

ANNOUNCEMENTS



Readings For Next Sunday: First Reading, Genesis 12:1-4a * Psalm 121 * Second Reading, Romans 4:1-5, 13-17 * Gospel, John 3:1-17

Tea & Coffee Hour - Can you help? After every Sunday service we have our Tea and Coffee Fellowship time downstairs in the Lounge. Please do come and join us. Helping hands are always needed. The sign up sheet for coffee hour volunteers and baking is on the bulletin board outside the kitchen.

Reverend Shawn Away - Rev. Shawn will be on Leave from Monday Feb. 23 through Sunday March 1 - returning on Monday March 2. For pastoral concerns, please continue to feel free to contact Rev. Georgina during this time. Georgina's contact info is on the front page of the bulletin.

Anglican 102 - Starts Tues Feb. 24, 7:30pm

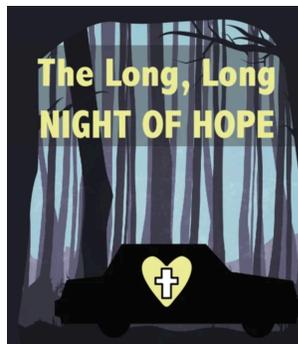
Please join us this Lent to learn more about the Anglican Church, and its approach to spirituality. This series features a variety of voices from our wider Church community. We will meet online weekly for 5 weeks. Please join us if you are new, preparing for baptism, confirmation or reception in the Anglican Church, or if you simply want to learn more about our tradition and faith!

Rev. Shawn is a part of the team offering Anglican 102 - Anglican Spirituality, and so please feel free to ask him any questions you might have about this exciting opportunity.

Prayer Shawl Ministry - Feel free to join them every **2nd and 4th Tuesday at 1:30pm**, in the chapel or the lounge. They gather to pray, knit and gift. "Knit one, Pray two". Wool is provided. Please bring your own knitting needles.

Next Week! The 10th Annual Long, Long Night of Hope - Feb, 28, 2026

On Tuesday, Feb 3rd, we arrived at the church to discover a young man curled up in a sleeping bag, camped out near the office door. Like so many others in our community, he felt he had nowhere else to go. This man, this child of God, is why we do the Long, Long Night of Hope.



Since 2017, we have raised over \$140,000 for the Lookout Housing and Health Society's shelter in North Vancouver, which serves the vulnerable from Deep Cove to the Sunshine Coast.

We would like to make our 10th year our biggest yet, and we need your help! We need more volunteers to participate and raise funds. We need volunteers to approach local businesses for donations. We need you!

If you have any questions, or you are interested in helping us, talk to Donna, or email us at longlongnightofhope@gmail.com. More information can be found on our website, www.longlongnightofhope.ca.

Homelessness is not Hopelessness. Be the Hope.

Lenten Quiet Morning for Peace - March 14

When the world feels overwhelming and chaos seems to reign, we need to stop, and find solace in the quiet times with God. Join us **Saturday, March 14 from 9am-12 Noon** for a quiet morning at St. John's. Morning prayer, guided meditation, peaceful arts and crafts, walking the labyrinth, and more. Everyone is welcome to attend, so tell your friends and family. Doors open at 8:30am for those who want coffee or tea, or just need to gentle themselves into the peace. Sign up at the Welcome table, or just drop in.

Jean's Box Outreach - Mission to Seafarers

Jean's Box collects all year long for North Shore Crisis Services and the North Shore Shelter. For the Lenten Season, there is an extra appeal for Jean's Box for Missions to Seafarers. Each ship that visits our port has 20 to 30 seafarers and many struggle financially. Items needed for seafarers are warm toques, socks, medium sized body wash, toothpaste, toothbrushes and reusable shopping bags. Leave your donation in Jean's Box, at the back of the church near the main doors.

Memorial Garden Service & Reception

Committee - It's not too late to help with the Memorial Garden Service and Reception, honouring the refreshed memorial garden. The celebration will take place Sunday, May 24, 2026. Help will be needed inviting people to the service and organizing ways to invite people, as well as determining who we would like to invite. We would also be organizing a reception to be held after the service. Please call or text Leeann at 604-980-4001, or email her at popcornbunny46@gmail.com if you are able to help.

Quote of the Week

Here is this week's quote that provides food for thought or inspiration, or, better yet, both. If you have any suggestions for quotes please pass them along to Donna in the office.

"Each one of us matters, has a role to play, and makes a difference. Each one of us must take responsibility for our own lives, and above all, show respect and love for living things around us, especially each other."

- Jane Goodall

With The Long, Long Night of Hope just one week away, we invite you to think about the people around us, living with so little. What is God calling us to do?

Soup and Buns and Conversation - Wed.

March 4 - at 11:30am in the downstairs lounge. Please feel free to invite friends and family. While it is a drop-in program, please let Donna know if you plan to come and how many might be coming with you. (email Donna at stjohnnv@telus.net or call 604-986-1151). We look forward to seeing you. your own knitting needles.

The Coming Week At St. John's

Sunday, February 22 * Vestry Meeting and Coffee Hour Today (Lounge) After the service

Monday, February 23 * Church Office is Open 9am-12pm

Tuesday, February 24 * Church Office is Open 9am-12pm * Alanon Meeting (Lounge) 7pm - 9pm * Anglican 102 -(Online) 7:30-9:00pm (registration info found on our website)

Wednesday, February 25 * Church Office is Open 9am-12pm * Never Alone Meeting (Lounge) 6:30 - 8pm

Thursday, February 26 * Church Office is Open 12pm-3pm * Mother Goose Nursery Program (Lounge) 1-2:30pm * AA Meeting (Lounge) 7pm- 9pm * Choir Practice (Sanctuary) 7pm- 9pm

Friday, February 27 * Church Office is closed * Chair Yoga with Andrea (Lounge) 10am *

Saturday, February 28 * Church Office is Open 9am-12pm * The Long, Long Night of Hope

* Sunday March 1 - Celebrating 10 Years of The Long, Long Night of Hope *

Faithful Friends

Activity Page for Any Age

Contemplative Prayer

When we practice contemplative prayer, we find a quiet space to be with God, and to listen to what he wants to hear. It is important for us to simply listen sometimes. Where can you go, to find a quiet place to listen to God?

Word Play - Word Scramble

T T I D A E M E _____

T I Q E U _____

E L C D A N _____

Prayer Candle

When we light the prayer candle, we say a prayer for a loved one - that they be safe and healthy, that they are happy, that they forgive us, that they remember us, or for many other reasons. We lit the candle for you - take a moment of quiet and let God tell you who to pray for.



Draw a Picture

In today's Gospel reading, we heard that Jesus spent 40 days in the wilderness. What did that look like? Draw that.

What to Give Up - A Lenten Reflection

Give up complaining —
focus on gratitude.

Give up pessimism —
become an optimist.

Give up harsh judgments —
think kindly thoughts.

Give up worry —
trust Divine Providence.

Give up discouragement —
be full of hope.

Give up bitterness —
turn to forgiveness.

Give up hatred —
return good for evil.

Give up negativism —
be positive.

Give up anger —
be more patient.

Give up pettiness —
become mature.

Give up gloom —
enjoy the beauty that is all around you.

Give up jealousy —
pray for trust.

Give up gossiping —
control your tongue.

Give up sin —
turn to virtue.

Give up giving up —
hang in there!