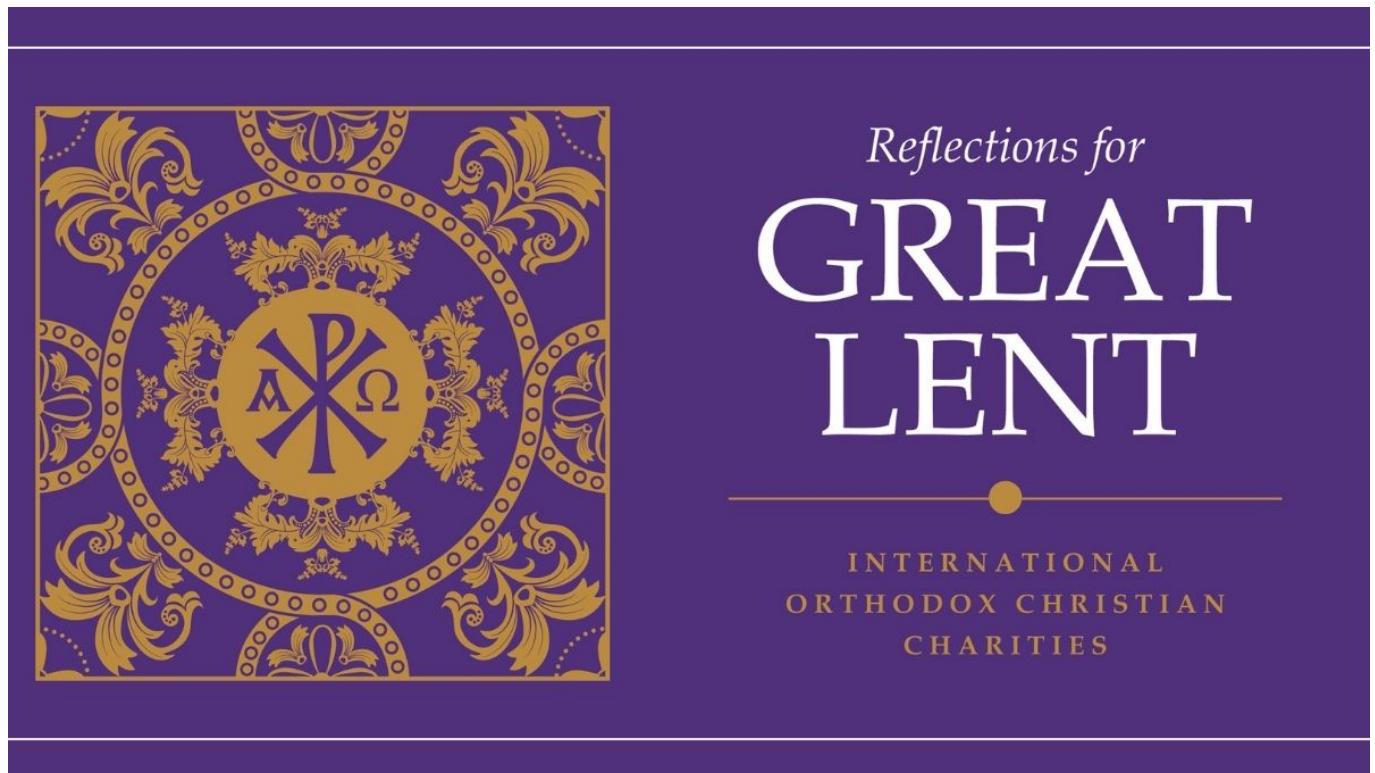


16/04/2021

## International Orthodox Christian Charities Offers New Lenten Reflections



### OCC Frontliners Share Thoughts on Service in Challenging Times

Baltimore, Md. – Reflections for Great Lent, the latest publication from International Orthodox Christian Charities (IOCC), is now available. In preparation for Pascha, the booklet offers encouragement along the journey to the Church's greatest feast.

The small booklet, now an annual tradition for IOCC, is designed to encourage Christians during the Great Fast. Following the liturgical structure of Sundays in the Orthodox observance of Lent, the booklet presents iconography for each Sunday, plus inspirational reflections.

This year's contributors are IOCC Frontliners, specially trained volunteers who deploy with IOCC to provide emotional and spiritual care across the US after natural and other disasters. Each reflection connects in some way to IOCC's mission of service.

Reflections for Great Lent features an introduction by His Eminence Metropolitan

Nicolae of the Romanian Orthodox Metropolia of the Americas, liaison to IOCC from the Assembly of Canonical Orthodox Bishops of the United States of America.

“Great Lent,” writes His Eminence, “offers an opportunity for reflection, renewal, and most of all repentance.” He continues, “Repentance provides a path toward renewed communion, a way—through God’s grace—to return to Him.” His Eminence reminds readers that we make this journey not alone but with each other and among the communion of saints. Finally, he invites us all to respond to Christ’s Paschal victory by serving others in the spirit of Christ’s love.

IOCC’s print booklet of Lenten reflections can be requested by calling 877.803.4622 (IOCC) or by emailing [\[email protected\]](#). A digital version is available to download at [iocc.org/lent](http://iocc.org/lent).

[goarch.org](http://goarch.org)

