



March 1, 2022



Parable of the Pastor

"A farmer went forth to sow..." and you know the rest of the story. It is a tale that Jesus told that provides a challenge to our lives. What are the ways in which we are sowing the seeds of good news, hope and the power of God's love as evidenced in the life, death and resurrection of Jesus Christ?

Over the coming days St. Andrew's will be sowing the seeds of worship, work and holy communion.

Tomorrow, Wednesday, March 2, we begin the 40-day season of Lent as we celebrate Ash Wednesday. Many people associate lent with "giving up" something such as meat, soft drinks, or chocolate. Most importantly Lent is a season of examination during which we turn the mirror of our lives inward and see ourselves as God sees us. Do we dare? Certainly, when we are honest, we will uncover components of our lives that we want to change. Absolutely, we will encounter a depth of God's love that we often overlook. Why not join us at noon for our Ash Wednesday service either in the sanctuary or via [livestream](#).

Saturday, March 5 we anticipate the opportunity of reviewing the seeds we have sown over the past year through the work of our congregation. Our annual meeting of the congregation (AGM), due to COVID restraints cannot be the AGM that we have enjoyed in the past. Still, we seek to provide an opportunity for those who can join us in sanctuary at 10:00, those who may join us via a Zoom phone or video call and those who will connect via their elder. On Saturday, we reflect upon our worship, and the work of our Session, our committees and each person in his/her own way who has contributed to St. Andrew's in 2021. Join us at 10:00 AM either in sanctuary or via Zoom.

Time: Mar 5, 2022 10:00 AM Pacific Time (US and Canada)
Join Zoom Meeting: <https://us02web.zoom.us/j/84517579740>
Meeting ID: 845 1757 9740
Or Call
+1 778 907 2071 then pen 84517579740#

Finally, on Sunday, March 6 we sow the seed of worship as we celebrate holy communion together. Together we are the Body of Christ, joined together as one. Thanks be to God.

Lenten Blessings. Pastor Mitch

When a great crowd gathered and people from town after town came to him, he said in a parable: 'A sower went out to sow his seed; and as he sowed, some fell on the path and was trampled on, and the birds of the air ate it up. Some fell on the rock; and as it grew up, it withered for lack of moisture. Some fell among thorns, and the thorns grew with it and choked it. Some fell into good soil, and when it grew, it produced a hundredfold.' As he said this, he called out, 'Let anyone with ears to hear listen!'

Ash Wednesday

We welcome you to begin the Lenten season on Wednesday, March 2 at Noon either in the sanctuary or by livestream. Ash Wednesday is an important time of prayer, reflection, and an opportunity of taking the ashes to symbolize our repentance.



Update on Safety Protocols

Pandemic conditions are thankfully improving! We are continuing to ease our protocols for safe worship, mindful of the needs of both in-person and at-home worshipers who are considering returning. After eight months of depending on clearly defined safety protocols, we are now moving towards a dependence on mutual trust. Starting Sunday March 6th, the major change is that worshipers will now be responsible for keeping others safe by keeping a "respectful distance" from them. (Please be mindful that fellow worshipers may have a greater need for distance than you, no matter how excited you are to see them!) The practical changes include the opening of the gallery, removal of the yellow tape on pews, and people leaving their pew and exiting at the end of the service when they are personally ready to do so. Red tape will remain on pews on the ground floor for the moment, and be added to the front pews in the gallery to keep people back from the railings when they stand to sing. As we have generous seating, we will no longer be using registration.

Two key safety protocols remain: we will continue to require that people be fully vaccinated and wear masks (although we will now welcome people if they have proof of a medical exemption from mask wearing.)

If you have questions or comments, please speak to an elder - we want to ensure that everyone feels safe and feels welcome!

AGM Agenda

This is the agenda for Saturday's meeting:

1. Constitution
2. Memorial Minute
3. Nomination of secretary (motion)
4. Explanation of process (motion)
5. Review and approval of the minutes of '2020 Annual Meeting and 2021 Budget (motion)
6. Review and approval of committee reports as presented (motion)
7. Approval Trustees (motion)
8. Review and approval of Budget for 2022 (motion)
9. Closing Prayer

More information on the AGM can be found in last week's newsletter.

Pancake Tuesday

Shrove Tuesday traditionally represented the final day for Christians to indulge in certain foods before the fasting period of Lent. Pancakes were seen as a way to use up remaining fatty ingredients before giving them up over that lengthy period of time. Whatever lenten practices you may follow, consider a traditional meal of pancakes today!

Try these pancake mix-ins:

- shredded carrot and cinnamon (top with cream cheese icing)
- bacon bits
- orange zest
- raisins and oat flour
- ricotta cheese (top with honey)
- peanut butter
- thinly sliced pear



Read From Your Bible This Week

- Joel 2:1-2, 12-17
- Psalm 51:1-17
- 2 Corinthians 5:20b-6:10
- Matthew 6:1-6, 16-21

