



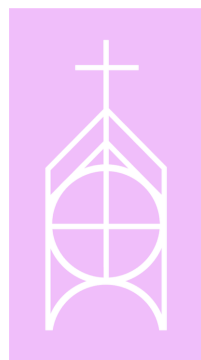
# the Parish of St. Dunstan

*on the traditional lands of the Sto:lo People*

Presider & Preacher: Rev. Clarence Li

March 15, 2026

*Fourth Sunday in Lent | Mothering Sunday*



# Welcome!

This is a diverse and safe congregation for people wherever they are on their journey with Christ. We are an inclusive church which means we celebrate women in leadership, children at the Eucharist and welcome 2SLGBTQ+ people to participate fully in the life of the community.

## This morning in worship...

### Gathering the Community

**Kyrie**, *Taizé*

Gathering Prayer

**Praise The One**, *CP 397*

Collect of the Day

### Proclaiming the Word

The First Book of Samuel (16:1-13)

**Psalm 23, The Lord's My Shepherd**, *CP 519*

The Letter of Paul to the Ephesians (5:8-14)

**I Have Called You**, *Daniel Charles Damon*

The Gospel according to John (9:1-41)

Sermon and Choir Anthem "**Faith to Face**"

The Prayers of the People

Confession & Absolution,

The Peace & the Offering

**Now Thank We All Our God**, *CP 399*

### Holy Communion

**O, God We Call**, *Linnea Good*

**Come Bring Your Burdens**, *John Bell*

**Hosea**, *Gregory Norbet*

### Sending the Community

The Blessing

**Let There Be Light**, *CP 572*

### For Children

The children's table is open. If you are interested in helping grow this ministry, please talk to Rev. Li. All our volunteers and staff require a criminal record check.



### Taking Communion

Everyone is welcome to receive bread and wine (or juice) at communion. There are gluten-free wafers for those who need them. Prayers for healing with anointing are offered beneath the cross.

### Coffee Hour

Please join together for coffee and refreshment following the service.

## Ways to Donate

We offer a variety of ways to give financially to the parish including **offering envelopes**, **Pre-authorized Debit (PAD)**, **CanadaHelps** via the website, and **email transfers** to **office@st-dunstans.ca**

## Financial Update as of January

	Month
<b>Income</b>	<b>19,421</b>
<b>Expenses</b>	<b>24,843</b>
<b>Excess/(Short)</b>	<b>( 5,422)</b>

## This Sunday...

**Today is Mothering Sunday**, a day honouring mother churches, the church where one is baptised and becomes "a child of the church". It has been observed on the fourth Sunday in Lent since the Middle Ages in the UK, Ireland, and many parts of the British Commonwealth.

## Next Week...

### **Fifth Sunday in Lent: Passion Sunday**

Presider: The Reverend Clarence Li; Preacher: Jacqueline Koster from Alongside Hope  
Readings: Ezekiel 37:1-14; Romans 8:6-11; John 11:1-45

## Today's Scripture

### **1 Samuel 16**

In about 1010 BC, Samuel chooses and anoints David as king. The story is probably a combination of various versions of that event.

### **Ephesians 5**

Paul contrasts the two ways of living, one Christian, the other pagan. The reading includes an early Christian hymn probably linked to the rite of baptism.

### **John 9**

This long gospel explores the nature of spiritual enlightenment in contrast to spiritual blindness. It includes one of the great 'I am' statements of Jesus.

## ...Community Care at the Parish

### **Community Care Team**

Offers prayer, phone calls, visits, food support, and transportation assistance. Hand-knitted Prayer Shawls are also available for anyone wanting some comfort, warmth, and a reminder of care and support. Please call the Office or speak to the Rector if you would like to receive support.

### **Listening Prayer**

Prayer for those in crisis or need. For more information please connect with Lesley Wieler at [lesleywieler@gmail.com](mailto:lesleywieler@gmail.com).

### **Reconciliation**

The minister is available to hear confession by appointment.

# Weekly News or Events...

**Centre for Spiritual Renewal Survey on “What are you spiritually hungry for at this time?”:** The Centre is inviting your inputs in design a Summer Day Retreat for the St. Dunstan's community. Visit the website to complete an online survey (2 questions, requires approximately 3 minutes) or offer your response on the flipchart in the Gathering Space this Sunday.

**Staff Vacation:** Sherry, our Parish Administrator is off until April 6. Contact the Rector for office related needs while Sherry is away.

**Lenten “Soul Boats” Project:** Inspired by the Soul Boats installation at Birmingham Cathedral in 2015–2016, the Liturgical Arts Team is inviting you to help create an aerial sculpture made up of soul boats to be unveiled on Easter Sunday. What is a Soul Boat? *A vessel to carry your longings, burdens, hopes and prayers travelling through the Lenten Sea of Unknowing and Self-Surrendering.* Pick up a Soul Boat Kit and create your own Soul Boat following the instructions on the sheet and return it no later than March 29 (Palm Sunday).

**Featured Artwork throughout Lent:** Beginning this Sunday, St. Dunstan's will feature one of Erica Grimm's "Our Father" series 4 colour etchings each week. The whole series is a meditation on the Lord's Prayer inspired by the ministry of Karol Wojtyla, Pope John Paul II. Together they represent a plea for peace between nations, and within human hearts. Each print images the contradictions between the ways of peace and the ways of war. From the artist, "My prayer was, and is, that the global collective commons would choose 'breaking of bread' and 'beating swords into plowshares' over war. The featured artwork this Sunday:

***Forgive Us As We Forgive** shows Karol Wojtyla embracing and forgiving Mehmet Ali Agca who had tried to stab him. See also the swords being beaten into plowshares on the horizontal crossbar of the red cross.*

**Palm Cross Folding:** Come early on Palm Sunday (March 29) and help fold Palm Crosses for Palm Sunday Procession. Tables will be set up in the Hall at 9:15 am. Check our website for a video on folding instructions

**Grounds Maintenance Day:** A grounds maintenance day is planned for Saturday, March 28 from at 9 am to 2 pm.

A hot dog lunch will be served at 12pm. Please bring a rake and/or shovel. All are welcome so bring your family and friends. We need all hands on deck to repair our lawns! For more information, please contact Doug Tindall.

**Volunteers Needed** for ongoing watering and weeding of the Garden of Remembrance between April - October. Contact Charlie Fox ( 604-340-9421 or charlie@thebcfoxes.ca) if you can help.

**Confirmation Prep Day:** Archbishop John Stephens and the Mission and Ministry staff of the Diocese are inviting all those exploring being confirmed, reaffirmed or received into the Anglican Church this year to join us for a day of learning, conversation and worship on Saturday, April 18 from 10 am - 3 pm at the Synod Office (1410 Nanton St., Vancouver).

Explore your spiritual gifts. Ask the big questions. Get up close and personal to a sacred space. This one day event, hosted by Archbishop John, is for all youth and adults who are preparing for confirmation, reception into the Anglican Church, or reaffirmation of baptismal vows. Please contact the Rector if you are interested.

### **Upcoming Community Event:**

**Vancouver Welsh Men's Choir** - Saturday, March 21 at 2:00 pm at St. Dunstan's

**Community Connections Café:** If you're a 55+ unpaid caregiver in the community, there is a FREE Community Connections Café - a welcoming, once-a-month gathering designed just for you. Next event is Monday, March 30 from 10am to 12pm at the Abbotsford Recreation Centre. Register at [direct2rec.com](http://direct2rec.com)

## This Week for Spiritual Refreshment...

**Compline** Wednesdays from 9:30-10pm online  
*A 15 minute service of Evening Prayer*

**Centering Prayer** Fridays at 11:30am, in person and online  
*20 minutes of silence and connection with God.*

**Lectio** Fridays, from Noon to 12:30pm, in person and online  
*A meditative prayer practice involving reading, reflecting, responding and resting with Scripture.*

**Contemplative Eucharist** Fridays, at 12:30pm in person  
*Celebrating the Lord's Supper in an intimate & reflective setting with simple chants & space to pray in silence.*

**Self-guided Labyrinth Walk** *The grass-path labyrinth is open to walk, anytime, for a time of meditation or prayer.*

## Events from



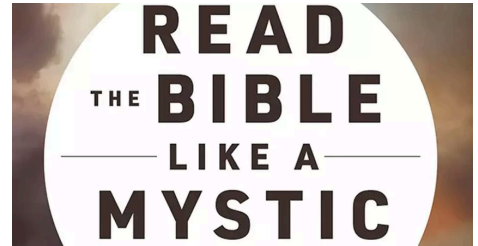
### Lenten Book Study

#### Read the Bible like a Mystic

Sundays, March 1, 8, 15, 22, 29 & April 12

12 noon - 1 pm

St. Alban's Room



6-part group study on Carl McColman's *Read the Bible like a Mystic: Contemplative Wisdom and the Word* (2025). The study will give tools that will help eliminate the misuse of the scriptures as a divisive weapon instead of being a book about love.

Facilitated by Rev. David Price

### Contemplative Practice & Fellowship

Saturday, April 11, 2026

9:30 - 10:30 am

St. Dunstan's Parish, Aldergrove



*Image: Davide Cantelli @Unsplash.org*

A monthly, in-person, contemplative gathering at the Parish of St. Dunstan's. This community meets the second Saturday morning of each month from 9:30am to noon. Suitable for experienced practitioners and those curious to explore the contemplative side of spiritual practices. The morning will be lightly guided with a focus on practice time in community. Our hope is to establish an ongoing community of spiritual companions.

This is a no-fee event but registration is requested.

# Hanging Baskets Fundraiser for Labyrinth Repair



The Centre for Spiritual Renewal is partnering with local business Clearview Garden & Pet to raise funds for the repair of the grass meditation labyrinth damaged by chafer beetle larvae infestation. Between now and April 29th, you may order hanging baskets for \$35 using the QR code or the weblink found on the Parish Website. \$10 from each basket purchased goes towards the repair of the Community Labyrinth.

## Outreach at the Parish...

### **Monday Fraser River Counselling at St. Dunstan's**

*Low-cost counseling from Trinity Western University. To connect with an intake worker call 604-513-2113.*

### **Tuesday Aldergrove Food Bank Soup Kitchen**

*We cook and serve soup on the 2nd and 4th Tuesday of each month. Please call Ann Embra at 604-534-9292 to help.*

### **Thursday Community Meal 5pm.**

*Many thanks to our amazing volunteers for ensuring our Community Meal continued through the summer months. This meal is at the heart of our ministry at the Parish of St. Dunstan. It is our primary way to ensure that the hungry are fed and so to exemplify the love of God through Jesus. If you would like to help with this ministry, please connect with the minister.*



**Alongside Hope**

Anglicans and partners working for change  
in Canada and around the world

For more information, please visit [ALONGSIDEHOPE.ORG](http://ALONGSIDEHOPE.ORG). There you can read all about the good work it does, current areas of need, and how you can participate.

# Weekly Devotions

Follow the Daily Office Lectionary in the Book of Alternative Services for your devotions beginning on page 47 or 66. If you do not have a Book of Alternative Services, ask the minister and they will gift you one.

**Opening Prayer** Pray responsory 4 on page 103.

## Readings

*Monday* Genesis 49:1-28, 1 Corinthians 10:14-11:1, Mark 7:24-37

*Tuesday* Genesis 49:29-50:14, 1 Corinthians 11:17-34, Mark 8:1-10

*Wednesday* Genesis 50:15-26, 1 Corinthians 12:1-11, Mark 8:11-26

*Thursday* Exodus 1:6-22, 1 Corinthians 12:12-26, Mark 8:27-9:1

*Friday* Exodus 2:1-22, 1 Corinthians 12:27-13:3, Mark 9:2-13

*Saturday* Exodus 2:23-3:15, 1 Corinthians 13:1-13, Mark 9:14-29

**Prayer** Litany 9 or 10 on pages 117 and 118.

**Prayer of the Day** Almighty God, through the waters of baptism your Son has made us children of light. May we ever walk in his light and show forth your glory in the world; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## The Lord's Prayer



a parish of the  
Anglican Diocese of New Westminster

Office Hours: Tuesday, Wednesday & Friday 8:30 to noon

*Rector:* The Rev. Clarence Li    [rector@st-dunstans.ca](mailto:rector@st-dunstans.ca)

*Administrator:* Sherry Wright    [office@st-dunstans.ca](mailto:office@st-dunstans.ca)

*Music Director:* Carol Tindall    [music@st-dunstans.ca](mailto:music@st-dunstans.ca)

*Rector's Warden:* Lin Neifert    *People's Warden:* Jacqui Pesek

*Treasurer:* Peter Wolfe

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The Parish of St. Dunstan, Aldergrove