Van al die dinge wat jy in jou lewe gedoen het, watter een sou jy die graagste wou ongedaan maak? Watter een maak jou die gelukkigste as jy daaraan terugdink?

As swimmers dare
to lie face to the sky
and water bears them,
as hawks rest upon air
and air sustains them,
so would I learn to attain
freefall, and float
into Creator Spirit's deep embrace,
knowing no effort earns
that all-surrounding grace.

Denise Levertov



Is daar enige persoon of enige saak in die wêreld,
waarvoor jy, sou omstandighede dit vereis, gewillig sal
wees om dood te gaan?

Matt 16-18

"When you practice some appetite-denying discipline to better concentrate on God, don't make a production out of it. It might turn you into a small-time celebrity but it won't make you a saint. If you 'go into training' inwardly, act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face. God doesn't require attention-getting devices. He won't overlook what you are doing; he'll reward you well."



As hierdie die laaste dag van jou lewe is, wat sou jy vandag doen? Verskil dit baie van hoe jou planne reeds lyk vir vandag, 'n gewone dag van 'n gewone week waarin doodgaan nie deel van jou beplanning is nie?

Isaiah 58

Your Prayers Won't Get Off the Ground

"Shout! A full-throated shout! Hold nothing back—a trumpet-blast shout!

Tell my people what's wrong with their lives, face my family Jacob with their sins!

They're busy, busy, busy at worship, and love studying all about me.

To all appearances they're a nation of right-living people—law-abiding, God-honoring.

They ask me, 'What's the right thing to do?' and love having me on their side.

But they also complain, 'Why do we fast and you don't look our way? Why do we humble ourselves and you don't even notice?'

Isaiah 58 (continue)

"Well, here's why:

"The bottom line on your 'fast days' is profit. You drive your employees much too hard. You fast, but at the same time you bicker and fight. You fast, but you swing a mean fist. The kind of fasting you do won't get your prayers off the ground. Do you think this is the kind of fast day I'm after: a day to show off humility? To put on a pious long face and parade around solemnly in black? Do you call that fasting, a fast day that I, God, would like?

"This is the kind of fast day I'm after: to break the chains of injustice, get rid of exploitation in the workplace, free the oppressed, cancel debts. What I'm interested in seeing you do is:

sharing your food with the hungry, inviting the homeless poor into your homes, putting clothes on the shivering ill-clad, being available to your own families.

Wanneer jy na jouself in die spieël kyk, waarvan hou jy die meeste en wat sou jy graag wou verander?

Our self-denial is the path that leads to our self-affirmation; it is our means of entry into the cosmic liturgy whereby all things visible and invisible ascribe glory to their Creator.
Bishop Kallistos



As jy net een boodskap gehad het om vir die handjievol belangrikste mense in jou lewe te los, wat sou dit wees in 25 woorde of minder?

“How can we consider ourselves a witness for the God who fills our emptiness when our own lives are cluttered with material possessions, our bellies overfull, and our minds crowded with worries about what to do with what we have?”

Henry Nouwen



Van al die dinge wat jy in jou lewe gedoen het, watter een sou jy die graagste wou ongedaan maak? Watter een maak jou die gelukkigste as jy daaraan terugdink?

“When you respond to a need with a substitute it only intensifies the need.”

Richard Rohr



Is daar enige persoon of enige saak in die wêreld,
waarvoor jy, sou omstandighede dit vereis, gewillig
sal wees om dood te gaan?

“I have a need for such a **clearance** as the Saviour affected in the temple of Jerusalem. A riddance of the **clutter** of what is secondary, that blocks the way to the all important **central** emptiness which is filled with the presence of God alone.”

Jean Danielou



As hierdie die laaste dag van jou lewe is, wat sou jy vandag doen? Verskil dit baie van hoe jou planne reeds lyk vir vandag, 'n gewone dag van 'n gewone week waarin doodgaan nie deel van jou beplanning is nie?

Serene light shining in the ground of my being,
Draw me to yourself.
Draw me past the snares of the senses,
Out of the mazes of the mind.
Free me from symbols, from words
That I may discover the signified:
The word unspoken in the darkness
That veils the ground of my being.

Byzantine Hymn



What we need is here

Geese appear high over us,
pass, and the sky closes. Abandon,
as in love or sleep, holds
them to their way, clear
in the ancient faith: what we need
is here. And we pray, not
for new earth or heaven, but to be
quiet in heart, and in eye,
clear. What we need is here.

Wendell Berry



Fasting and Feasting

During this year's period of Lent may we:

fast from criticism - feast on praise

fast from bitterness - feast on forgiveness

fast from gossip - feast on silence

fast from despair - feast on hope

fast from complaining - feast on appreciation

fast from selfishness - feast on service


fast from anger - feast on patience

fast from self-pity - feast on compassion


fast from discontent - feast on gratitude

fast from fear - feast on faith





O, Christus, ons verlange
U het ons heil gebring
Sal ooit ons jubelsange
U lof na waarde sing?
Vervul in welbehae
ons harte met U Gees
Skenk ons in hierdie dae
'n ware Christusfees

A large, stylized red heart shape is positioned on the left side of the image. The heart is a deep red color with a slightly darker, shadowed area on its right side, giving it a three-dimensional appearance. It is set against a background of warm, textured colors, primarily yellow and orange, with some darker, reddish-brown tones. The overall effect is that of a glowing or fiery heart.

U wat as hemelkoning
in heerlikheid regeer
maak onder mense woning
daal as 'n dienskneg neer
en herders vind 'n Herder
oor wie hul dankbaar juig
en wyse vind die Wysheid
voor wie hul biddend buig

Lord of the winds, I cry to Thee,
I that am dust,
And blown about by every gust
I fly to Thee.



Lord of the waters, unto Thee I call.
I that am weed upon the waters borne,
And by the waters torn,
Tossed by the waters, at Thy feet I fall.

Mary Coleridge (1861-1907)



Calling the crowds to join his disciples, Jesus said, "Anyone who intends to come with me has to let me lead. You're not in the driver's seat; I am. Don't run from suffering; embrace it. Follow me and I'll show you how. Self-help is no help at all. Self-sacrifice is the way, my way, to saving yourself, your true self. What good would it do to get everything you want and lose you, the real you? What could you ever trade your soul for?"

Mark 8: 34-37

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Is daar enige persoon of enige saak in die wêreld, waarvoor jy, sou omstandighede dit vereis, gewillig sal wees om dood te gaan?

As hierdie die laaste dag van jou lewe is, wat sou jy vandag doen? Verskil dit baie van hoe jou planne reeds lyk vir vandag, 'n gewone dag van 'n gewone week waarin doodgaan nie deel van jou beplanning is nie?

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That I may discover the signified:
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That veils the ground of my being.



Byzantine Hymn



Journey into Lent: Dust

"En wanneer julle vas, moenie lang gesigte trek soos die geveinsdes nie; want hulle mismaak hul gesigte, sodat dit deur die mense gesien kan word dat hulle vas. Voorwaar Ek sê vir julle, hulle het hul loon weg.

Mt 6:16-18

"When you practice some appetite-denying discipline to better concentrate on God, don't make a production out of it. It might turn you into a small-time celebrity but it won't make you a saint. If you 'go into training' inwardly, act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face. God doesn't require attention-getting devices. He won't overlook what you are doing; he'll reward you well.

Mt 6:16-18

Probleem met vas...

Isaiah 58 - 59

58. "The bottom line on your 'fast days' is profit.
You drive your employees much too hard.
You fast, but at the same time you bicker and fight.
You fast, but you swing a mean fist.
The kind of fasting you do
won't get your prayers off the ground.
Do you think this is the kind of fast day I'm after:
a day to show off humility?
To put on a pious long face
and parade around solemnly in black?
Do you call that fasting,

Probleem met vas...

59. ⁶⁻⁹"This is the kind of fast day I'm after:
to break the chains of injustice,
get rid of exploitation in the workplace,
free the oppressed,
cancel debts.

What I'm interested in seeing you do is:
sharing your food with the hungry,
inviting the homeless poor into your homes,
putting clothes on the shivering ill-clad,
being available to your own families.

Fasting as a way of being

'The fast', he insists, 'should be kept not by the mouth alone but also by the eye, the ear, the feet, the hands and all the members of the body': the eye must abstain from impure sights, the ear from malicious gossip, the hands from acts of injustice. It is useless to fast from food, protests St. Basil, and yet to indulge in cruel criticism and slander: 'You do not eat meat, but you devour your brother'

Fasting as wings

St. John Chrysostom thought that prayer and fasting meant the following: “That these are like two wings that carry a person to the heights of God.” (Matt 12:21)



Exod 34:2; Kings 19:8-1; Acts 10:9-17

Body-wings

“By abstaining from food, man rises above the level of the body and above matter, and this is the wisdom behind fasting.”

H. H. Shenouda



“ we kill the flesh in order to acquire a
body...”

Father Sergei Bulgakov

"They are three ways of **"de-centralizing the self"**: Prayer de-centralizes my mind, almsgiving de-centralizes my heart, and fasting de-centralizes my body. The negative "giving up" notion lost any positive meaning-like seeking God or solidarity with others. **Each week of Lent, we will consciously try to let go of INNER PATTERNS that keep us in our wrong head, our small heart, and outside of our bodies."**

R Rohr

Prayer-wings

“As long as man’s
mouth is sealed by
fasting his mind will
meditate on the
repentance of his soul.”

St. Isaac of Syria



“Plenus veter non studet libenter.”

Return to paradise

Our self-denial is the path that leads to our self-affirmation; it is our means of entry into the cosmic liturgy whereby all things visible and invisible ascribe glory to their Creator.

Bishop Kallistos



Paradise

Matt 17

Mountain

Fasting and prayer

Abundance



Fast from:



FOOD
PAST AND THE
FUTURE
NOISE
MEDIA
SPEED
PASSIONS
FRIENDS