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Claiming God's Promises

"Have nothing to do with profane
myths and old wives' tales.
Discipline yourself for the purpose
of godliness."

(1 Timothy 4:7)

A Word of Encouragement

"The classical disciplines of the
spiritual life call us to move
beyond surface living into the
depths of the heart, and to explore
the inner caverns of the spiritual
realm. We shouldn't think that
these disciplines are only for the
'spiritual giants' of the faith, and
beyond the reach of 'ordinary'
believers. God intends them to be
practised by all those who put their
trust in Him."

~ Richard Foster



ANGLICAN CHURCH
IN NORTH AMERICA



Anglican Network
in Canada



The First Sunday in Lent
Sunday, March 1, 2020
10:00 AM



"PRACTISING THE SPIRITUAL DISCIPLINES ~
THE PURSUIT OF GODLINESS"

READING
1 TIMOTHY 4:1-10

"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 your 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: Carrie Cirtwill & Gail Sulpher
Reader: Pauline Bettney
Prayers of the People: Adriane Joudry
Chalice Bearers: Kyle Jourdy & Carrie Cirtwill
A/V: Barb Lutz
Prayer Team: Yolande Chan & Wayne Catel
Little Squirts (birth-3): Katie Dove
Puddle Jumpers (4-5): Holly WhiteKnight
Wave Riders (5-gr.6): Gracie Doering & Annie Doering
Fellowship: Barb Lutz & Yolande Chan
Counters: Barb Lutz & Scott Young
Set Up: Kyle & Adriane Joudry and Sarah Emtage



Children & Youth Ministry

All children from infant to grade 8 are encouraged to participate in our Sunday morning Children's program which is using the "God's Big Story" curriculum. The **Little Squirts** (birth-3), **Puddle Jumpers** (4-5), **Wave Riders** (5-gr.6) and their leaders are dismissed after the reading and return at Communion. Teens will spend two Sundays in church and two Sundays helping with the children's program. 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.

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.

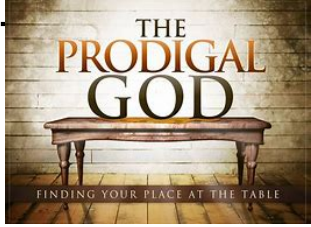


Lenten Resources



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.

ANNOUNCEMENTS



The Prodigal God: Finding Your Place at the Table Lenten DVD Study

Two thousand years ago, Jesus told a simple story about a father and his two sons. This tale stands out because it is a story about each of our struggles with sin. Whether we identify with rebellion of the younger son or the self-righteousness of the older brother, we are all in need of our heavenly Father's grace, mercy, and forgiveness.

In six captivating sessions, pastor and New York Times best selling author, Timothy Keller, opens our eyes to the powerful message of Jesus' best-known—and least understood—parable.

Traditional readings of the parable of the Prodigal Son have focused on the younger son and his reconciliation with his father. We learn from such readings that God is willing to receive all those who wander from Him. Yet too often we overlook that third character—the older brother. Were the story only about the father and the younger son we would expect that the Pharisees, among those who first heard Jesus tell this parable, would react with joy. Yet we know from Scripture that they walked away in disgust and disbelief. Why? Because the parable pointed to *them* as examples of the older son. As Keller says, Jesus' purpose in this parable "was not to warm our hearts, but to shatter our categories."

The gospel is neither religion nor irreligious, but something else entirely. Whether you're a devout believer or a skeptic, *The Prodigal God* will challenge you to see Christianity in a whole new way.

Join us Thursday evenings in Lent, at the Doering's House (726 Chatsworth Place) from 7:00 - 8:30 PM. For more information, 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 the vulnerable: for women, children, those in slavery, refugees, prisoners, and captives.
- **Pray for all those affected by the Wuhan Coronavirus; and for those treating them.**

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, Columbia, and parts of Africa.
- For our Province (ACNA) and Primate, 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 **Ottawa:** for St. Luke's, Pembroke; for Arch-deacon Tim Parent & the Rev. Jane Parent; 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 Sarah Emtage, Joe Fern, Terry & Dawn Harris, Chris & Judith Hennessey, William Hennessey.
- For missionaries at home and abroad--for their safety and protection, as they spread the good news. Pray for the Christian Embassy in Ottawa.
- **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: Rick, Annie, Carolyn, Murray, Roy, Wayne.
- Pray for our family & friends: Harry, Carol, Diane, Bev, Philip, Mike, Bill, Audra, Peter.
- Pray for the homebound: Shirley Murray, Harry MacDonald, Juliet Cavadias, Marion Sullivan, Murray, Moore, Barbara Lemmon.



This Week @ Living Waters

Tuesday, March 3, 2020

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

Wednesday, March 4, 2020

7:00 PM - Mixed Life Group @ the Donevan's

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

Thursday, March 5, 2020

7:00 PM - Prodigal God DVD Study @ the Doering's

Friday, March 6, 2020

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

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

11:30 AM - Soup & Spirituality @ KHOP

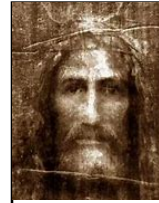
Saturday, March 7, 2020

2:00 PM - Mixed Life Group @ the Carrington's



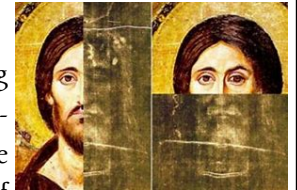
THE CHRISTIAN EMBASSY

The Christian Embassy continues to focus on inspiring Canada's political leaders with the person and values of Jesus. Apart from sharing the Gospel message as often as possible, the CE seeks to equip and encourage Christian leaders to be Ambassadors for Christ in the political arena; and network with MP's, diplomats, and local business persons. Please pray for our leaders to have ears to hear the truth and Christian leaders to have the wisdom and courage to speak up and stand firm in their faith; and for Executive Director, Darlene McLean. For more information, speak to John Telgmann.



Faith Explored: Adult Sunday School Lenten Session "The Passion of Jesus According to the Shroud of Turin"

The Shroud of Turin is an ancient 14-foot long linen cloth believed by many to be the actual burial garment of Jesus Christ. Mysteriously imprinted on this cloth is the full-length, front and back image of a man with blood stains corresponding to the wounds suffered by our Lord during His scourging and crucifixion. Could this really be the cloth wrapped around Christ's body at His burial? This is the big question that has accompanied the mysterious history of this linen. The evidence of history and science suggests that it could be.



Major (ret) Patrick Lublink, who has had a lifelong interest in this religious artefact and has earned a Post-graduate Certificate in Shroud Studies, will share the story of the passion of Jesus according to the Shroud of Turin in light of the gospels. Join us **next Sunday March 8, from 9:00 AM - 10:00 AM.**

2021 Living Waters Israel Tour



Do you want to see the places that you've read about in the Bible?

Do you long to see Israel and experience Middle Eastern culture at its best?

Do you want to walk in the footsteps of Jesus and His disciples?

Do you want to sing and worship your way through the Holy Land?

Do you want to experience God in a fresh new way and have your faith enlivened?

If so, 2021 may be your year! Chris and Kathy Doering will be hosting their 2nd 10 day tour of Israel **May 25- June 3, 2021**. Brochures outlining the tour are available at the Welcome Table.

Maybe God is opening a door for you to ***Experience the Holy Land!*** **If so, start saving your shekels--the price is cheaper than it was in 2019!**