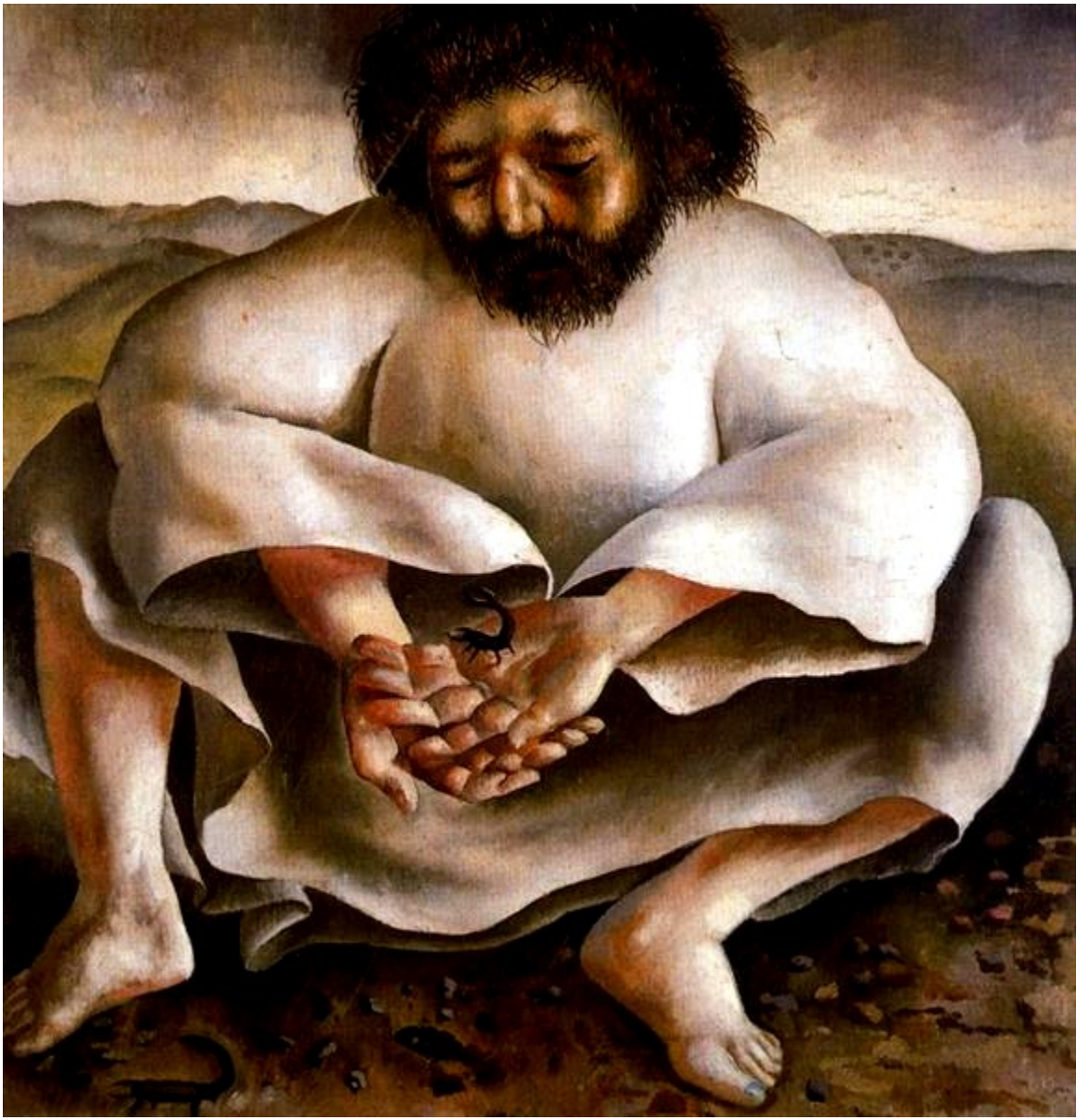
The Valley Bulletin

The First Sunday in Lent



March 9th, 2025

WELCOME

If you are visiting, we welcome you into our midst.
Whoever you are and wherever you are on your journey in faith, you are welcome.
It is a blessing to have you worship with us today!
The Parish of the Valley respectfully acknowledges that we gather for worship
on traditional Anishinaabe Algonquin territory.

INTRODUCTION TO OUR LENTEN BULLETINS

Each Sunday in Lent, our Valley Bulletin will offer a short reflection with a scripture verse, a poem, a suggestion for prayer and reflection, and a closing prayer. In this season of Lent, we are inviting you to join in prayer and reflection as we journey from the preparation and feasting of Shrove Tuesday through towards the cross and resurrection.

Poems and reflections are drawn from *Finding Our Way Back Praying Our Way Forward: Prayer moments for Lent, Holy Week, Advent, Christmas and Beyond* by Rebeka Maples, Wild Goose Publications. Copyright ©2023.

Lent 1: March 9, 2025

In this deserted place

"Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness…" Luke 4:1

Dwells the soul in this deserted place, lost and alone,
searching for love, for hope, for life, dark and alone without stars, no light, no one, no thing.

Dwells the soul alone, in this deserted place, aching for warmth, longing for love, wanting life again,
Dark night of the soul, with no other soul around, weakened by emptiness, cursed by memories
Echoing through time.

The soul, wandering through shadows,
Through silhouettes that glimmer in some hidden light,
Lost and alone without the soul's desire, waiting for its moment of awakening.

Prayer moment:
Think of a time when you felt deserted, lost and alone. Did you come to feel God's presence at that time? How can we be present to each other in our 'dark night of the soul' in these Lenten days?

We pray… God of the wilderness, stumbling over possibilities I search for answers and wonder why I have sunk so low. Send your Spirit to lead me out of this wilderness and into the light of Easter. … Amen.

Christ in the Wilderness by Harold Wood

Putting Away Our Alleluias

In Lent we put away our 'Alleluias'. Jesus has entered his final wilderness on this earth.
He is journeying to the cross. God is heading to the cross, heading to crucifixion.
There are no 'Alleluias',) הַלְלוּ־יָהּin Hebrew) which means 'Praise God'.
The praise has ended, the teachings and healings has ended,
God in human form is about to experience the very worst of humanity.
As we put away our 'Alleluias', we are invited to strip down of all the 'excesses of our lives',
we are invited to consider what it means in our own faith journey to 'walk with God',
to open our hearts to the poverty of the human condition,
to open our souls to the Christ who was willing to endure,
to bring us to God.
The least we can do is take this season seriously.
To do with our lips and our lives, the discernment (thoughtfulness),
For the sort of Fast that we are invited into.
To fast from those things that keep us from knowing God's love, devotion, and presence.
To fast for what is right: love, justice, equity, mercy, compassion, peace, and kindness.
To put away those things that hurt us. To pick up those things that bring us life.
This time, it is us, who are walking with Christ and not the other way around.
In Lent we put away our 'Alleluias'.

Rev. Christine Muise

LET'S PRAY

For the Church in the World we pray for The Anglican Church of Canada. We pray for our companion Diocese of Jerusalem. We pray for Anne Germond, our Metropolitan and Acting Primate. We pray for Christopher Harper, our National Indigenous Archbishop.

In our Diocese of Ottawa we pray for:

† For Shane Parker, our Bishop; for Matthew Brown our Incumbent; and for Gillian Hoyer, Nicholas Forte and Christine Muise our Associate Incumbents.

† For our Community Ministries: Belong Ottawa, Centre 105 (Cornwall), Cornerstone Housing for Women, Ottawa Pastoral Counselling Centre, Refugee Ministry. We pray for the Area Parish of the St. Lawrence.

† For St. Margaret of Scotland, Rutherglen, part of the Parish of Mattawa-Rutherglen.

For the life & members of our Parish of the Valley Community, this week we pray for:
Dave & Gail Smyth, Raymond & Jessie Snyder, Kirk Spittler, Jennifer, Greg, Eva & Simon Splinter, John Stecko, and all members of their families.

For those who have died and all members of their families as they grieve:
Brian Gale, Dave Dobson.

For the sick , those who have asked for our prayers, and all others who are on our hearts…

Alice & Petawawa: Rose, Kim, Claire, Laurie, Lois, Gloria, Ronny, Patricia, Sammy, Chandra, Shane, Michael, Larry, Joe, Trent, Minnie, Scarlett, Brittany, Donna, Shawn, Gerry, Peter.

Barry's Bay & Whitney: Mary Ann, George, Poppy Joe & Penny Jane, Fred, Sebastien, Blake, Anna, Morley, Cathy, Abigail, Susan, Patricia, Elspeth, Debra, Mary-Jayne, Violet, Fern, Shirley, Marilyn, David, Susie, Donna, Sharon, Callie and Glenys.

Killaloe/Tramore & Eganville: Heather, Jan, Gale, Harold, Aubrey, Richard, Sandra, Dorothy, Betty, Ann, Sheila, Andrea, Sharon, Junior, Peter, Richard, Pauline, Hanna, Phyllis, Ethel, Anice, Paula, Rosemary.

Pembroke: Elizabeth, Jolene, Ralph, Diane, Cate, Bill, Bob, Betty, Kevin, Connie, June, Paul, Lawrence, Lomie, Bea, Jessie.

Stafford / Beachburg/Cobden: Jean, Margaret, Denver, Brian, Ruby, Janice, Dale, Susan, Ryan, Haley, Ruth, James, Sharon, Dave, Nicholas, Carolyn, Hillary, Ralph, Sharon, Thyra, Sandra, Bill.

TODAY'S READINGS

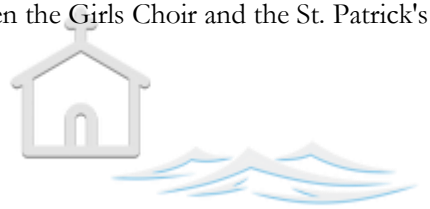
MARCH 9, 2025 - The First Sunday in Lent
Deuteronomy 26.1-11; Psalm 91.1-2, 9-16; Romans 10.8b-13; Luke 4.1-13

UPCOMING READINGS

March 16, 2025 - The Second Sunday in Lent
Genesis 15.1-12, 17-18; Psalm 27; Philippians 3.17 - 4.1; Luke 13.31-35

March 23, 2025 - The Third Sunday in Lent
Isaiah 55.1-9; Psalm 63.1-8; 1 Corinthians 10.1-13; Luke 13.1-9

SPECIAL EVENT

Join us for an intimate service of **Choral Evensong** featuring the **Girls Choir from Christ Church Cathedral Ottawa**.
In anticipation of their tour of Ireland this summer, the Girls Choir will lead this beautiful service at St. Patrick's, Lower Stafford on **Saturday, March 22nd at 4pm**.
Seating is limited, please reserve a seat at: https://rsvp.church/r/QvYat8B7, or call 613-732-4658.
A freewill offering will be received at the door, suggested donation is $40 per ticket. All proceeds will be divided equally between the Girls Choir and the St. Patrick's Building Restoration Project.

SERVICES IN THE PARISH OF THE VALLEY

Sunday, March 16th, 2025

8 am - Holy Trinity Pembroke/ 10 am - Joint Service at Calvin United
9am - St Anthony's Whitney
9am - Ascension Killaloe
9:30am -St George's South Alice
11am - St Paul's Cobden (Morning Prayer)
11am - St John's Eganville
11am - Epiphany Barry's Bay
11:15am - All Saints Petawawa

COMMUNITY SERVICES

Wednesday, March 12th - 10:30am - Riverview Heights (Pembroke)

Thursday, March 27th - 10:30am - Caressant Care (Cobden)

Thursday, April 3rd - 10:15am - Valley Manor (Barry's Bay)

Thursday, April 3rd - 11am - Marianhill (Pembroke)

LENTEN PROGRAMS AND WORSHIP

Holden Evening Prayer - a meditative sung evening prayer offered Wednesdays in Lent at 7pm, starting March 12th. Held at St. Timothy's Lutheran Church Pembroke (503 Alfred Street)

Walking Together in Grief and Loss - a two-part series exploring the many facets of grief and loss. Together we will have a gentle time of sharing insights, deep listening, and walking together on the road as we move through the cycles and seasons of life and loss.
Sessions will take place at:
Epiphany, Barry's Bay: Thursday March 13 and April 3: 12-1pm
Holy Trinity, Pembroke: Wednesday March 19 and April 9: 11am-12pm, following the 10am Mid -Week Eucharist
St. John the Evangelist, Eganville: Thursday March 27 and April 17: 5:30 - 6:30pm (The April 17 session will lead into the Maundy Thursday Service at 7pm)

Something Sacred: Reflections on Faith and Music study exploring how the power of music can deepen our connection to God and form us as disciples. Offered by Rev. Margie Patterson and the Eganville Ministerial, and hosted at St. John's Eganville on Thursdays in Lent, beginning March 6th, from 4-5pm.

2025 ANNUAL VESTRY MEETING SCHEDULE

Today
Holy Trinity Pembroke
*St. Stephen's Micksburg – St. Patrick's Lower Stafford – St. Thomas Rankin

Sunday, March 16th
Ascension Killaloe / St. John's Tramore

Sunday, March 23rd
St. John's Eganville

**All Vestry meetings will take place following the scheduled celebration of the Holy Eucharist except for Micksburg/Stafford/Rankin, which will be an afternoon potluck followed by the Vestry at 1pm at the home of Patty & Thane Childerhose (1440 Ross Rd, Cobden).*

The Canons, Bylaws and Regulations of our Anglican Diocese of Ottawa require the Incumbent Priest of a parish to serve as the chair of all meetings of Vestry. With the Incumbent's agreement, an Associate Incumbent may chair a Vestry in the Incumbent's stead.

OFFERINGS

We are grateful for your ongoing support of our parish's congregations.
Donations can always be placed on the offering plates located at the back of the church, or can be given during the offertory in congregations where an offering plate is passed. To learn more about Pre-Authorized Remittances (PAR), options for e-transfer, or how to donate online with credit card through *Canada Helps* or *Tithe.ly*, please visit our website: www.ValleyAnglicans.ca

Valley Bulletin sponsorship.
Available dates: March 9, 16, 23, 30.

Cost is $40 and payable to Holy Trinity Anglican Church.
Call Gail at the office 613-732-4658 or email office@valleyanglicans.ca

CLERGY TEAM

Contact Information

The Rev. Matthew Brown (613-732-4658)
The Rev. Gillian Hoyer (613-687-9123)
The Rev. Nicholas Forte (613-629-9498)
The Rev. Christine Muise (613-628-2029)

Cover*: "Christ in the Wilderness – The Scorpion"* , 1939, Stanley Spencer, (1891 -1959), Art Gallery of Western Australia .

www.valleyanglicans.ca
@valleyanglicans on Facebook, YouTube, & Instagram

Parish of the Valley
Diocese of Ottawa
Anglican Church of Canada

Main office:
68 Renfrew St,
Pembroke, ON K8A 5R6
613-732-4658