

**The Parish of Stanley**  
**The Second Sunday in Lent**  
**March 1st, 2026**

**A series of four Ecumenical Services for the Lenten Season** is set for Mondays in March (11:30 am to 12:10 pm) with reception and time of fellowship to follow. Please see the poster. The first Service is set for tomorrow, March 2<sup>nd</sup> at St. Peter's Presbyterian with Fr. Maria Arokiam as the Preacher.

Archbishop Edwards is scheduled to be the Preacher on March 9<sup>th</sup> at St. Patrick's Roman Catholic Church.

**The 99<sup>th</sup> World Day of Prayer Service:** Friday, March 6<sup>th</sup> at 7:00 pm at St. Patrick's Roman Catholic Church in Stanley. (The storm date is Sunday, March 8<sup>th</sup> at 2:00 pm.) This year's worship is from the women of Nigeria with the theme: *"I will give you rest: come"*. (Matt. 11.28-30). Everyone is welcome! Refreshments and fellowship will follow the Service.

**The Parish Annual Meeting and Pot-Luck:** next Sunday, March 8<sup>th</sup>, following the 10:00 a.m. Service. Don't forget to turn your clocks back next Saturday night!

**A meeting of the Archdeaconry of Fredericton Greater Chapter** is to be held Wednesday, **March 11**, beginning at **6:30 pm**, at **Cathedral Memorial Hall**, 168 Church St. in Fredericton. **Everyone is invited to attend** as the Archbishop seeks input on the significant maintenance requirements for Christ Church Cathedral and the upcoming Synod on April 18th.



*O woman, great is your faith:  
be it to you even as you wish.  
(St. Matthew 15.28)*

Priest-in-Charge: Chris VanBuskirk 506-367-2013

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**Website and Face Book:** go to  
'Anglican Parish of Stanley'

**SPOTLIGHT on SCRIPTURE**

*'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'* (St. Matthew 4.4)

**DAILY BIBLE READING**

A modified table of daily Bible Readings from the Prayer Book:

Sunday	Genesis 25. 7-11, and 19-end	Matthew 27. 1-26
Monday	Genesis 26. 1-5 and 12-end	Matt. 27. 27-56
Tuesday	Genesis 27. 1-40	Matt. 27.57-28. end
Wednesday	Genesis 27. 41- chapter 28 end	John 1. 1-28
Thursday	Genesis 29. 1-20	John 1.7 29-end
Friday Saturday	Genesis 31. 1-21 Genesis 31.22-32.2	John 2 John 3. 1-21

At home, let us pray for a Bible, visible and read daily, in every home in our community. Abroad, let us pray for the Canadian Bible Society's work in China.

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**Twoonies for Jamaica:** Through Lent, we are collecting twoonies for the Church in Jamaica as it continues to recover from Hurricane Melissa. Fifty churches were either destroyed or seriously damaged. Paper plates, with spots for twoonies, are available. Let us pray for Bishop Golding and the Jamaican people.



**Stations of the Cross**, a meditation on Jesus' way to the Cross, is set to be prayed on Fridays through Lent, beginning on Feb. 27<sup>th</sup> from 12 Noon to 12:30 pm, at the Rectory. **Everyone is welcome to attend. You may also join in by ZOOM.** Please let me know. CVB +

This is me talking to myself: "Look, there is no getting around it. You know that, 'After fasting 40 days and nights, Jesus was hungry'. C'mon, then, give it your best shot."

I can do it for blood work, but I am so weak-willed when it comes to fasting in Lent. And yet I know that it is an important and useful, Christian discipline to bring body and soul together. The Rev. E. B. Pusey, a contemporary of our first Bishop put it this way:

One of the subtlest devices of the Enemy (is) to persuade us that we may become spiritual through means merely spiritual; that we can cherish better the things of the Spirit, by neglecting those of the flesh; that we can have the victory over the flesh without fighting against it; that, being in the body, we can transfer the conflict, wholly, to the soul; that we can cultivate spiritual feelings, desires, longings, love, without discipline of the body, which would obstruct them and weigh them down."

There are still some public vestiges of fasting. For example, Canadian Armed Forces cafeterias still offer fish on Fridays. This fits with what the Prayer Book sets out in 'Days of Fasting, Abstinence and Solemn Prayer' (page xiii). Under 'Days of Abstinence', it designates "All the Fridays of the year except Christmas Day and the Epipany" and "The Forty Days of Lent" (which do not include the Sundays in Lent).

But fasting or abstaining from certain foods are not meant to be simply a physical exercise. They require a spiritual component. The Homily 'On Good Works. And, first, of Fasting' suggests three intentions for our fasts:

1. To chastise (discipline) the flesh, tame it and bring it into subjection to the spirit.
2. To help our spirit to be more earnest and fervent in prayer.
3. To remind us of our humble submission to God's high Majesty.

May the Lord help us to draw near to Him this Lent.