



**“Jesus was led by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights...”
(Matthew 4:1-2)**

Forty days in the wilderness—burning sun, rocks, dust, thirst—the heroic struggle of good, tempted by evil. This is the biblical landscape of Lent. However, as we look around us, we see a different picture—dirty snow, slush, twigs. The pale landscape of late winter.

Like these outer landscapes, our inner Lenten experiences can be very different. At different times of the year—at different times of our lives—we can find ourselves in the desert. We can find ourselves exhausted by the daily grind, frustrated by this on-going pandemic, feeling dry, empty, and pointless inside, or shattered by grief. Loneliness, frustration, betrayal, loss, and grief are all a part of everyone’s life. Why then, are these very themes highlighted in the Lenten season? Why ashes on the forehead, reminding us of our inevitable death? Why the traditional talk of guilt and sin? Why the emphasis on penitential observances, abstinence, inner reflection, and increased study?

Despite what people may think, Lent isn’t about over focussing on the misery in the world—and there is definitely a lot of that! But rather about placing the misery that’s already present, in its proper context. It’s about facing the desolation that we so easily push aside. In doing this, we’re able to see our lives and experiences in the context of the Gospel and our sufferings in the context of Jesus’ suffering.

Lent is a time of preparation for the Passion—an opportunity to hear again the story of Jesus, who 2000+ years ago chose in love to endure death on the cross. Our faith tells us that in the cross all our guilt, shame, sorrow, even death, was contained and overcome. This promise; however, remains abstract, unreal, even unbelievable, unless we put it to the test—unless we dare to confront our own darkness, and see our story as a part of Jesus’ story. This is why we speak of sin and suffering during Lent—as an intentional reminder of what was won for us, through Jesus’ death and resurrection.

Although the on-going COVID restrictions will once again not allow us to observe Lent as we normally would, I pray that we will draw ever closer to Jesus over the next five weeks, as we seek to faithfully follow Him from darkness into light, And may we proclaim His resurrection with renewed boldness, power, and joy this Easter!

Faithfully,

The Rev. Canon Christopher R. Doering+
Rector & Lead Pastor



A Prayer for Light

Almighty and ever-living God, let the radiance of your love scatter the gloom in our hearts and the darkness of sin and death in our lives.

May the light of resurrection dawn within us and bring us to the radiance of eternal life.

We ask this in the name of Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

*“Living & Active”
Lenten Sermon Series*

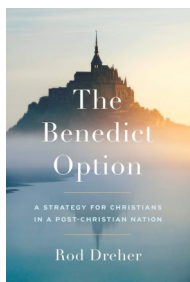
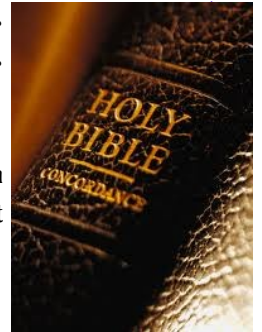
“For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”

(Hebrews 4:12)

The Bible is so much more than just words on a page. The above passage from the Letter to the Hebrews tells us that God’s Word is alive, not dead—it’s living and breathing. God’s Word is active—it has the strength and power to change us. It’s sharper than any double-edged sword—and like a scalpel, it’s able to cut right to the heart of the issue and do the fine work that needs to be done within us. Preacher D. L. Moody writes; “The Bible wasn’t given to increase our knowledge. The Bible was given to change our lives.” The Bible is a tool for change; and the ultimate goal of reading, studying, and meditating on Scripture is application—hearing God speak to us and living that word out in our daily lives. As we read in James 1:22; “Be doers of the word, not hearers only who deceive themselves.”

In 2 Timothy 3:16, the Apostle Paul tells us that the Bible is divinely inspired or God-breathed; “All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work.” Yes the Bible is 100% the work of human beings and at the same time 100% inspired by God. Because of this, God’s Word is not meant just to inform us, but to transform us. As disciples of Jesus, feeding on God’s word must therefore be our first priority. As Jesus says in John 8:31; “If you abide in my word, then you are truly my disciples.”

Living & Active is a 6-week series designed to help individuals not only abide in the Word, but engage with it in a fresh new way so that we can become “doers of the word and not just hearers.” Join us Sunday morning’s in Lent as we seek to love the Word, learn the Word, and live the Word together!



*The Benedict Option:
A Strategy for Christians in a Post-Christian Nation
ZOOM Book Study*

Do you suspect that our current cultural moment is one of spiritual crisis?

Do you long to know how the Church might respond as its message and life become increasingly alien, even offensive, to that culture?

Author Rod Dreher calls on the Church to take the 'Benedict Option:' to embrace exile and intensely live the faith as small communities and creative minorities in the midst of the present age, in the spirit of St. Benedict of Nursia. Dreher introduces his provocative strategy; explores how we arrived at this present moment; encourages the Church to draw on its ancient resources, including the Benedictine tradition; asks the implications of his strategy for various areas of life; and meditates on the particular challenges of sexuality and technology to true Christian discipleship. If you have wondered what it might look like for Christians and families to keep the faith today, if you have wondered what it might mean for the Church to be the Church in this time and in this place, this book and this study might be for you! This Lent, let the 'Benedict Option' be an invitation to live intentionality in your spiritual life and the life of our community.

Join us every second Thursday evening in Lent on Zoom, beginning Thursday, March 10 at 7:30 PM. Copies of the book will be made available for a small price or the audio book can be downloaded for free at the Kingston Frontenac Public Library. For more information, speak to Simon Teague.



Ash Wednesday

"Remember 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 repentance to restoration, from darkness to light, from fear to love, from mourning to celebration, and from ashes to joy.

Ash Wednesday Worship

**Wednesday, March 2, 2022 @ 7:00 PM
in Person & on Live Stream**

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 back 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.



**KEEP
CALM
AND
OBSERVE
LENT**



Zoom Morning Prayer

**Tuesday Mornings in Lent
beginning
Tuesday, March 8,
@
9:00 AM**

**"But I, O Lord, cry out to you; in the
morning my prayer comes before you. "
(Psalm 88:13)**

“From Darkness to Light” ~ Daily Readings for Lent

It all began with *light*. This was God’s first word at creation. All too soon, however, the world was plunged into the darkness of sin, and the struggle has been going on ever since, culminating in the Good Friday darkness the engulfed Him who is the Light of the World...and then the brilliant triumph of His Easter victory. The following daily readings deal with the biblical themes of *darkness* and *light* with the assurance that “light shines in the darkness, and the darkness does not overcome it.” (John 1:5) May we open our Bible each day during Lent with this blessed assurance!



Ash Wed.	Let there be light!	Genesis 1:1-19
Thurs.	God scatters His lightning	Job 36:24-33
Fri.	You will see heaven opened	John 1:43-51
Sat.	In Your light we see light	Psalms 36:5-10
Sun.	The plague of darkness	Exodus 10:21-29



Mon.	He will bring me out to light	Micah 7:7-9
Tues.	Do not remain in darkness	John 12:35-46
Wed.	Time to wake from sleep	Romans 13:11-14
Thurs.	That you may turn from darkness	Acts 26:9-18
Fri.	With unveiled faces we see His glory	2 Cor 3:12-18
Sat.	There will be no more light	Revelation 22:1-5
Sun.	I am the Light of the World	John 8:12



Mon.	The glory of the Lord is its light	Revelation 21:22-26
Tues.	The Lord is my light and my salvation	Psalms 27:1-4
Wed.	The Lord will be your everlasting light	Isaiah 60:19-20
Thurs.	Jesus revealed His glory	John 2:1-11
Fri.	Christ’s glory revealed	Luke 9:28-36
Sat.	Standing in the midst of the lampstands	Rev 1:12-19
Sun.	God’s dawn will break	Luke 1:68-79



Mon.	The Sun of Righteousness will rise	Malachi 4:2-3
Tues.	Thy Word is a lamp and a light	Psalms 119:105
Wed.	A lamp shining in a dark place	2 Peter 1:16-19
Thurs.	Come to the light	John 3:17-21
Fri.	May your friends be like the rising sun	Judges 5:31
Sat.	To God be the glory	Romans 16:25-27
Sun.	Your light has come	Isaiah 60:1-3



Mon.	The Lord has given us light	Psalms 118:22-29
Tues.	God has shone in our hearts	2 Cor 4:1-6
Wed.	Vindication shines down	Isaiah 62:1-5
Thurs.	Living as children of light	Ephesians 5:6-14
Fri.	Called into God’s wondrous light	1 Peter 2:9-10
Sat.	I will give you the morning star	Rev 2:26-29
Sun.	You are the light of the world	Matthew 5:14-15



Mon.	I have given you as a light to the Gentiles	Acts 13:42-49
Tues.	You shine like stars in the world	Philippians 2:5-15
Wed.	You are children of the day	1 Thessalonians 5:1-11
Thurs.	To open the eyes of the blind	Isaiah 40:5-9
Fri.	Work while it is day	John 9:1-5
Sat.	Walk in the light	1 John 1:5-9
Palm Sun.	People in darkness have seen a great light	Isaiah 9:2-6



Mon.	Indeed, you are my lamp, O Lord	2 Samuel 22:26-31
Tues.	The true light was coming into the world	John 1:1-18
Wed.	I gave them your glory	John 17:22-24
Maundy Thurs.	Live in the light by love	1 John