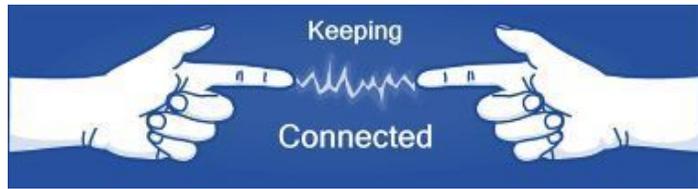


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**For Sunday February 28 2021**

**Lent 2**

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

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## **ANNUAL VESTRY MEETING THIS SUNDAY**

- Meeting will begin at 1 p.m.
- If you have registered to attend, check your email in-box for the invitation to the meeting including the clickable link.
- Please join the meeting before 1 p.m. to ensure we have time for any troubleshooting.
- The "meeting room" will be open from 12:40 onwards.

## **Ves • try**

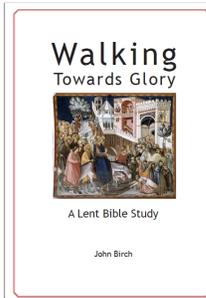
*noun*

a meeting of parishioners, originally in a vestry, for the conduct of parochial business.

The Vestry documents are available on our web site to read online or download and print.

Click on the following links:

- [Vestry Report for the year 2020 and nominations for 2021](#)
- [Treasurer's Addendum: 2020 Financial Statement and Proposed Budget for 2021](#)



## Lent Bible Study – Walking Towards Glory

**Tuesdays at 7 p.m. during Lent, via Zoom**

Rev. Jonathon is leading a Bible study, *Walking Towards Glory*, focusing on the Sunday readings.

This is a 6-week study by the same author as our Advent study, which resulted in lots of lively discussion.

**It's not too late to join us** - just send an email to the Office and we will add you to the Zoom invitation list and send you a copy of the study guide.

### Study 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.

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### Lent Opening Responses

These responses will be used every Sunday in Lent:

PRIEST: Cast your burden upon the Lord,

**ALL: And he will sustain you.**

PRIEST: Create in me a clean heart, O God,

**ALL: And renew a right spirit within me.**

PRIEST: Cast me not away from your presence

**ALL: And take not your Holy Spirit from me.**

Give me the joy of your saving help again

**ALL: And sustain me with your bountiful Spirit.**

PRIEST: Blessed be the Lord day by day,

**ALL: The God of our salvation, who bears our burdens.**

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### A Message from Rev. Jonathon

#### All About Lent - Part 3

We are probably all familiar with traditional Lenten practices such as fasting, self-denial, and alms-giving. Even for those who did not grow up attending church (or attending church in a denomination that observes Lent), we will be familiar with

references from our culture about "giving something up for Lent".

Giving something up for Lent is part of a wider pattern of behaviour that is as old as humanity itself.

As far back as history has been recorded, and across many different cultures, people have given things up for spiritual reasons. The notion of offering something to God that is precious to us is called sacrifice.



In the Jewish and Christians religious traditions, references to sacrifice can be found throughout the Bible in both the Old and New Testaments. Near the beginning of the book of Genesis we read how Cain and Abel offered sacrifices to God. The people of Israel offered a sacrifice of a lamb when they celebrated the Passover (a tradition which continues to this day). As part of Judaism, animal sacrifices were offered in the Temple in Jerusalem prior to its destruction in the year 70. When Christians celebrate the Eucharist we are remembering Christ's sacrifice for us.

Self-sacrifice and self-denial are important elements in Christian spirituality. By denying ourselves in certain ways we can make room for God to be the centre of our lives. Jesus exemplified a life of self-sacrifice which culminated in the prayer He prayed shortly before His crucifixion. He prayed that God's will - not His own - would be done (Matthew 26: 36-46). We pray this every time we pray the Lord's Prayer and ask that "Thy will be done on earth as it is in heaven".

When we speak of stewardship, we often say that Christians are called to sacrifice their time, talents, and treasures in order to serve God, the Church, and the world. In other words, sacrifice affects all areas of our life - not just our material resources.

Given that sacrifice has a long tradition in Christianity, it really shouldn't be something that we only practice during Lent. It would be more accurate to characterize sacrifice as a spiritual practice. As Christians we are called to engage in such practices throughout the year. However, during Lent we intentionally engage in more spiritual practices, of which sacrifice is one.

In thinking about sacrifice, I am reminded of a quote by Rev. Nicky Gumbel (founder of the Alpha program). He said that "Jesus only asks us to give something up if it is not good for us". This applies to things that are obviously not good for us such as bad habits, addictions, destructive lifestyles, harmful relationships, poor life choices, and even negative ways of thinking. But it also applies to things that are good for us in normal amounts but which are bad for us excess quantities. This category can include things such as food, alcohol, money, material wealth, and even leisure.

The main purpose of Lent is for us to prepare ourselves physically, mentally, and spiritually for the celebration of Easter. Sacrifice can be one way in which we prepare

ourselves. When it is understood and practised properly, sacrifice can be a life-giving way in which we prepare ourselves for Easter and strengthen our relationship with God. If sacrifice is not something that you traditionally practice during Lent, I would encourage you to think seriously about those things in your life which might be worth limiting or giving up entirely in order to bring about personal and spiritual growth.

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## **COVID Communique from the Diocese**

From: Bishop of Ottawa <bishop@ottawa.anglican.ca>

Date: February 24, 2021 at 10:18:05 AM EST

Recent days have brought rapid changes in the status of many regions as COVID-19 variants emerge; medical experts continue to stress the need for extreme caution. We're convinced keeping up the measures for staying safe while waiting to see how the variants behave — and how vaccine delivery plans shape up — is the most responsible way to proceed.

Therefore, the plan for reopening our churches to in-person worship, which we promised two weeks ago, must remain tentative because it's conditional on how government restrictions and public health advice evolve. However, we hope on March 17 to confirm a plan to allow our diocese to move into Amber stage on Palm Sunday, March 28. This would allow clergy and lay leaders 10 days to prepare for in-person Amber worship, if they feel that is the best choice for their parish.

Bishop Shane wants to avoid the stressful and demoralizing situation where we reopen prematurely, only to have to go back into lockdown again soon after. As he put it: "It is wise to remain in Red stage during the entire season of Lent, in the hopeful expectation that we can safely reopen on Palm Sunday, and then take the Holy Week journey to Easter with a sense that this is the beginning of the way out of this pandemic."

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## **Sally's Labyrinth in Winter**

Last summer Sally Hortop shared her labyrinth with us (" My Labyrinth as Church", in the August 9 issue of *Keeping Connected*).

Regardless of the season, she continues her meditative walk.

For winter use, her snowshoes recreate the sacred pattern.



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**CROSSTALK!** The February 2021 issue of the Diocesan newspaper can be viewed [HERE](#).

See pages 6-7 for an interesting article on labyrinths in our Diocese.

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# DO YOU WANT TO FAST THIS LENT?

*In the words of Pope Francis*

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

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## READINGS FOR THIS SUNDAY

### Lent 2

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

- **First Reading:** [Genesis 17:1-7, 15-16](#)
  - **Psalm:** [Psalm 22:23-31](#)
  - **Second Reading:** [Romans 4:13-25](#)
  - **Gospel:** [Mark 8:31-38](#)
-



**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 Iglesia Anglicana de la Region Central de America (Anglican Church in Central America). Pray for the work of the Vidas Mission in Ayacucho, Peru, and for leaders Pastors Max and Raquel Candia.

**In Canada.** Pray for The Rt. Rev. John Organ, Bishop, and the clergy and people of the Diocese of Western Newfoundland.

**In our Diocese.** Pray for the Rt. Rev. Shane Parker, our bishop and Michael Bird, our assisting bishop; for the Anglican Fellowship of Prayer and Paul Dumbrille, diocesan representative and for all parish representatives; for all Parish Administrators in our diocese; for Martin Luther Lutheran Church and their pastor Friedrich Demke.

**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, donors and service users of the non-profit corporation, The Hub.

**In Our Parish.** We pray for Jonathon, our priest, for ourselves and for each other. We pray for our upcoming Annual Vestry Meeting and give thanks for the technology that will make it possible.

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

We ask for God's blessing on our members Richard and Melissa Stroud, Frank and Julia Thomas, Ken and Marilyn Towey, Diane Villeneuve and Debbie Villeneuve.

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

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**Jeff gives it up for Lent.**

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