



Soapy Saturday, April 18th

New items to be dropped off between **9am and 12pm** at:

St Peter and St Paul Anglican Church

1379 Esquimalt Road, in the church parking lot.



Collected items will be distributed to the St John the Divine Food Bank, Rainbow Kitchen, and the Victoria Friendship Native Centre to support those in need.

Some suggested items:

- ⌵ Toothpaste, Toothbrush
- ⌵ Soap, Shampoo, Conditioner
- ⌵ Deodorant, Razors, Band aids
- ⌵ Make up, Lotion, Vaseline
- ⌵ Sunscreen, Lip balm
- ⌵ Hand towel, Face cloth, Socks
- ⌵ Comb, Hair brush
- ⌵ Feminine hygiene products
- ⌵ Incontinence products
- ⌵ Diapers
- ⌵ Tissues, Toilet Paper
- ⌵ Laundry Soap, Dish Soap

St Peter and St Paul Invitation to a Lenten Practice

Traditionally Lent has meant practicing living a disciplined life of denial. It was in denying ourselves that we would consider our own mortality. While this has always been, and continues to be, an important consideration of Lent, the church has included, by extension, the discipline of daily sacrifice. Not in large way necessarily, but in a daily steadiness that recognizes our walk with God, our own need to receive and our ability to give. You are invited to place a small item of sundry each day into the paper bag. As you do it, recite this prayer:

Merciful God, be with me on my Lenten Walk. Give me a willing heart, to receive your love and forgiveness and, in turn, to serve others in holy love. Bless my offering, and may all of my words and all of my actions give glory to you. Amen.

It may be easier to shop for multiple items at a time. You are encouraged to store them outside the bag and place them into the bag daily while praying. If that does not work for you, then place all items in the bag at once, and recite the prayer daily. Do what works for you and try to stretch into a daily practice for this Lent of thoughtfully considering what receiving and giving means to you.

The Dignity to Give and Receive by Henri Nouwen *Bread for the Journey*

No peace is thinkable as long as the world remains in two groups: those who give and those who receive. Real human dignity is found in giving as well as receiving. A true vision of peace sees a continuous mutuality between giving and receiving. Let's never give anything without asking ourselves what we are receiving from those to whom we give, and let's never receive anything without asking what we have to give to those from whom we receive.