



the Parish of St. Dunstan

On the traditional lands of the Sto:lo Nation

March 15th 2020

3rd Sunday in Lent



Welcome!

This is a diverse & safe congregation for people wherever they are on their journey with Christ. We are an inclusive church which means we celebrate women in leadership, children at the Eucharist & welcome LGBTQ+ people to participate fully in the community.

W O R S H I P

Jesus, the Gardener

tending to our spiritual growth.

John 20:15

For Children

The **Nursery** is staffed & open for children ages 0 to 4.

If you are interested in helping with this ministry, talk to David.

Activity bags are available in the entry near the colouring table.

All our volunteers & staff have a criminal record check.

Taking Communion

Everyone is welcome to receive bread & wine as a sign of our commitment to Christ & Christ's commitment to us.

There are **gluten-free wafers** for those who need it & **juice** for those who prefer.

Prayers for healing with the anointing of oil is offered beneath the cross during Communion. Please **light a candle** as a sign of your prayers.

Today's Scripture

Introductions to the Lessons by Bill Bennett

Exodus 17: *The desert wanderings of the Hebrews after the Exodus event mean that water was in short supply. Moses' leadership is again challenged.*

Romans 5: *Paul continues to emphasise that Christ's death is for all humanity, no matter what our status or ethical values.*

John 4: *Jesus' encounters a Samaritan woman at a well. The gospel explores not only her lifestyle but the essential nature of true worship.*

Sermon Notes

Water is life in the desert.

Have you ever been thirsty? Have you ever woken in the middle of the night desperate for a glass of water? How did you feel?

The ancients used thirst as a metaphor for our desires & passions. It is a metaphor that resonates well in the desert.

We have a lot of different, even competing, desires & passions as human beings. Here are a few: Belonging, wealth, safety, survival, success, to be right, to be helpful, to be unique, to understand, happiness, strength, contentment. Here are more: to control, to win, to avoid, fear, envy, pride, lust, etc.

Some of our passions are life-giving. Others are life-taking.

How can we orient our passions to give life? How can we discipline our passions so that they allow for spiritual growth in the garden of our heart?

Christ our Gardener will be our guide.

Weekly devotions are printed at the back of this bulletin.

The liturgy is taken from the Book of Alternative Services of the Anglican Church of Canada. Hymns numbers are indicated after the hymn title & found in the blue Common Praise hymn book. The readings are taken from the Revised Common Lectionary. The entire service is projected on the wall.

Gathering the Community

Announcements

Trisagion, 707

O God, We Call

the Confession & Prayer of the Day

Proclaiming the Word

The Book of Exodus (17:1-7)

Psalms 95

Paul's Letter to the Romans (5:1-11)

Come to the Water

the Gospel according to John (4:5-42) & the Sermon

the Nicene Creed, the Prayers of the People, the Confession & Absolution

the Peace & the Offering

O Healing River, 758

Holy Communion

All are welcome to receive bread at Communion.

Eat This Bread, 63

Come Let Us Sing

Sending the Community

the Blessing

Wind upon the Waters, 408

Please visit the Information Table in the entry if you have any questions.

OUTREACH

Monday

Fraser River Counselling at St. Dunstan's

Low cost counselling is provided by supervised counselling students from Trinity Western University. For more information, please connect with an intake worker at 604-513-2113.

Tuesday

Aldergrove Food Bank Soup Kitchen

The Parish of St. Dunstan's has committed to cooking & serving soup on the 2nd & 4th Tuesday of each month. Please connect with Ann Embra at 604-534-9292 or ann_embra@telus.net to learn how you can get involved.

ESL

Classes are at 7pm. All are welcome. For more information please connect the church office.

Thursday

Community Meal

Each Thursday at 4:30pm.

Want to help create this amazing meal? Please sign up on the poster at the entrance to the Worship Space. For more information on what volunteering involves, please connect with David.

Stewardship

*Have you considered signing up for **CanadaHelps** or **Pre-Authorised Debit (PAD)**? It is easy & a good way to support the church even when you cannot be present for a service. Please connect with David or one of the other parish leaders for more information.*



PWRDF

The Primate's World Relief
and Development Fund

For more information, please visit PWRDF.ORG. There you can read all about the good work it does, current areas of need & how you can participate.

COMMUNITY CARE

- Reconciliation** *The priest is available to hear confession by appointment.*
- Listening Prayer** *Prayer for those in crisis or need. For more information please connect with Katherine Murray at katherine.murray22@gmail.com.*
- Spiritual Direction** *Trained Spiritual Directors are available. To arrange please email StDunstansCentre@gmail.com*
- Ride Sharing** *If you need a ride, or can offer one, please let someone at the Information Booth know.*
- Visiting** *If you need a visit, please call the office to arrange. If you would like to become a pastoral visitor, please connect with the priest.*
- Prayer Chain** *If you wish someone to be remembered in our Prayer Chain Ministry, please email the office.*
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Men's Coffee

Wednesdays at 9am

Men's Breakfast

the 2nd Sunday of the month in the hall

Women's Coffee ☕ Crafts

Fridays at 10am

Women's Breakfast

the 2nd Sunday of the month at McDonald's

Plant a Seed this Lent

Join the PWRDF to purchase seeds for farmers around the world to promote crop diversity.

Your donation of \$30 provides one 20kg bag of seeds to a farmer.

(Each donation is matched by the Government of Canada with an additional \$180. This means your donation of \$30 equals \$210.)

Please mark your envelope "SEEDS FOR FARMERS"

CHRISTIAN FORMATION

Children

Messy Church every 3rd Friday of each month (September to May) at 4:30pm. Messy Church includes stories, crafts, dinner & Holy Communion. It is planned with the whole family in mind. All are welcome. Please connect with Carol Tindall at 604-866-6125 for more information & how to volunteer.

St. Dunstan's & St. Andrew's Youth

Bible Night

April 3rd at 7pm at St. Dunstan's!

Bring a friend! Bring a snack! Bring a game! Bring your face!



ST DUNSTAN'S CENTRE FOR
**SPIRITUAL
RENEWAL**

The Centre for Spiritual Renewal is the name we give to our Adult Christian Formation programs at St. Dunstan's. Please pick up the most recent program guide & check our website regularly for more information on coming events.

Centering Prayer

Wednesdays at 6:30pm, Fridays at 11:30am
20 minutes of silence & connection with God.

Study Group



Lectio & Labyrinth

Fridays, from Noon to 1pm
A chance to practice our journeying & listening together. Indoor labyrinth practices are available.

CALENDAR OF EVENTS

Events marked with ☩ are through the Centre for Spiritual Renewal.

☩ **Welcoming Prayer** *Sundays, March 15th – April 5th 11:30am-1pm*
Please see Centre for Spiritual Renewal program

☩ **Spiritual Practice Series** ***Tonight***, March 15th from 7 to 8:30pm
Celtic Knotwork with Belinda Llewellyn
Please see Centre for Spiritual Renewal program

Messy Church *Friday, March 20th from 4:30 to 5:30pm*

☩ **Women in the Easter Story** *Wednesday, March 25th from 10am to 12pm*
Facilitated by the women of St. Dunstan's
Please see Centre for Spiritual Renewal program

☩ **Sung Evening Prayer** *Sunday, March 29th from 7:30 to 8:30pm*
With Cathy Hardy
Please see Centre for Spiritual Renewal program

☩ **Sufi Turning** *Sunday, April 19th from 7 to 8pm*
With Anna Bernhardt & Susan Burns
Please see Centre for Spiritual Renewal program

Seniors Tea ***Postponed to April 22nd from 1:30 to 3pm***
Topic: How to Use the Modern Cell Phone

☩ **Unity in Community** *Saturday, April 25th from 9am to 4pm*
Facilitated by local artist Linda Klippenstein
Please see Centre for Spiritual Renewal program

Spring Fundraiser *Saturday, May 2nd from 6 to 10pm*
Dinner, Silent Auction & Entertainment

WEEKLY PRAYER

The following is a resource to help you connect with Sunday's theme ☯ continue your prayers through the week. This can be done on your own or in the family group. This liturgy is based on Home Prayers found in the Book of Alternative Services (p. 687). **If you do not have a prayer book, please take ☯ keep one for your use.**

The theme for this year's Lenten season comes from the Gospel according to John chapter 20. In this famous account of the resurrection of Jesus, Mary Magdalene stands at the tomb weeping. While she mourns Jesus comes to her ☯ asks, "Why are you weeping? Who are you looking for?" Mary supposed Jesus to be the **gardener** ☯ asks where they have placed Jesus. **Jesus the Gardener** will guide us through the desert of Lent until we see him face to face in the **garden** of resurrection. **This week we wonder about water ☯ our thirst for life.**

1. The Preparation

A candle is lit as someone prays,

Gracious God, you provide us with living water in abundance for all to share. Nourish us with this abundance, so that we may be streams of living water to those who thirst for you; through Jesus Christ, the rock of our salvation. Amen.

2. The Reading ☯ Reflection

Read the passage from Scripture then reflect using the wonder questions as your guide. This guide uses the New Revised Standard Version.

EXODUS 17:1-7 – THE PROBLEM OF THIRST

Notes on the reading:

- ☯ The Book of Exodus is the story of how the ancient children of Israel were enslaved, freed, ☯ led through a desert to a promised land flowing with milk ☯ honey. It is a story of the human experience how we move from being enslaved to our passions ☯ to sin into the freedom ☯ life of God.
- ☯ This passage is a story of what happens in the desert along the way to the promised land.
- ☯ Thirst is a powerful motivator both physically ☯ spiritually.
- ☯ The people forget that their freedom is better than their enslavement even though they are currently dying of thirst. In our own journey from spiritual enslavement we sometimes feel the stress of change ☯ wonder if it was all worth it. Consider the journey of someone recovering from addiction.
- ☯ God stands in front of Moses as Moses strikes the rock (v. 6). It is a reminder that our spiritual thirst is only sated by the water that comes from God.
- ☯ Meribah is the Hebrew word for Quarrelling. Massah is the Hebrew word for Testing.

I wonder how you would describe your spiritual journey.

I wonder what you are moving away from. I wonder what you are moving toward.

I wonder how God is sating your spiritual thirst.

PSALM 95 – THE MEMORY OF THIRST

Notes on the reading:

- ☞ Psalm 95 is a call to worship that is traditionally recited every morning. In Anglican tradition it is called the Venite, which is Latin for Come!
- ☞ The invitation to worship God is tethered with a warning. One cannot worship God & not listen to God. Worship & listening go hand in hand.
- ☞ Psalm 95 is a poem of remembrance. It recalls the story of Exodus 17 (yesterday's reading). In that story the ancient desert travellers, set free from the enslavement of their past, are confronted with thirst or a sense of God's absence. Instead of trusting God (i.e. listening) they complain & even consider their past enslavement was more desirable than their current freedom.
- ☞ The poet uses strong language to describe God's response to the ancient desert complainers. Loathing (v. 10) & anger (v. 11). There is even a sense of cursing: "they shall never enter my rest." God "loathes" the passions of the heart that seek spiritual enslavement. God desires freedom for humanity. God is "angry" at those energies that keep a person from walking the path of life.

I wonder what your favourite memory of worship is.

I wonder what listening to God looks like.

I wonder what sort of things keep you from listening to God's voice.

ROMANS 5:1-11 –DISCIPLINE IN THIRST

Notes on the reading:

- ☞ Paul continues his great letter of faith to the church in Rome. Faith is the gift of insight & the act of participating in God's plan for the world. It is the water we drink as we continue our human journey through the desert.
- ☞ Having faith does not guarantee a life of ease. We are still thirsty. We are still hungry. We still suffer. But those experiences do not cause us to quit. Rather they build endurance, character & hope in our hearts (v. 4). Hope is that sense that, despite all evidence, God is in control of the world God has made & will bring the world to the place of justice, peace & joy (cf. Romans 14:17).
- ☞ For Paul faith & hope are built on the foundation of God's love for this world (v. 5). God's love is why we can trust God through the desert & suffering of life. God's love is why we can dare to hope & participate in the healing of the world.
- ☞ God shows us the depths of God's love in the death of Christ. Christ laid down his life for us, like a friend who pushes one out of harm's way. God was our friend even before we were God's friend.
- ☞ The "wrath of God" (v. 11) is not a pernicious, sulky posture toward human beings. Rather, it is a deep anger at all the things in the world that separate us from God's love. God's ministry is to gather things together, to reconcile all things (vs. 10 & 11). God will settle for nothing less.
- ☞ Boasting in God (v. 11) is Paul's way of saying, "be confident, move forward, don't look back!"

I wonder what the world looks like through God's "eyes".

I wonder what sorts of things keep us from trusting God (i.e. pandemics, economics).

I wonder how you can build endurance, character & hope.

JEREMIAH 17:5-10 – THE WATER OF TRUST

Notes on the reading:

- ✧ Jeremiah was a prophet who lived during the violent end of the Kingdom of Judah. He witnessed the siege of Jerusalem by the Babylonians & suffered at the hands of his own people for speaking God's words.
- ✧ Jeremiah follows the ancient tradition of Blessing & Curses found in the Book of Deuteronomy. Jesus picks up this language in his beatitudes according to Luke (Luke 6:20-26).
- ✧ Trusting in mortals to save & protect leads to a desert life (v. 6). Trusting in God leads one to water, growth, resiliency, peace & fruit.
- ✧ Jeremiah used his current political climate to reflect on the human heart & the spiritual life. The heart, that is the seat of passion & desire, is often too trusting of things that are harmful, & not trusting of things that give life. Sometimes we cannot even trust our own hearts (v. 9). This does not lead us into despair, however, for God test & searches each heart & is able to work in each life to produce fruit (v. 10). We are called to hand our hearts to God, rather than to others.

I wonder if you have ever put your trust in someone only to be let down.

I wonder if it is easy for you to trust God.

I wonder how your own heart has betrayed you. How have you found healing?

JOHN 4:5-42 – THE WATER OF LIFE

Notes on the reading:

- ✧ This great story of the unnamed woman at the well is to be read in the context of John 3. Nicodemus comes to Jesus at night (with his own distrust & unbelief). The Woman at the Well meets Jesus in the day (she is open & ready for Jesus).
- ✧ Jesus' teachings & his life itself is like water for the thirsty heart.
- ✧ We do not need to read the Woman's many husbands as a shadow on her moral integrity. It might be that she has had many husbands because her husbands keep dying & now her current partner is not taking responsibility for her security & safety. She has had a difficult life's journey & is thirsty for God's love. She finds it in Jesus.
- ✧ Water does not pile up. It spreads wherever it is poured. So too the woman, having drunk from the cup of Christ is spilled out into her neighbourhood to sate the thirst of everyone she meets.
- ✧ God loves the world (John 3:16) & Jesus is the Saviour of the world (v. 42).

I wonder how Jesus' teachings & life have satisfied your heart.

I wonder how you can let the water of Christ spill out into your neighbourhood.

I wonder if you know someone with a thirsty heart.

3. Prayers & the Lord's Prayer

Choose a litany from the Book of Alternative Services (beginning on page 110).

The liturgy concludes with the Lord's Prayer.

Next Sunday: Lent 4. Readings include: *The First Book of Samuel 16:1-13, Paul's Letter to the Ephesians 5:8-14, & John 9:1-41.*



The Parish of St. Dunstan

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ST-DUNSTANS.CA



The Parish of St. Dunstan, Aldergrove



Office Hours

Tuesday, Wednesday & Friday 8:30am — 12:00pm

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