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Ann Edwards (613-344-1758)  
Barb Lutz (613-305-0280)  
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## THE BACK PAGE

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UNCLEAN ... UNCLEAN

### Claiming God's Promises

“Come now, let us reason together, says the LORD: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool.”

(Isaiah 1:18)



ANGLICAN CHURCH  
IN NORTH AMERICA



Anglican Network  
in Canada



The 5th Sunday after Epiphany  
Sunday, February 4, 2018  
10:00 AM



“CLEANLINESS IS NEXT TO GODLINESS”

READING  
MARK 7:1-20

“Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, ‘Out of the believer’s heart shall flow rivers of living water.’”

(John 7:37-38)

## Collect of the Day

Merciful Lord, grant to your people pardon and peace,  
that we may be cleansed from all our sins  
and serve you with a quiet mind;  
through Jesus Christ, our Lord. **Amen.**



### Ministering @ Living Waters Today

**Greeters:** Adriane Joudry & Jenny Fern

**Reader:** Rachael Souch

**Prayers of the People:** Wayne Catel

**Chalice Bearers:** Derek Waddingham & Carrie Cirtwill

**Computer:** Barb Lutz

**Prayer Team:** Yolande Chan & Manasse Maniragaba

**Kidz Zone:** Gracie Doering & Katie Dove

**Teen Café:** M.J. Dove

**Fellowship:** Gail Sulpher & Deborah Brown

**Counters:** Barb Lutz & Gail Sulpher

**Set Up:** Kyle Joudry & Scott Young

### KIDZ ZONE & Teen Cafe

All children from K to Gr. 12 are welcome to join Kidz Zone or Teen Cafe--our Sunday morning children and youth program. Young people and crew are dismissed after the reading and return at Communion. Our K-7 class will be following the **Jesus Story Book Bible** curriculum and our teens will be studying the **Sermon on the Mount**. For more information about children and youth ministry at LWF - or how to serve in this important ministry area, speak to Kathy Doering. Please keep our children, youth, and leaders in your prayers.

## ANNOUNCEMENTS

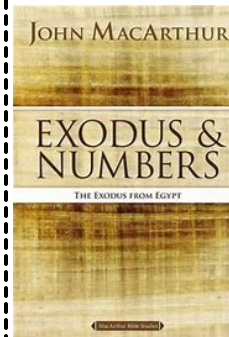
### Ash Wednesday

**"Remember that you are dust, and to dust you shall return."**

Ash Wednesday marks the beginning of the Lenten season—a season that begins with dust and ashes—an ancient tradition, symbolizing our humility before God. The Ash Wednesday liturgy calls us to see ourselves as we truly are; to reflect on our attitudes, actions, and priorities; and to return to God through penitence and prayer. Ash Wednesday is the beginning of a 40 day journey—a journey from brokenness to restoration; from darkness to light; from fear to love; from mourning to celebration; and from ashes to joy. Join us on **Wednesday, February 14 at 7:00 PM** at the **Kingston Senior's Centre**. This a great way to spend Valentine's Day with the One you Love!



### Exodus & Numbers Bible Study



Although the descendants of Jacob moved to Egypt as honoured guests, in time they became despised slaves, groaning under the mistreatment of Pharaoh. In response to His people's cries, God called Moses to lead the Israelites out of Egypt into Canaan, but their journey took a dramatic 40-year detour when they failed to trust God. This study will be an in-depth look at the historical period beginning with God's calling of Moses, continuing through the giving of the Ten Commandments, and concluding with the Israelites' preparations to enter the Promised Land. This study includes close-up examinations of Moses, Aaron, Caleb, Joshua, and Balaam and Balak, as well as consideration of doctrinal themes such as "Complaints and rebellion" and "Following God's Law."

Join us **Fridays from 10:00 AM - 11:30 AM** at the Kingston House of Prayer (447 Division St.) For more information, speak to the Rector.

# ANNOUNCEMENTS

## Life Groups at Living Waters



Small groups were an integral part of the Early Church's structure. The Book of Acts tells us that when the church was first established there were no buildings--people met in the temple and synagogues for their corporate gatherings on the Lord's Day and in homes throughout the week. These groups were small enough to allow individual members to minister to one another, discover and use their spiritual gifts, and be disciplined in the teachings of Jesus.

**Life Groups** at *Living Waters* are small groups that provide an opportunity for connection, community, and spiritual transformation. There is a place for everyone--from the first steps of finding out more about faith to the deeper questions of life. There are no prerequisites and everyone is welcome and encouraged to join a group. Currently there are 9 Life Groups meeting at Living Waters and more will be starting in the coming months.

- Prayer Group** ~ Tuesday Morning ~ Shirley Underhill
- Mixed Group** ~ Tuesday Night ~ M.J. Dove
- Young Adult Women** ~ Tuesday Night ~ Allison Insley
- Young Adult Men** ~ Wednesday Night ~ Kyle Joudry
- Teen Huddle** ~ Wednesday Night ~ Gracie Doering
- Mixed Group** ~ Wednesday Night ~ Ross & Shirley Underhill
- Men's Bible Study** ~ Friday Morning ~ Jerry Zabel
- Mixed Group** ~ Friday Morning ~ The Rector
- Flow Prayer Group** ~ Friday afternoon ~ Chris & Kathy Doering
- Mixed Group** ~ Saturday afternoons (1/mnth) ~ Tucker & Anke Carrington

If you are interested in joining a group please get a brochure at the Welcome Table or speak to the Rector. Getting involved in a Life Group may be one of the most important things you do in 2018!



## For Your Prayers

Please hold the following people, places, and petitions in your prayers this week.

**The World:** Pray for an end to all violence and unrest; for countries in conflict and for the people who live in them--that the whole world would know the peace, justice, and freedom of God.

- For Israel, Iraq, Afghanistan, Syria, Honduras, and parts of Africa.
- For the vulnerable: for women, children, those lost in the sex-trade, refugees, prisoners, and captives.

**The Church:** Pray for Christians throughout the world as they seek to proclaim the gospel--that Jesus would be known, worshipped, and obeyed.

- For the persecuted church: for Christians in the Middle East, Pakistan, China, and parts of Africa.
  - For our Province (ACNA) and Primate: for Archbishop Foley Beach (& Allison).
  - For our Diocese: for our Diocesan Bishop Charlie Masters (& Judy); Suffragan Bishops: Stephen Leung (& Nona), Trevor Walters (& Dede); Missionary Bishop, Andy Lines (Mandy); retired bishop Don Harvey (& Trudy).
  - For ANiC congregations in **the Fraser Valley & Interior of B.C.:** for the South Okanagan Project, Oliver; for Archdeacon Bruce Chamberlayne; and for all who work and worship in that parish.
  - For our brothers and sisters in Christ ministering with us in Kingston.
  - For our parish & the families of: Joe & Jenny Fern, Jan & Barbara Hoppe, Glen & Margo Hyde, Rick & Kate Insley.
  - For missionaries at home and abroad--for their safety and protection, as they spread the good news. Pray for the Friends of Koura serving in South east, Mali.
  - **Our Country, Province, and City:** for all those in authority--that they would lead with righteousness and truth.
  - Pray for Prime Minister Justin Trudeau; Premier Kathleen Wynne; and Mayor Bryan Paterson.
- The Sick and Suffering:** Pray for all those who cry out for healing in body mind or spirit.
- Pray for those in our parish: Harry, Juliet, Ann, Barbara, Mary, Ken, and Bishop Trevor.
  - Pray for our family & friends: Larry, Carolyn, Lowell, Brenda, John, Brian, Lisa, Lise, Rick, Mary-Frances, Phyllis, Michel, Shirley.





# ANNOUNCEMENTS

## Shrove Tuesday Pancake Supper

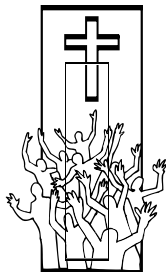
Shrove Tuesday, the eve of Lent, is also known as “Fat Tuesday,” “Mardi Gras’ or ‘Carnival,’ and stems from the Old English verb “to shrive”—to have one’s sins forgiven. Traditionally, on the day before Lent, one used up all the fat in their house that could not be eaten during the Lenten fast. Since pancakes are a standard way of using up fat, this day is also known as “Pancake Tuesday.”

*Living Waters* is Hosting a pancake supper in the dining room at the Senior’s Centre on **Tuesday, February 13 from 5:30 –7:00 PM.** Tickets are available from Gail Sulpher ~ **\$10/adult and \$5/child.**

Please join us for this evening of food and fellowship—and bring a friend!.



## ANNUAL VESTRY MEETING



Our Annual Vestry Meeting will be held on **Sunday, February 25** after the 10:00 AM service and lunch. At this meeting we will give thanks to God for everything that He has done in and through us over the past year and look forward to the months ahead. We will also be presenting our 2018 Operating Budget, and electing new members to serve on Parish Council. We will also have a discussion around the theme “An Open Door For the Gospel.” The ANiC Constitution and Canons, as well as our church By-Laws, require that all voting members register before the meeting. If you have not already applied for voting membership at *Living Waters*, please speak to Kathleen Young or the Rector. **If you can help provide food for the luncheon, please add your name to the sign up list at the Welcome Table.**

# ANNOUNCEMENTS

## Soup & Spirituality



Our Soup & Spirituality group, which ministers to clients of Frontenac Community Mental Health Services, resumes Friday, January 12. If you are able to make a pot of homemade soup, chilli, or stew for 12 people, please add your name to the sign up sheet or speak to Kathleen Young. Thank you to everyone who provided wonderful tasting soups this past fall. This is a very important outreach into the Kingston community and your support is very much appreciated. For more information about Soup & Spirituality, please speak to the Rector.

## Faith Explored: Adult Sunday School

The Next session of *Faith Explored* will be held before church **next Sunday, February 11 at 9:00 AM.**

Tucker Carrington will be speaking on the Topic “**Lies We Believe That Hold Us Back.**”

Tucker writes; “We all tell ourselves lies that damage or hinder our relationship with God. To overcome our tendency to deceive ourselves, it is useful to identify and examine our lies.”

For more information, please speak to Tucker Carrington or the Rector.

