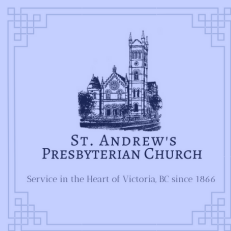




March 24, 2020



# This week at St. Andrew's



standrewsvictoria.ca | 250-384-5734

The Link Editors will be producing a newsletter this month. Here is their message to you:

"HOW ARE YOU DOING? The Link staff would like to hear from the congregation of St. Andrew's. We want to know what you are doing and how you are coping as you stay home during this Covid-19 imposed self-isolation. How are you filling your time? We would like to share your experiences with others in our church family. This is one way that we can keep in touch and remember to pray for each other. You can write us a little paragraph or two, or a longer article if you want. Send your stories to the Link, email address: [thelink@shaw.ca](mailto:thelink@shaw.ca)

This month's Link will be emailed to those on the congregational email list. We will try to mail a copy to those who are not on the list. We look forward to reading your stories. Thank you from the staff of the Link, Leona, Fiona and Debra"



Wondering how you can continue supporting St. Andrew's financially during this difficult period? You can mail a check to the church (680 Courtney St. V8W 1C1). The mail box is locked and we check the mail twice per week. St. Andrew's is sustained by its congregation.

*We Continue along in the  
Season of Lent*

Liturgical Readings for This Week:

Ezekiel 37:1-14

Psalms 130

Romans 8:6-11

John 11:1-45



The church office at 680 Courtney Street is currently closed. Whitney is working from home. Please contact the church office via email at this time.



Rev. Coggin is also working from home. You can reach him via email: [pastor@standrewsvictoria.ca](mailto:pastor@standrewsvictoria.ca) or by telephone: (250) 883-4132.

## Did you know?

The ROM (Royal Ontario Museum) has images and descriptions of over 45,000 objects available on their website! Spend an afternoon at the museum and check out some amazing artifacts from all over the world!



[Click here for the ROM collections](#)

## Worship Services are Postponed

Public services of worship at St. Andrew's are postponed at this time as are all of our regular ministries such as open church and meditation hour, bible study, thrift shop and regular meetings.

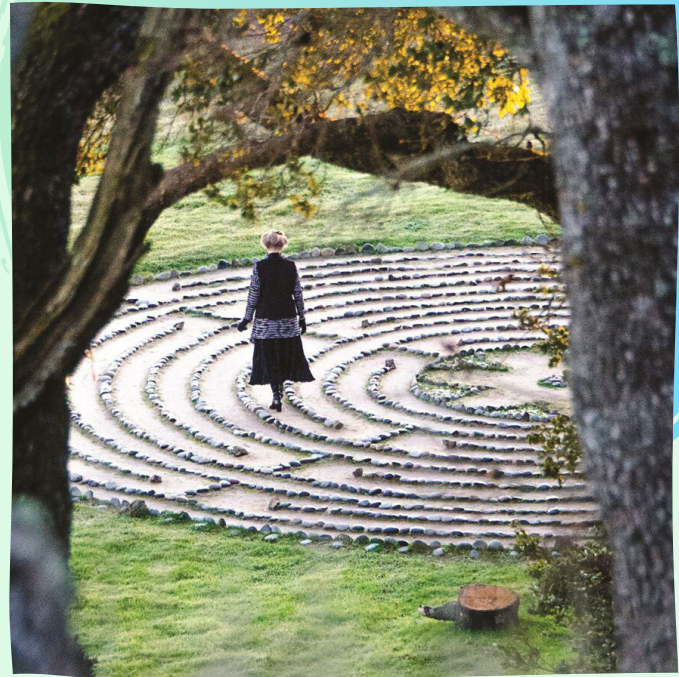
We encourage everyone to stay at home as much as possible to care for yourselves and to care for the most vulnerable people in our community.



March 24, 2020

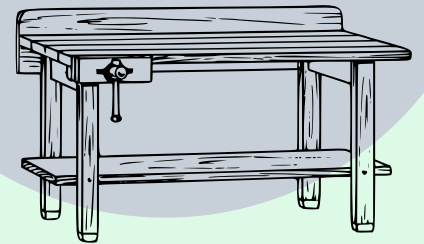
## From the Bible Study

Last week we welcomed Dr. Paul Galbreath from Union Seminary in Charlotte, North Carolina. Dr. Galbreath has written a Lenten guide called *Elemental*. During our video call with Dr. Galbreath, those who attended heard the challenge to broaden our Lenten journeys to include our worship of God in rocks and water, fowl and fauna. In other words, being aware of God the Creator encompasses a worship of God in creation. Dr. Galbreath, who joined us for worship last summer will again return to Victoria in June for a more detailed conversation regarding the myriad of ways that our worship can be impacted by a renewed and deeper understanding of the sacraments. Stay tuned. The remainder of our Bible Studies in this series have been cancelled in light of the social distancing responsibility we all share during the dangerous Covid-19 pandemic. This includes our hosting of the labyrinth from the University of Victoria at St. Andrew's. That visit has been postponed until further notice. Your life is a sacred journey. We are all on a path... exactly where we need to be and the labyrinth is a model of that path. A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. Labyrinths have long been used as meditation and prayer tools. A labyrinth is an archetype with which we can have a direct experience. We can walk it. It is a metaphor for life's journey. It is a symbol that creates a sacred space. In lieu of our ability to walk a physical labyrinth for awhile, a printed version is below. Use it to guide your finger around the circles and say a prayer. Practice this spiritual discipline and allow it to guide you into a deeper awareness of God's Presence.



Rev. Mitch has prepared a short video message from his workshop.

[Click here for the video](#)



## walking a Labyrinth- at home

There is an app you can download for your phone or tablet that has a labyrinth for you to trace with your finger. It is called **Labyrinth Journey** and is available in the apple app store (for you iPhone or iPad) or the Google play store (for any android phone or tablet).



There is also a printable finger labyrinth included with this week's email. If you have a home printer, feel free to print the fourth page of this pdf and use the finger labyrinth for a contemplative time of prayer.

There are many ways to pray while tracing your finger slowly around the labyrinth. Try repeating the Lord's Prayer or a favourite piece of scripture such as, "be still and know that I am God"

## Parable from the Pastor



**Luke 18:9–14** Jesus told this parable to some who trusted in themselves that they were righteous and regarded others with contempt: “Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, was praying thus, ‘God, I thank you that I am not like other people: thieves, rogues, adulterers, or even like this tax collector. I fast twice a week; I give a tenth of all my income.’ But the tax collector, standing far off, would not even look up to heaven, but was beating his breast and saying, ‘God, be merciful to me, a sinner!’ I tell you, this man went down to his home justified rather than the other; for all who exalt themselves will be humbled, but all who humble themselves will be exalted.”

This parable speaks to our current global epidemic that we now face. It makes us aware of the need for our prayers to move beyond holy words to breast-beating reality. “God be merciful to us – all of us!” This is the time for us to seriously embrace the reality that we are in need one another more than ever as a global community. In these times, “loving our neighbours” takes on a much deeper meaning than ever before. The late Fred Rogers used a phrase he learned from his mother: “Look for the helpers.” His mother taught him to find ‘the helpers’ in times of tragedy and anxiety, and it continues to ring true especially now. “We must look for the people who are helping,” he said. The many acts of kindness and grace and compassion are all around us if we pay attention when we hear of them. Regardless of whether you are facing physically, emotionally or spiritually during these tense and difficult days, prayer is an essential means through which we stay connected to God and one another. It is also a source of hope and strength in uncertain times.

In her book *Amazing Grace*, Kathleen Norris shares this about prayer. “The ancient monks understood that a life of prayer would manifest itself in relationships with others. ‘If prayer is a matter of concern to you,’ said the sixth-century monk John Climacus, ‘then show yourself to be merciful.’ As ‘a dialog and a union with God,’ he said, ‘prayer has the effect of [holding] the world together.’” May that be so for us especially in the days ahead, whatever they may bring. We may not be able to see where all of this will lead, but we know that God will be with us. “Now faith is the assurance of things hoped for, the conviction of things not seen.” (Hebrews 11:1)





