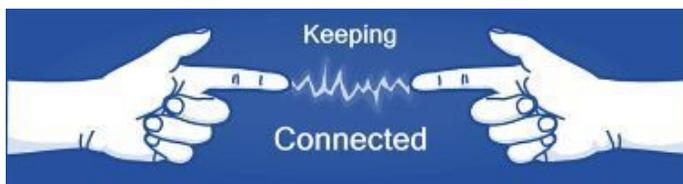


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For Sunday February 21 2021

Lent 1

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

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FROM THE DIOCESE

A message to all Parishes from the Bishop of Ottawa, Share Parker

Date: Wednesday February 17 2021

Hello and welcome to COVID Communiqué 40. As we said last week, we hope to outline plans for moving from Red to Amber in the February 24 Communiqué, when we'll have more information from public health experts and the provincial governments on the spread

of coronavirus variants as well as the scenario for vaccinations.

It is our heartfelt hope we will be able to move to Amber by Holy Week; it's possible some areas of our diocese will make the shift earlier than others. As the weeks unfold, however, we will continue to listen to scientists, who are advocating extreme caution due to the risk of sudden, rapid spread of COVID-19 variants. And we all have to realize emergency lockdowns may be called at any time where variant spread is detected.

In any event, while all parts of our diocese will remain in Red throughout February, this week we are loosening some restrictions for filming and livestreaming worship:

- If allowed by provincial and local health regulations, up to ten people can participate, but everyone present must be directly assisting the production of the service — no observers are permitted. Protocols for masking, hand-sanitizing, distancing, and contact-tracing must be observed.
- Individuals who offer spoken words during the service (e.g., officiant, reader, preacher, intercessor) may remove their mask while speaking on camera—provided that there is appropriate distancing from others. Note, however, that if the Eucharist is celebrated, the presider must wear a mask during the Eucharistic Prayer, so as not to risk contaminating the bread.
- Two musicians are permitted, provided they wear masks, but remember singers must stand approximately four metres from others and must wear masks at all times. Involving more musicians in a service requires permission.

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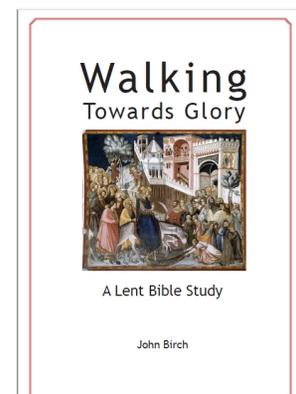
Lent Bible Study – Walking Towards Glory

Starting next Tuesday February 23 at 7 p.m., via Zoom Rev.

Jonathon will lead a Bible study focusing on the Sunday readings, *Walking Towards Glory*.

This is a 5-week study by the same author as our Advent study, which resulted in lots of lively discussion from the participants.

Description: We begin our journey through Lent as Jesus is baptized in the Jordan. Encouraged by our encounter we take up our cross to follow him, watch as tables are overturned in the Temple, discover something



of the length and breadth of God's love for us and eventually find ourselves in Jerusalem (just after the triumphal entry into the city) as Jesus agonizes over the fate that now awaits him.

Included with the studies are prayers appropriate to the season, and should the need arise a form of liturgy which can be included as part of a longer session.

The studies, though written for Bible study groups, can also be used for individual study.

To join the study, please email the office **BY NEXT TUESDAY FEBRUARY 23 AT NOON**.

You will receive a copy of the study guide (a pdf file) and your name will be added to the list of invitees for the Zoom meeting.

Questions? Contact Rev. Jonathon or the Office.

This year the Bishop's Gala virtual fundraising event and silent auction will

BISHOP'S
gala

feature entertainment from across our Diocese. Our new bishop – The Rt. Rev. Shane Parker – has changed the focus for his first gala to benefit two child/parent-focused causes: the Jerusalem Princess Basma Centre's Virtual Therapy for Disabled Children program and The Primate's World Relief and Development

Fund's All Mothers and Children Count initiative.

The event is on May 27 and the gala committee is now soliciting talent to showcase during this "virtual diocesan talent show". We are looking for a variety of talent; everything from spoken word poetry, to drumming, to pop, folk, jazz, or classical music (vocal or instrumental), dance, and anything else you would like to show us (and our viewers!). It's great exposure and free advertising for you!

If you have talent to commend to the Diocese,

please let them know at bishopsoffice@ottawa.anglican.ca **by Wednesday, March 4.**

Please describe the act and let us know what is unique about it. And don't forget your contact info. A short video clip would be helpful with our selection process and needs to be to us by Friday, March 12 in order for your act to be considered. If your act is chosen, you will be required to make your own recording to be received by us at the above email by the hard deadline of April 16. Please note that maximum time allowance is 3-4 minutes for musical acts and 2 minutes for all others.

A Message from Rev. Jonathon All About Lent - Part 2

The word Lent comes from the Old English word *Lencten* meaning "spring". This is not surprising given that Lent always occurs during the spring season in Europe. It is also related to the German word meaning "long". This is possibly a reference to the fact that during this time of year the days become longer.



The main purpose of Lent is for Christians to prepare themselves physically, mentally, and spiritually for the celebration of Easter. Lenten practices have traditionally included various forms of prayer, worship, study, reflection, repentance, fasting, self-denial, and alms-giving, among others. While we should be engaging in these practices throughout the year, many Christians engage in these practices more often and/or more intentionally during Lent.

There is a great variety among Christian denominations (and even among individual Christians) as to what is practised during Lent. Lent is observed universally by the Roman Catholic, Orthodox, and Anglican Churches. It is also observed to varying degrees by some Protestant denominations such as the Lutheran, Methodist, and Presbyterian Churches.

Prior to the Second Vatican Council in the 1960s, Roman Catholics observing Lent were only allowed to consume one full meal per day, supplemented by two small snacks. There were practical exemptions for those who were under 21 or over 59 years of age, those who were ill, and those who were engaging in strenuous physical work.

In addition to fasting, Eastern Orthodox Christians observing Lent limit entertainment and spending during this season. They go to church and pray more often, and they use this season to study the writings of early church leaders. Interestingly they also calculate the length of Lent different and always begin Lent on a Monday, not on Ash Wednesday.

Ethiopian Christians observe a particularly strict Lenten practice. They fast for fifty-five continuous days before Easter, which includes not consuming any animal products (such as meat, dairy, and eggs), not eating or drinking anything before 3:00 p.m., and abstaining from all alcohol and sexual activity.

The Lenten practice of fasting has a very interesting potential origin. The time when Lent occurs in the late winter and early spring is known traditionally in the agriculture calendar as the "hunger gap". This is a period in countries in the northern hemisphere around the Mediterranean Sea when there is a gap between the harvest of different crops. By undergoing a period of intentional fasting societies would

ensure that their food supplies would last until the next harvest.

Various pre-Lenten celebrations also developed over time. The annual Carnival in Brazil and Mardi Gras in New Orleans were last-minute opportunities to "eat, drink, and be merry" before the more sombre season of Lent began. The Shrove Tuesday tradition of holding church pancake suppers evolved out of a practice of going through one's pantry and using up all the sugar and fat prior to the start of Lent.

At St. Paul's we will be observing Lent this year by starting a new weekly Bible Study on Tuesday evenings on Zoom (*Ed. note: See announcement in "News", above*). We are also encouraging people to read a daily devotional. In whichever way you choose to observe Lent, I pray that this season will bring you closer to God.

ANNUAL VESTRY MEEETING

If you have not already done so, I encourage you to register for our Annual Vestry Meeting on Sunday February 28 at 1:00 p.m. on Zoom and over the phone. It is not too late to register! You can register by phoning or emailing the office.

The Annual Vestry Meeting gets its name from the fact that it was originally held in the church vestry. This is the room where priests put on their vestments or robes that they wear during the Sunday service.

What is vestry and why should you attend?

Vestry is the annual general meeting (AGM) of our parish and all church members should attend if possible

This is your opportunity to get involved and have your say:

- Stay informed about issues affecting our paris
- Hear from other parish members
- Vote on the budget and elect members to Parish Council
- Help determine priorities and goals for our parish for the coming year
- Be part of important decisions affecting our parish
- Provide direction to Parish Council for the coming year
- Raise any questions or concerns and provide feedback

With vestry being held virtually, you can attend from the comfort of your own home (either online using Zoom or by phone in a conference call).

Devotional Resources for Lent

Anglican Church of Canada. Lenten Resources 2021: see especially the Daily or Weekly Reflections and Bible Study and Study Guides sections
<https://www.anglican.ca/resources/lent2021/>

Revised Common Lectionary: a daily selection from the Revised Common Lectionary Prayers for the Seasons of Lent and Holy Week, with accompanying artwork to open or download in Adobe Acrobat (pdf) or PowerPoint (.pptx)
<https://lectionary.library.vanderbilt.edu/>

Green Anglicans. A Carbon Fast for Lent: from 2016 but eternally relevant
<http://www.greenanglicans.org/wp-content/uploads/2016/01/Carbon-2016.pdf>

Lent & Beyond: resources from Anglicans and Episcopalians to support others who pray.
<https://anglicanprayer.wordpress.com/2012/03/14/lent-resources-a-compilation-of-online-anglican-daily-devotional-links/>

Lent and Easter Resources: has not been updated since 2019 but contains lots of useful links (Anglicans Online)
<http://anglicansonline.org/special/lent.html>

Lenten Devotional: daily readings and thoughts for the day and a prayer (Pittsburgh [Presbyterian] Theological Seminary).
<https://www.pts.edu/UserFiles/File/PDFs/Lent%20Devotional%202021/Lent%20Devotional%202021%20-%20Print.pdf>

Lenten Madness (Who Will Win the Golden Halo?): And now for something completely different - a virtual sports tournament in which we can learn about the lives of the saints (Forward Movement - Episcopal Church, U.S.A).
<https://www.lentmadness.org/>

Living Well Through Lent 2021: provides a foundation for seeking a deeper experience of Lent, an experience that will help prepare us for the true meaning of Easter (Living Compass. Samaritan Family Foundation).
<https://shop.livingcompass.org/collections/advent-and-lent-resources/products/living-well-through-lent-2021-pdf-download>

Prayers for the Journey through Lent to Easter (John Birch, Faith and Worship)
https://www.faithandworship.com/prayers_Lent.htm#gsc.tab=0:

Repairing the Breach - Discipleship and Mission in a Global Economy: prayerful self-reflection on our economic life with daily meditations and videos written and produced by the Theology Committee of the Episcopal Church's House of Bishops (U.S.A)
<https://www.forwardmovement.org/Products/2417/repairing-the-breach.aspx>

Pretzels for Lent?

Last week we featured recipes for pancakes, traditionally eaten on Shrove Tuesday, the final day before the rigours of Lent, when households would traditionally use up their supplies of luxurious ingredients such as fat, sugar and eggs.

And now we are in Lent, a season of self-examination, with three traditional components: prayer, fasting and almsgiving.

Just how do pretzels fit in Lent?

The pretzel has a deep spiritual meaning for Lent. In fact, it was the ancient Christian Lenten bread as far back as the fourth century. In the old Roman Empire, the faithful kept a very strict fast all through Lent: no milk, no butter, no cheese, no eggs, no cream and no meat.

They made small breads of water, flour and salt, to remind themselves that Lent was a time of prayer. They shaped these breads in the form of crossed arms for in those days they crossed their arms over the breast while praying. Therefore they called the breads "little arms" (bracellae). From this Latin word, the Germanic people later coined the term "pretzel." (source: <https://www.catholicculture.org/culture/liturgicalyear/activities/view.cfm?id=543>)

Want to have a go at making your own?



- 1 1/2 cups lukewarm water (about 110 F)
- 1 tablespoon honey
- 1 envelope active dry yeast (2 1/4 teaspoons)
- 4 cups all-purpose flour
- 1 teaspoon Kosher salt
- Coarse salt (for topping)
- 1 egg, beaten

DIRECTIONS:

1. Add the honey to 1 1/2 cups warm water (about 110 F). You don't want the water too hot... that would kill the yeast.
2. Add the yeast and stir until dissolved.
3. Add 1 tsp salt and stir until dissolved.
4. Blend in the flour using a fork. When the dough begins to pull away from the bowl, lay it out on a hard surface and knead till smooth.
5. Cut the dough into pieces... about the size of the palm of your hand.
6. Roll each piece into "ropes" by hand, then twist into pretzel shapes.
7. Place the pretzels on baking stones (or lightly greased cookie sheets)
8. Brush each pretzel with the beaten egg and sprinkle with salt.
9. Bake at 425 F for 12 to 15 minutes (or until golden brown).

Enjoy! [Moderately, though... It is Lent after all.]

READINGS FOR THIS SUNDAY

Lent 1

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

- **1st Reading:** [Genesis 9:8-17](#)
- **Psalm:** [25:1-10](#)

- **2nd Reading:** [1 Peter 3:18-22](#)
 - **Gospel:** [Mark 1:9-15](#)
-



God of wilderness and water, your Son was baptized and tempted as we are. Guide us through this season, that we may not avoid struggle, but open ourselves to blessing, through the cleansing depths of repentance and the heaven-rending words of the Spirit. Amen

In the World. Pray for the Church of the Province of Central Africa. Pray for Mary Sherwood and the ministry of the Akany Famonjena orphanage and the Akany Tafita Center in Madagascar.

In Canada. Pray for The Most Rev. David Edwards, Archbishop, and the clergy and people of the Diocese of Fredericton.

In our Diocese. Pray for the Rt. Rev. Shane Parker, our bishop and Michael Bird, our assisting bishop; for our Ottawa Pastoral Counselling Centre and Sharon York, Executive Director as well as their staff and clients; for members of our Parish Ministry Committee; and for Peace Latvian Lutheran Church and their pastor Pastor Ilmars Zvirgzds (ILL-mars Zveer-goods).

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 leaders, staff volunteers and clients of our local hospice initiative, Home Hospice North Lanark.

In Our Parish. We pray for Jonathon, our priest, for ourselves and for each other. We pray for our leaders in ministry as they prepare for the upcoming Annual Vestry Meeting.

We ask for for God's healing hand to cover our members who are struggling with health issues.

We ask for God's blessing on Steve Sibbald, Myra Smith, Sarah Spinks, Tony and Theresa St. Dennis, Katharyn Elizabeth (Betty) Stock.

We remember our neighbors, especially Assad, Alsit, Lana and Elias.

Ash Wednesday



"He's a bit of a perfectionist..."

www.catholiccartoonblog.blogspot.com

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