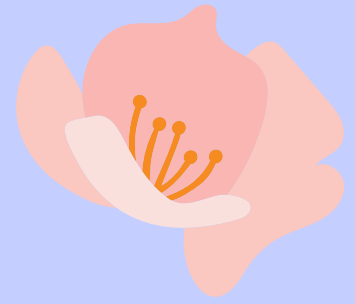




March 10, 2020



This week at St. Andrew's



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Parable from the Pastor



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What have you given up for Lent? Pastor, please, that is too Catholic! How are you choosing to conduct your Lenten examination of conscience? Pastor, seriously! How are you preparing for Easter, or better yet, reliving the agony of Good Friday? Pastor, too gloomy! Specifically, the celebration of Easter cannot be fully grasped and experienced until and unless we use these weeks to truly examine our lives for where and how we have fallen short of God's best ideal for us. We need to agonize with Good Friday before we will be able to celebrate on Easter. "What have you given up for Lent" often means making different dietary choices during these weeks, such as foregoing the eating of meat or candy or drinking soda." For others they may have given up a healthy dependence upon social media or TV. The critical decision that any of us make during these weeks is to consider what we are willing to "give up" to avoid the excess emotional and spiritual weight that we carry. What are you giving up for Lent? Might it be...

A Litany for Lent



We fast from judging others,
but feast on patience.
We fast from apparent differences,
but feast on unity of all life.
We fast from words that pollute,
but feast on words that affirm.
We fast from complaining,
but feast on appreciation.
We fast from bitterness and anger,
but feast on forgiveness and mercy.
We fast from discouragement,
but feast on hope.
We fast from suspicion,
but feast on trust.
We fast from idle gossip,
but feast on purposeful silence.
We fast from problems that overwhelm,
but feast on prayer that strengthens.

Lenten Bible Study

"Practising New Habits of Spiritual Formation" on Monday, March 16, we welcome Dr. Paul Galbreath from Union Seminary in Charlotte, North Carolina who will join us virtually to dialogue about his Lenten devotional Elemental: A Journey Through Lent with the Earth What does it mean to worship God in creation and our environment? Join us at 2:00 PM in the Lecture Hall for the conversation.



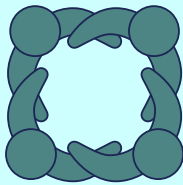
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- The Aboriginal Coalition to End Homelessness uses the Hall today.
- The Wednesday ESL group meets tomorrow at 10:00 am. There will be a family memorial service for Ardath's brother at 1:00 pm. Please keep the Nelson family in your prayers.
- The Community Social Planning Council will use the hall on Thursday night as a hub for their volunteers who are counting how many people are sleeping on the streets of Victoria.
- Breakfast volunteers will be in on Friday and St. Andrew's breakfast for people in need will take place on Saturday
- St. Andrew's first spring music recital will take place Saturday at 1:00 pm and will feature Jorge Carrizales on piano.

March 10, 2020

New Member Class Provided by Pastor Mitch

For any and all interested in becoming a member of St. Andrew's a new member information class will be held on Sunday, March 15 during Coffee Hour after church. Bring your questions and join the conversation



Did You Know?

Yesterday the bible study participants talked about forming new habits of prayer. We learned 3 new approaches to prayer: Praying the Psalms, Centering Prayer and how to use the Daily Examen founded by St. Ignatius Loyola over 400 years ago. It is not too late to join us on Mondays in March for these formative conversations about developing deeper spiritual habits.

Traditional Irish Recipe for St. Patrick's Day: Colcannon

For a variation, sub out half of the potatoes with parsnips. Can add chives, leeks, or bacon too.

4 russet potatoes (2 to 2 1/2 pounds), peeled and cut into large chunks

Salt

5 to 6 Tbsp unsalted butter (with more butter for serving)

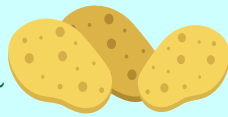
3 lightly packed cups of chopped kale, cabbage, chard, or other leafy green

3 green onions (including the green onion greens), minced (about 1/2 cup)

1 cup milk or cream

Boil potatoes until they are fork tender, 15 to 20 minutes. Drain in a colander. Return the pot to the stove and set over medium-high heat. Melt the butter in the pot and once it's hot, add the greens. Cook the greens for 3-4 minutes, or until they are wilted and have given off some of their water.

Add the green onions and cook 1 minute more. Pour in the milk or cream, mix well, and add the potatoes. Reduce the heat to medium. Use a fork or potato masher and mash the potatoes, mixing them up with the greens. Add salt to taste and serve hot, with a knob of butter in the center.



A simplified version of the steps for Daily Examen

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.



We know that some members are especially concerned about the Covid 19 virus. Church staff are working to keep high traffic areas clean and we are keeping track of government recommendations. We remind everyone to wash their hands and stay home if you are sick. Please contact the church if you need to stay at home and are feeling alone or disconnected from your church family.

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March 15th 2020

Worship Information- Third Sunday of Lent

Exodus 17:1-2

John 4:5-42

Theme: *Practising New Habits of Spiritual Formation: Fighting with God*

A Favourite Hymn: O Master, let me walk with thee

Reader: Peter L.

Coffee: Worship

