

CHILDREN'S MINISTRY

Children Stay in our Service Today

Our Sunday School Class is invited to stay upstairs today for our whole service, so that they can celebrate *NN's* baptism with us. We will be having an extended Children's Talk in place of our homily this week. As always, our Nursery Room is available downstairs for anyone who needs it.

IMPORTANT NOTE: Some Upcoming Sunday School Changes

We have been exploring some ways to improve how we operate our Sunday School program, and there are a few changes coming.

1. We are going to try having our kids **start off** Sunday mornings downstairs in Sunday School. This will provide a bit more time for our lessons together, and will hopefully make for a smoother transition for our little ones. Children can be brought downstairs beginning at 9:50am.
2. Parents are encouraged to come downstairs during the Offertory hymn to accompany their children back upstairs for Eucharist with the rest of the congregation.
3. This change will mean that for most weeks, there will be no Children's Talk during the service, however...
4. At least once a month, we will be planning to have our children stay with us for the entire service. On these weeks, not only will a Children's Talk be offered, but there will also be other resources and opportunities meant to help our children to experience and engage in the service.

Our goal in these changes is to offer both quality Christian Education at a level designed for our youngsters, **as well as** to intentionally involve them in the wider life of the parish. Both of these are needed for their growth, and for ours.

Coldest Night of the Year - Feb. 24

Time is running out to support our team (St. Paul's Pilgrims) for the Coldest Night of the Year fundraiser. Remember, if the team reaches their fundraising goal (\$1,500), the **top donor** gets to determine the fate of our Family & Youth Minister's beard. All donations of \$20 or more will be issued a tax receipt. To register for the walk as on of "St. Paul's Pilgrims", or to donate to our team, visit the following website, or connect with Rob Montgomery:

<https://secure.e2rm.com/registrant/TeamFundraisingPage.aspx?teamID=787852&langPref=en-CA>

As an added bit of fun, if our team reaches its fundraising goal (\$1,500) before February 24, then our team leader will be saying goodbye to his beloved beard... in a manner and style to be chosen by the team's top donor. This whole event is for a very worthy cause, and your support is greatly valued.

PARISH NOTES

Pancake Supper – Tuesday, February 13

This year's Pancake Supper at St. Paul's is Tuesday, Feb. 13, with serving starting at 4:30 and going to 6:30 pm. Freewill offerings go to our Mission Beyond yearly contributions to charities. Please come and bring family and friends. Neighborhood #1, with #2's help, is leading us in our Pancake Supper this year. We have the food covered but we are still looking for people to help taking down at the end of the evening, servers & clearers at both times and kitchen help from 4- 5:30. There are sign up sheets and recipes in the Narthex. Get in on all the action (and fun!). Thank you all for helping out.

Nothing says 'I love you' like a face full of ash...

Since this year Valentine's Day and Ash Wednesday coincide, why not take the opportunity to grow in holiness along with your significant other? It's the perfect 'date night' opportunity! Following a modest meatless meal and no dessert, take your loved one to church where you will both be reminded of your mortality with a big smudge of ash on the forehead. No date for Valentine's Day? No problem! You can still come to church and be reminded that God's love and mercy are greater than anyone else can offer - and he's the best listener! Come along and start Lent off right. Let's make this season a time for spiritual renewal and transformation.

Ash Wednesday Services are at 10 a.m. and 7 p.m.



Pastoral Visitation

Anyone wanting a home visit, or wishing to discuss prayer, spirituality, or any other pastoral need, please take the initiative and contact Fr. Paul.

Hospital Visitation

It is important that if you or a loved one is admitted to the hospital and would like a visit from the hospital chaplain or your Rector, that you indicate your desire to the admitting staff of the hospital. They may not necessarily ask unless you specifically make this request. Otherwise, you will not be listed in the records that are accessible to pastoral staff. You can also let either Fr. Paul or Judy Streeter know directly if you or a loved one has been admitted and would appreciate a pastoral visit.

Parish Prayer Calendar

We're happy to present a new resource for prayer in our parish. Copies of our new Parish Prayer Calendar are available at the entrances. This calendar provides two prayer intentions for each day, encompassing groups and ministries within our parish as well as in the wider community. It is hoped that we can, in the midst of our busy lives, take time each day to add these intentions to our personal prayers. In this way, we will know that we are united in prayer with our friends and neighbours. Be sure to take a copy of the calendar for yourself and also for a parishioner who may not be able to get out to church.

Memory Café

Today, Feb 11, the Alzheimer's Society will hold their monthly café in our hall at 2:00. This is a social program that involves people with dementia and their families, and others from the general public who are interested in learning about dementia. The goal is socialization with an educational component. The Café includes a presentation on a different topic each month, followed by entertainment and refreshments. This program is geared towards people of all ages, and along all stages of the dementia journey.

BEYOND THE PARISH

Diocesan Council Report

This is the body that governs the temporal affairs of the Diocese between Synods. The Council has just begun a new two-year term. Robert Taylor has joined the Council as Lay Representative for the Kingston-Kennebecasis Archdeaconry. At its meeting on January 27th, four young adults were admitted as members of Council. Your prayers for the work of Diocesan Council are invited.

Hospital Volunteers Needed

Horizon Health is seeking volunteers to give two to four hours a week to make a difference in patients' lives. Volunteers are needed in Saint John Regional Hospital, St. Joseph's, and the Ridgewood Veterans' Wing. To register, call the Volunteer Office at 648-6523 or e-mail

Leigh.Giberson@HorizonNB.ca

Silence in the Liturgy

"The quieter you become, the more you hear." This adage is becoming increasingly true in a world which is permeated with noise. From the time the alarm clock sounds in the morning, our lives are filled with noise. In many ways, we have grown so accustomed to the noise of life that we struggle to simply be quiet. Even when we go for a walk now, we often will have earbuds in our ears. I know that when I'm around the house I'll often put on the TV, not because I'm watching it, but for the background noise. That's not to mention the *interior* noise that fills our minds: our worries, stresses and anxieties.

Spiritually and psychologically speaking, it is a positive thing to create more space for silence in our lives. A great saint once wrote that "God speaks the language of silence." It is in silence that we are best able to hear the voice of God. The church recognizes the fact that our lives are so inundated with noise and gives suggestions for times of silence within our liturgical celebrations.

The rubrics suggest that times of silence be observed at the following points in the Eucharistic liturgy:

- Before the priest prays the Collect of the Day (opening prayer)
- After the readings
- After the homily
- After all have received Holy Communion

An opportunity for silence is given before the collect of the day so we can pause to "collect" our whole selves - body, mind and spirit - so we can fully enter into worship. Then there is a space for quiet following the readings and homily so we can reflect upon and internalize what we have heard from God's Word. And finally, it is suggested that we observe a moment of quiet reflection after Communion so we can thank God for feeding us in the Eucharist and feel deeply our oneness with Jesus Christ.

I am suggesting that, starting in Lent, we be more intentional in including times of silence within our worship. It may be uncomfortable at first, but I believe it is a good thing for us to learn to embrace times of silence in our lives. I pray that this exercise will help us listen for what God is saying to us not only with our ears, but with our hearts.

In Christ,
Fr. Paul+

Safe Church

There will be a safe church training session on March 10 from 10:30am til 1:00 pm. in the church hall. This session is open to everyone. Please call Pam Iype @ 847-2559 or the church office for further information.