

Living Waters

March 2021



PANCAKE SUPPERS

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St. Paul's

information



SERVICE TIMES

Sunday Services at 9:30 online go to Sermons on our website

1st & 3rd Week of each month (Wednesday or Thursday): 9:30 a.m. via Facebook and YouTube

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Incumbent

The Rev'd Fergus Tyson

Assistants

The Rev'd Cyril Haynes

The Rev'd Dr. Norman Knowles

The Rev'd Dr. Bob Mummery

Parish Council 2021

Administration: Paul Bourgeois

Caring Contact: Fergus

Christian Education: Tosan Chigbo

Communications: Paul Bourgeois

Community Connection:

Muyi Ekomwenrenren

Hospitality: Steve Colle

Maintenance: Gerald de Vries

Incumbent's Warden: Ingrid Bolton

New Members: Julie Wilson

Pastoral Care: Nicola Peden

People's Warden: Cam Cline

Outreach: John L'Ecuyer

Stewardship: Laura Anne Fink

Sunday School: Shannon Colle

Worship: Fergus Tyson

Youth: Vacant

Ex Officio: The Rev'd Cyril Haynes

Synod Delegates

Cam Cline

Gloria Ford

Alternates: Parish Council

MCES Directors

Kerry Peters, Iona Shaw

Treasurer

Treasurer: Ingrid Bolton

Parish Ministries

Worship Ministries

Altar Guild - Robbie Coller

Sacramental Assistants – Ed Mullaney

10:00 am Music Group – Paul Bourgeois

Prayers of the People – Dinah Breu

Readers 10 am – Robbie Coller

Readers 8:30 am – Laura Anne Fink

Servers – Karla Manuel

Sidespeople – Suzanne Wray

Prayer Team – Dinah Breu

Envelope Secretary – Debra Brisbin

Counters – Roxie Hall

Fellowship Ministries

Greeters – Roxie Hall

Coffee Time – Hospitality

Ladies Potluck Luncheon

– Gloria Ford & Laura Anne Fink

Men's Breakfast

– Kerry Peters

Fellowship & Foods Group

– Doreen Peters

Secret Friends – Julie Wilson

Toddlers to Tweens

– Abby Ekomwenrenren

Youth Group – Keith Daye

Maintenance – Gerald de Vries

Christian Education

Nursery – Pamela Fleming

Youth – Keith Daye

Adult Education

Clergy & Lay

Stewardship – Laura Anne Fink

Library – Doreen & Kerry Peters

Anglican Fellowship of Prayer

– Dinah Breu

Sunday School Coordinator

– Shannon Colle

Pastoral Ministries

Hospital Visiting – Clergy

& Pastoral Care Team

Home Visiting – Clergy

& Pastoral Care Team

Caring Contact - Fergus

Casserole Ministry – Linda Hubert

(Contact Office)

Prayer Group – Dinah Breu

Prayer Chain – Dinah Breu

Card Ministry – Gail Munro

Pastoral Care Team – Nicola Peden

Grief Support Group

– Laura Anne Fink

Outreach Ministries

Outreach Committee

– Loret MacDonald

Father Lacombe Sunday Eucharist –

Kathleen Robinson

Father Lacombe Fridays –

Kerry Peters

AgeCare Seton – Fergus

NeST – Jennifer Solem

Food Bank, CAWST, Alpha House etc. –

shared through Outreach Committee

PWRDF – Doreen Peters

Quilt/Shawl Prayer Ministry

– Laura Anne Fink

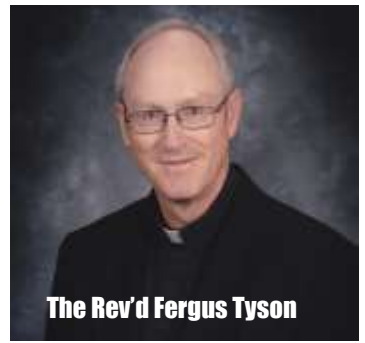
Living Waters

– Laura Anne Fink



INCUMBENT'S MESSAGE

Receiving Jesus' Heart Transplant



The Rev'd Fergus Tyson

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and **said to him, "Sir, we wish to see Jesus."** Philip went and told Andrew; then Andrew and Philip **went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.**

"Now my soul is troubled. And what should I say—'Father, save me from this hour'? No, it is for this reason that I have come to this hour. Father, glorify your Name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." Jesus answered, "This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself." (John 12:20-32)

The Gospel of John relates the above incident, which occurs just before the events of Jesus' Passion we'll have set before us in Holy Week. The Greeks' request of Philip, "Sir, we wish to see Jesus," presents the disciples with a dilemma. Is Jesus Lord of all? Is he just for them, or for Gentiles as well? They come to Jesus with the "problem."

Jesus responds by first affirming that he is Lord of all: "Jesus answered them, 'The hour has come for the Son of Man to be glorified'" (verse 23). Undoubtedly when they heard Jesus say this, the disciples thought: "This is it! He's going to oust the Romans and rule the world!" But no – Jesus will be glorified in a different way: "'Very truly, I tell you,'" Jesus says, "'unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.'"

N.T. Wright, commenting on this passage, writes:

Jesus' death will be like sowing a seed into the ground. It will look like a tragedy. In fact, it will be a triumph: the triumph of God's self-giving love, the love that looks death itself in the face and defeats it by meeting it voluntarily, on behalf not just of Israel but of the whole world, the

world represented by these "Greeks."

Jesus continues: "'I, when I am lifted up from the earth, will draw all people to myself'" (verse 32). All people are included – including Greeks. All are drawn to Jesus, with his love melting our icy hearts. For what people need are new hearts, not mere makeovers, not mere instruction. As N.T. Wright says: "Not just to 'see him' as the Greeks desired, but to 'come to' him, in the sense of being drawn by the powerful love of God, drawn into fellowship and new life."

People need what was promised in Jeremiah 31:33-34:

But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, "Know the Lord," for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

They need what was spoken of in Ezekiel 36:26-27:

A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you.

Wil Pounds comments: "In contrast to 'thou shalt not,' and 'thou shalt' are the words, 'I will put,' 'I will write,' 'I will forgive.'" The difference is marked succinctly by Barbara Brown Taylor: "I know how to be obedient but I do not know how to be in love." Jesus came to enable us to be in love with God – to inaugurate a new covenant, to liberate his people.

Through his death on the Cross, Jesus offers us life. His words in John 12:32 remind us of the words of John 3:16: "God so loved the world that he gave his one and only Son, so that whoever puts their trust in him should not perish but have everlasting life." This is a free gift. We need only to accept it. We need only look to him, raised up on the Cross like the bronze serpent in the wilderness, and live – to receive him as the antidote to the poison coursing through our veins that is death.

In a Lenten Study a few years ago, we looked at Jesus' words in Gethsemane about "the cup" he was about to drink in his suffering. One person commented that a way to think about this is that Jesus drank the poison that was in our cup, and another commented that we now can drink

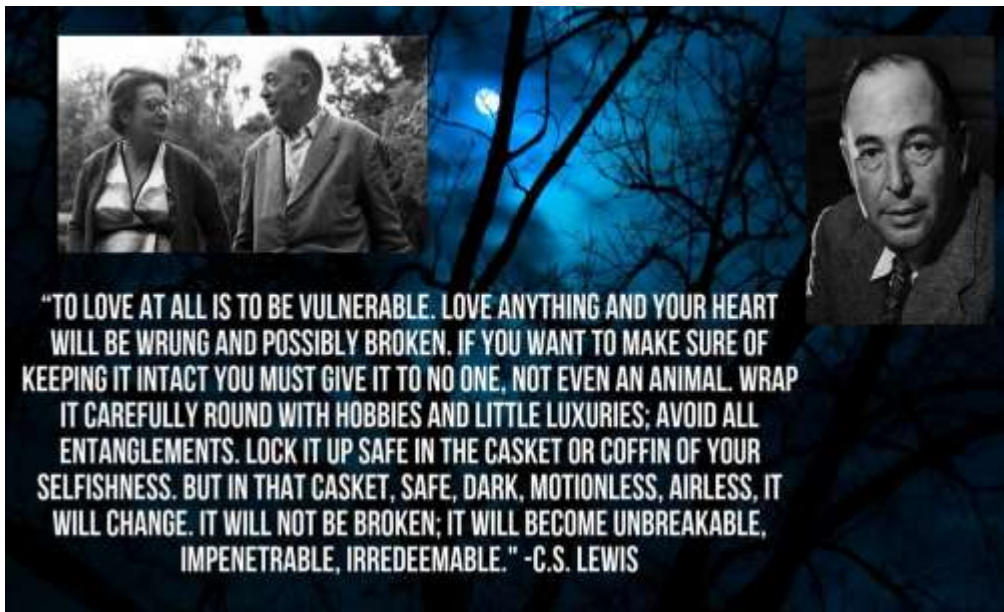
instead the wine he offer us, his blood poured out for us, which gives life.

One of the things I miss in my COVID-19 existence is the presence of children running around in St. Paul's building. Until March 2020, Our Sunday School children filled our building with life on Sundays, and children participating in a Free Learning School filled it with life mid-week. Before this School used our building, for many years this role was filled by the children of the Post-partum Depression Group "Family Matters." I remember well talking with the coordinator of this Group just after her son had just received a life-saving kidney transplant. She and he were so grateful to the donor, and it was clear that there'll be a lifelong bond between them. But the expectation is that you'll survive a kidney transplant. Who would presume to ask someone to offer their heart? Who would presume to ask someone to die for them?

Well, this is exactly what Jesus did for you and for me. Jesus came that we might receive his life within us, receive new hearts – his heart (a heart transplant, if you will) – a heart not of insensitive stone but of flesh, living, alive with a passion for God that translates into passion for people. And he lay down his life so that we might receive it.

When we receive this heart transplant, this new life, we find that we're no longer living for ourselves – our heart is beating with love for others. In John 12:25, Jesus says: "Those who love their life lose it, and those who hate their life in this world will keep it for eternal life." The way to find one's life is to lose it, and the sure way to lose one's life is to grip it tightly to oneself and for oneself.

In my sermon on Feb. 28, I shared the following quote from C. S. Lewis on this point, which I think is one of the deepest insights into reality he ever made:



Lewis lived the truth of these words, as he experienced the heartbreak of loving Joy Davidman, his wife, as she died from cancer.

We've been made for love. If we try to avoid the pain that comes from love, then we avoid being fully human. The way of love is the way of the Cross, but it turns out that the way of the Cross is the way to Resurrection. The only way to Easter Sunday is Good Friday.

We experience this inner renewal from love in our day-to-day challenges. All of us know what it's like to feel like we can't give any more, like we're at the point where

the last drop of gas is gone from our tank. All we want to do is curl up in front of a fire with a good book, and our favourite dessert. And then, the phone rings and there's a situation requiring something more from us, moving us beyond our own resources, calling us to choose to love where we have no strength to love – and so we experience the death of coming to the end of ourselves. But then, we experience resurrection power. In my Feb. 28 sermon, I also quoted St. Teresa of Calcutta famous words: "If I love until it hurts, I find no more hurt, only more love." The seed of our self-sufficiency falls to the ground, and Jesus' new life springs up within us, enlarging our hearts, drawing us closer than ever before to him and to others.

When we choose to love, we experience an intimacy that comes from becoming like him. And so Jesus adds: "Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour" (verse 26). If you're a servant, you follow your master, and so you're where your master is. Where is Jesus? He's wherever there are ones to love, ones to bless, ones to serve. And as his servants, it's our immeasurable honour to know the intimacy of serving the world with him. Face-to-face fellowship is unspeakably precious. But there's another precious kind of fellowship that only comes from working side-by-side. Sports teams know this. At our best, we in the Church know this, too.

And we live in a world right now that desperately needs the Church at our best. Even take COVID-19 out of the picture, and our world would still be facing great challenges. Add our experience of this past year, and the impact of these months for years to come, and the challenges rise to a once-in-a-generation level. Our world – our community – desperately needs us to make the choice to love, to unite together and utilize our God-given gifts, to this end.

The message of John 12 is that Jesus isn't our own private Messiah, and we as his disciples aren't a "Jesus club." Jesus loves us all and came to give life to us all. And we're filled with his life to pour out his love for others. Jesus tabernacled among us and was lifted up on the Cross to be the seed that falls to the ground and brings forth new life for the world. It's his deepest desire to draw all people to himself. And he wants to do this in part through us, his disciples, as we lift him up by loving God and all the world in word and in deed so that all the world experiences his love through us. He wants to move us all past our comfort zones to the death of laying down our lives for one another, so that all of us together might know his life that lasts forever.

May we live in the resurrection power that comes from receiving Our Lord's "heart transplant"! May the love of Jesus, which we're soon to have set before us in Holy Week, surge through our veins and transform us, and through us transform our world. Amen.

God bless you all, always.
Your Brother in Jesus,

A handwritten signature in dark ink, followed by a plus sign.

ROSTER FOR SUNDAY SERVICES

DATE	OFFICIATING	ASSISTING	PREACHING	CHILDREN'S TIME
Mar. 14	Fergus	Bob	Bob	
Mar. 21	Fergus	Norman	Norman	Norman
Mar. 28	Norman	Fergus	Fergus	
Apr. 4	Fergus	Norman	Fergus	Fergus

UPCOMING SERVICES

Services will be available Live Streamed on Facebook or our YouTube Channel and website (to access Services on our website, please click on the Sermon tab in the top right hand corner of the home page). **There are no in-person Services until further notice.**



Sunday, March 7: Lent 3
Sunday, March 14: Lent 4, Laetare Sunday, Mothering Sunday
Sunday, March 21: Lent 5
Sunday, March 28: The Sunday of the Passion: Palm Sunday
Sunday, April 4: Easter Day
Sunday, April 25: Triple C, Earth Day Theme

UPCOMING EVENTS

Watch announcements for when events will resume or be rescheduled

Ladies' Luncheon Undecided at this time
EPIC on ZOOM Once a month on Sunday afternoons from 2:00 to 3:30 pm

St. Paul's Ministries to be featured on the third Sunday of each month:

March – Nursery, youth group, shepherding, promote Easter services, Altar guild, PWRDF, hospitality, promote Lenten study and shrove Tuesday dinner

April – Stewardship, fall and spring clean up days, grass cutting, library, book nook, maintenance group

May – Bible study, yard sale, Quilt and shawl ministry, grief support, chemo care bags

June – Sunday school picnic, Stampede BBQ lunch

September – Fellowship and Food Groups, Ladies pot luck, Men's breakfasts, Alpha Groups, Sunday School

October – Coffee time, Father Lacombe ministries, food bank, greeting card ministry, casserole ministry, Pastoral Care

November – Greeters, lesson readers, counters, sacramental assistants, sides persons, servers, communications, St. Paul's Christmas Market, promoting Christmas dinner and pageant, Secret friends ministry

February – Prayers of the people, Sunday prayer

BIBLE STUDIES & PRAYER MEETINGS & SERVICES

Bible Study: Wednesday Bible Studies at 10:30 am on the Readings for the upcoming Sunday. They're always great times of insight and fellowship. M'Laurel is offering these Bible Studies, via Zoom or regular phone. If you'd like to participate, or be given more information, please contact her at msthompson@xplornet.ca. Thank you, M'Laurel, for this!

Prayer Group: Second or third Mondays of the month at 7:30 pm on Zoom.

Midweek Prayer Service: First & third Thursdays (usually) on Facebook & YouTube



2021 LENTEN STUDY

THE SEVEN LAST WORDS OF JESUS



Our Lenten Study this year will be “The Seven Last Words of Jesus.”

We'll reflect on Our Lord's words on the Cross, and the profound insights they give into the heart of existence. We'll be helped to do this by James Martin's book *Seven Last Words* (available for free as a pdf file), video of Fr. Martin and the faculty of the Franciscan University of Steubenville, and posts from Fergus' Pastor's Postings blog.

There will be 7 Sessions, starting Ash Wed., Feb. 17, and continuing to Spy Wed., Mar. 31. Sessions will take place from 10:30 to 12 noon and 7:30 to 9 p.m.

EVERYONE'S WELCOME! If you'd like to participate, please let Fergus know via 403-256-1428 or pastorfergus@gmail.com so that he can email you the Zoom link and pdf book. In your email, please let Fergus know if you'd prefer a morning or evening Study time.

St Paul's Pancake Supper

Here are the pictures of our families enjoying their
Shrove Tuesday Pancake Suppers.
Thank you to everyone who sent in pictures.



Wow Pancakes
for Dinner!



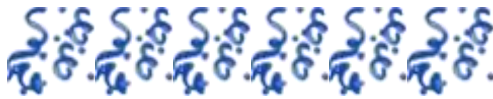
Everyone
helps out!



St Paul's Pancake Supper



Fergus about to
enjoy a wonderful
Pancake Supper
from the Colle's.



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The 7Up
Pancakes





Mardi
Gras!

Join Us For Coffee Time on Sunday Mornings

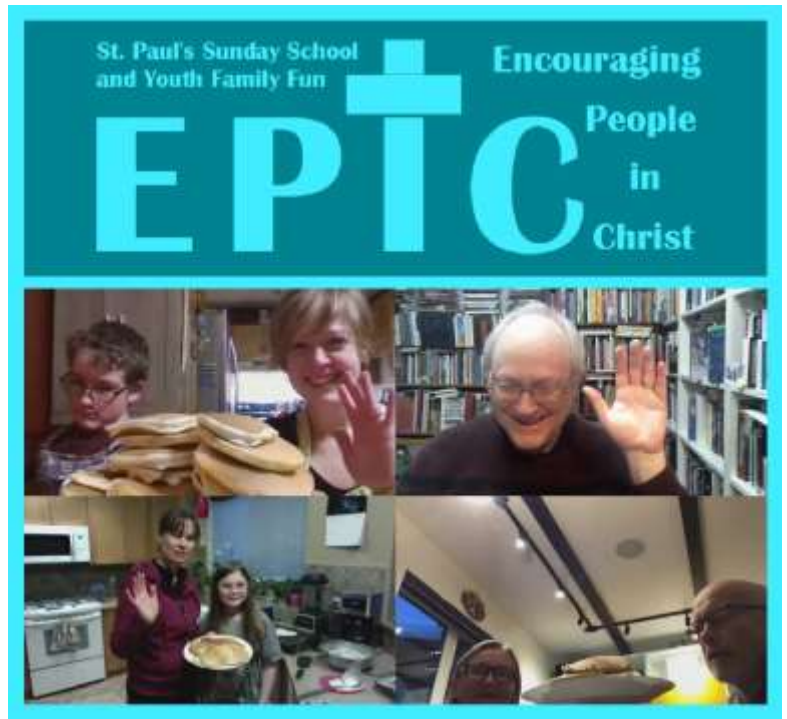
We meet via Zoom every Sunday at 11:30 am. It is a great chance to see other members of our Parish Family and find out how everyone is doing. To join please find the link in the Order of Service, which can be found on the sermon page under the service video.



VIRTUAL SUNDAY SCHOOL AND YOUTH EVENTS

The EPIC Club (Encouraging People In Christ) welcomes all ages to participate and have a place to reconnect with one another. During this time of isolation with COVID-19 restrictions we are using ZOOM to stay connected however we look forward to meeting again in person once possible.

EPIC-7 is coming soon in March! Plan on spending a great time that's fun for the whole family in St. Paul's own expression of "Messy Church"! All ages—toddlers to teens, parents and grandparents, are WELCOME! To participate, please email Fergus at pastorfergus@gmail.com for the Zoom information. Please invite family and friends to join us! THANK YOU, Shannon, and all leading these!



One more knock-knock joke from EPIC-5. Thank you, Caitlin, for this one.

EPIC-6, our 6th EPIC Event: Sharing our Shrove Tuesday Pancake Supper Together!



St. Paul's February Financial Report

St Paul's Anglican Church Profit & Loss Budget vs. Actual January through February 2021

	Jan - Feb 21	Budget
Income		
Interest Income	14.96	250.00
Offerings		
General Offerings	29,253.41	200,000.00
Open Offerings	0.00	2,500.00
Total Offerings	29,253.41	202,500.00
Offerings Special/SS	0.00	150.00
Other Income	100.00	5,550.00
Total Income	29,368.37	208,450.00
Gross Profit	29,368.37	208,450.00
Expense		
Administration	3,295.92	24,000.00
Apportionment	5,078.00	30,500.00
Christian Education	39.00	2,000.00
Communication	36.90	1,000.00
General Maintenance	2,552.50	13,300.00
Hospitality/Fellowship	0.00	1,100.00
Ministerial	18,905.04	115,000.00
Other	0.00	200.00
Outreach	2,925.34	20,250.00
Pastoral Care	0.00	100.00
Utilities/Insurance	2,538.40	13,900.00
Worship	678.70	7,350.00
Total Expense	36,049.80	228,700.00
Net Income	-6,681.43	-20,250.00

Environmental Stewardship is a Spiritual Calling

Sustainability isn't a chore, it's a calling

Future generations will be living the world we shape through our actions. Today, there are many reasons to be concerned.

People all around the world are consume resources that are disproportionate to their population size. A recent study done by Washington State University, revealed that the United States of America, despite being home to only five percent of the world's population, consumes 24 percent of the world's energy.

In order to reverse these trends, we need to stop thinking of sustainability as a reaction, and instead treat it as a calling. Shortening one's showers to save water, biking to work to reduce carbon emissions, and recycling one's newspaper to save trees are all applaudable actions, but we as humans need to transform our thinking. We need to go from seeing sustainable actions as a chore, to seeing sustainable choices as a calling.

Ultimately, this perspective leads to sustainability becoming a lifestyle so that our kids and grandkids can have a quality life.

Sustainability allows us to share God's love with future generations



As Christians, our appreciation for the Earth's Creator should put us on the front lines of protecting the environment.

In a recent piece by the Action Institute, a group of theologians outlined: "Our stewardship [of creation] under God implies that we are morally accountable to Him for treating creation in a manner that best serves the objectives of the Kingdom of God."

Many times, we view creation as something designed with the purpose of benefiting humankind. While God's design allows for human flourishing, we can easily lose sight of the importance of the rest of creation. God doesn't call us into anthropocentrism (humans at the center of everything), **but a perspective that places God at the center, and all other forms of life in harmony.**

Environmental stewardship allows us to participate alongside God, caring for the systems that were designed as an expression of love. **Good stewardship highlights the beauty of creation and honors its Creator.**

Creation Care allows our world to see God's love.

In Genesis 1:31, "God looked over all He had made, and He saw that it was very good!" How often do we take the time to look at creation and admire it? Our actions frequently fail to express a similar admiration which God upholds for His creation

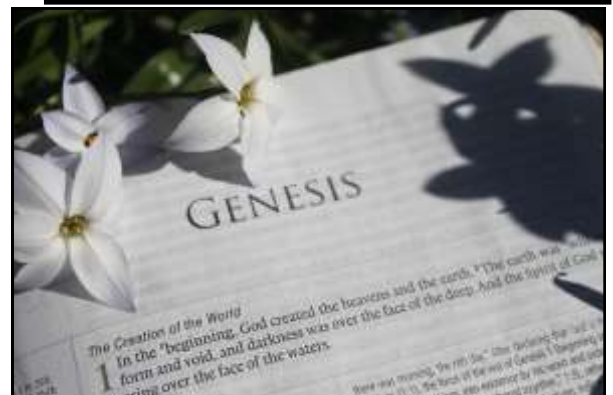
When overconsumption threatens the lives of millions around the world, things need to change. The Church is called to be a leader in making this change. Right now, the Church can demonstrate God's love for creation through bold acts of stewardship.

Every hour, 1600 acres of dry land becomes a desert. It is not enough for us to suggest sustainable practices. We need to remember that environmental stewardship is an urgent calling. **If the Church were to fully recognize environmental stewardship as co-participation in God's love for the world, imagine the impact that would have on the planet!**

This is our calling, and it is one that is rooted deep within us. To care for the earth is to care for its future generations. To care for the earth is to show all people the beauty of God's love.

<https://plantwithpurpose.org/spiritualcalling/>

Scripture calls us to care for Creation



World Labyrinth Day 1st May, 2021

Have you wondered how to make a Labyrinth?

Here are two opportunities to do so. It does help with understanding of the labyrinth. St. Paul's is considering having one.

There are 2 w/shops

1.) **17th April/21 17.00-18.00h MST. Free** webinar about creating a temporary labyrinth. It is called Pop-Up Labyrinths: Easy Methods with Everyday Materials with Lars Howlett. Includes creating Classical patterns and variations from simple spirals. Consideration for social distancing through design and processional(one-way) adaptations will be discussed.

2.) **24th April-2nd May/21.** Your very Own Labyrinth: Create Walkable Designs with Simple Techniques with Lars Howlett.

This one is more detailed and includes the Classical & Medieval Chartres type 11 circuit labyrinth. This would be very advantageous to attend especially if your church is thinking of building it's own or if you wish to build one in your back garden or neighbourhood. It can be temporary or permanent, 10 feet in diameter or 60 feet wide. Provides a toolkit and this furthers understanding of what things to consider when doing so. A labyrinth can go from tabletop size to full size.



Please go to: Veriditas.org for registration and more information.



Join this ministry

If you'd like to be part of our St. Paul's Pastoral Care Team, please contact Fergus or Nicola Peden. Training will be provided to anyone interested in this important ministry.

Chemo Care Bag

If you know of anyone who is beginning Chemotherapy treatment and would benefit from receiving a Chemo Care Bag please contact Gloria.



Prayer Shawl Ministry—

We will resume when it is safe to do so. No experience needed! Everything is supplied. For more info. contact Laura Anne at the Parish Office.

We'll be having a ZOOM meeting for our Prayer Shawl Ministry on Wednesday March 17 at 1 pm. I can drop fabric and patterns off at people's homes and then we can get together to sew via ZOOM. I did this with another group and it went well. If anyone is interested in doing this please let me know so I can send you the Zoom information.



Grief Support Group

As we all struggle through isolation and uncertainty this maybe a good time to start a Grief Support Group. Grief comes in many forms it is a struggle with any form of loss.

We are all dealing with loss of companionship human contact and the ability to do the extra things in our lives such as travel.

If you feel that it would help you to have people to talk to at this time, please let Laura Anne (office@stpaulscalgary.ca) know and we will look into starting a group to meet on ZOOM once or twice a month. This will be a time to talk and share with others who are also struggling.



Mothering Sunday

Mothering Sunday is the fourth Sunday of Lent. Traditionally, it was a day when children, mainly daughters, who had gone to work as domestic servants, were given a day off to visit their mother and family. Today it is a day when children give presents, flowers, and home-made cards to their mothers.

History of Mothering Sunday

Most Sundays in the year churchgoers in England worship at their nearest parish or 'daughter church'. Centuries ago it was considered important for people to return to their home or 'mother' church once a year. So each year in the middle of Lent, everyone would visit their 'mother' church - the main church or Cathedral of the area. Inevitably the return to the 'mother' church became an occasion for family reunions when children who were working away returned home. (It was quite common in those days for children to leave home for work once they were ten years old.) And most historians think that it was the return to the 'Mother' church which led to the tradition of children, particularly those working as domestic servants, or as apprentices, being given the day off to visit their mother and family. As they walked along the country lanes, children would pick wild flowers or violets to take to church or give to their mother as a small gift.

A Possible Theological Connection

Another thought is that the name comes from one of the Bible readings for that day, which refers to motherhood in a different way: *But Jerusalem which is above is free, which is the mother of us all* (Galatians 4:26). Paul wanted to explain to the Galatian community what their relationship as Christians was to the Jewish Law. In the full passage (Galatians 4:21-31), the two children born by Hagar and Sarah to Abraham are seen as symbolising two promises from God. One is the Law (or Torah), which is restraining and earthly. The other is the Gospel, which is spiritual and liberating. Paul tells the Galatians to regard themselves as children of Gospel.

A Time for Feasting

Mothering Sunday was also known as Refreshment Sunday because the fasting rules for Lent were relaxed that day. Originally both Old and New Testament lessons on mid-lent Sunday made a point of food. The Gospel reading from the New Testament told the story of how Jesus fed five thousand people with only five small barley loaves and two small fish:

Now there was a great deal of grass in the place; so they sat down, in number about five thousand. Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted (John 6:10-12).

Simnel Cake

The food item specially associated with Mothering Sunday is the Simnel cake. A Simnel cake is a fruit cake with two layers of almond paste, one on top and one in the middle. The cake is made with 11 balls of marzipan icing on top representing the 11 disciples. (Judas is not included.) Traditionally, sugar violets would also be added.

Why Simnel?

The name Simnel probably comes from the Latin word *simila* which means a fine wheat flour usually used for baking a cake. There's a legend that a man called Simon and his wife Nell argued over whether the cake for Mothering Sunday should be baked or boiled. In the end they did both, so the cake was named after both of them: SIM-NELL.

http://www.bbc.co.uk/religion/religions/christianity/holydays/motheringsunday_1.shtml

Clipping the Church

From Wikipedia, the free encyclopedia

Clipping the church is an ancient custom that is traditionally held on Mothering Sunday, Easter Monday, or Shrove Tuesday in the United Kingdom. The word "clipping" is Anglo-Saxon in origin, and is derived from the word "*clyp-pan*", meaning "embrace" or "clasp".^[1] *Clipping the church* involves either the church congregation or local children holding hands in an outward-facing ring around the church. Once the circle is completed onlookers will often cheer and sometimes hymns are sung. Often there is dancing. Following the ceremony a sermon is delivered in the church and there are sometimes refreshments.^[2] Currently, there are only a few churches left in England that hold this ceremony.^[3]



History

Little is known about the history of clipping, though it is said to have originated as a Pagan custom. It is thought to have been revived in the 19th century, when the earliest known mention of it was described in *The Every-day Book* (Hone, 1825); "L.S." describes the ceremony as a memory of his childhood.^[4] It was a custom in several parishes in the Midlands, having died out in various places in the 19th century, but was performed widely across the country, from Yorkshire to Wiltshire and Derbyshire, as well as Birmingham, Somerset and Shropshire.^{[5][6]} It was revived at St. Peter's Church, Edgmond, Shropshire in 1867, and continues there to the present day.^[7] St. Mary's Church in Painswick is one of only a few other churches that perform this custom, on a Shrove Tuesday, and today it is performed by children.^[3] Other churches that hold similar ceremonies include Burbage Parish Church, St. Mary's Church in Wirksworth, and Guiseley Parish Church.^{[8][9]}

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St. Paul's Outreach Ministry



Food
for Others
on May 30
When there are
five Sundays in a
month, that Sunday is **Food for Others Sunday**. The next one is May 30.

Year-round there is a box by the main entrance to collect donations of non-perishable items for the Calgary Food Bank. Please donations whenever possible



What's the blue bin?

The big blue bin in our parking lot is a

fundraising effort by the Calgary Humane, an animal welfare organization connects the lives of animals and people while providing essential animal services to the community. Gently used clothing and footwear of any kind can be put in the bin for donation.

Small change for big change

Putting some coins (or bills) into the CAWST water filter by the library will support the delivery of clean drinking water in poor communities. Through our donations, the health of many people in the third world can be greatly improved.



Clothing appreciated

Calgary Alpha House Society gratefully accepts donations of clothing and backpacks to help provide a safe and caring environment for those whose lives are affected by alcohol and other drug dependencies. Top needs include backpacks, jeans, hoodies, shirts, athletic pants and shorts, pyjama pants, belts, jackets, gently used towels and sleeping bags.



base of a coat rack near the south entrance where you can leave donations.

There is clearly marked Alpha House bin on the

PWRDF

The prophet Isaiah's description of 'the fast that the Lord requires', ie "to loose the fetters of injustice....,to snap every yoke, and set free those who have been crushed....sharing your bread with the hungry "etc. is rather like the PWRDF vision of a truly just, healthy, and peaceful world. This is what PWRDF works towards twelve months a year, not just during Lent. Wont you be part of the effort? With your support , we can make a difference.



South of Fish Creek Interfaith

South of Fish Creek Interfaith (SOFCI) is supporting the Salvation Army's Help with Hope Program to help the homeless. We are targeting just after Easter about April 9th.

You can help us provide hope to those experiencing homelessness by donating tangible essentials including:

- new or gently used adult backpacks,
- towels,
- warm gloves & mittens,
- toques,
- toothbrushes & toothpaste,
- razors & shaving cream,
- new or gently used shoes & boots,
- socks,
- shampoo & conditioner,
- body wash,
- feminine hygiene products,
- personal cleansing wipes,
- medium-sized sealable bags
- ##coffee gift cards,
- ##gas gift cards and
- ##bus tickets



Giving Hope Today

Contact Murray Sykes at (403) 200-8869 or murray.sykes@shaw.ca for pick up off your donation.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." – Leo Buscaglia



Prayers



"Pray continually. Give thanks in all circumstances, for this is God's will for you in Christ Jesus." **1Thes. 5:17**

-18

Prayers for Ourselves and Others

A Daily Prayer to Our Loving God

O God of love, we ask you to give us love;
Love in our thinking, love in our speaking,
Love in our doing.
And love in the hidden spaces of our souls;
Love of those with whom we find it hard to bear,
And love of those who find it hard to bear with us.
Love of those with whom we work,
And love of those with whom we take our ease;
That so at length we may be worthy to dwell with you,
Who are eternal love. AMEN

-William Temple

A Prayer for a World in Need

*May we learn from each other
how to give, how to receive;
how, in joy, to celebrate
and how, in pain, to grieve;
how to fight for what is right
yet not do any wrong;
how to be the family
to which we all belong. AMEN*
-A Book of Prayers

Lord, Grant Us Simplicity of Faith

Lord, grant us simplicity of faith and a generosity of service
that gives without counting the cost
A life overflowing with Grace
Poured out from the One
Who gave everything
That we might show
The power of love
To a broken world
And share the truth
From a living word.
Lord, grant us simplicity of faith
And a yearning to share it. AMEN

-source unknown

I prayed

"Please Lord, my life is a mess
let your love flow through me and bring healing"

And like a river
cool refreshing water
you flowed through me.
Not as a gentle stream
a rivulet of hope
but a torrent
sweeping debris away.
All those broken branches
rust-encrusted items
and accumulated debris
which were holding back the flow
swept aside in a torrent of love
flooding through my veins
pouring into my heart
filling my life.
This is healing.

Thank you, Lord AMEN

-source unknown

A Prayer for Those Who Are In Need of Healing

Lord Jesus, you listen to our hearts and
enter into our pain and our fears.
Come Lord, and bless all who are in need of your
healing touch in body, mind or spirit with the comfort
and quiet of your gentle presence, now and always.
AMEN -D.B. (adapted from All Will Be Well)

*"May the healing love and grace of God be in every
corner of your heart, crevice of your mind, and cell of
your body. AMEN* -Avery Brooke

A Prayer for Those Who Mourn

God of my life, the darkness of my grief cannot shut
out the light of your comforting love. It glows softly,
warmly, even as I weep, and I know that you are hold-
ing me close. Thank you for staying with me through
this dark night. I know that you will carry me to a
place of consolation and then, one day, to joy again.
But for now, I'm satisfied just to know the soothing
tenderness of your presence that causes me to know I
am not walking this path alone. AMEN

-taken from "You'll Never Walk Alone"

PRAYER IN RESPONSE TO COVID-19

Loving God, Your desire is for our wholeness and well being.
We hold in tenderness and prayer the collective suffering of our world at this time.
We grieve precious lives lost and vulnerable lives threatened.
We ache for ourselves and our neighbours, standing before an uncertain future.
We pray: may love, not fear, go viral.
Comfort the ill and the grieving, the lonely and the anxious.
Inspire our leaders to discern and choose wisely, aligned

with the common good.
Guide all distributing vaccines, and all continuing research on vaccines and treatments.
Strengthen all ministering to the needs of the vulnerable, and all whose day-to-day activities keep society functioning.
Help us to practice physical distancing and social connectedness, and reveal to us new and creative ways to come together in spirit and in solidarity.
Call us to profound trust in your faithful presence, You, the God who does not abandon. AMEN
(Sister Christine Koelhoeffer, IHM; <https://www.xavier.edu/jesuitresource/online-resources/prayer-index/coronavirus-prayers-alt>.)

PRAYER FOR BEGINNING OF LENT

*As we stand at the beginning of the Lent season,
We reflect on the time Jesus spent in the wilderness
and the temptations he faced there.
He faced death, the lure of finding his satisfaction, success
and significance
outside of God.
Lord, we pray that as you stood firmly against temptation,
that you will help us to make good choices
in our own lives.
Help us to look to you for our comfort and satisfaction
for our sense of purpose and for our value
and significance.
May we be given the strength
to think, speak and act in ways that bring glory to
your name
and demonstrate your Love to those around us.
In Jesus name. AMEN*
-Carolyn Lawrence-Methodist GB

OTHER PRAYERS FOR THE SEASON

A Prayer for St. David's Day March 1

O God, who by the preaching of your blessed servant, David, caused the light of the gospel to shine in an age of darkness; Grant that having his life and his labours in remembrance, we may show forth our thankfulness by following the example of his zeal and his patience; through Jesus Christ our Lord.
AMEN - F. Colquhoun

World Day of Prayer March 5

Today Lord, we join in prayer with women all over the world. May we all rise, take up our mats and walk in Jesus's unconditional love as he calls us to fear not to act on his words; but to act on them in love for transformation, peace & reconciliation. Amen

MOTHERING SUNDAY March 14

Thank you Lord for our Mothers.
We remember today their loving care and their ceaseless love for us.
May we show by our words and actions that we love and care about them too. AMEN
-M. Batchelor

A Prayer of St. Patrick March 17

May the strength of God pilot us,
May the power of God preserve us,
May the wisdom of God instruct us,
May the hand of God protect us,
May the way of God direct us'
May the shield of God defend us,
May the host of God guard us against the snares of evil and the temptations of the world. AMEN

St. Joseph of Nazareth March 19

O God,
from the family of your servant David
you raised up Joseph
to be the guardian of your incarnate Son.
Give us grace to follow him
in faithful obedience to your commands;
through Jesus Christ our Lord,
who is alive and reigns with you and the Holy Spirit,
one God, now and for ever. AMEN
-from For All The Saints

THE ANNUNCIATION March 25

We praise you, our Father, for the marvelous news announced to Mary;
for the grace of life that prepared her for her call;
for her obedience to your will and
her humility in accepting it;
for her loving care and patience in fulfilling it;

*Give us such grace and obedience that we may be accounted
worthy to bear the Good News to our world;
through Jesus Christ our Lord. AMEN*
-Basil Naylor

PALM SUNDAY

Lord, you rode straight into the power of the enemy
to suffer and die;
give us the strength to follow you to the centres of opposition
in this world. and the confidence which confronts power with
love. AMEN

Susan Williams

Jesus, when you rode into Jerusalem
the people waved palms
with shouts of acclamation.

Grant that when the shouting dies
we may still walk beside you, even to a cross. AMEN
.A New Zealand prayer Book

A PRAYER OF BLESSING

Go, and know that the Lord goes with you; let him lead you
each day into the quiet place of your heart, where he will
speak with you; know that he loves you and watches over you
- that he listens to you in gentle understanding, that he is
with you always, wherever you are and however you may
feel: and the blessing of God - Father, Son and Holy spirit - be
yours forever AMEN

-Still Waters, Deep Waters

*"Now may the Lord of peace himself give you peace at all
times and in all ways, the Lord be with you all."*

2nd Thessalonians 3:16

Free Testimonial eBook Release



St. Luke's FREE Testimonies eBook (PDF) has been published. This book is available [here](#). Scroll down the page to find the download

Our prayer is that the link to the eBook will be forwarded and re-forwarded by email to bless many during these challenging times. Would you consider praying with us?

2021 Flower Chart is now available.

We are still taking dedication requests for flowers, if you would like to make a dedication please send it to Laura Anne by email at office@stpaulscalgary.ca.

During this time of closure we are not receiving live flowers, however if you would still like to make a donation that would be great. When we resume in-church services we will once again order live flowers and the cost for flowers is \$30.00.

What's Happening to Keep Us Connected

Prayer Group Ministry: *Members of this ministry lift up prayer requests given to the Prayer Group in their daily prayers, and are now gathering together on the 3rd Mondays of the month via Zoom. The next Zoom Meeting is 7:30 p.m. on Nov. 16.* If you have a prayer request, or would like to join this vital ministry, please contact Dinah at breu.dinah@gmail.com, or Fergus.



Caring Contact Ministry: Helpers in our Caring Contact Ministry contact the households on their lists once a month, and share any pastoral concerns with Fergus. If you'd like to join this Ministry, please let Fergus know.

Pick-up Ministry: Thank you to the 4 households who have volunteered to pick up groceries or prescriptions for those who can't get out. If anyone else would like to join this Ministry, please contact the Office at 403-256-1428; office@stpaulscalgary.ca.

Pastoral Visits: Fergus is available for regular visits via phone or email. He will also continue to respond to all pastoral emergencies.

Library

We have a small library located at the south door. We welcome anyone to check out books. If anyone is interested in helping with the library please contact Doreen or Kerry. If you would like to borrow a book (as you may have more time at home right now), please contact the office at 403-256-1428, or office@stpaulscalgary.ca. Fergus or Laura Anne can put books in the church mailbox, using gloves. None of the Book Nook books have been touched since Mar. 7.

Book Nook

Fergus also has a lending library just outside his office. If you'd like to see if there's anything from it you would like to read, please contact Fergus in August. Everything said about borrowing Church Library books at this time applies here, too.

Offerings



Offerings: Thank you for continuing to give your Offering when so many of us are unable to be physically present together. It's critical to helping us fulfill our Mission. Here are ways we can do this. We can donate via our website (<https://www.stpaulscalgary.ca/donate>). This is completely secure, with the highest level of PCI compliance. We can also mail our Offering (perhaps post-dated cheques) via regular post; drop it off in the Office mailbox (phoning 1st); arrange for it to be picked up from our mailboxes; or set up direct depositing (for the form, go to our website, type "Donation" in the search box, and click on "Pre Authorized Donations").

We can also now use e-transfers. Please use the email gift@stpaulscalgary.ca. No password is needed; to help our Envelope Secretary, please included your envelope number in the "message" spot.

**E TRANSFER
PAYMENTS**



ALPHA YOUTH SERIES



Where: St. Paul's Anglican Church (Please contact the Parish Office if you would like to participate 403 256-1428)

Who: All Youth from age 13 to 18

Postponed until further notice. Watch the bulletin for further updates.

PALM SUNDAY'S MEANING

Today is Palm Sunday. It's the time when we celebrate the triumphant entry of Jesus into Jerusalem. Many churches hand out palm branches. But what exactly is Palm Sunday? Its meaning is rich and deep and so exquisite! Let's talk about... WHAT IS PALM SUNDAY...

To understand Palm Sunday we need to go back in time and location to Jerusalem in the early part of the first century and set the stage.

Jerusalem is a bustling, center-of-the-world land. Filled with people from the nation of Israel and many other nations too! Especially from Rome! Why Rome? Rome had conquered much of the world at that time and Israel was one of its conquests.

Let's go back to just before the time of the Passover Feasts... a trio of God-ordained Feast days for the Jews. Somewhere between Mid March and early April on our calendar.

Three feasts, the Passover, the Feast of Unleavened Bread and the Feast of First Fruits were very special to the Jews.

These were mandatory feast days with very few exceptions. So almost all of the Jews living in Palestine at that time were tightly gathered in Jerusalem to offer sacrifices at the temple and to take part in a nationwide convocation. You can read about these feast days in Leviticus 23.

During this time, and especially this particular year, the city and surrounding area were also teeming with Roman soldiers keeping the "Pax Romana" or peace Roman style. There had been uprisings by the Jews and unrest. Many Jews wanted liberation from Rome!

Now let's turn our attention to Jesus. During the time we are talking about, He is a rabbi (teacher of the law), a miracle maker, a rebel, a rockstar! One thing Jesus was not was obscure!

His ministry had become renowned. Some loved Him, some hated Him, more probably followed Him to see the signs and wonders He performed as He spoke of the kingdom of God with great authority. An authority that was blasphemous to the Jewish leadership.

One thing that was always in Jesus' wake was controversy. Controversy quickly turned into direct conflict between Jesus and the Jewish leadership. It had been building like steam in a pressure cooker. The Jewish leadership could not keep Jesus in line!

The tipping point of this conflict came when Jesus raised His friend Lazarus from the dead. This had happened days before the Passover feasts!

Jesus was powerful, too powerful and his massive following a threat to the stability of Jewish leadership and Roman occupation!

Jesus spoke with an authority like never heard before. He called God HIS father. In essence, Jesus was proclaiming Himself the long awaited King of the Jews, the Messiah or in the Greek language, Christ! So frightened of losing power and control over Israel, the religious Jewish leadership was openly seeking to put Jesus to death.

Although the Jews had been looking for this King sent by God to put things right they were not looking for a king like Jesus. They did not believe He was the leader the Jews had been anticipating for centuries!

But, He was and is!

Now, let's look at Palm Sunday...

Jesus, like all good Jews, had come to Jerusalem for the Passover feasts with his disciples. When the people of Jerusalem heard that Jesus was entering the city they came out to the Mount of Olives (just outside the city) to meet Him. Remember, by this time He was of rockstar status. Every-

one in Jerusalem and all the surrounding areas knew of His miraculous works.

These crowds of people started casting their cloaks down to make a road for Jesus, an ancient expression of honor and submission.

They also cut branches from palm trees and some spread those before him too. Many of the crowd were carrying and waving palm branches, a symbol of victory. National victory over the oppressive Roman empire. Most in the crowd saw Jesus as the leader to set up the earthy self-rule of Israel overthrowing the Roman Empire.

They were greeting Jesus as a triumphant king, coming into the capital city to overtake it. They thought Jesus would be THE ONE to lead a military uprising against the Roman occupiers and usher in a government that would set all things straight. Their cries of Hosannah... "save us" or "God saves" were evidence of this.

Finally, the long awaited Messiah was coming home! The hero of all heroes was coming home to Israel. They had waited so long! Their Torah (first 5 books of the Bible) and their prophets had been prophesying Him for centuries.

He would make all things right again for the Jews who had been captured and overrun and abused by conquering nation after nation for centuries!

The fulfillment of prophecy and Scripture about the Messiah was taking place before their very eyes! Prophecy and Scripture that all Jews knew full well!

Jesus, the Messiah, the King of the Jews, the Savior of the world was coming down the Mount of Olives through the throngs of ecstatic Jews riding on a donkey. The foul of a donkey.

The imagery is rich and so important!

In ancient times if a king would come into a land, overtaken by his country, riding on a white horse he came as a conquering king! He would be ready to set up HIS style of government and meter out HIS type of judgment HIS way! The Jews were expecting their Messiah to be a riding-on-a-white-horse-kind-of-king! Full of power and fury!

However, if a king rode into a land he had overtaken riding on a donkey it was a symbol that he had come as a peacea-



ble king. A king of kindness and grace and peace.

You see, this was Jesus' kingly entrance into the capital city of Jerusalem. Jesus was coming in as THE King of peace!

The peace He offered was not between the Jews and the Roman empire. It was much, much greater! It was the peace between God and man!

If only the nation Israel had understood as a whole. They had the Torah (first 5 books of the bible), the Prophets, the covenant, the Temple, the promises and more.

A handful of Jews knew and believed! But the nation as a whole did not! Remember this! I'll circle back to this in a minute.

Jesus would die only a few days later. Nailed to the cross in the most degrading and torturous way. The sins of the whole world would be put on His sinless body. Your sins and my sins. He would die in our place and pay the debt for sin we could never pay! Then He would be raised from the dead three days later showing He was and IS the victorious King. The King over sin and death. Conqueror of our sins and eternal separation from God! And because of this here's what Romans 5:1 says about all those who accept Jesus' gift of salvation...

Therefore, having been justified (made not guilty of our sins because Jesus died for them in our place) by faith (believing that Jesus is your Savior and submitting your life to Him) we have peace with God!

Jesus' first trip to planet earth was one of setting things right between God and man. Not man and man! He came to this world with a gospel of peace and forgiveness and repentance and love straight from His Father! And this gospel was and is for EVERYONE!

But, He is coming back! Know this like you know your own

face in the mirror!!!! HE IS COMING BACK! But the next time Jesus comes back to planet earth he will be riding on a white horse!

And I saw heaven opened: and behold, a white horse and He who sat upon it is called Faithful and True; and in righteousness He judges and wages war. Revelation 19:11

Are you waiting for him? Do you anticipate the Hero of the world's second coming. When He comes again it will be to set up His kingdom on earth.

Now, let's touch on what I asked you to remember. The

nation Israel as a whole did not recognize their King on Palm Sunday. Even though they could have known the very day the first Palm Sunday happened because the book of Daniel told them.

It was on that first Palm Sunday Jesus rode into Jerusalem in a big symbolic way to show the nation Israel HE was the king they were waiting for. But they did not recognize Him! They did not want the kind of kingship he offered.

If they would have believed, the Kingdom of God would have been ushered in! It is always disbelief that robs us of God's forgiveness and blessings!

Many of us will receive palm branches today in church. A symbol of Jesus first coming as the KING OF PEACE and the salvation He offers us. A victory indeed!

Do you, will you receive Him as your KING?

So let's not forget to look ahead! Our King is coming! He is coming (and one day soon) on a white horse to set all things in order! Let's wave our palm branches before the KING... the Overcomer... the Victor...Our Redeemer!

And as the ancient throngs of early believers would say... MARANATHA which means "THE LORD IS COMING". Come quickly Lord Jesus!

A scripture to meditate on this week...
"Hosanna!" "Blessed is he who comes in the name of the Lord!" "Blessed is the king of Israel!" John 12:13



MIDWEEK VIDEO PRAYER SERVICES
These simple, short Services are posted 2 or more times a month on Facebook & YouTube.
A Celtic Prayer Service in honour of St. David's and St. Patrick's Days was posted on Mar. 4. You can watch it by clicking [here](#).

Helpful Information

Parish Office is Closed. Laura Anne is working from home.

Sunday Service: 9:30 am Live Streamed

Following the Alberta Government's recommendation, and the directive of the Diocese, both our buildings are closed to all visitors. Phone messages and emails will continue to be checked and answered regularly.



Useful Websites and other Social Media Platforms:

St. Paul's Website:

<https://www.stpaulscalgary.ca>

Facebook Page: <https://www.facebook.com/stpaulscalgary>

Twitter:

@stpaulscalgary

@Pastor_Fergus

YouTube Channel:

<https://www.youtube.com/channel/UCldxfHv5pFYST--j8as1GVg>

Toddlers to Tweens Group Facebook:

toddlerstotweens

Youth Group's Facebook:

StPaulsCalgaryYouth

St. Paul's Alpha Facebook:

stpaulscalgaryalpha

MCES: <http://www.historicstpaulsanglicanchurch.ca>

Facebook historicstpaulschurch

Pastor's Postings Blog:

<https://pastorfergus.wordpress.com>

Diocese of Calgary:

<https://www.calgary.anglican.ca>

Diocesan Facebook calgary.anglican

Canadian National Church: <https://www.anglican.ca>

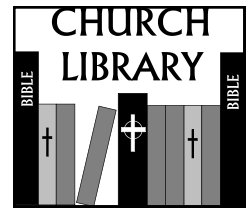
PWRDF—www.pwrdf.org



Welcome to Chinook Free Learners Co-op

The Chinook Free Learners Co-op is renting use of the Parish Hall during the day on Mondays and Fridays.

The co-op focuses on fostering independent, self-reliant and



The Library is open and there for your use. Please have a look at what is available. When you take a book out, please fill out the card in the back of the book and leave it in the file. When you return the book



St. Paul's is a Scent-Free Parish

A reminder that we try to be scent-free out of love and respect for those whose health is threatened by fragrances. May we ask your co-operation in avoiding wearing to church, perfumes and after-shave, perfumed hair-sprays, etc. Many thanks.



Information you may find helpful:

Large Print Order Of Service:

We have large print copies of the service and hymn book available. Please ask the sides people.

Hearing Devices: If you have trouble hearing the service, we have hearing devices that can help. Please ask the sides people for assistance.

Welcome Booklets: If you would like to know more about St. Paul's and our ministries, please help your self to a booklet. You will find them by the name tags.

Business Cards: St. Paul's Business Cards with service times are available. They are designed to carry in your wallet to give to people who ask about St. Paul's. This is a form of Outreach to the community.

Can Tabs

Those little tabs from your drink cans can do some good. Rick and Robbie Collier seasonally attend St Mark's in Mesa. That parish collects the tabs as a fundraiser, so please



Missional Minute

The Rev. Jacqui Durand

According to a world-class organization that studies human behaviour in individuals, families, and organizational structures, two mindsets determine our behaviour. The Arbinger Institute's research suggests that the first is a default self-focus inward mindset, and the second is an others-inclusive outward mindset. Because our mindset drives everything we do, an inward focus is on self, and our behaviours will reflect it.

In contrast, an outward focus is a way of seeing beyond ourselves, and therefore different actions follow. The outward, or missional, mindset, is a posture of humility and service. Being missional is not a prescribed set of to-dos. It is the posture of Jesus who, even in his agony on the cross was outward and others-focused; He blessed his mother and disciples, promised eternal life to the thief dying alongside Him and asked forgiveness for those who put Him to death. The example we follow, however imperfectly, is to see the needs of the world around us and respond with our heart in the right place.

Missional Minute

How can grief help us be missional? How could our pain be helpful to someone else's faith or deepening of that faith? Have you ever been part of a conversation with someone where they were telling you about a difficult or sad situation? There is a lot of pain or challenge for them and you are listening intently. You know that you are able to listen but feel a wee bit helpless perhaps at helping them come to a conclusion that will bring them peace.

Then they say something that reminds you of a difficult situation of your own. You recognize the pain, the challenge, perhaps the sadness or even despair you felt in that same situation.

As Christians, we have a 'suffering Saviour' who understands the difficult walk of suffering and even death. We get comfort and courage from knowing that Jesus understands whatever difficulties we face. So when we sit with another and in their grief share the wisdom and comfort of how Jesus came to us in those moments, we are being missional.

Your challenge in these difficult times, as we are all faced with difficulties in different ways, is to consider how your grief/challenge/despair, and how you managed to hold on to your faith in the midst of it, can help someone else. You can be a wounded healer.



The Anglican Diocese of Calgary

DIOCESAN NEWS



Rosary Gathering via Zoom

Beginning in January, Fr. Jerrod McCormack will be offering the Rosary Gathering via Zoom on the second and fourth Saturdays of the month, coming up next Saturday, February 13, at 2:00 pm. This is open to all who wish to participate. For the Zoom link or more information, please email [Fr Jerrod](mailto:Fr.Jerrod).

Spiritual Autobiography Workshop

Saturday, April 10 and Saturday, April 24

After receiving a number of requests, we are offering a Spiritual Autobiography Workshop.

Sometimes called a spiritual memoir, this is an opportunity to explore our life story and the places where God interacts with us. It is a beautiful exercise where we explore the themes of our lives and work with others to discern the working of the Spirit.

The workshop will take place over 2 Saturdays (April 10 and April 24 from 9:00 - 12:00 noon). Please contact Cathy to register. When registering, please include a contact phone number and the name of your parish.

Upcoming Pastoral Care Training

The Rev. Tracey Stagg

Another Pastoral Care course will be offered beginning Wednesday, April 14 for seven consecutive Wednesday evenings. The course will run from 6:30-8:45 pm by Zoom. It will be limited to approximately 20 participants. The topics covered will in part be: pastoral theology, ministry of presence, the practicality of visiting – how, where and when, ethics, confidentiality, communication, boundaries and self care as well as some resources. This course will be open to anyone who is interested, on a first come, first served basis. There may have already been someone in your parish that has taken the course and can give their reflection. Any questions can be directed to The Rev. Tracey Stagg at pastoralcare@calgary.anglican.ca.

Another course is targeted for January 2022.

Jessie: A Palm Sunday Parable in the Midst of the Pandemic of 2020

APRIL 14, 2020 BY [JOHN A. LANG](#)

By John A. Lang

When the religious leaders saw the outrageous things He was doing, and heard all the children running and shouting through the Temple, "Hosanna to David's Son!" they were up in arms and took Him to task, "Do you hear what these children are saying?" Jesus said, "Yes, I hear them. And haven't you read in God's Word, 'From the mouths of children and babies I'll furnish a place of praise?'"

—Matthew 21:15-16, The Message

Jesus had entered Jerusalem that day and the people were all shouting, "Blessed is he who comes in God's name! Hosanna in highest heavens!" "Hosanna" is a word of prayer and a word of praise. It means, "Save us!" in the first instance. Secondly it is a prayer of praise for the coming of the One who saves. First, however, it is a plea for help: "Save us! Save us! Save us! God in the highest heavens, Save us!"

We often forget that there are nearly five full chapters of Matthew's Gospel between the entry into Jerusalem and the Crucifixion. In between, Jesus was busy in the city; teaching, healing, telling some of the most amazing parables, and revealing to everyone that He must die soon. Jesus entered the city in order to save the city; by His teaching, by His healing gifts, and, finally, by His suffering and death. And, nearly all the people in the crowd threw their garments down on the road, giving Him a royal welcome. Others cut branches from the trees and threw them down as a welcome mat. **Crowds went ahead and crowds followed, all of them calling out, "Hosanna!"**

Jessie entered the city in her little old battered pickup truck. The streets were deserted. Here and there masked figures scurried along as if afraid of their own shadows.

The Sun was up, It was a bright crisp Spring day. Birds could be heard singing in the city. How strange. There were no sounds of traffic to drown out their songs. No one heard the birds, for most of them were inside; isolated

from one another and isolated from the Enemy that stalked them all.

Jessie drove on up the wide empty boulevard watching and listening. There were no horns or trains clattering or planes soaring in the sky. All was silent in the city.

Jessie drove on with her little old battered pickup truck full of supplies. First she stopped at a convention center which was now a home for the homeless. She heard their voices as she entered, "Save us! Save us! Save us!" and she gave them food.

Driving on, Jessie came to an enormous stadium that housed an emergency hospital. She drove up into the loading dock and she heard voices echoing across the empty bleachers, "Save us! Save us! Save us!" and she unloaded medical equipment from her old pickup truck.

As she travelled north, a most amazing thing happened. It was 7:00 o'clock in the evening and suddenly

people emerged from there dwellings and stood on porches and balconies and began to clap their hands and cheer. And Jessie saw the doctors and the nurses and the EMTs and the police and fire personnel going out and coming in on their shift changes...

...and she went to each of them and out of her little old battered pickup truck she gave them each new Personal Protective Equipment—so that those going out would have what they needed for the morrow and those who were coming into the hospitals would have the protection they needed to care for their patients.

Jessie traveled on up the boulevard until she came to another hospital and the children were calling out of the windows and the doors, "Save us! Save us! Save us!" And their parents standing outside wept and cried even louder, "Save us! Save us! Save us!" And Jessie parked her now empty

little old battered pickup truck outside of the Children's Hospital and reached into the empty bed of the truck and donned the one last suit of Personal Protective Equipment she had, and she went into the hospital and reported for the night shift.

The children and babies were crying out, "Save us! Save us! Save us!" And Jessie made her rounds cuddling the little ones and singing them songs and telling them stories and along the way, giving up first her face shield to a friend and then her face mask to another. She gave her gloves to a tech lacking gloves as he took temperatures at the entrance, and then she donated her protective



suit to a surgeon whose suit was torn.

Dressed now only in her scrubs, Jessie continued to work among the children. All night she heard them crying, "Save us! Save us! Save us!" and she held them in her arms and sang to them and told them stories until morning came and it was time for a new shift to take over, and the evening came and it was time for another change of personnel.

The staff arriving the next morning found Jessie seated in a rocking chair and holding a now very healthy baby in her arms. Jessie, exposed to the Enemy, had died. Someone discovered her little old battered pickup truck outside. They placed her body in the bed of the truck and a volunteer drove it to the edge of the city. It was 7:00 o'clock in the evening, and the people emerged from their homes and apartments and condos and applauded as Jessie's old battered pickup rolled down the boulevard to the city's edge.

Not knowing what to do next, Andrew, the volunteer driver parked the old pickup truck in a lakeside park and walked home into the city.

The next day, that little old battered pickup was seen entering the city once again. As it passed, the people cried out, "Save us! Save us! Save us!" and Andrew drove the

little old battered pickup truck up to...

...And the Sun rose once again; and in time, the city was saved. The whole world had been made whole. And then the people found that little old battered pickup truck and they placed it in the big park in the center of the city and beneath it were the names of: Jessie, Andrew, Philip, Abdule, Jermaine, Quamie, Sharon, William, Cassandra, Rachel, Warren, and all of the other drivers of that little old battered pickup truck that brought them into the city day-after-day and carried them out again as they gave their all to respond to the call, "Save us! Save us! Save us!". Just above those names was a single word: HOSANNA! And the city was saved. And the world was made whole. Thanks be to God. Amen.

Rev. John Lang
Palm Sunday
Immanuel Lutheran Church
Evanston, Illinois

From:
[Home](#) / [Covid-19](#) / Jessie: A Palm Sunday Parable
in the Midst of the Pandemic of 2020

Holy Week & Easter Services

Maundy Thursday, April 1: Prayer Service 7:30 pm on Facebook and YouTube

Good Friday, April 2: Virtual Stations of the Cross at 2 pm on Facebook and YouTube

Easter Sunday, April 4: Service of Spiritual Communion Live Streamed at 9:30 am on Facebook. Available later on the Parish website or YouTube.

On Easter Sunday at between 2:00 and 2:45 pm you can come and pick up consecrated wafers. Pick up is the parking lot. Mailbox pick ups can also be arranged by phone or email.



Palm Sunday Craft from Catholic Icing

What a year we are having. I wanted to do what I could to bring maybe a little bit of nostalgia, and hopefully a little bit of joy to you this Palm Sunday. So here are 2 printable palms. I hope you can print these, gather around a device, and watch Mass together as a family with your "palms" this year. I love all of you. Pray for each other. We will get through this together. Send this file everywhere to anyone you think could enjoy a palm for this year. It's free to the community for everyone. -Lacy from Catholic Icing

My new download includes 2 palm options- one that looks like a folded palm cross, and one that is 1 long palm that prints across one paper. It is in 4 sections, so it has to be cut out and taped end to end to make one long palm. If you have card stock, that will help the printable palm stand up a little better, but paper works as well.

It's a little hard to show the fully assembled palm because it's long (I tried to make it real size) but here's a picture of the printables and then what they also look like cut out and assembled.

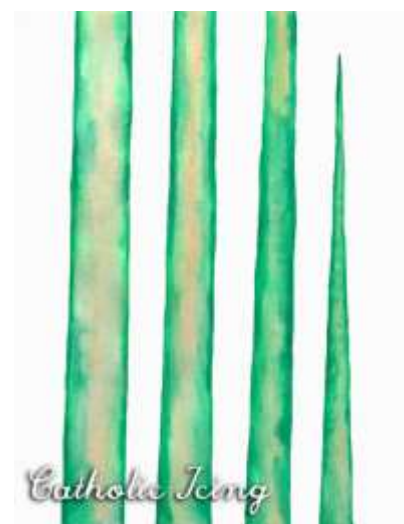
For the cross, you can just cut it out and it's kinda like you folded your own palm cross! Kinda. lol. We have to make do for this year.

I also made a quick version of the cross with a square around the bottom like so.

This little guy gets cut around the square, cut the "arms" of the cross free, roll back the flaps of the square and tape into a tube. Then it can stand up all by itself!

Download the printable Palms here:

<https://www.catholicicing.com/wp-content/uploads/2020/03/printable-palms-for-palm-sunday.pdf>



March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 Lent 3 9:30am H.E. Live streamed 11:30 am Zoom Coffee Time	8	9 7:00 pm Parish Council via Zoom	10 10:30 am & 7:30 pm "Seven Last Words" Lenten Zoom Study	11	12	13
14 Lent 4 Laetare Sunday 9:30am H.E. Live streamed 11:30 am Zoom Coffee Time	15 7:30 pm Prayer Group Meeting via Zoom	16	17 9:30 am Prayer Service on Facebook and YouTube 10:30 am & 7:30 pm "Seven Last Words" Lenten Zoom Study 1:00 pm Prayer Shawl Ministry via Zoom	18	19	20
21 Lent 5 9:30 am H.E. Live streamed 11:30 am Zoom Coffee Time	22	23	24 10:30 am & 7:30 pm "Seven Last Words" Lenten Zoom Study	25 7:30 pm H.E. Live Streamed Deanery Service	26	27
28 Palm Sunday 9:30 am H.E. Live streamed 11:30 am Zoom Coffee Time	29	30	31 10:30 am & 7:30 pm "Seven Last Words" Lenten Zoom Study	April 1 Maundy Thursday 7:30 pm Prayer Service on Face- book or You Tube	2 Good Friday 2:00 pm Virtual Stations of the Cross On Facebook and You Tube	3