

Parish of the Ascension

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Worry Ends When Faith Begins



How do you see yourself in the face of Jesus?

As the earth prepares for spring, the church prepares through prayer, fasting and reflection to enter into the season of Lent, in preparation for the celebration of the passion, death and resurrection of our Lord.

Here at the Parish of the Ascension, we invite you to enter into a Holy Lent. As you make preparations for Lent, we ask that you consider some of the opportunities for reflection during this time.

LENT 2022

SUNDAYS IN LENT AND HOLY WEEK SERVICES

During the Sundays in Lent, the 11 a.m. worship will continue to explore how our spiritual lives can make a difference in the world around us as we follow the weekly lectionary. Most Sunday's, we have a guest preacher. Each guest preacher was given a focus word and asked to relate it to the theme for Lent. As we reflect on these words and the scripture, we ask *ourselves* "How do we see ourselves in the face of Jesus?"

- Lent I, March 6
Temptation, PWRDF Sunday,
Luke 4:1-13,
Reverend Lynn Courage
- Lent II, March 13
Lamentation, *Luke 13:31-35*
Reverend Canon John Courage
- Lent III, March 20
Repentance, *Luke 13:1—9*
The Very Reverend William
Bellamy
- Lent IV, March 27
Reunion, *Luke 15:1-3,11b-32*
Mothering Sunday.
The Venerable Charlene Taylor
- Passion Sun. Apr. 3
Relationships, *John 12:1-8*
Reverend Robert Cooke
- Palm Sun., Apr. 10
Easter Garden will be created
- Maundy Thursday, April 14
BAS/HE at 7 p.m.
- Good Friday, Apr. 15
Celebration of the Lord's
Passion at 12 noon
- Easter Vigil, April 16
BAS/HE and Reaffirmation of
Baptismal Vows at 7:00 p.m.
Reverend Mark Nichols (Guest
Preacher)
- Easter Day, April 17
BAS/HE at 11 a.m.
- Easter II, April 24
BCP Holy Communion
at 11 a.m.

WEDNESDAY'S IN LENT

- **Stations of the Cross:** Reverend Lynn will host **the Stations of the Cross** at 11 a.m. Parishioners are asked to enter through the side entrance, sign-in and sanitize your hands upon entering. You will be seated in the church and the booklets will be in the pews. Reverend Lynn will proceed through the stations and you are invited to follow along from your pew. The dates for the **Stations of the Cross** are: March 9, 16, 23, 30 and April 6.
- **Service of Compline:** On March 9, 16, 23 and 30, April 6 and 13, the parishes of the Transfiguration (St. Mary's, St. Michael's and All Angels, Church of the Good Shepherd and Parish of the Ascension) will lead a service of Compline at 8 p.m. You may view the service at <http://fb.com/anglicantransmission>.

LENT IN A BAG

This **Lent in a Bag** Project is the result of a collective effort of the Transfiguration Mission, in an attempt to offer all our parishioners— young and old, those worshipping in person and those who are not—the opportunity to follow a Lenten discipline and to feel connected to their parish family as we journey in a meaningful way to our Easter celebrations. Lenten bags are available for pick-up at the following services: Sunday, February 27, Ash Wednesday, March 2 and Sunday, March 6. Please contact the office if you would like to pick one up at a time other than those listed above.

To Ponder and Reflect: Reading and Meditating this Lent



During Lent a book shelf will be available for persons of all ages to sign out various resources. It will be located at the back of the church. Please feel free to help yourself to any resources.

Lenten Outreach

This year, we have partnered with the CNIB to provide materials for two worthy projects. One is the CNIB's **Annual Family Camp** and the second is the **PREP Program** (Practical Readiness for Employment and Post Secondary.)

The Family Camp is the only camp in Newfoundland that is fully adapted for children living with sight loss. The camp promotes skill building and memory making. It is free to any child with sight loss who wishes to attend.

We greatly appreciate donations of the following items:

Annual Family Camp:

- craft paints,
- glitter Glue,
- construction Paper,
- craft paint brushes,
- coloured cardstock,
- pom poms,
- coloured beads;
- costume items (feather boas, gloves, sunglasses, bracelets, tutus, bead necklaces, etc.);
- party decorations (streamers, paper pom poms, non-latex balloons
- coloured napkins

PREP program provide individuals living with sight loss the tools, skills and social connections needed to navigate post-secondary life. It gives youth a voice to advocate for themselves and helps them achieve success as they transition to young adulthood.

Some suggested items for **PREP** include:

- coloured Post-it Notes
- Sharpie markers
- reusable water bottles
- highlighters
- pencil cases

- fidget toys (like pop-its, playdough, stress balls, spinners, etc.)
- USB sticks
- baseball Hats
- unlined Notepads or journals
- small bottles of hand sanitizer

We have placed a tent at the front of the church for your generous donations. We ask that all items be received by **April 3**. Thank you for your support!



40 Things to Give Up for Lent

One of the Lenten traditions is to “give up” something for Lent. This Lent, the Parish of the Ascension is challenging you to “***Give it up for Planet Earth***”. Instead of giving up chocolate this year, we invite you to challenge yourself with 40 ideas to cover each day of Lent. Below you will find the suggested list of 40 items. Let’s challenge ourselves to do better for our world and planet earth!

Day	Items to stop Using	Suggested Alternative
1	Disposable Coffee Cups	Reusable (Travel) mug
2	Saran wrap and aluminum foil	Reusable containers with lids or bees wax covers
3	Single-use disposable wipes	Reusable cloth and cleaner (i.e. vinegar and baking soda)
4	Disposable cutlery	When you order take-out to bring home, ask the retailer to skip the cutlery, napkins and condiments. Also, bring cutlery from home to use at work.
5	Plastic shopping bags	Bring and use cloth bags when shopping
6	Unnecessarily idling your car	Turn off the vehicle or start your vehicle for a shorter period of time in colder weather

7	Disposable plastic straws	Reusable metal straws or skip the straw
8	Disposable water bottles	Bring your own refillable bottle from home
9	Paper towels	Cloth napkins/cotton towels
10	Styrofoam dishes	Everyday household dishes or washable/reusable plastic
11	Single use batteries	Rechargeable batteries
12	Aerosol air fresheners	Make homemade air fresheners using baking soda and essential oils
13	Disposable dusters	Washable/reusable cloths instead of Swiffer cloths
14	Unnecessary packaging	Buy in bulk with less packaging and/or use your own container when possible, e.g. at Bulk Barn
15	Disposable party decorations	Skip the balloons for reusable decorations such as banners, window clings, etc.
16	Furniture polish	Use a damp cloth instead with vinegar and oil
17	Single use dryer sheets	Try a reusable dryer ball instead of Bounce sheets
18	Wrapping paper	Use brown paper (decorated) or reusable gift bags
19	Pump soap (Small containers)	Buy refills that use less packaging or switch to bars of soap
20	Single use produce bags	Consider if that fruit/vegetable really needs to be placed in a disposable bag
21	Throwing out sandwich and freezer bags	Rinse and reuse them
22	Throwing away compostable items	Start a compost bin
23	Purchasing over-packaged items at the deli section,	Bring from home or buy items in bulk
24	Buying books	Visit your local library or trade with friends
25	Unnecessary paper usage	Switch to e- bills, e-note and e-calendars;
26	Throwing away damaged	Sew/repair/upcycle them instead

	clothes	e.g. turn those jeans into jean shorts
27	Turning up the thermostat	Turn back the heat one degree and put on a cozy sweater and/or use programmable thermostat
28	Throwing away clothing and useful household items	Donate them to charity
29	Leaving the lights on	Turn off the lights when you are not in a room/ use programmable lighting or lamps
30	Buying for a day	Have one day of buying nothing!
31	Driving everywhere	Carpool, take the bus or walk
32	Throwing recyclable items in the garbage	Sort recyclable items and place them in blue bags for pick-up (or bring tagged bags to recycling depot for credit on the Ascension's account)
33	Do not eat meat for a day	Try a vegetarian recipe instead
34	Running appliances when not full	Run dishwashers, washer and dryers only when full
35	Disposable coffee filters and pods	Use reusable ones and/or brew a full pot
36	Throwing out leftover food	Save it for lunch the next day/turn it into a different meal – help save the environment and money too!
37	Using paper envelopes for church offerings	Switch to electronic offerings and skip the paper
38	Leaving the television on when you are not watching it or in the room	Turn it off or record a show and watch it later when you are able to enjoy the full program (and skip the commercials as you are no longer swayed by consumerism's efforts!)
39	Shopping at large grocery stores	Buy local – Farmer's market., etc
40	Your own bad habit not listed!	Challenge yourself and share the idea with others!



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Lent is a special time for spiritual growth. It is a period of sacrifice and abstinence but, equally as important, it is about reflection, repentance and almsgiving. Lent is an opportunity for us to get closer to God, allowing us to prepare for Easter.

Lent is the time when we focus on God and make a more concerted effort to put God first in our life, spending time thinking and reflecting on our relationship with God. It is a challenging time when we can truly identify where we can make changes and enter into a deeper understanding of how we see ourselves in the face of Jesus, how we see others and how we can express our faith.

I pray this booklet of activities, readings, services and worship opportunities will aid each of us as we enter into a Holy Lent.

***Blessings,
Reverend Lynn***