

## So what is Lent, Anyway?

Lent, in most Christian denominations, is the forty-day liturgical season of fasting and prayer before Easter. The forty days represent the time Jesus spent in the desert, where, according to the Bible, he endured temptation by Satan. Different churches calculate the forty days differently. The purpose of Lent is the preparation of the believer, through prayer, penitence, almsgiving and self-denial, for the annual commemoration of the Death and Resurrection of Jesus, as celebrated during Holy Week, which recalls the events linked to the Passion of Christ and culminates in Easter, the celebration of the Resurrection. In Western Christianity Lent lasts from Ash Wednesday until Holy Saturday. The six Sundays in Lent are not counted among the forty days because each Sunday represents a "mini-Easter".

## Counting your Blessings...

If you can sit down, read the paper and drink a cup of coffee, you're better off than the 500 million men, women and children all round the world who are currently experiencing the horrors of war, the loneliness of imprisonment, the agony of torture or the pangs of starvation. If you can attend church without threat, think of the 2 billion others who cannot freely enter a place of worship. If you have food, clothes, or a roof over your head, you're wealthier than 75% of the world's inhabitants. In fact your dustbin cats probably eat better than they do.

If you have money in the bank, you're one of the world's top 8% financially. If you own a Bible, think of the 1.5 billion people who will never own a book. And if you can read it, then you are better educated than the third of the world's population who will never learn to read.

In fact, if you woke up this morning, you're ahead of the one million who didn't make it through the week...

## Parish News Sedlescombe with Whatlington

### The readings for Sunday 3 February (Presentation)

Malachi 3: 1-5  
Psalm 24 (1-6) (7-end)  
Hebrews 2: 14 - end  
Luke 2: 22 - 40

### Services and Meetings this Week

<b>Sedlescombe Parish Church</b> <b>St John the Baptist</b> <b>Sunday 3rd February</b> 10.00 am Parish Communion, Junior & Youth Church 11.30 am New Beginnings (at the School) <b>Wednesday 6th February</b> 7.00 pm Ash Wednesday Evening Service (taken by Rev Dr Bill Maxwell) <b>Next Sunday, 10 February</b> 10.00 am Parish Communion, Junior & Youth Church	<b>Whatlington</b> <b>St Mary Magdalene</b> <b>Sunday 3rd February</b> 8.30 am Parish Communion <b>Next Sunday, 10 February</b> 10.30 am Family Service
<b>Chapel Hill Church (United Reformed)</b> <b>Sunday 3rd February</b> 10.30 am Holy Communion, Chapel Hill Church (led by the Rev Roy Cole) <b>Tuesday 5th February</b> 2.15 pm Home Group at 15 Gorselands 6.15 Rootz 'n' Shootz, Chapel Hill Church <b>Wednesday 6th February</b> 10.30 am Coffee Morning, Chapel Hill Church <b>Next Sunday, 10 February</b> 10.30 am Praise & Prayer, Chapel Hill Church (led by Mike & Judith Welch)	



## Announcements and Events

### Hunger Lunches

The first Lenten Hunger Lunch will be held on Friday 8th February from 12 noon until 130 pm at 2 Forge Cottages, The Green.

Everyone is welcome to join us for a bowl of soup in warm and friendly surroundings – just £2.50.

Proceeds to Harvest Help Abroad, and the Parish Church.

Phone Margaret (870808)

### Thursday Club

For our first talk of 2008, Christopher O'Brien is going to talk to us on "Amtrak Across America" – Village Hall, Thursday 7th February, 10.00 am.

### Mini Market

Thursday 7th February, 10.00 – 11.30 am, Coffee & Biscuits 50p (Village Hall)

### Bonus Ball

Subscriptions of £4 are now due for February –

Thank You (Rosemary Farley (870533))

### Village Library

New members are always welcome.

Tuesday afternoons, 1.30 – 3.30 (Shirley Bonney )

### Garden Society

Sedlescombe & District Garden Society will be holding the first of its lectures for 2008 at 2.00 pm, Tuesday 5th February in the Village Hall. The speaker will be Steve Harmer of Hadlow Agricultural College, and the topic will be "Growing Vegetables". There will be the usual refreshments and raffle. Guests and non-members are welcome, for whom there will be a nominal charge of £1.

The traditional English way of marking the commencement of Lent is of course Shrove Tuesday and pancakes – but here's something a little different...

### Kwarezimal (Lenten Almond Cakes)

These chewy, nutty cakes are a traditional Maltese sweet served during Lent. Kwarezimal refers to quadragesima, a Latin term that means the "fortieth," or Lent.

2 cups blanched almonds (whole, slivered or chopped)  
2 1/2 cups all-purpose flour  
1 1/4 cups sugar  
1 teaspoon cinnamon  
Zest of 2 oranges  
1/2 cup water (orange-flower water if available)  
1/4 cup honey  
1/4 cup lightly chopped pistachios

Preheat oven to 375 F. Line a baking sheet with parchment paper. Place the almonds on a baking sheet and place in the oven to toast for 5 minutes.

Meanwhile, in a large bowl, combine the flour, sugar, cinnamon and orange zest.

When the almonds are done, remove them from the oven and transfer to a food processor. Pulse until the almonds are coarsely ground. Add the almonds to the flour mixture.

Add the water and mix to form a very stiff dough. Add additional flour or water to get a tacky, but not sticky, dough. Transfer the dough to a lightly floured surface and knead several times.

Form the dough into a log, then flatten to form a 6-by-18-inch rectangle. Use a knife to cut the rectangle into 2-by-6-inch bars. Carefully transfer the bars to the prepared baking sheet, leaving about 1/2 inch between them.

Bake for 20 minutes, or until just lightly browned at the edges and still tender. Cool for 5 minutes, then drizzle with honey and sprinkle with pistachios.