

A Cross for Lent

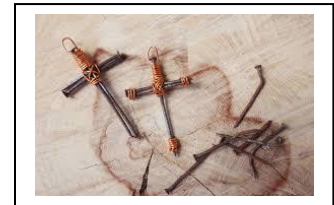


Jesus said: 'If any want to become my followers, let them deny themselves and take up their cross and follow me.'

As we begin our journey through the weeks of Lent, which help us prepare for Holy Week and Easter, how about making a cross to accompany you on the Way? You could keep your cross somewhere special, perhaps by a candle, so you can see or hold it when you read the Bible, pray, or when you share in worship online. Or just have it there, where you wash up, cook or sit and think, as a reminder of this holy time and the promise of Jesus to be with us always. It can be something very simple. The crosses in the picture above are made of pegs glued together.

Here are some other ideas:

- ✚ Take a couple of sticks and bind them together with string, wool or anything you have to hand. A reminder that Christ's cross was made of wood.
- ✚ A similar idea would be to take 2 nails and bind them in the shape of the cross – wire might be good here. A reminder of the nails that held Christ to the cross.
- ✚ How about cross-stitching a small cross? Take some Aida, or similar fabric for cross-stitching. If you have any of the stiffer material you can use for 3 dimensional crafts that would be good too. Be careful to leave enough of an edge around your design so that when you cut it out you can fray the edges if using Aida etc – it's probably best to have a larger piece of fabric and then only cut it down after you've finished your cross, which can be any size you choose.
- ✚ You could take a glass jar and put a simple cross on it, with glass paints if you have them, or with Sharpie pens (other brands are available, as they say, but you need them to be permanent markers!) When your jar is dry, put a nightlight inside. Light your candle when you share in prayer or worship online at home, or whenever you spend some quiet time. But please be careful! LED nightlights are very safe. If you use a live flame, make sure you stand the jar on a firm, flat surface and put it on a coaster or table mat so the heat doesn't cause damage. And as they say, never leave a lit flame unattended.
- ✚ Paint a cross, or create a collage.
- ✚ Go for a walk, collect things from the natural world (stones, pebbles, fir cones, leaves) and arrange them in the shape of a cross. You may need to renew the bits.



And when you've made your cross, please take a photo! Send to Hannah via the usual WhatsApp route or simply email it to her at revhannahlins@gmail.com. We'd love to share our Lent crosses around the Loop.