

As Lent approaches this year, we lament.

We lament all those whose lives were lost during the COVID-19 pandemic. Our hearts break for all of the people who are no longer with us. We also lament other losses that include jobs and livelihoods, the opportunity to travel to visit loved ones and the ability to worship together in our church buildings. So much was lost, with little or no time to lament that which was lost. Because of the magnitude of these collective losses, we decided to focus on lament as the theme for the 2021 Lenten Meditations.

You are invited to meditate on these reflections daily and to engage the “[Four Steps of Lament](#),” by resting, reflecting, repenting and ultimately being restored to God and to one another. Many of the authors share deeply personal and painful experiences related to a variety of issues including disease, violence, racial injustice and poverty. You are invited to come to these meditations with an open heart. What you read may challenge you and give rise to unexpected or uncomfortable feelings. Above, you can view the English and Spanish version of the booklet in both color and black and white. If you would like to subscribe to receive these meditations daily in your inbox, please [subscribe here](#). Note, the Lenten Meditation booklet is completely virtual this year as churches continue to gather virtually.

You are also invited to celebrate Episcopal Relief & Development Sunday on February 21st, 2021. Visit the [Episcopal Relief & Development Sunday](#) page for resources that include a sermon from the Right Rev. Jennifer Baskerville-Burrows, Prayers of the People and a Proper Preface specific to Episcopal Relief & Development. May this special day serve as a sign of hope for your congregation – your support allows us to respond to the COVID-19 pandemic globally and reach the most vulnerable in society. God’s work continues thanks to your generosity.

This Lent, may God restore your soul by bringing you into the bright new life that is our Easter promise. And may you continue to know that you are loved now and always.

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