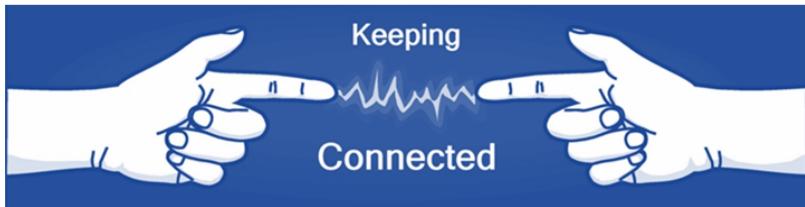
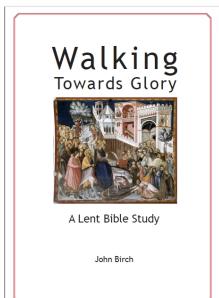


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For Sunday March 7 2021 Lent 3

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



Please Join Us on Tuesday at 7 p.m. for Week 3 of *Walking Toward Glory*.

Together we consider the readings for Lent 3 following questions from the Study Guide. To join in email the Office and we'll add you to the Zoom invitation.

A Message from Rev. Jonathon All About Lent - Part 4

Some combination of fasting, self-denial and alms-giving has been part of traditional Lenten observances for centuries. When not understood or undertaken in the proper context, these practices can be distorted into something which is the exact opposite of their intended purpose.



Jesus taught that there are some people who engage in the outward practices of religion for the wrong reasons. Our Gospel reading from the Ash Wednesday service (from Matthew, Chapter 6) described these people as engaging in prayer, fasting, and alms-giving in order to receive recognition and praise from others.

The passage from Matthew suggested that there were people in Jesus' time (as no doubt there are today) who practised religion to draw attention to themselves, to be thought highly of by others, and therefore to receive recognition and praise from others. All this presumably raised their status in the community and made them feel good about themselves.

This dynamic is not how any religion - let alone Christianity - is supposed to work. At its core, Christianity is a relationship between a person and God. It is not about setting up a human hierarchy based on how religious a person is. When that happens we create a human institution based on human principles such as status, power, control. This is in contrast to a Church based on Christ-like principles such as humility, self-surrender, and service to others.

In order to correct this situation, Jesus said that it would be better for *certain* people to practise their religion "in secret". This could also be translated as "in private". By doing so, the temptation of receiving recognition and praise from others is completely eliminated. Religion can be returned to its primary purpose - that of nurturing a relationship between an individual and God. It also ensures that the motives of those practising religion have nothing to do with recognition and praise from others.

At the same time, I do not believe that this instruction from Jesus applies to *all* people. I believe that Jesus intended this instruction to practise religion privately to apply *only* to those who would easily fall into the trap of wanting to receive recognition and praise from others. In the previous chapter of the Gospel, Jesus tells His followers that they are "the light of the world" and that they should live out their faith boldly and publicly so that others "may see your good works and give glory to your Father in heaven" (Matthew 5: 16 NRSV).

The difference between these different sets of instructions lies in the last part of that verse. If people see our good works and give glory and praise to us, it becomes a problem. Instead of directing people's attention and praise to God, we are drawing it to ourselves and holding onto it. This is idolatry. But if people see our good works and give glory to God, then we are simply reflecting God's light and directing them to praise Him, which is what we should be doing as Christians.

Of course, knowing which set of instructions to follow in a particular situation requires a high degree of self-awareness and honesty with ourselves and with God about our true motives for practising religion. I believe the key to achieving this is found through prayer and discernment, and a heart-felt and deep desire to always follow God's ways, not our own.



What is Almsgiving? Why the heck would I do it?

Almsgiving is (unsurprisingly) making a gift of alms, which are physical gifts (money, food, or goods) intended to help those who are poor.

Choosing to give alms makes a difference for those who give. It is an exercise in detachment, a reminder that money is not an ultimate good. Money can, in fact, be a distraction from things that are more important, so giving up some money helps to redirect our attention to what we really value.

Giving alms is also a social practice, perhaps the most social of the Lenten trio. Giving always occurs in relationship. This social aspect of almsgiving can remind us of the social aspect of all of Lent — it reminds us that we're not alone on this journey. At its best, almsgiving is an act of solidarity with those who struggle with poverty, helping us to recognize our common humanity.

Above all, though, giving away money or possessions is an act of love. Even though it might also help the giver, it's really about choosing to help someone else above ourselves. It's a way of embodying our desire for others' good. It's about making a sacrifice that echoes the self-giving love of God. And it's about returning that love; all our acts of love for others are ultimately acts of love for God.

How do I start?

First of all, just decide to do it. Don't worry about the amount right away — that's another decision that takes a little more thought. The choice itself is what matters most here. In making it, you're already starting to get outside yourself.

Next, choose a beneficiary. This can be an overwhelming choice because there are so many good organizations out there. None of us could possibly contribute to every good and beautiful mission, so don't let the fear of this choice paralyze you into doing nothing at all.

To narrow down your options, think about what you're most passionate about: can you connect your love for sports or music or children to a way to help people who are poor?

[READ MORE...](#)

From: Grotto Network.

That's a Wrap!

Last Sunday, February 28, St. Paul's took a big step into the digital age when we held our Annual Vestry Meeting using Zoom. 28 people attended -- a number consistent with attendance at previous vestry meetings. Two people even attended by phone!

After a brief presentation from our technical support, Caroline Zeeman, to familiarize participants with the Zoom functions they might need to use during the meeting, Rev. Jonathon called the meeting to order and Wendy Shaw opened with prayer.

Our Treasurer, Sandra Cain, did an excellent job of taking us through her presentation of the Financial Statement for 2020 and the proposed Budget for 2021. She explained the reasoning behind her proposal that St Paul's work with a deficit budget of \$4744. Her budget motion was passed unanimously. Thank you Sandra!

You can consult the Financial Statement and Budget [HERE](#).

Rev. Jonathon thanked everyone for everything we are doing and recognized Karen Luyendyk, Jane Scanlon and Sue Evans, who will not be returning to Parish Council, for their contributions to the life of the church.

Our appointed and elected representatives for 2021 are:

Appointed

Incumbent	Rev. Jonathon Kouri	Appointed by the Bishop
Rector's Warden	Wendy Shaw	Appointed by the Incumbent
Treasurer	Sandra Cain	Appointed by the Wardens

Elected

Chair of Council	To be elected by Council
Secretary of Council	To be elected by Council
People's Warden	Katrina Ayling
Deputy People's Warden	Eric Hammond
Lay Synod Delegate	Karen Masson
Lay Synod Delegate	Deane Zeeman
Alternate Lay Synod Delegate	Claire Marson

Ministries Team Leads

Church Formation	Wendy Shaw
Individual Spiritual Formation	Sally Hortop
In- and Out-reach Ministries	<i>vacant</i>
Our Spaces	Katrina Ayling and Eric Hammond

Honorary Member of Parish Council: Julia Thomas

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

From Our Envelopes Secretary

2020 Tax Receipts: The tax receipts are being mailed this week since the church is closed. Please check your mailboxes. If you have any questions concerning your tax receipt or donations do not hesitate to contact

me, Sara Cardona: envelopesecretary@stpaulsalmonte.ca or cell phone: (343) 550-1567.

MEMO

Envelope Donors: If you normally use envelopes, there are alternate ways to do so while the church remains closed:

- Cheques can be picked up at from your home, please contact Rev. Jonathon (613) 875-9370 or me to arrange a pick-up.
- Bank e-transfers using email to Sandra Cain, our treasurer: sandra@stpaulsalmonte.ca. Your donation is recorded in your file for tax receipt purposes.
- Online donations through the church website: www.stpaulsalmonte.ca. An optional small processing fee may be applied to your donation - it's not mandatory. Online donations are processed directly by me.

Thank you for your generous support of St. Paul's ministry.

Sara Cardona

READINGS FOR THIS SUNDAY

Lent 3

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

- **First reading:** [Exodus 20:1-17](#)
 - **Psalm:** [Psalm 19](#)
 - **Second reading:** [1 Corinthians 1:18-25](#)
 - **Gospel:** [John 2:13-22](#)
-



Faithful God of love, you blessed us with your servant Son so that we might know how to serve your people with justice and with mercy. We gather the needs of ourselves and others, and offer them to you in faith and love, seeking to be strengthened to meet them. Shape us and transform us by your grace, that we may grow in wisdom and in confidence, never faltering until we have done all that you desire to bring your realm of shalom to fulfillment. Amen.

In the World. Pray for the Province de L'Eglise Anglicane du Congo.

In Canada. Pray for The Rt. Rev. Sandra Fyfe, Bishop, and the people and clergy of the

Diocese of Nova Scotia and Prince Edward Island.

In our Diocese. Pray for the Rt. Rev. Shane Parker, our bishop and Michael Bird, our assisting bishop; for The Parish of Huntley and their priest The Reverend Baxter Park.

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 the Almonte Food Cupboard, working to support food security in our community.

We pray for the health, safety and well-being of our neighbours in the face of increased numbers of covid-19 cases in our area.

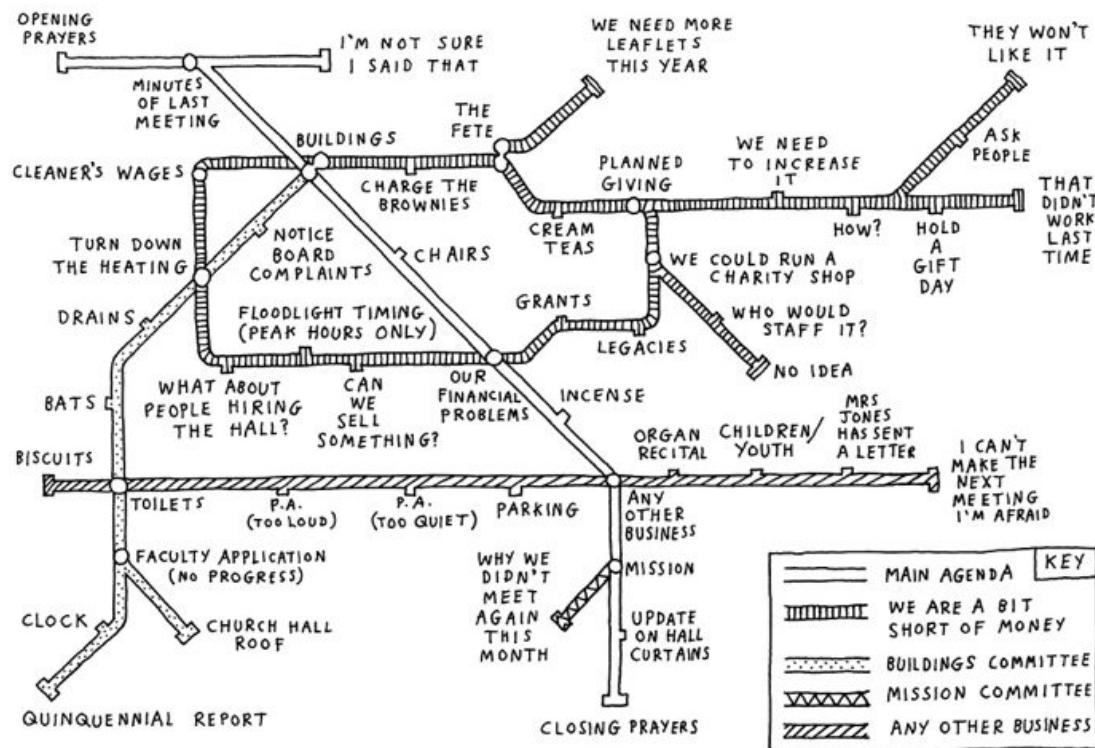
In Our Parish. We pray for Jonathon, our priest, for ourselves and for each other.

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 Robin and Rita Webb, Anne Wheatley, Anne Winters, Doris and Zachary Wionzek, and Deane Zeeman.

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

Vestry Meetings : How it COULD have gone...



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