

# Holy Trinity Riverbend

## WHAT'S THE BUZZ? HERE'S WHAT'S HAPPENING! February 14, 2021 - Last Sunday after the Epiphany – Transfiguration Sunday. Happy Valentine's Day!

**A** **Message from Rebecca:** Happy Valentine's Day, everyone. I hope you are able to be with those who are special to you, or you can give them a call and let them hear your voice. The warmth of all those calls will surely melt this snow away as we get one day closer to spring. This Tuesday we would have held our annual Pancake Dinner at the church, which was always so much fun! However, circumstances being what they are, I hope you will think about making pancakes at home as we prepare for the start of Lent on Wednesday. Remember, Lent is a time to reflect and think about our journey with God. It's a time you can give something up or take something on. There are several ideas being offered by a number of churches throughout the Diocese that you may wish to join in. For our children I have prepared 'Lent in a

Bag' which I will deliver to each family on Monday.



**H** **TR Virtual Coffee Session.** There is always something new to learn at our coffee cats! This morning **Paul** told us today is *International Book Giving Day*. Each year Paul's family draws names and then gives a thoughtfully selected book to that person. What a super idea! Books are a lot healthier than chocolates although I'm sure some of you might disagree. So, next year I am going to give books, on Valentine's Day just so Ian is forewarned! Next we talked about credit cards

because **Elisabeth** misplaced hers and has turned her house upside down looking for it but the card remains stubbornly hidden. **Ping and Catherine** reminded us it is a good idea to carry different cards when travelling because not all cards are accepted everywhere. **Brian and Carol** shared a story of putting things in a safe place and then promptly forgetting where that safe place is! We all admitted we had done that on more than one occasion. Please consider joining us next week as we continue talking about the value of visiting museums, and collecting stamps, coins, and teddy bears. Now isn't that a cliff-hanger?

Our HTR Virtual Coffee Hour, takes place **every Sunday, at 11:00 a.m.** via Zoom. The link is sent to all parishioners on Friday's and is also noted on the church website. If you

would like to bookmark it the link is:  
<https://us02web.zoom.us/j/89937764015?pwd=UCtYbTIwWE5tMldSWkZFSHVzQWZNZz09>

If asked, the Passcode is:  
087498

We hope you can join us as it is a great way to stay connected!



**L**ent: By way of explanation, Lent is a period of **penitential preparation** for Easter (and **starts this year on February 17**). In Western churches it **begins on Ash Wednesday, six and a half weeks before Easter**, and historically provides for a 40-day fast (Sundays are excluded), in imitation of Jesus Christ's fasting in the wilderness before he began his public ministry. In modern times we often see Christians **may choose to give up specific pleasures**, such as sweets, alcohol, or social media, during Lent as a way to foster simplicity and self-control; many use their cravings or desires for these items as a reminder to pray and to refocus on spiritual matters. **An**

**alternative to giving up something is to take something on.**



**S**ermon: A copy of the Sunday Sermon, and the Prayers of the People, are emailed to our parishioners every Sunday morning. Today's sermon is from **Rev. Elisabeth** and Prayers of the People are courtesy of **Patti Holmstrom**.



**T**his Week's Bible Quote -- *"And we know that for those who love God all things work together for good, for those who are called according to his purpose." ... Romans 8:28*

**I**nspirational Thoughts:  
*"If you do what you've always done, you'll get what you've always gotten."  
... Tony Robbins*

And

*"You can never cross the ocean until you have the courage to lose sight of the shore."  
... Christopher Columbus*



**U**pcoming for next Sunday, February 21, 2021.  
Preaching: Rev. Rebecca  
Prayers of the People: **Grant Kvemshagen**.

Readings – (First Sunday in Lent)  
Gen 9:8-17  
Ps 25:1-9  
1 Pet 3:18-22  
Mk 1:9-15

**L**enten Humour: I would give up chocolate, but I am not a quitter.

**V**irtual Sunday School: Sunday School takes place each Sunday from 9:00 a.m. to approx..9:30 a.m. via Zoom. If you would like your children to take part, please let **Sarah Alexander** know so she can arrange to deliver the necessary materials to you. We are also including, courtesy of the Diocese of Chelmsford, **an additional series of activities for younger and older children.** Please see the end of the newsletter to view the material you will need as well as the lesson.



**L**ent for Kids: For Lent, you can either give something up, or take something on. For our Lenten period we are going to provide some ideas for taking something on. Each Sunday we will **provide some ideas of what our children can do to recognize this important time** in the church calendar. The first four ideas are:  
*-Read a favourite Bible story.*  
*-Pray for your teachers.*  
*-Draw a picture of Jesus.*

*-Share with your parents your hopes and dreams for 2021.*

**L**ent for Adults: Not to be left out, we have **included some ideas for 'what to give up' and alternatively, 'what you can take on'.** We will include each week of Lent.  
What to give up:  
*-Think about what you usually spend your money on. Do you buy too many clothes? Spend too much on dinner out? Pick one type of expenditure that you'll "fast" from during Lent, and then give the money you would usually spend to a local charity.*  
*-Turn off your phone for an hour and use the gift of time to contemplate your faith*

What to take on:  
*-40 days of letter writing, 40 acts of kindness, 40 phone calls to the important people in your life.*  
*-As you start your computer for the day, say a prayer before it fires up.*



**H**TR Online Worship: We have moved to online worship services using ZOOM. The link to the services is distributed each Friday,

along with the HTR Virtual Coffee Hour link. You do not need to have ZOOM on your computer to be able to view the service.

To access the service, simply click on the link on Sunday (**the service starts at 10:00 a.m.**). **The service bulletin will generally be sent on Friday. Please join us for worship on Sunday. If you would like to bookmark it, the specific link to the Virtual Worship Service is:**  
<https://us02web.zoom.us/j/84927659571?pwd=dFdCQTZGb2x4V2srOVJDeUtSeDl2UT09>

If asked, the passcode is 903477

The link to the service is also included on the opening page of our website.

If you cannot make the worship service, we do post the video recording of the service on our Facebook page. This is done shortly after the live service ends.

Please note the Virtual Worship Service and our Virtual Coffee Hour each have their own unique Zoom links.



**V**estry:  
Steve Johnson  
Rector's Warden  
Carol Graham –  
People's Warden  
Vince Tejada - Treasurer  
Sarah Alexander – Music  
Director  
Members-at-large: Maureen  
Bantle; Grant Kvemshagen;  
Marx Koome

**C**lergy:  
Rev. Rebecca Harris  
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Rev. Dr. Elisabeth  
Thompson – Honorary  
Assistant

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Edmonton, AB

T6R – 2S1

Website:

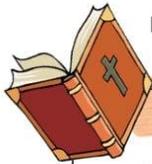
[www.Holytrinityriverbend.com](http://www.Holytrinityriverbend.com)

Facebook:

<https://www.facebook.com/htrchurch/>

# Together @ Home

Here are some activities you could do together as a family, begin with the story and then do as many or as few as you like, in any order.

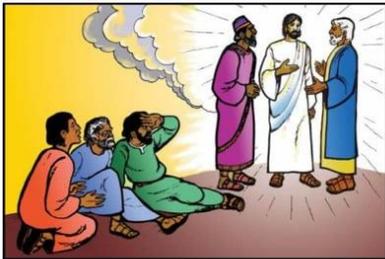


## Bible Passage

Today we will be exploring together the story of Jesus' transfiguration.

You can find it in your Bible in:  
**Mark 9 v 2-9**

Read the passage together – choose a Bible translation or children's story version which best suits your group.



## A prayer to say together

Dear God,

Thank you for the story of Jesus' transfiguration which reminds us of how holy Jesus is. Even as we draw close in friendship with you help us remember what a privilege it is to be able to come into your presence.

Thank you that just like Elijah, Moses and the disciples we can know you and grow in knowledge of you and relationship with you. Help us to make time with you a priority this week.

Amen

## Discussion

### A question for adults to ask children

*Why do you think that God chose Elijah and Moses to appear with Jesus? Why do you think that Peter and the other disciples were so scared?*

Elijah and Moses were both very important figures in Jewish history. When we read their stories in the Bible we know that both heard clearly from God and had significant personal encounters and relationship with Him. In choosing these two figures, Moses who led God's people to the promised land and Elijah who was a prophetic voice to God's people in challenging times God showed how important Jesus was in his big plan for the world.

Peter and the disciples had seen Jesus do amazing things but in this passage it says his appearance was physically changed, he was shining brightly, for the first time they got a glimpse of Jesus not just as the friend they had been journeying with but filled with heavenly glory!

### A question for children to ask adults

*Can you think of a time when you saw somebody you had known for a long time in a completely new light or encountered a new side of them?*

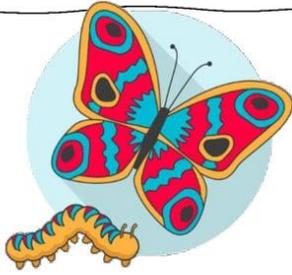
## Family Activity 1

### Transfiguration

We often call this story in the Bible the 'transfiguration' which means a complete change of form or appearance.

Play a "what's changed" game together. Everybody should close their eyes while one person changes something in the room. It could be closing the curtains or swapping two pictures over or putting on a hat! They should tell everybody when they can open their eyes. Who can spot what has changed the fastest?





## A verse to remember

Romans 12 v 2

**Do not be shaped by this world; instead, be changed within by a new way of thinking. Then you will be able to decide what God wants for you; you will know what is good and pleasing to him and what is perfect.**

Try to learn this verse together, you could come up with some actions to help you remember it or decorate a copy and put it up somewhere you can see it during the week.

### Active Transformation

What are some of the things that we can do in our own lives to grow in knowledge of God and relationship with Him? Here are some ideas for you to try.

#### Active Study

Find today's story in your own Bible and read it again, ask God to help you find something new that you didn't think about the first time you read the story.

Find one thing from the story that you can apply to your own life and the way you live for God.

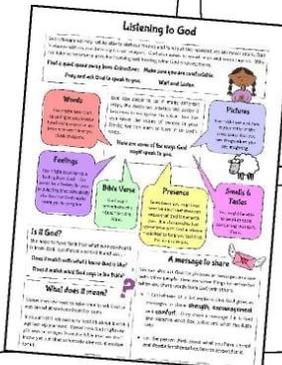
#### Active Prayer

Take some time to pray and ask God to help you change your life to be even more like him. Why not try these keep fit, active prayers.

- Do 10 star jumps – as you jump ask God to help you reach out to others and share his love.
- Stretch your arms up as high as you can – ask God to help you connect with him more this week.
- Do ten push ups – ask God to help you build and strengthen your faith.

#### Active Listening

In the passage God said "This is my Son, whom I love, and I am very pleased with him. Listen to him!" Take some time to wait on God and ask Him to speak to you. Remember that God can speak to us through words, pictures or feelings in our hearts.



### Family Activity 2

"Let's build a tent!"

When Peter saw Jesus transfigured, he panicked and didn't know what to do. I wonder what the other disciples thought of his idea that they set up tents! Why not build your own tent to hang out in as a family. You could use sheets or blankets combined with furniture or anything you have handy.

While you are in your tent, why not read and explore some of these stories from the lives of Moses and Elijah. You might like to look for similarities and differences between the stories and the story we explored today.

Exodus 33 v 7-23

Moses sets up a tent where he can meet with God and has an amazing encounter when he asks to see God's glory.

1 Kings 19 v 1-18

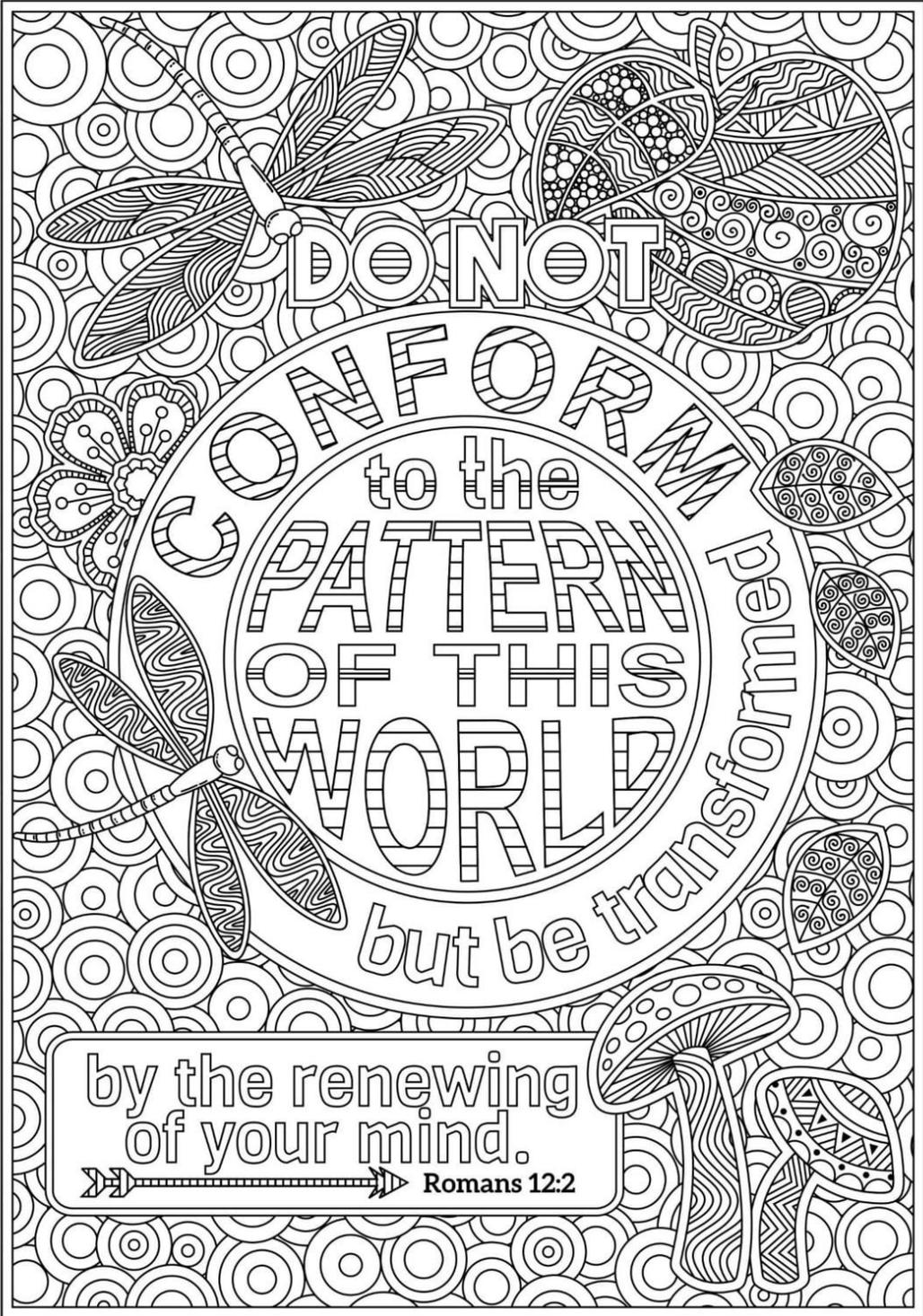
Elijah encounters an angel who gives him breakfast and then meets with God on a mountain.



This sheet to help children explore listening to God is available from [www.tath.co.uk/other-resources](http://www.tath.co.uk/other-resources)

# A colouring page you could print and colour together

Colouring sheet by Ericson Dela Paz – <https://www.etsy.com/uk/shop/RicLDPartworks>



# PUZZLE SHEET



x n  
 s g l z w t w i x x m e l i j a h i j  
 m h n o i t a r u g i f s n a r t n n  
 a i q o i i  
 x h c s k g u d y s l t w s d t a  
 v s d y v j e s u s d e e e j o t  
 z h i g n s j b m n  
 j v d t b s w j f t a a x o u  
 s f e u l q o n c u f l m s o  
 g f n r q h g f w p s v y m  
 h m e x n o r c y a e o j r  
 d w t e f j t e s i a f  
 f y h m l w n m a f s y o c m z  
 v n g r e b t u s u a r m e e x  
 c d i p z g s n  
 j u r u j c l o u d l e b w a z s p  
 a g f r p v b y i q x l a q v u g c  
 q j l t  
 u q q b b q w s s v l q z b a j y t e t  
 z c e y y s q h s n k d d p o p e t e r

Can you find the words from this week's story in the wordsearch?

<b>Jesus</b>	<b>mountain</b>
<b>Peter</b>	<b>transfiguration</b>
<b>James</b>	<b>cloud</b>
<b>John</b>	<b>voice</b>
<b>Elijah</b>	<b>frightened</b>
<b>Moses</b>	<b>tent</b>

Can you match the names of the people on the mountain with the part of the Bible where their story is found and the picture from their story!

Complete this picture to show who the disciples saw Jesus with on the mountain.

Elijah                      Jesus  
Moses



1 Kings



Exodus

The Gospels

