

**2021-02-17 ... Ash Wednesday Liberation ... Revd Canon Judy Hunt
Midweek Video Reflection**

Hello, Revd Judy here with some thoughts for Ash Wednesday ...

In pre-Covid days, if you were in London on Ash Wednesday and using the Tube – you would see many people with a dark cross – a cross of Ash on their foreheads.

As the mark of the ash had been made, they would have heard the words:

***‘Remember that you are dust and to dust you shall return.
Turn away from sin and be faithful to Christ.’***

Ash Wednesday is therefore a solemn, a serious day But it is also a liberating day. Why? Well, because when we turn to Christ in this way, he brings us freedom from the power of sin ... he liberates us.

Ponder these words from **John 8 v34 to 36**:

³⁴ Jesus answered them: **‘Very truly, I tell you, everyone who commits sin is a slave to sin. ³⁵The slave does not have a permanent place in the household; the son has a place there for ever. ³⁶So if the Son makes you free, you will be free indeed.’**

I think we can all point to times when we have been slaves to sin ... that bad habit that we just can't seem to kick, that attitude that seems too ingrained to leave behind ... this is the power of sin. Sometimes we can think that we ought to be able to free ourselves ... that we ought to be able to rise above such human traits. But those attitudes ignore the frailty of our humanity ... that we are dust and to dust we shall return.

So listen to this meditation by Benjamin Buelta SJ:

**My limitation, once accepted,
frees me
from the impossible task
of perceiving perfection.**

**My ambiguity,
which pervades everything,
frees me
from naiveté
in relationships and plans.**

**My sin, forgiven,
frees me**

PTO

from the pride that raises
my heart and eyes
over the heads of those around me.

My fragility, admitted,
frees me
from building my life
on self-sufficiency,
crushing and vain.

My failure
frees me
from the fear of defeat
which suffocates my imagination
and freezes the future

*(From "Liberating Limit" in Psalms to Accompany the Spiritual Exercises of St Ignatius Loyola
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So live this day, live this Lent
turning away from sin and being faithful to Christ,
being loosed from the power of sin
and rejoicing in the freedom Christ gives to you.

Amen.