

CHILDREN'S MINISTRY

IMPORTANT NOTE: Some Upcoming Sunday School Changes

We have been exploring some ways to improve how we operate our Sunday School program, and there have been a few changes, beginning today:

- ❖ We are going to have our Sunday School kids **start off** Sunday mornings downstairs in the class. This will provide a bit more time for our lessons together, and will hopefully make for a smoother transition for all.
- ❖ **Children ages 3+** can be brought downstairs beginning at 9:50am.
- ❖ Parents with younger children are free to use our Nursery Room at any time, and any child is welcome to remain in the service if they would like.
- ❖ Parents are encouraged to come downstairs **during the Offertory hymn** to accompany their children back upstairs for Eucharist with the rest of the congregation.
- ❖ This change will mean that for most weeks, there will be no Children's Talk during the service, however...
- ❖ At least once a month, we will be planning to have our children stay with us for the entire service. On these weeks, a Children's Talk will be offered, and 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 spiritual growth, and for ours.

NEW - Kid's Activity Centre

Check out our new **Kid's Activity Centre** by the doors of the Church leading into the lobby. We have up-to-date pew bags, crayons and things to colour, as well as some books for reading, all for use during or after the service.

A Prayer for Families - from the Episcopal B.C.P.

Almighty God, our heavenly Father, who settest the solitary in families: we commend to thy continual care the homes in which thy people dwell. Put far from them, we beseech thee, every root of bitterness, the desire for vainglory, and the pride of life. Fill them with faith, virtue, knowledge, temperance, patience, godliness. Knit together in constant affection those who, in holy wedlock, have been made one flesh. Turn the hearts of the parents to the children, and the hearts of the children to the parents; and so enkindle fervent charity among us all, that we may evermore be kindly affectioned one to another; through Jesus Christ our Lord. Amen.

Coldest Night of the Year - Feb. 24 (This Saturday!)

Time is running out to support our team (St. Paul's Pilgrims) for the Coldest Night of the Year fundraiser. Remember, if our 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. Cheques should be made out to "Coldest Night of the Year", with the name of the walker or team name being supported ("Rob Montgomery" or "St. Paul's Pilgrims" for example) in the memo line. To register for the walk as one of "St. Paul's Pilgrims", or to donate to our team, visit the following website, or connect with Rob Montgomery:

<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=787852&langPr ef=en-CA>

PARISH NOTES

Pancake Supper

What a lovely meal we enjoyed on Tuesday. Thank you to Neighborhoods 1 & 2 for organizing this event. The small army of willing and able workers in the kitchen who prepared and served the meal, as well as the cleanup crew were fabulous. A special thanks to Peter and Lew who were in the kitchen all day and to members of the Mission Within Committee who helped out. Crosby Molasses and the BulkBarn continue to support this event. Thank you one and all! Over \$1000 was raised with all the proceeds going to the important ministry of the *Mission Beyond the Parish*. Thank you for your generosity.



2017 Offering Receipts

Receipts for 2017 offerings are available today. You will find them on the table in the lobby, filed alphabetically. Please take a moment to pick yours up.

"When the Lord finished speaking to Moses, he gave him the tablets of the law..."

Last Summer, someone left a tablet in St. Paul's Kitchen. It doesn't appear to be from Sinai. Could it be yours? If you lost a tablet computer last summer, do check in with the office this week.

Study Series: Seven Deadly Sins, Seven Lively Virtues

The seven deadly sins are those great spiritual roadblocks that inhibit the growth of our relationship with God and one another. In this study, we will learn how we can be trapped by pride, envy, anger, sloth, gluttony, avarice and lust - and more importantly, how we can counter-act these by practicing the 'seven lively virtues.' This five part weekly study series, led by Fr. Paul, will begin on **Tuesday, 20 February, 7:30 p.m.**

PARISH NOTES CON'T

The Office of Compline

Compline (KOM-plin) is the ancient night prayer of the church. It derives its name from a Latin word meaning 'completion' (completorium). It is above all a service of quietness and reflection before rest at the end of the day. It is found in the Book of Common Prayer on page 722. You are invited to make this beautiful short service a part of your Lenten discipline. Our choir will be leading Compline on **Thursdays during Lent at 7:30 p.m.**

The Parish Prayer Chain

The Parish Prayer Chain meet on a monthly basis and are looking for new members. They welcome people to call with specific prayer requests which are handled in a confidential manner. If interested in joining this group or for additional information please call the church office or this month's contact person **Liz Reid @ 847-7642**

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.

Safe Church

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

Parish Annual Meeting – Next Week Sunday, February 25

* report booklets are available this week

* the meeting will begin after a light lunch following the 10am service

Lent FAQ's

Why is Lent forty days?

The forty days of Lent are meant to reflect the forty days spent by Jesus fasting in the wilderness. Lent has not always been forty days, but that length became common by the end of the 4th century. The earliest Christians observed a fasting period of three to seven days, depending on the region. For at least two centuries most Christians observed only Holy Week, but they observed it with extreme fasting and penitence.

What are there no altar flowers during Lent?

Lent is a penitential season, and flowers are usually associated with rejoicing. For this reason the altar is bare, and we use none of the usual symbols of rejoicing, such as singing "Alleluia." Even though Sunday is never a fast day, in order to encourage Lenten discipline we make Sunday services more sombre during Lent.

Are we required to fast during Lent?

Fasting is strongly recommended, as it is one of the spiritual disciplines commended by Jesus. Ash Wednesday and Fridays during Lent have traditionally been days of fasting and abstinence from meat.

Why do we talk about the forty days of Lent, when there are actually forty-six days by the calendar?

Sunday is always a feast day of our Lord's Resurrection, even during Lent. It is sometimes called a "little Easter." Discounting the six Sundays, Lent is forty days long.

Does that mean that I don't have to observe my Lenten discipline on Sundays in Lent?

Technically, yes. However, most people find it easier and more spiritually rewarding to continue the Lenten discipline on Sundays.

Do we have festive events such as weddings and baptisms during Lent?

No. They are not absolutely forbidden, but discouraged. The Great Vigil on Holy Saturday is a traditional time for baptism. In the ancient church this was the only time people were baptized.

Why does the date of Easter vary?

The ancient church calendar, like the Jewish one, was based on the phases of the moon. The date of Easter is tied to the full moon at the time of the Vernal Equinox.

What is Maundy Thursday?

This is the day of the commemoration of the Last Supper, the first Holy Eucharist. At the Last Supper, Jesus washed the feet of the Apostles and gave them "a new commandment, that you love one another." The term "Maundy" comes from the Middle English *maunde*, "foot washing." This comes from the Old French *mande*, "commandment," referring to the commandment that Jesus gave them after washing their feet.