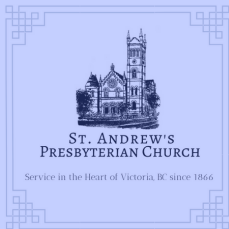




March 3, 2020



# This week at St. Andrew's



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## Parable from the Pastor

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Dr. Walter Brueggemann, writes in his Lenten guide. A Way other than Our Own "Lent is about seeing how to take steps into God's future so that we are no longer defined by what is past and no longer distracted by what we have treasured or feared about the present. The long history of faith, with all the saints, is the story of walking into the future given by God. Lent is a time for sorting this out." The days between now and Easter morning that will dawn on Sunday, April 12 provide a unique opportunity of recognizing our fears and sorting out the confusing power they have over us. Why do we lie awake at night wondering and worrying about the things that "might happen?" What good does it do to have mental conversations that cover a smorgasbord of possible conversation twists and turns? How do we refrain from giving into those midnight Gremlins that have us convinced we have nothing to fear but their worst description of our potential nightmares. During this holy season, Dr Brueggemann reminds us, "Lent is about seeing how to take steps into God's future..." Actually, (spoiler alert) Jesus has already dealt with any and everything we may fear in the present. Lent gives us time to gain a realistic grasp of "the things that might happen." This is indeed the season where we are able to change those mental conversations to spiritual prayers for ourselves and for others free of twists and turns. As Easter approaches (even with a trip through Good Friday), we are assured that the midnight Gremlins are ultimately doomed and in fact were given their pink slips and told they have no power over us any longer (at least any power that we don't give them ourselves in the midst of midnight worry sessions). It sounds like Lent is here just in time. I hope you will use it to encounter a new future given by God. Lenten Blessings. - Pastor Mitch

## Lenten Bible Study

"Practising New Habits of Spiritual Formation" will use Lenten passages to highlight forming a deeper walk with Christ through prayer, journaling, meditation, fasting, and more. The study will be on Monday's during Lent at 2:00 PM.



### Remember to wash your hands!



It is cold and flu season and as we are increasingly aware of COVID-19, we're reminding everyone to follow simple but important hygiene practices. Cover your mouth or nose with tissues when coughing or sneezing and wash your hands. We have also hand sanitizer near entrances and near bathrooms but hand washing (for at least 20 seconds) is recommended.

If you are feeling unwell and need to miss church, that is ok. We can always email you a sermon and a copy of the bulletin so you don't feel like you've missed too much.

If you notice a friend hasn't been at church, give them a phone call or talk to an elder or the church office so we can check in to make sure that no one in our community is feeling isolated.



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- The Thrift Shop is open today from 10:00 am until noon.
- The Wednesday ESL group meets tomorrow at 10:00 am. Sheelagh will be hosting the "Timeline Part B" in the Kirk Hall at 1:30 pm to help us create a catalogue of items at St. Andrew's.
- The church is open for viewing from 11:00 am to 1:00 pm and for quiet meditation from 4:00 pm to 5:00 pm on Thursday
- A local production company will be hosting concerts in the Sanctuary on Friday and Saturday evening.
- Chinese Presbyterian church will host gym-time in the Kirk Hall on Saturday email vtan.cpc@gmail.com for information.

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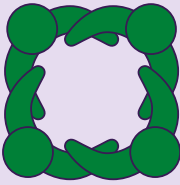
### New Member Class Provided by Pastor Mitch

For any and all interested in becoming a member of St. Andrew's a new member information class will be held on the following dates:

Sunday, March 8 from 9:45 AM – 10:15 AM in the Lecture Room (behind the Sanctuary)

Or 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 Lectio Divina.

Lectio Divina (Latin for "Divine Reading") is a traditional monastic practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God's word. In the view of one commentator, it does not treat scripture as texts to be studied, but as the living word. Traditionally, Lectio Divina has separate steps: read; meditate; pray; contemplate. First a passage of scripture is read, then its meaning is reflected upon. This is followed by prayer and contemplation on the Word of God.



No Elbows on the Table:  
Life together as the  
body of Christ



### Invitation to new or current elders.

#### We are organizing a group to attend:

Join Professor Ross Lockhart from St. Andrew's Hall, Vancouver for a fun and interactive workshop on **Saturday, March 14th (9:30 am till noon) at St. Andrew's Presbyterian Church, Duncan.** The morning will be spent exploring the basics of Presbyterian Polity. Ideally designed for Elders of congregations, members of the Board of Managers or those interested leadership. All are welcome. Speak to Rev. Mitch about to reserve your spot and about carpooling.  
-Free lunch provided following the seminar

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March 8th 2020

Worship Information- Second Sunday of Lent

Genesis 12:1-4

John 3:1-6, 16-17

Theme: "Life is a misery, death an uncertainty, confession a possibility"

A Favourite Hymn: To Abraham and Sarah

Reader: Saul P.

Coffee: Finance

