

St. Luke's News

March 2026

Vol. 9 #3



ANGLICAN CHURCH

of

ST. LUKE

4929 54th Street

Red Deer, Alberta

T4N 2G7

403-346-3402

email

office@oldchurchrd.com

website

www.oldchurchrd.com

Have you ever wondered why this season of the church year is called Lent? In most of our usage 'lent' is the past tense of 'lend', as in "I lent him my book." In terms of the church year, Lent is a shortened form of the Old English word *lencten*, meaning 'spring season', even though this doesn't work in the southern hemisphere, and often not here! In the first 3 centuries of the church, the period of fasting before Easter did not exceed 2 or 3 days. It was not until 325 that there was mention of 40 days. In some parts of the church Lent starts on Ash Wednesday and concludes on the evening of Maundy Thursday, although fasting continues until the evening of Holy Saturday. In others, it doesn't start until the first Monday after Ash Wednesday. In the Anglican, Lutheran and Moravian churches the season of Lent lasts from Ash Wednesday to the evening of Holy Saturday, or 46 days. However, Sundays are not considered part of Lent, and if you take out the 6 Sundays, you have the 40 days. The 40 days represent the days that Jesus (Matthew 4:1-11; Luke 4:1), Moses (Exodus 34:28) and Elijah (1 Kings 19:8), fasted. While we still think about Lent as a time of giving something up (in the early centuries of the church only one meal a day was allowed, with no meat, fish or dairy products including eggs), we now also think of it being possibly a time for taking something on in the form of more structured prayer, bible reading, meditation and more regular church attendance. Perhaps look on it as a time of 'resetting' our thoughts and lives. In the "Prayers" at the end of the Newsletter there is a prayer, that I had not thought about since we sang it out of our previous red hymnbook. I was listening to a programme on CBC Music and the presenter played the hymn. It came back to me and I thought I would share it, as a prayer for Lent. It asks that God be present in our thoughts, our perception, our speech and our lives. It fits nicely with the prayer from St. Teresa.

(Items for the April Newsletter should be submitted by March 26th)

Incumbent Priest/Pastor:

The Ven. Noel Wygiera

vicar@oldchurchrd.com

Vocational Deacon:

The Rev. Deacon Tracey Stagg

deacon@oldchurchrd.com

Incumbent's Warden:

Suzanne Blackwell

incumbentswarden@oldchurchrd.com

People's Warden:

Br. Michael McAuliffe

peopleswarden@oldchurchrd.com

Pianists:

Judy Miller

Terri Radke

Organist:

Jo Wygiera

Service Schedule

See Upcoming Events in this Newsletter or go to the church website, www.oldchurchrd.com

WEBSITE

www.oldchurchrd.com

Visit it often to check for news and upcoming events. If anyone has an item they feel might be appropriate for inclusion on the website please send it to website@oldchurchrd.com. **If you go to the website now you can see Season 1: Episode 2, of ‘*The Crossing (How Red Deer Shaped Alberta’s History)*’** This episode features St. Luke’s church. There is also a link to the whole series on YouTube.

If you change contact information, eg. address, phone number or email address, make sure that you notify the office at: office@oldchurchrd.com

UPCOMING EVENTS **WORSHIP SERVICES**

For full details of upcoming services, including the readings, go to <https://www.oldchurchrd.com/events>

Sunday Morning Eucharist: 10:00 am

Sunday online Service: 1:00 pm

Compline (Evening Prayer) online: Sundays at 7:00 pm

If you wish to attend the online services and do not receive an email with the link contact vicar@oldchurchrd.com

Thursday said Eucharist: 2:00 pm.

LENTEN AND EASTER SERVICES:

Holden Evening Prayer: 7:00 pm

March 4th: St. Leonard’s on the Hill

Preacher: The Rev. John Lentz

March 11th: Lutheran Church of the Good Shepherd

Preacher: The Rev. Chris Roth

March 18th: St. Leonard’s on the Hill

Preacher: The Ven. Noel Wygeira

March 25th: Lutheran Church of the Good Shepherd

Preacher: The Rev. John Lentz

April 2nd: Maundy Thursday: 7:00 pm St. Leonard’s on the Hill.

Preacher: The Ven. Noel Wygeira

April 3rd: Good Friday: 10:30 am Lutheran Church of the Good Shepherd

Preacher: The Rev. Chris Roth

April 4th: Easter Vigil: 8:00 pm Anglican Church of St. Luke.

Preacher: The Rev. John Lentz

April 5th: Easter Eucharist: 10:00 Anglican Church of St. Luke

OTHER EVENTS

Wednesday Morning Bible Study: 10:00 am in the Parish hall. All are welcome.

Thursday March 5th: 7:00 pm All Voices Choir Practice

March 8th: **DAYLIGHT SAVING TIME BEGINS**-set clocks forward 1 hour

Saturday March 14th: **Men's Group Breakfast:** 9:00 am. If you plan to attend the breakfast contact Tim Murray at twomurrays76@gmail.com so enough food is prepared.

Thursday March 19th: Parish Tea following the 2:00 pm Eucharist. All members of the Parish are invited to attend.

Thursday March 19th: 7:00 pm. All Voices Choir Practice

Saturday March 21st: **Ladies' Group Breakfast:** 9:00 am. All ladies of the Parish are welcome to attend. If you plan to attend, contact the office at office@oldchurchrd.com so enough food is prepared.

Finances: At the Annual Meeting of Parishioners on February 22nd, the proposed 2026 Budget that was prepared by the Corporation (Incumbent, Incumbent's Warden and People's Warden), the Treasurer and Parish Council was accepted. It is still a deficit budget, but the projected deficit is less than the one projected for last year. A further analysis of the financial status of the Parish will be in the May Newsletter.

Heat the Church: Just as it is important to continue giving our regular donations to the church, those who wish to contribute to this fund can do so by putting an envelope marked Heat the Church in the offering plate on Sunday or by e-transfer at offerings@oldchurchrd.com. The suggested donation is \$25 for a day. This still is about the average taken over all of last year. It is not just in the winter we encourage this, as the daily rate is averaged over the year.

CAN YOU HELP? Choose a date:

Coffee Roster: If you are able, please consider signing up for a Sunday. We thank those people who have stepped up at the last minute to make coffee and tea when no one was signed up. The fellowship is always enjoyed. If doing it for the first time, help is available.

Outreach-Mustard Seed:

Mustard Seed Dinner Service: Thank-you to everyone who has taken part in volunteering for dinner service at the Mustard Seed the first Friday of each month. The response from our parish has been wonderful and we have had a full roster of volunteers each month to date. Sign-up sheets are in the hall and if

you have any questions please do not hesitate to speak with Michael McAuliffe or Doug Ewart. Volunteer duties include serving the meal, preparing carrots for school lunches and helping in the 'dish pit'.

AROUND THE PARISH:

May they Rest in Peace and Rise in Glory:

Eric Sinclair, long-time active member of this parish.

Don Grayston, former long-time active member of this parish, who had moved to Kelowna to be closer to family.

Men's Group Supper:

A big '**Thank you**' to all those who helped with, donated to, and otherwise supported the Men's Group supper on February 20th.

Lenten Outreach/Pastoral Care:



1. This year during Lent, we are continuing our support for the Mustard Seed. We will have two options for you and you are encouraged to help as you can. One option is to donate feminine hygiene products as we have done previously. This had lined up with Mothering Sunday. This year Mothering Sunday is March 15. The other option is to donate socks and underwear. We will accept new underwear and that can be used by the residents. All styles and colors of both are welcomed. There will be boxes put in the back of the church to receive these items. After Lent, they will be lovingly distributed to the Seed.
2. Pastoral Care Course. The next diocesan pastoral care course will be run this year from May 6-June 17 by zoom. This is an opportunity to explore pastoral training for either personal or parish use. A pastoral community will be established as we learn together. More information is available at pastoralcare@calgary.anglican.ca. This course tends to fill quickly.

From the Deacon's Bench

March 2026

The Lent we actually have.....

This time of Lent – of journeying with Jesus to the cross sometimes gets all pious. “We” are to be even more holy, repentant, scripture focussed, self examined, increase our almsgiving (generosity towards others in time and materials), prayerful Yes, this is a good and honourable intention, and I am hopeful that parts of this are for you. In the words of Pope Leo XIV – we are “to pray for the grace of a lent that helps us listen more closely to God.”

Let me share a bit more about what I am talking about. Yes, this is our time to be more mindful of who Jesus is in our lives, his journey and sacrifice.. and his love and healing.

Might I suggest that the busyness of our lives, the mixed-up places, the pain, sorrow, worry or troubles do not leave us so we can be solely focussed on the self discipline of reading scripture, prayerfulness, giving to those around us and/or sitting quietly with our God. I wish it were so. Instead, our lives continue with bills to be paid, appointments tended to, birthday parties to celebrate etc. So, let's work with the lent we actually have – our lives during this season of looking forward and looking with in – this holy and blessed time.

Maybe a way to blend the life we have with the intention to observe a holy and sacred Lent might be in some of the following ways: 1) How about adding a prayer while you are stopped at a red light or walking the dog? 2) Maybe find Sunday's readings and do some pre reading and thinking. 3) Perhaps take a risk to really see the sorrow and suffering of others, to journey with them literally or figuratively; to enter into those struggles.

It is good to take a tiny bit of time to really focus on who is our God in our lives; to deepen our relationship as we can with the Lent we actually have. Be you in this life. With God's help make an attempt to heal the wounds in your life – little by little – the self doubt, the self criticism. Jesus doesn't criticize or doubt you. He opens his wounded hands to say “Come – Come to me”. His woundedness is our healing. His openness is our welcome; his love is our assurance.

This is the Lent we actually have – full of discovery, possibility and yearning for a deeper relationship with our God, through Jesus. I encourage you to focus on Jesus while remembering your blessings through a holy and scattered Lent. Scattered as this can be our life. This is why we take this time to return (repent) to our God. Through prayer, simple living, and generosity, we learn to love as Jesus loves. We try to listen to God, to others, and to the quiet voice within.



We journey with Christ as we are; moving towards the cross together with our eyes fixed on Jesus – his holy mission, his teachings, his assurance, his betrayal, his grief and sorrow and his love, his physical and spiritual pain in the depths of despair. And, yet that is not the whole story. While parts of our lives feel like they can mirror his, he triumphs and so will we. Triumph does not come without work, self-examination, struggle or difficulty. We journey with our saviour – together in our imperfect and mixed up lives to bless the Lent we actually have – the one we are living today.

Let us pray:

God, on my best days when I feel capable and unwavering, remind me of my dependence on you. And on the days when I feel inside out with inadequacies and anxieties, remind me of your enoughness for today. Though my days and moods and fears and circumstances seem always in flux, you remain. Amen

attributed to Kate Bowler

Praying for us all to enter the holy, sacred and blessed Lent that we actually have.

Peace,

Tracey+

THE KITCHEN KORNER--submitted by Judy Ewart

After a quiet January, February was a much busier month with 1 funeral, our Parish Tea and the AGM soup luncheon.

I would like to extend a big THANK-YOU to everyone who helped out with Eric Sinclair's funeral luncheon and the AGM soup luncheon. Both events were quite busy and had a large number of people attend. I am truly grateful for the support of our parish at these events from those individuals who help with set-up and clean-up to those who donate food and help to prepare food in the kitchen and to those who take the laundry home afterwards and bring it back clean and fold and even ironed. All of us working together make wonderful things happen.

A side note from the AGM – Tim Murray made the borscht that was served. A thank-you to everyone who donated soup as we had a good variety of soups to choose from. I know some people came back for seconds as they wanted to try another of the soups.

Our Parish Tea was a little quieter this month with 8 guests joining us for coffee, tea, cupcakes, strawberries and fellowship in the hall after the service. Our March Parish Tea will be March 19th and since it is close to St. Patrick's Day we

will be serving shamrock shaped sugar cookies. **Our Parish Tea will then switch to the second Thursday of the month for April and May.**

This month I would like to thank everyone for helping to clean-up after an event. While we have a good-sized kitchen, when we are doing food prep and trying to get the dishes done, it can be quite challenging space-wise. We have started putting dish bins out at events for people to put their dirty dishes into. This makes it easier in the kitchen as we can bring a bin in when we are ready to do the dishes. Your help in putting your dirty dishes into the bins makes clean-up much easier, more efficient and allows us to follow food safety practices.

Thank-you!

Flower Calendar:

A new Flower Calendar has been posted at the back of the church. There are no flowers in Advent or Lent. The suggested donation for the two bouquets is \$60.00. You will be contacted by the office the week prior to the Sunday you have chosen and you have the opportunity to have a dedication in the Sunday Leaflet if you so wish.

Choir:

The choir practices Thursday evenings at 7:00 in the church, **with the exception that practices will be held on Wednesdays March 11th, April 15th, May 13th and June 17th at 1:00 pm. Those weeks there will not be a Thursday practice.** The choir always welcomes new members. Do not hesitate to join just because you see all the chairs at the front of the church occupied. We will gladly rearrange things to allow for more! There is no need to be able to read music and there is no audition. **All Voices practises this month will be held on March 5th and 19th at 7:00 pm.** Anyone interested in learning some of the new music and helping the singing from their place in the congregation is invited to attend. You can even come with your favourite hymn and we can sing it. If you are interested and would like more information, contact either Joan Williams at choir@oldchurchrd.com or Judy Miller at jhalmil@hotmail.com.

AROUND THE CHURCH:

Newest Greeter!

Recently we have occasionally had a greeter at the front door and/or in the parking lot. Our Deacon, Tracey, has named him Matthew.



(Photo courtesy of Lynda Jordan)

Prayers

A Collect for St. Luke's (crafted by Brother Michael)

Holy Spirit, You have led your people with a pillar of cloud and fire, and you have spoken to your people with a still small voice. Now as we come to seek where you are leading us to serve this world you dearly love, will you make us attentive to the sounds of your voice, and will you soften our hearts so that we may respond to your leading with joy and thanksgiving; through Jesus Christ our Lord, who reigns with you and the Father, one God, now and forever. Amen.

Prayer for Lent (from the Book of Hours, 1514)

God be in my head, and in my understanding;
God be in mine eyes, and in my looking;
God be in my mouth, and in my speaking;
God by in my heart, and in my thinking;
God be at mine end, and at my departing.

The most familiar musical setting is by Henry Walford Davies (1869-1941). It is the setting that was in our old hymn book. This a link to the music:
<https://youtu.be/LQ5GF3gVlbc?si=53chG06jHpVhXV1p>

Prayer/Poem from St. Teresa of Avila - attributed (Spanish Nun of the 16th C)

Christ has no body but yours, no hands, no feet on earth but yours.
Yours are the eyes with which he looks compassionately on this world.
Yours are the feet with which he walks to do good.
Yours are the hands, with which he blesses all the world.
Yours are the hands.
Yours are the feet.
Yours are the eyes.
You are his body.
Christ has no body now but yours, no hands, no feet on earth but yours.
Yours are the eyes with which he looks compassionately on this world.
Christ has no body now on earth but yours. **Amen**

A Prayer for the Middle East

God of mercy and compassion, of grace and reconciliation, pour your power upon all your children in the Middle East: Jews, Muslims and Christians, Palestinians and Israelis. Let hatred be turned into love, fear to trust, despair to hope, oppression to freedom, occupation to liberation, that violent encounters may be replaced by loving embraces, and peace and justice could be experienced by all. **Amen**

A Prayer for Ukraine

God of peace and justice,
We pray for the people of Ukraine today.
We pray for peace and the laying down of weapons.
We pray for those who fear for tomorrow,
That your Spirit of comfort would draw near to them.
We pray for those with power over war or peace,
For wisdom, discernment and compassion
to guide their decisions.
Above all, we pray for all your precious children, at risk and in fear,
That you would hold and protect them.
We pray this in the name of Jesus, the Prince of Peace. **Amen.**
(from Archbishop Justin Welby and Archbishop Stephen Cottrell)

A Prayer For All Victims of War

Merciful Father, your Son taught us to call the stranger “neighbor”. Our fallen are many—names we will never know, voices we have never heard, in lands we may never visit, yet brothers and sisters all. And so we pray for all victims of war, both past and present, caught in the crossfires of conflicts we could not quell; for soldiers and civilians, adults and children; we pray for those refugees seeking asylum from war, who died in a land that was not their home. For emergencies and calamities everywhere, and those who died amid chaos and confusion.
In Jesus' name, we pray. Amen (Adapted from Catholic Relief Services)

A Prayer for the People of the United States

O God, author and giver of peace,
in whose image and likeness each of us has been created
with a human dignity worthy of respect on earth and destined for eternal glory,
we pray today for the people of the United States
and all others who are affected by the current political situation
with all the conflict, uncertainty and fear that has been created on so many levels.
To all world leaders grant the wisdom
to see beyond the boundaries of race, religion and nation
to that common humanity that makes us all your children
and brothers and sisters to one another.
Grant the grace of conversion to a path of peaceful dialogue
and constructive collaboration. Grant this through Jesus Christ, your Son, our Lord.
Amen. (Adapted from Jesuitresource.org)