



March 8, 2022



Parable of the Pastor

Sunday was the First Sunday of Lent which began last week. Lent is made up of 40 days that lead through the agony of Holy Week before we arrive on Easter morning to celebrate the resurrection.

Lent is to be a time of sacrifice, prayer and examination. Today during the writing of my Morning Pages, I reflected on the process of examination. More than 400 years ago St. Ignatius Loyola encouraged prayer-filled mindfulness by proposing a process called the Daily Examen. It looks to a God who is near, present in the world, and active in daily life.

I was led to pray the Examen. The Examen looks for signs of the God's presence in the events of the day — lunch with a friend, a walk in the park, etc. The Examen recognizes that your feelings are full of spiritual meaning. Nothing is trivial! I wanted to offer each of us the simple formula.

***Become aware of God's presence.** I looked back on the events of yesterday. (1 Zoom call, one walk to the library, one committee meeting, etc.) It is important to ask God to bring clarity and understanding.

***Review the day with gratitude.** Gratitude is the foundation of our relationship with God. Note the joys and delights of the day. I remembered the work completed, and the people I interacted with. What did I receive and what did I give? Pay attention to small things—the food eaten, the sights seen, and other seemingly small pleasures. God is in the details. Pay attention to emotions. One of St. Ignatius's great insights was that we detect the presence of the Divine in the movements of our emotions.

*** Reflect on the feelings experienced during the day.** Boredom? Anger? Resentment? Compassion? Confidence? What is God saying through these feelings? I remembered some ways that I fell short. The feeling of frustration perhaps means that God wants me to consider new possibilities in my life!

*** Choose one feature of the day and pray from it.** Ask God to direct you to something during the day that is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it.

***Look toward tomorrow.** Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek guidance from God and ask for help and understanding. Pray for hope.

I know that I did in my own examination. I hope it will do the same in yours.

Praying for peace and God's blessings. Pastor Mitch

A Message from the Ushers

Thank-you to all those who attended Sunday's service in the sanctuary. You did a good job of adapting to the new rules - finding your own seats and trying to be respectful of each other's personal space. Please remember that with no markers in the pews (the yellow tapes) if you are the first person into a pew, particularly the long pews, move into the centre, if possible. By doing this more people can make use of each pew, not just the edges. It was wonderful to see old and new faces but don't forget to be patient while vaccination status is checked on entry, and when you exit, visit outside.

AGM Voting

Members and adherents are welcome to vote in our AGM by [clicking here](#) for the voting form. This is the same as the protocols for last year's AGM.

You will find the minutes of the AGM available to download from the same email as this newsletter (or delivered to you if you receive a paper copy of the TWASA).

You can also ask a friend or elder to help you vote, you can vote by mail (see instructions in the minutes) or call the clerk of session for assistance 250 382 2387



New Ways to Consider Lenten Fasting

Traditionally, fasting during lent had a lot to do with food. Eating only one full meal and two small meals per day, and abstaining from meat, fats and alcohol were common rules followed during lent. In modern times and among various church traditions, lent has become a time for introspection, connecting with God and considering what is truly important. Here are some ideas for this season of lent for all ages:

- Don't buy anything that you don't need
- Give away 40 things in 40 days
- Give up gossip
- Exercise daily to take care of the body God gave you
- Give up soft drinks or excess sugar
- Say 3 kind things to 3 people daily



What would you have me do without? I who have so much: Selfishness? Conceit? Envy? Pride? I fear before I ask, that the answer might be 'yes' and the giving up would be all too real, Lord. It would be difficult, painful, sacrificial, a real cross to carry for 40 days, and more?

From the Lenten Prayers at faithandworship.com

Read From Your Bible This Week

- Genesis 15:1–12, 17–18
- Psalm 27
- Philippians 3:17–4:1
- Luke 13:31–35

