

THE GOOD NEWS



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Love bears all things, believes all things, hopes all things, endures all things.



Lent is the period of 40 days which comes before Easter in the Christian calendar. Beginning on Ash Wednesday, Lent is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days.

LENT REFLECTION: DON'T GIVE UP

SUBMITTED BY FATHER JOHN STOPA

It's Lent 2019. This is a time set aside for careful, prayerful preparation for Easter. This liturgical season begins on Ash Wednesday for Western Christians (Roman Catholics, Anglicans, and Protestants), whereas for those in the Orthodox tradition, Lent begins with Clean Monday. In the West, our Lenten season is 40 days including Holy Week, but not including Sundays; in the East, the 40 days end before Holy Week. Traditionally, Lent is a time of "severity and deprivation": of doing without. This is why, by tradition, we get rid of fat and make pancakes on the Tuesday before Ash Wednesday (hence, Shrove Tuesday, or in French 'Mardi Gras', which translates as Fat Tuesday).

I remember as a child marking Lent as the season of giving up something. It was the time

when we would give up something special for the 40 days—be it candy, or television, or swearing, or school (that one was never too successful for some reason). I still hear people these days talking about giving up, and please don't get me wrong, there's nothing bad about giving up. This Lent, however, I'm saying don't give up!

The words of the *Book of Alternative Services* in the Ash Wednesday liturgy state: "I invite you therefore, in the name of the Lord, to observe a holy Lent, by self-examination, penitence, prayer, fasting, and almsgiving, and by reading and meditating on the word of God." These actions are biblically based, spiritual actions we can undertake during this season. They are things to DO, not things to give up. They are actions of looking within, offering

penance, praying, fasting, sharing with the poor, and by contemplating scripture, are elements of austerity that are traditional to Lent.

There are lots of other things you can DO, and by DOing them, grow more deeply in body, mind and spirit. What I'm proposing to you is that for this Lent, we don't give up. Rather, we do! Pray about it: what is God calling you to DO, or DO more of?



Fr John Stopa

A Choral Evensong and Concert

featuring the Cranmer Singers of Ottawa will be held at
St. George's Church
Saturday, May 4th 4:30 p.m.
A potluck meal will follow.
ALL WELCOME.



And He said unto them,
Go ye into all the world,
and preach the gospel to
every creature. He that
believed and is baptised
shall be saved, but he
that believeth not shall be
damned

Mark 16: 15-16



Be glad, Celebrate! Lose
your mindless fear, and
take courage today. No,
don't ever be afraid, no
matter what's happened
to you before. That's
right, don't be afraid, no
matter what you may
see coming. Take courage
because Christ was
crucified for you.

Dietrich Bonhoeffer, *God is on
the Cross: Reflections
on Lent and Easter*



The Dunrobin and District Women's Institute is responsible for the Christmas tree at the Thomas A. Dolan and Dunrobin crossroad. It has been a bright shining light this winter, rising from the deep snow, and the aftermath of September's tornados. The Women's Institute also helped out at the recent Dunrobin Winter Carnival, supplying dozens of cookies and a lot of support to organizers.

SARAH MADORE: HEARING GOD

SUBMITTED BY LORRAINE MADORE



Sarah loves going to St. Thomas' Church. She loves it because, as she describes it, "It is fun to go to. I like the people." Another reason she gives for enjoying going to church is that she likes to pray to God for what He has done.

Sarah often talks to God and Jesus. She talks to Him when she is scared and when she is happy, and when an ambulance rushes past the car. She talks

to Him about growing up. This conversation is not one-way: Sarah hears God. She explains that she hears Him in the wind and the sky. She heard Him say that she was growing up.

This young lady has many hobbies. She is discovering the Nancy Drew book collection. She is a martial artist who has earned a blue belt with a red strip at taekwon-do. She likes to knit and do crafts. She snorkels. She is also a Special Olympian who kayaks with the Ottawa River Canoe Club. Through the Dunrobin Community Centre, Sarah takes part in several life skills classes and sports activities. Sarah loves cooking and baking. When she grows up she would like to be an artist or a chef. Next year, Sarah graduates from high school

and she says that is when she will need to start finding her own job.

Importantly for her, Sarah likes to help people. At home, she likes taking care of animals. Among her afterschool chores, she feeds the family critters and takes the dog Nova for a walk.

Sarah also wants to help more in the church, something she looks forward to doing.

As Sarah says, "my life is only at the beginning." She is eagerly looking forward to what lies ahead.



BETHANY BRAUN: ST. THOMAS' SEXTON

SUBMITTED BY LORRAINE MADORE



Bethany's links to Fitzroy Parish go back at least a couple of generations. She grew up in Fitzroy Harbour attending St. George's with her parents, Ron and Darlene, who were also both raised attending St. George's.

In October 2013, Bethany married Adam Braun who was raised attending St. Thomas' with his parents, Allan and Mary. Adam and Bethany's son Weston, is 2.5 and very energetic, splits his time between the two churches and both sets of his grandparents. Bethany attends and volunteers at St. George's when she can. She recently helped at the popular Holy Hops event in October. She has, in the past also been a member of the choir. And she makes road signs for events at St. Tho-

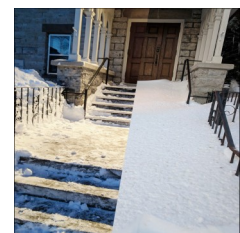
mas'. One of the things Bethany loves is, as she says, "cuddles and reading with Weston, watching him grow and change." Bethany is a very busy woman aside from being a mother and a wife, and, as sexton, the person who keeps St. Thomas' in shape. In her own words:

"I currently work with the Donnelly Automotive Group as Lot Coordinator/Sales Admin as my full time employment which has me do everything from detailed paperwork to plowing snow, and I try to help out on the farm when I have time. I am a member of the Dunrobin and District Women's Institute. We are active in Dunrobin and surrounding communities with fundraising and education, we have adopted the crossroads at the main Dunrobin intersection. I curl two nights a week at the Arnprior Curling Club. I am a board member for the Kemptville College Alumni Association."

As for the often unseen work of keeping St. Thomas' tidy for our benefit, Bethany says: "Taking time each week to get

the church clean has been a peaceful experience since it is always very quiet and serene (minus the vacuum noise), I have had the opportunity to see the stained glass at almost every time of day (it never gets less beautiful). Aside from the times where Weston has "helped" me clean, the most challenging aspect of caring for a building that is over 100 years old is all the nooks and crannies. The snow has also been a rewarding experience this season since the act of clearing the steps can give instant visual satisfaction."

To see how much we do benefit, included is the picture of the steps of St. Thomas' following a recent storm, before and after Bethany shoveled.



Thank you Bethany for your hard work and commitment to Fitzroy Parish.

BASIC CHRISTIANITY (EXCERPT)

SUBMITTED BY LORRAINE MADORE FROM AN ARTICLE BY JOHN R. W. STOTT

So from the early chapters of Genesis to the final chapters of the Revelation we can trace what some writers have called a scarlet thread. It is in fact like the thread of Theseus which enables us to find our way through the labyrinth of Scriptures. And what the Bible teaches concerning the centrality of the cross, the Christian

church has recognized. Many churches mark us with the sign of a cross at our baptism and erect a cross over our grave when we are dead. Church buildings have often been constructed on a cruciform ground-plan, with nave and transepts forming a cross, while some Christians wear a cross on lapel, necklace or chain. None of

this is accidental. The Cross is the symbol of our faith. The Christian faith is 'the faith of Christ crucified'. What the Emperor Constantine is said to have seen in the sky, we can see ourselves in the pages of the Bible: '*In hoc signo vinces*' [In this sign thou shalt conquer]. There is no Christianity without the cross. [...]

PARISH COOKBOOK

SUBMITTED BY LORRAINE MADORE



Breaking News: "The deadline for recipes for the Parish Cookbook has been extended to March 31"

For more information contact:

Lorraine Madore (St. Thomas') at madores3@gmail.com OR

Victoria Emerson (St. George's) at Victoria.morency@gmail.com

DAILY INSPIRATION (EXCERPT)

SUBMITTED BY LORRAINE MADORE FROM THE LION'S DEN BY PAUL ESTABROOKS

In describing the Christian's helmet, Paul wrote in 1 Thessalonians 5:8 "...and the hope of salvation as a helmet." The best armor you can give a soldier is the kind that cannot be destroyed by the enemy. Paul, knowing the eternal nature of God's salvation, exhorts the servant-soldier to put on—that is, believe in—the hope of life beyond this word. Soldiers without fear of death? What a mighty force!

God also provides the helmet to protect our minds. When the



enemy tries to infiltrate our thinking with doubts about our

salvation, the helmet becomes our protection.

You are God's own child. He himself redeemed you from slavery. He does not want the enemy to overcome you. You are secure in your relationship with God. The power within you is greater than the power in your enemy. Give no place to doubt. Take your stand for God in confidence wearing your helmet of salvation

A LENTEN STORY

SUBMITTED BY LORRAINE MADORE

Ash Wednesday, a couple of years ago, a few of us at work were commenting on a colleague's grey forehead. He was a church-goer and had popped into a local church that morning on his way in to begin his Lent with a cross of ashes. "Good for you," we encouraged him. I pushed a wee bit harder. I was a church-goer too and feeling particularly pious and self-righteous that morning. "What is everyone giving up for Lent?" I asked. This crew is of

an age where they understood the whole concept of sacrifice for Lent, but of an inclination that they would not be taking the whole thing very seriously. The responses were the typical ones—they would give up smoking or chocolate, but that they would only do it for a few days. In short, not a lot would change. Then one of them, a long-time friend, turned to me with a challenge. "Instead of giving up something, why don't you do something for Lent? Why don't

you commit to reading the Bible and praying every day?" Whoa, I thought. I should be doing that anyway, right? Well, I wasn't. I accepted her challenge, and every morning throughout that Lent I rose to



What's New in the Fitzroy Parish

The days are gradually getting longer and we can almost dig up the outdoor Christmas lights from the frozen ground. We have not been hibernating at Fitzroy Parish. Over the last few months a lot has been happening. Some of these events include,

- * Bible studies during Advent.
- * The Parish Twitter feed providing scripture readings for each day of Advent. Please note: you do not have to be on Twitter to access the feed which is found here: <https://twitter.com/AnglicanFitzroy?lang=en>. Remember that both St. George's and St. Thomas' are also on Facebook.

- * Another successful cookie Christmas sale.

- * Lovely Christmas services at St. George's and St. Thomas'. Thanks to the choir and Morley



for their beautiful music!

- * Celebration of the baptism of baby Gideon at St. George's!
- * A difficult winter, which led to the cancellation of a joint Parish-wide service and St. George's vestry.

- * The Healing services.

- * The Men's Breakfasts.

- * Many committee meetings.

- * The best potluck lunches.

- * A World Day of Prayer Service at St. Thomas'.

- * Celebration of Shrove Tuesday with the annual pancake supper at St. Thomas'.

And don't forget the March 10th Irish stew dinner at St. Georges'!

These are just a few of the fun activities that have taken place.

Parish of Fitzroy Harbour

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Check out our parish
twitter feed
@AnglicanFitzroy

facebook.com/stthomaswoodlawn
facebook.com/stgeorgesfitzroyharbour

Easter Choir Practice

March 28 St. George's—7:30
April 4 St. George's—7:30
April 11 St. George's— 7:30
April 18 St. Thomas' - 8:00



I come to the garden alone,
While the due is still
on the roses;
And the voice I hear,
falling on my ear,
The Son of God discloses.
And He walks with me, and He
talks with me,
And He tells me I am His own;
And the joy we share as
we tarry there
None other has ever known.

C. Austin Miles



The Parish of Fitzroy Harbour is a community inspired and strengthened by the Holy Spirit guided through spiritual discernment, to Support, Share and Serve in the World

St. George's and St. Thomas' are strong churches, beautifully warm sanctuaries brimming with history, love and devotion. The sacred religious traditions are carried out by Father John Stopa. The dedicated congregations, actively keep the church-going practices alive.

If you know of or have any pictures of events that you would like to have included in the next newsletter please send them to Cathy or Lorraine

BE NOT AFRAID (EXCERPT)

SUBMITTED BY LORRAINE MADORE FROM AN ARTICLE BY JEAN VANIER

I remember a woman with a very [developmentally delayed] son of fifteen. All his life she had been washing him, feeding him, looking after him. A priest of the parish came to visit her and said, "This is the cross you must bear. I'll pray for you." But he never once came back to offer his services to the mother so that she could rest for the first time in fifteen years. It would have been better for him to say nothing, but simply to weep with the mother, so that she could feel the compassion, feel she was understood. We can easily spout words which are a barrier rather than a communion, a gift of love.

Only Jesus can heal us of our egoism and give us the strength, the love, the patience and the tenderness, the understanding and the ability to listen to wounded people. Only He can teach us to become good shepherds. Only He can transform our hearts of stone into hearts of flesh, so that we are not afraid to say, "You are my people and I love you, and I am committed to you."

A LENTEN STORY (CONT'D)

SUBMITTED BY LORRAINE MADORE

the occasion. After Easter, I kept it up. Through the year I kept it up. The following Lent I kept on going and have continued, with more than a few gaps, since then.

This woman called me on my piety and had me look at a few inconsistencies in my life. In the process she helped draw me

into a closer relationship with God.



I am still as smug and annoying as ever. But just like putting in an effort to build a relationship with your kids or friends pays off, it does with Jesus too.

Do you have any stories you want to share? About your walk with the Lord? About people that have inspired you? Please let me know.

HOLY WEEK EVENTS

April 14	Palm Sunday	St. Thomas' -10:00 am	April 19	Good Friday	St. George's -11:00 am
April 15	Holy Monday	St. Thomas' -7:00 pm	April 20	Easter Vigil	St. George's -7:30 pm
April 16	Tenebrae	St. George's -7:00 pm	April 21	Easter Sunday	St. George's—9:00 am
April 17	Holy Wednesday	St. Thomas' -7:00 pm			St. Thomas' -11:00 am
April 18	Maundy Thursday	St. Thomas' -7:00 pm	April 28	Parish Service	St. George's -10:00 am

PRAYER

SUBMITTED BY FATHER JOHN STOPA

Grant, Almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. AMEN.