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THE BACK PAGE

Claiming God's Promises

"I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

(John 6:35)

A Word of Encouragement

"Jesus' words were intended to lift the listeners from their barren, food-dominated existence to the recognition and acknowledgement of the supreme hunger of life that can only be filled with a different bread. Food and power blind the mind to the need for nourishment and strength for the soul."

~Ravi Zacharias



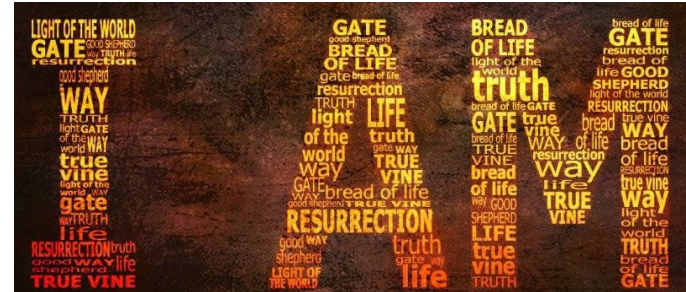
ANGLICAN CHURCH
IN NORTH AMERICA



Anglican Network
in Canada



The 1st Sunday in Lent
Sunday, March 10 2019
10:00 AM



"METAPHORS OF THE MESSIAH ~
I AM THE BREAD OF LIFE"

READING
JOHN 6:25-35

"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)

ANNOUNCEMENTS

Collect of the Day

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations, and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ our Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.



Ministering @ Living Waters Today

Greeters: Gail Sulpher & Barbara Almonor

Reader: Gail Sulpher

Prayers of the People: Tucker Carrington

Chalice Bearers: Carrie Cirtwill & John Telgmann

Computer: Ross Underhill

Prayer Team: Wayne Catel & Yolande Chan

Puddle Jumpers: Holly Whiteknight & Katie Dove

Wave Riders: Kathy Doering & Gracie Doering

Teen Café: In Church

Fellowship: Kathleen Young

Counters: Barb Lutz & Scott Young

Set Up: Ross Underhil & Scott Young

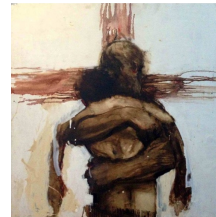
Love Covers: ANiC Women's Retreat

Friday, April 5 at 7:00 PM - Sunday, April 7 at 1:00 PM, ANiC will be holding it's first Women's Retreat at Camp IAWAH. Gather with Christian women from across our diocese in a relaxing camp atmosphere for a time of spiritual growth, worship, fellowship, and prayer.

The Rev. Ann Crossland will be the guest speaker and Kathy Doering is leading worship. The cost is \$185 for the full weekend; \$130 for one night; and \$60 for Saturday only. An early bird discount of \$10 is available until March 7. **For more information or to register go to anglicannetwork.ca/Events**



Faith Explored: Adult Sunday School Lenten Session



"the Broken Body" Book Study

Continuing to reflect on the theme of "restoring the masterpiece," this Lenten session of Adult Sunday School will discern the sources of wholeness, healing and hope amidst a broken and suffering world, based on Jean Vanier's book, *the Broken Body*, which examines the roots of brokenness within the Jewish and Christian traditions and the meaning of the Good News of Jesus for our 20th century world. The *Broken Body* is written for all who wish to follow Jesus on the path to wholeness. Vanier calls the reader to come closer to people who suffer. He offers hope, encouragement, and the assurance that peace and joy can be found, but only by first accepting the reality of suffering and the cross in one's own life and in the lives of others.

Join us **Sunday morning's** in Lent, from **9:00 AM - 9:50 AM**. For more information, speak to Rev. Manasse Maniragaba.

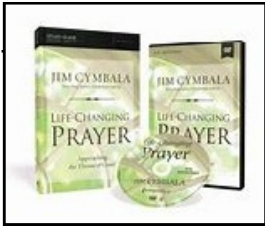
Children & Youth Ministry

All children from infant to grade 12 are welcome to join the **Puddle Jumpers, Wave Riders or Teen Cafe**--our Sunday morning children and youth program.

Young people and crew are dismissed after the reading and return at

Communion. Our nursery- grade 7 classes have started a wonderful new program called "**God's Big Story**," and our teens are using the **Faith Weaver Now** curriculum. For more information about children and youth ministry at LWAF, or how to serve in this important ministry area, speak to Kathy Doering. Please keep our children, youth, and leaders in your daily prayers.

ANNOUNCEMENTS



**Life-Changing Prayer:
Approaching the Throne of Grace**
Lenten DVD Study

“Prayer has the power to transform your life!”

God’s throne of grace. It is not a physical location you can visit, but the promises we read about it in the Bible are so immense that they are almost beyond belief. And as Hebrews 4:16 states, we can always “approach God’s throne of grace with confidence,” knowing that we will “receive mercy and find grace” to help us in our time of need.

In this 6-week DVD study, Pastor Jim Cymbala, of the Brooklyn Tabernacle, explores how God promises in His Word to always hear us, answer us, and extend His mercy when we come to Him in prayer. And as we pray in faith, He will provide His perfect peace and “meet all our needs according to the riches of his glory.” (Philippians 4:19). Approaching God’s throne of grace in prayer will change our life and circumstances like nothing else—and when we call on His name, powerful things happen!

Featuring teachings by Jim Cymbala and interviews with “ordinary” people who have received “extraordinary” answers to their prayers, this study will show how prayer can completely transform your life! The One God—Father, Son, and Holy Spirit—has invited you to draw near to His throne of grace. No gates; no walls; no guards, check points, or security cameras; no “Keep out Signs,” or hours of operation. Jesus has made a way. The Throne of grace is waiting. God’s heart and arms are open. Your name is on the guest list. All you need to do is come!

Join us **Thursday evenings** in in Lent from **7:00 PM - 9:00 PM** at the The Doering’s House (726 Chatsworth Place). For more information, please speak to the Rector.



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, and parts of Africa.
- For the vulnerable: for women, children, those in slavery, 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 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 Bishops: Don Harvey, Malcolm Harding and Ron Ferris.
- For ANiC congregations in **Greater Toronto & Eastern Ontario:** for Living Waters Anglican Fellowship, Kingston; for the Rev. Christopher Doering; 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 Steve & Jane Kempf, Kurien & Liz Kodiattu, Barbara Lemmon, Devon & Allie Lessey-Searles, Barb Lutz.
- For missionaries at home and abroad--for their safety and protection, as they spread the good news. Pray for the Madagascar Mission.
- **Province, and City:** Pray for all those in authority--that they would lead with righteousness and truth. Pray for Queen Elizabeth, Prime Minister Justin Trudeau, Premier Doug Ford, 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: Barbara, Marion, Sandra, Rick, Ann.
- Pray for our family & friends: Larry, Carolyn, Lowell, Brenda, Lisa, Shirley, Bill, Ruth, Donald, Cathy, Wally, Phil, Susan, Audra, Peter
- Pray for the homebound: Shirley Murray, Harry MacDonald, Juliet Cavadias.



This Week @ Living Waters

Tuesday, March 12, 2019

7:00 PM - Young Adult Women's Huddle @ The Joudry's

Wednesday, March 13, 2019

7:00 PM - Young Adult Men's Huddle @ The Doering's

7:00 PM - Mixed Life Group @ The Underhill's

7:00 PM - Teen Huddle @ Geneva House, Queen's University

Thursday, March 14, 2019

7:00 PM - Life-Changing Prayer DVD Study @ The Doering's

Friday, March 15, 2019

7:00 AM - Men's Life Group @ KIOP

10:00 AM - "From Dust to Glory" Bible Study @ KIOP

11:30 AM - Soup & Spirituality @ KIOP

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Lenten Resources

Lenten resources for adults, children, and families are available at the Welcome Table. Please help yourself to the devotionals and use them to help you draw closer to God over these next 40 days



THE MADAGASCAR MISSION

Living Waters supports two schools in Madagascar: Akany Tafita, a school serving children in the slums of the capital city and Akany Famonjena, an orphanage. We have been asked to pray for the staff and children in both of these schools and especially to pray for: Tsiaro, a graduate now studying theology; Naina, a graduate at university who is having stomach issues; and Armand, their driver and staff helper, who has heart issues and needs medication. Give thanks that they have received funds for a new truck. Pray also for Executive Director, Mary Sherwood. For more information, speak to Ross Underhill.

Loonies For Lent

Almsgiving is a common practice during Lent. Moved by the sacrifice of Jesus, many Christians respond to the needs of others by intentionally giving their time, talent, and treasures to others, as an act of generosity and sacrifice.

Film canisters are available at the Welcome Table—please take them home and fill them with your loonies (or toonies!) and return them Easter Sunday. All donations will go to support the **Grace Fund**, which is used at the Rector's discretion to help people inside and outside the parish who are in financial need.

