

IN OUR PRAYERS THIS WEEK

The Church in the World: We pray for the Province de L'Eglise Anglicane Du Congo, The Most Revd Zacharie Masimango Katanda - Archbishop of the Congo & Bishop of Kindu.

In Canada: We pray God's blessing on Archbishop Ron Cutler, people, and clergy of the Diocese of Nova Scotia and Prince Edward Island

In the Diocese of Ottawa: We pray for John, our Bishop on medical leave, for Michael, our assistant Bishop, and for Jonathon, our Priest. We remember in our prayers the Anglican Fellowship of Prayer, Paul Dumbrille, Ottawa Representative; and all parish representatives; all Parish Administrators in the Diocese of Ottawa. We pray for Martin Luther Lutheran Church Pastor Friedrich Demke.

Our Mission Partners: We pray for Vidas Mission in Ayacucho, Peru, Pastors Max and Raquel Candia.

Our Local Community We pray for the leaders and the development of the local hospice initiative. We ask God's blessing on local Christian churches in Mississippi Mills and on their ministries. We pray for the people and leaders of this town of Almonte and the surrounding communities.

In Our Parish: We pray for comfort and healing for Lucy Poaps, Anne Wheatley, Bill Aird, Bessie Exley, Geneviève Coxon-Marshall, Sally Gentry, and Dorothy Berg. We ask God's comfort for the grieving family of Colin Thacker.

In Our Parish Cycle of Prayer: We give thanks for and pray God's blessing on our members Bessie Exley, Victoria and Chris Fabricius, Cathy and Amber Fassbender, Cathy and Michael Gallagher. We remember our sponsorship family: Assad, Alsit, Lana and Elias.

For the Whole Human Family: That we may learn to live together in justice and peace. We pray for refugees and displaced persons, thinking especially of the people seeking refuge from war and persecution and we remember the victims of terrorism around the world. We pray for all those whose lives are impacted by social unrest, disaster and poverty.

Prayer for St. Paul's: Heavenly Father, you have welcomed us into your kingdom and your heart's desire is to draw every human being to yourself. Grant us clear eyes to see people as you see them, sensitive feet to stand in their shoes, and warm smiles to welcome them into your name. Give us generous hearts, that our church becomes a foretaste of heaven where every soul you send us finds their loving home in the community of your Son our Saviour, Jesus Christ. Amen.

Welcome to

St. Paul's Anglican Church Almonte

www.stpaulsalmonte.ca

e-mail: office@stpaulsalmonte.ca phone: 613 256-1771

The Rev. Jonathon Kouri

rector@stpaulsalmonte.ca

Rector's Warden: Wendy Shaw

People's Warden: Bob Bassett

A full list of contacts for St Paul's can be found at the back of the church.



March 10, 2019

First Sunday of Lent

8:30 a.m. Holy Communion (BCP)

Greeters: Cathy and Michael Gallagher

Reader: James Blair

10:30 a.m. HOLY EUCHARIST

Greeters: Irene Emig and Mary Pearson

Server: David McCreery

Readers: Nancy Deschenes and Karen Luyendyk

Prayers: Claire Marson

Music Director: Wendy Shaw

Organist: John Black

Accompanist: Dan Berg

We ask that you please refrain from wearing perfumes or colognes.

Gluten-free bread is available upon request

We gather today on the traditional and unceded territory of the Algonquin Anishnabe Nation. May we dwell on this land with respect and peace.

This Week's Readings

1st Reading: Deuteronomy 26:1-11 **2nd Reading:** Romans 10:8b-13

Psalms: Psalm 91:1-2, 9-16 (BCP p. 448) **Gospel:** Luke 4:1-13

8:30 a.m. HOLY COMMUNION

According to the *Book of Common Prayer* (BCP), beginning on p.67

Collect for the Day

Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

10:30 a.m. HOLY EUCHARIST

According to the *Book of Alternate Services* with Eucharistic Prayer 1

NOTE: The words of the liturgy, the songs and hymns are projected on the screen at the front of the church.

Next Week's Readings

1st Reading: Genesis 15:1-12, 17-18 **2nd Reading:** Philippians 3:17-4:12

Psalms: 27 **Gospel:**

THIS COMING WEEK AT ST PAUL'S

Monday	6:30 p.m.	Yoga
Tuesday	1:30 p.m.	Contemplative Painting
	2:00 p.m.	Food Cupboard
	7:00 p.m.	Property & Finance Committee
Wednesday	1:30 p.m.	Contemplative Writing
	7:30 p.m.	Be Still My Soul quiet time
Thursday	noon	Prayers in the Church
	1:00 p.m.	Contemplative Mixed Media
	4:15 p.m.	Music Team Practice
Friday	10:30 a.m.	Yoga
	1:00 p.m.	Contemplative Photography
Sunday	8:30 a.m.	Holy Communion, BCP (spoken)
	10:30 a.m.	Holy Eucharist, BAS, (with music)

*BCP=Book of Common Prayer BAS = Book of Alternate Services BSS = Supplement to the BAS

ANNOUNCEMENTS

BISHOP'S GALA. Dinner and Silent Auction, Wednesday, May 8, 6-10pm
RSVP by April 12. Funds raised at this event are to respond quickly and compassionately to compelling and often unexpected situations locally, nationally, and internationally that are beyond the Diocesan budget.



The outdoor steps down to the Hall (lower yellow doors) are a hazard. While the cold icy conditions persist, the upper (main) yellow doors will be open during the week. To access the Hall, remove boots at the back of the church before proceeding through the church and down the indoor stairs.

R3* Group kick-off meeting. Let's get together on **Sunday March 24** at 12 noon for some food and fellowship followed by an open discussion (at about 12:30) on all the ways in which we can repurpose our rectory. Bring your bagged lunch for some fellowship after church.

Let's spend time dreaming together about all the good we can do with our rectory. There's no such thing as a bad idea!

*Rectory Renewal and Refurbishment



The *Giving Our Thanks & Praise Workshop* coming up on **March 30, 2019**. Explore the theology of stewardship, learning about the *Giving Our Thanks & Praise* Parish Giving Program and *I Intend*, an introductory discipleship

program. **If you are interested in attending, please speak to Rev. Jonathon.** Online registration is now open:

www.eventbrite.ca/o/anglican-diocese-of-ottawa-13054402599

ECUMENICAL LENTEN SERVICES AND LUNCHEAS

will be held this year at **Almonte Presbyterian Church** (NOT Almonte United as had been the case in the past), 111 Church St. on **March 20, 27, April 3 and 10**. **St Paul's is responsible for the service and lunch on April 10.** Please see Rev. Jonathon for more info of if you would like to help April 10.

Active Learning through Movement: Building Self-Awareness - Lowering Stress - Developing New Options For Living.

Interested in improving your balance, reducing your chances of falling, or discovering a new approach to dealing with blocks that hold you back? *For five weeks, starting on Tuesday, March 19*, join Bill Fehlner in the church hall, 9:30 to 10:30 am for a series of Feldenkrais® classes. The Feldenkrais Method® focuses on the relationship between movement and thought, increased mental awareness and creativity accompany physical improvements. Feldenkrais and Feldenkrais Method are registered trademarks in Canada of the Feldenkrais Guild® www.feldenkraisguild.com \$50 for 5 weeks. *Sponsored by the Centre for Creative Living.*

GOOD NEWS – The rectory has been rented!

