Ministry Team

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Parish Council Executive

Yolande Chan, Rector's Warden (613-483-6250) Ross Underhill, People's Warden (613-549-2908) John Telgmann, Treasurer (613-531-5156) Kathleen Young, Vestry Clerk (613-893-0753)

Parish Council

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THE BACK PAGE

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









The First Sunday in Lent Sunday, February 21, 2021



"PRACTICING 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)

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

Set up: Kyle & Adriane Joudry **Screening Stage 1:** Sarah Emtage **Screening Stage 2:** Adriane Joudry

Screening Stage 3: Yolande Chan &Kyle Joudry

Reader: Pauline Bettney

Prayers of the People: John Telgmann

Communion: Gail Sulpher

Tech: Ron Bettney **Counter:** Ron Bettney

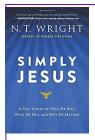




EUTHANASIA COALITION

EPC exists to protect people by building a well-informed, broadly-based network of groups and individuals for an effective social resistance to euthanasia and assisted suicide. Pray for funds for CPC to pay the legal fees in a Fall 2020 precedent-setting case to challenge in court a Medical Assistance in Dying (MAiD) assessment (an assessment which has never yet been challenged. For more information, speak to John Telgmann.

ANNOUNCEMENTS



Simply Jesus ZOOM DVD/Book Study

Tuesday evenings in Lent, beginning This Tuesday, February 23, 2021 7:00 PM - 8:30 PM

We have grown used to the battles over Jesus--whether He was human or divine, whether He could do miracles or just inspire them, whether He even existed. Much of the Church defends tradition, while critics take shots at the institution and its beliefs. But what if these debates have masked the real story of Jesus? What if even Jesus' defenders have been so blinded by their focus on defending the church's traditions that they have failed to grapple with what the New Testament really teaches?

New Testament Scholar and former Bishop of Durham, N. T. Wright, summarizes 200 years of modern Biblical scholarship and models how Christians can best retell the story of Jesus today. In a style similar to C. S. Lewis, Wright breaks down barriers that prevent Christians from fully engaging with the story of Jesus. For believers confronting the challenge of connecting with their faith today, Wright's *Simply Jesus* offers a provocative new picture of how to understand who Jesus was and how Christians should relate to Him today.

Participants will view each session together on Zoom and then discuss. If you wish to purchase the companion book, it is available on Amazon. The church has six copies for sale--first come first served! For more information, speak to Simon Teague.

Zoom Evening Prayer

Thursday Evenings in Lent @ 7:00 PM

"May my prayer be counted as incense before you; the lifting up of my hands as the evening sacrifice."

(Psalm 141:2)

Annual Vestry Meeting

Our Annual Vestry Meeting will be held after church **next Sunday, February 28**. Because of COVID restrictions, the agenda will be shorter than usual. We will be receiving the financial statements for 2020, adopting the 2021 Operating Budget, and electing people to Parish Council. Vestry packages are available at the back of the church and will also be emailed If you are not a voting member, please speak to the Rector.

ANNOUNCEMENTS



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.



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 treasurers 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.



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 that COVID-19 vaccines are effective and accessible to all people.

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); retired Bishops: Don Harvey, Malcolm Harding, and Ron Ferris.
- For ANiC congregations in the **Vancouver area**: for Church of All nations (Japanese); Vancouver; for the Rev. Canon Shihoko Warren; 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 Nick & Natasha Cousineau, Jackie Crookes, Howard & Barbara Cummings, Mark Davison & Lyn Suderman, Chris & Kathy Doering.
- For missionaries at home and abroad--for their safety and protection, as they spread the good news. Pray for the Euthanasia Coalition.
- 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.
- Pray for our new Governor General to be appointed by the Queen. **The Sick and Suffering:** Pray for all those who cry out for healing in body mind or spirit.
- Pray for those in our parish: Annie, Carolyn, Murray, Barbara, Earle, Gill.
- Pray for our family & friends: Kirsten, Diane, Bev, Philip, Bev, Mike, Evelyn.
- Pray for the homebound: Juliet Cavadias, Barbara Lemmon, Joe Fern, Katherine Knight.

