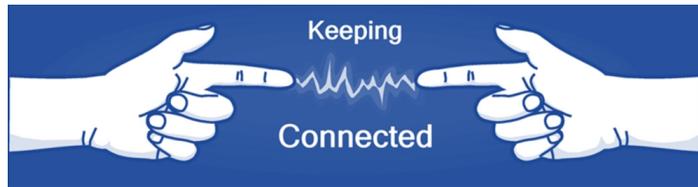


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For Sunday February 14 2021 Transfiguration

See us on the [WWW](#) - [Facebook](#) - [YouTube](#)



Next Tuesday is the final day before Lent begins; a day when Christians traditionally eat pancakes.

In theory, making pancakes uses up all the butter and eggs and sugar we will not be eating during Lent!

On this day, also known as *Shrove Tuesday*, St. Paul's usually hosts a Pancake Supper. Sadly, that won't be the case this year.

But that certainly doesn't mean no pancakes! See the article below for some ideas for a do-it-yourself Pancake Day.

Reminders

Our Ash Wednesday Service will be available on the St Paul's YouTube channel for next Wednesday (February 17). See details in the article below, ***Ash Wednesday in Unusual Times.***



The Vestry meeting registration deadline is February 15. Please let us know by phone or email to the office so you can receive the Zoom meeting link. **For details please consult last week's *Keeping Connected.***

The "dress rehearsal" for our Zoom Vestry meeting will be held next Sunday February 21 at 1 p.m. This is a technical rehearsal to iron out any glitches before the meeting itself

the following Sunday, February 28.

The 2021 Vestry Report will be published by February 21. Everyone on our electronic mailing list will receive a link to the report which can be either read online or downloaded and printed. If you wish a printed copy of the report, **please contact the office.**

A Message from Rev. Jonathon All About Lent - Part 1

With Christmas and New Year's Day happening just a few short weeks ago, it's difficult to believe that we are about to begin the Christian liturgical season of Lent. The date for Easter is variable from year to year, and therefore so is Ash Wednesday (the first day of Lent). This year Ash Wednesday occurs next week on February 17.



Lent is an ancient Christian tradition. Its origins can be traced to the first few centuries of Christianity and to early Christian initiation rituals. The ancient Greek word *katekheisis* (translated into English as catechesis and pronounced with a hard letter "c") means "oral instruction". It referred to the instruction given to those who wanted to join the Church.

In those first few centuries, joining the church was taken extremely seriously. Being a Christian meant being part of a persecuted minority, and the church wanted to ensure that those who were joining fully understood what they were signing up for. The period of catechesis or instruction leading up to baptism lasted a full THREE YEARS. During this time, catechumens (those receiving instruction) were only permitted to participate in part of the Sunday service, and they were not permitted to be present for the Eucharistic Prayer or to receive communion. This is the origin of the modern practice of children leaving the first part of the liturgy in order to receive instruction in Sunday School.

After this period of instruction was completed, the catechumens were then baptized. This usually took place on Easter Eve in an elaborate church service that lasted several hours. They wore white robes (symbolizing purity) and were baptized by full body immersion in water. This recreated the dying and rising of Christ, and represented the death of one's old life

and the birth of a new life in Christ and a taking on new identity as a Christian. In fact, some churches still celebrate such baptism rituals on Easter Eve to this day.

There are historical records from the fourth century church in Jerusalem indicating that classes for catechumens lasted for three hours a day for the entire forty days of Lent. Catechumens were also required to fast prior to their baptism, as a way to develop spiritual self-discipline and to be fully prepared when they were finally baptized. This was a type of final intensive preparation in the culminating weeks of a lengthy three-year process of preparation. Given this context, I can only imagine how meaningful the baptism service must have been for those who were finally joining the church and for those witnessing these events.

Over time, the period of fasting and study undertaken by catechumens was extended to all Christians - new and old members alike. This was done as a way of showing solidarity with the new converts preparing for baptism, but also as a way for all Christians to prepare themselves physically, mentally, and spiritually for the celebration of Easter.

By the time of the Council of Nicaea in 325 CE, there was evidence of a growing and widespread Christian observance of a period of Lent. Lenten practices varied from location to location. Indeed, there is still a great variety among Christian denominations (and even among individual Christians) as to what is practised during Lent.

In my newsletter article next week, I will explore what some of those Lenten practices are and how we might observe Lent this year during the pandemic. Stay tuned for more!



Pancakes, Pancakes, Pancakes!

From Deane Zeeman

Perhaps you normally go out to a Pancake Supper on Shrove Tuesday - or maybe you dig out the box of pancake mix that you last used a year ago. Why not try something different this year? Pancakes from scratch are pretty straightforward, after all.

Since most people have access to a traditional griddle cakes recipe. But, just in case, [CLICK HERE](#) for a recipe from the Fanny Farmer Cookbook (my "go-to" for the basics).

And here are a couple of crepe-like pancake recipes for the more adventurous:
Spekpannenkoeken - Dutch Bacon Pancakes - traditional Shrove Tuesday fare in the Zeeman household and Ffrois - Welsh Pancakes that Wendy Shaw grew up eating in Wales.

Spekpannenkoeken
(Dutch Bacon Pancakes)

¾ lb Bacon strips
1 cup Cold water
1 cup Cold milk
4 Eggs
½ tsp. Salt
1 ½ C All-purpose Flour
4 Tbsp. Melted butter
Partially cook the bacon strips (1 minute per strip in the microwave oven).
Put the liquids, eggs and salt in a blender jar. Add the flour, then the butter.
Cover and blend at top speed for 1 minute. If bits of flour adhere to the sides of the jar, dislodge with a rubber scraper and blend for 2 – 3 seconds longer. **Or** whisk thoroughly by hand.
Cover and refrigerate for at least 2 hours (it is perfectly fine to use it right away, too!).
Cut bacon into bite-sized pieces.
Heat skillet (preferably cast iron) to medium hot and add 3 pieces bacon.
Pour scant ¼ cup batter into pan and quickly lift the pan up and tilt in all directions to run the batter all over the pan bottom.
Replace pan on heat for 60 – 80 seconds, then loosen the crepe with egg turner/fish slice and flip.
Brown lightly for about ½ minute on the other side (this side is never more than spotty brown).
Repeat until bacon all used up.
You can cook any remaining batter without bacon and either eat now or freeze for later use.

Ffrois
(Welsh Pancakes)

1 cup all-purpose flour
1 pinch salt
3 eggs
1 ¾ cups milk
vegetable oil or shortening, for pan frying
6 tablespoons dried currants (divided)
½ cup sugar
2 lemons, juice of
Prepare a non stick pan of desired size by melting a small amount of oil or shortening to cover the bottom (the fat should be hot).
Pour a scant 3 Tablespoons of batter into the pan, tipping it so that it coats the bottom.
Sprinkle all over with 1/2 Tablespoon currants.
Cook the first side until it is a golden brown.
Turn the crepe with a spatula and cook the other side.
Turn the crepe out onto a large plate, sprinkle with sugar and lemon juice, and roll up.
Continue with remaining batter. Makes a dozen or more.
TIP: Crepes can also be piled up and sliced in portions like a cake.

And for the gluten-sensitive among us, a **Gluten-Free Pancakes** recipe from Claire Marson.

1 cup gluten free flour *
1 large egg
2/3 cup milk, water, soda water or buttermilk **

1 tablespoon oil or melted butter
1 tablespoon sugar
1 pinch salt
Optional add ins ***

Lightly oil and preheat a pan on medium-low.

Mix all six ingredients until there are no lumps. The batter should be pourable but not too thin. Adjust flour or liquid as needed (some GF flour mixes absorb more liquid than others. Coconut flour is one of those that sucks up a lot of liquid).

Pour 1/4 cup batter into the pan for each pancake. Cook until bubbles start to form and edges start to set and then flip. When cooked through, remove and serve immediately with butter and maple syrup.

Makes six 4-inch pancakes.

If you have extra pancakes, let them cool then wrap in plastic and freeze. To reheat remove plastic, wrap pancakes in a paper towel and microwave until hot, about 15 to 20 seconds per pancake

*The best and tastiest flour blend that I have found for pancakes is Pamela's Gluten-free baking and pancake mix which is available at Dandelion.

** I use milk most of the time but experiment with soda water which makes the pancakes lighter and buttermilk which...well which is just yum!

*** And finally, you can add all kinds of things to the batter for an extra hit of deliciousness. I've tried orange zest, vanilla, shredded coconut, maple syrup or cinnamon to the batter and also chocolate chips or blueberries to the batter after I've poured it into the pan and before it sets, just to mention a few options.

Have fun experimenting and do enjoy the results!



Ash Wednesday in Unusual Times

An opportunity to recapture the reason for Ash Wednesday, a time to truly rend our hearts as we enter into Lent.

Ash Wednesday, the beginning of the 40 days of Lent, falls this year on February 17.

Since we are not able to be together physically, the imposition of ashes will take a different form and be self-administered.

Although it is traditional to be signed on the forehead with a cross composed of palm cross ashes and holy oil, this is simply a symbol or outward sign of a deeper spiritual reality (inward spiritual grace). Using non-traditional ingredients and self-administering the symbol in no way diminishes the meaning or spiritual power of the act.

So, this year because of the pandemic and our inability to gather in person, we will take responsibility for ourselves by signing ourselves with a cross to indicate our willing commitment to enter into the disciplines of Lent.

A recorded Ash Wednesday service will be available on our YouTube channel (<https://www.youtube.com/channel/UCGNiLkYIItj-CIMRRp94rFA>) and the words of the Ash Wednesday liturgy can be found in the *Book of Alternative Services* beginning on p. 281.

To participate in the liturgy of the ashes, you will need to have ready one of the following: a water-proof marker pen (preferably black or gray), or an eyebrow pencil or eye shadow, or dirt from a potted plant mixed with a little water (reminder of burial practices) or a graphite pencil.

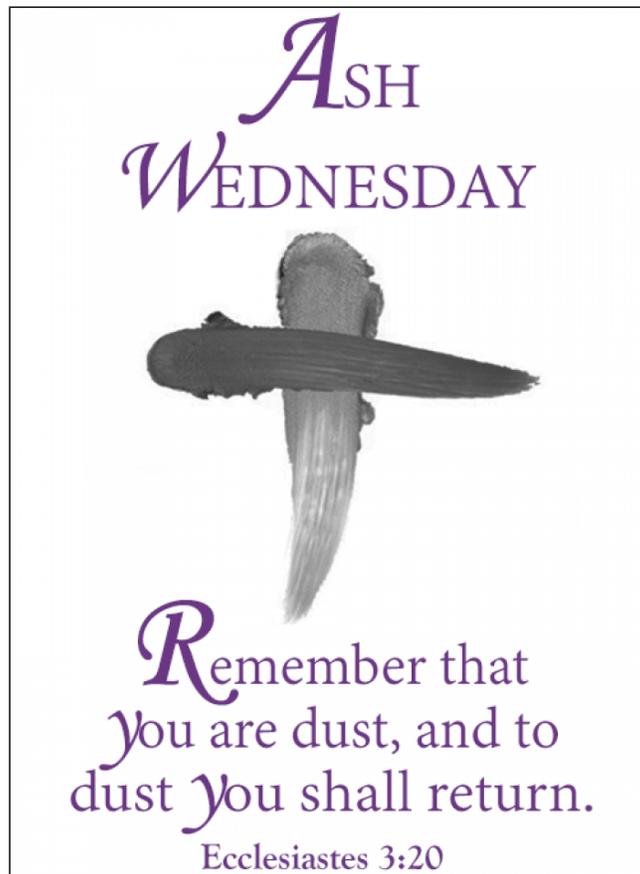
At the appropriate time in the service, Rev. Jonathon will say this prayer (BAS p. 285):

Almighty God,
from the dust of the earth you have created us.
May these ashes be for us a sign of our mortality and penitence,
and a reminder that only by your gracious gift are we given eternal life;
through Jesus Christ our Saviour. Amen.

If you are participating, draw a cross on your forehead, as is traditional, or on the back of your hand so you can see what you are doing and be reminded throughout the day of your commitment.

And say : **We remember that we are dust, and to dust we shall return.**

As the symbol fades, our determination to follow Jesus into the wilderness remains steady.



READINGS FOR THE WEEK

Click on a reading to see the text from the
New Revised Standard Version (NRSV) on the Bible Gateway

Transfiguration (February 14)

- **1st Reading:** [2 Kings 2:1-12](#)
- **Psalm:** [50:1-6](#)
- **2nd Reading:** [2 Corinthians 4:3-6](#)
- **Gospel:** [Mark 9:2-9](#)

Ash Wednesday (February 17)

- **1st Reading:** [Isaiah 58:1-12](#)
- **Psalm:** [51:1-17](#)
- **2nd Reading:** [2 Corinthians 5:20b-6:10](#)
- **Gospel:** [Matthew 6:1-6, 16-21](#)



Holy God, you have revealed the glory of your love in Jesus Christ, and have given us a share in your Spirit. May we who listen to Christ follow faithfully, and, in the dark places where you send us, reveal the light of your gospel. Amen.

In the World. Pray for the Anglican Church of Canada.

In Canada. The Bishop, the people and clergy of the Diocese of Eastern Newfoundland and Labrador. Pray for everyone involved in the Pikangikum Water Project, working with our aboriginal neighbours to address the water needs of the 400+ homes without clean water or waste water removal in a northern Ontario community.

In our Diocese. Pray for the Rt. Rev. Shane Parker, our bishop and Michael Bird, our assisting bishop; for the Director of Community Ministries, The Reverend Canon Dr. Peter John Hobbs and members of the Community Ministries Committee; for Resurrection Lutheran Church and their pastor Mei Sum Lai; and for all called to vocations in the priesthood and religious life.

In Our Community. We ask God's blessing on local faith communities and on their

ministries and, we pray for the people and leaders of this town of Almonte and the surrounding communities that the Lord will help us contribute to its well-being. We pray for the volunteers and clients of our local satellite Food Bank, the Almonte Cupboard, helping to provide food security for local people.

In Our Parish. We pray for Jonathon, our priest, for ourselves and for each other. We ask for God's blessing on our members George and Cheryl Seibel, Rodney and Judith Senior, Wendy and Len Shaw, Elaine and Graham Shea, and Alan and Heather Sheffield. We remember our neighbors, especially Assad, Alsit, Lana and Elias.



"So...that's 4 votes to approve the minutes
and 1 vote to simply tolerate them."

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