



Anglican Church of Canada

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PARISH NEWS



February 2024

I'll get by with a little help from my friends

Hello, everyone: Our esteemed Rector, Canon Lance, has asked me to introduce myself to you in this the first newsletter that I have had a joint part in launching together with Secretary Dawn and Father Lance himself. We are all hoping that this somewhat skeletal issue will grow into something a little more informative over the coming months under my editorship as I learn more and more about it's production. As a former journalist with The Windsor Star for some years, it is also hoped that I can bring a little of my experience to bear as we move along. Most of my experience was gained working for Associated Newspapers, owners of England's Daily Mail and many other provincial daily papers before I came to live in Canada, settling here in Windsor in the early 1980s.

But it was my experience working with my wife Bonnie in the hockey equipment business as long-ago owners of Brian's Custom Pro Manufacturing that seemed to register higher on the scale of

achievement with Father Lance, who, as I'm sure you are aware, is still, as Red Green would put it: "keeping his stick on the ice."

It is my intention to gradually work towards producing a newsletter of which we can all be proud and I take this opportunity to thank all those who have kept the flag flying up until now despite all the attendant problems, especially the horrendous difficulties posed by the Covid 19 pandemic. I will certainly do my best but please be assured that I need all the help I can muster to achieve this end and I will be very grateful to receive any advice that any of you feel would be helpful.

Yours in Christ: Derek Hales.

With God
All things are Possible

Rector's Reflection

Ready or Not – Here Comes Lent!

There are some things in life that are hard to get ready for. That's especially true if they include things that we'd honestly rather not endure or inflict upon ourselves, even if we know deep down that they're good for us. The season of Lent and its corresponding disciplines can fit pretty solidly into this category if we don't approach it the right way.

The ideal place to begin is to remember what Lent is at its heart. It is a 40 day commemoration of the time that Jesus spent in the wilderness as he prepared to begin His public ministry. In following His example, we embrace the means which enables us to draw nearer to the experience of Christ, as we too seek to better prepare ourselves to undertake the ministry that we are each called to.

Just recently I came across a couple of scripture verses that really grabbed me while I was rereading one of my favourite epistles, the letter of James. It occurred to me that they constituted the best definition of what Lent is all about that I could imagine. Here they are;

“Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and He will draw near to you.”

(James 4:7-8a)

These verses describe exactly what Jesus did during His 40 days in the wilderness, and they provide a map for us too as we seek to make this year's Lent the most meaningful yet!

Your brother in Christ, *Lance*+



A Lenten Lesson to Avoid Transgression

By Derek Hales

Lent's coming up pretty fast on us. Now there's a poor turn of phrase: "coming up FAST", and I'm not talking about the speedy meaning. It's deprivation that I've got in mind. Deprivation and "giving up." I don't know about you, but I've always been a little scared of Lent. When I was a kid, I had a lot of trouble understanding exactly what was meant by being expected to give up something that I enjoyed....like chocolate, cookies or candies. What's the point of that?, I used to think. It was my Aunt Lily, my favourite aunt among many, who first told me that there is more joy in giving than in receiving. But did she really mean "giving up." "Oh, well," I used to think, "perhaps when I get older I'll understand." Well, I have to tell you that although I long ago realized the truth of what she meant, I'm still a little anxious about Lent and the solemn promise of abstinence and repentance that lasts just over six very long weeks.

Now, perhaps there are those among you who have no problem with this age-old tradition. Perhaps you give up something that's relatively easy to do without——like chopped liver or boiled seaweed. But for those of you who are like me, perhaps it could make things easier if you knew a little more about the reasons for your "sacrifice." For a start, it really shouldn't provoke in us resentment for loss of enjoyment. Rather, it's intended to constantly remind us of our faith and the need to repent and follow more closely in the footsteps of our Lord.

Perhaps it was Daniel who started it all. In the King James Bible he states: "And I set my face unto the Lord God, to seek by prayer and supplication, with fasting, and sackcloth, and ashes." Pretty strong stuff, and the early Christians took him quite literally and put on sackcloth and rolled in ashes. By the 11th century it became part of church tradition to

be marked with a cross on the forehead when the priest dipped his finger in ashes and drew a cross on your head whilst telling you, in a call to penance, to remember that you are dust and to dust you shall return and to repent and believe in the Gospel. All this happens now on Ash Wednesday and it's followed by 40 days of fasting which we call Lent, a word whose roots apparently refer to the fact that the days are gradually lengthening and that spring is close at hand.

In the Bible it states that Jesus spent 40 days in the wilderness to fast and pray, and it is this event that inspired the length of the Lenten period. The idea, therefore, is to avoid self-indulgence at a time of repentance for one's sins and in a matter of days, people across the globe will be doing just that as they seek to create in themselves a greater awareness of their Christian faith by giving up something they really appreciate.

So there you have it. Now it's up to you to select something to leave alone for six long weeks that won't see you breaking your resolution in an untimely manner. But it really has to be something you enjoy or the hiatus, or pause in your pleasure, may well be successful but the object largely defeated.



“Some Thoughts on Soup”

*From the Souper Bowl Champ for 2023
The Rev'd Dr. Wayne Malott*



It's more than just chicken noodle. Being in the Anglican church- for a NOT very long time – has brought a new appreciation of the marvel soup can be in the life of a church family. Before church entered my life, my idea of soup involved a red and white can to be opened only in desperation. Becoming Anglican changed my entire viewpoint!

A St. Aidan's vestry couldn't happen without Deacon Harold's special soup. Being vestry it was the high point. Then I joined Ascension as a student intern and there was the "Souper Bowl." Of course, a way better prize than that supposedly "Super Bowl". It was a marvellous chance for me to really be part of the Ascension family. Known, and not just a passer through.

Then off to Bayfield and my Ascension soup time proved my grounding and link to the soul of that little church. Our "Soup Bun and a Movie" brought the village together in the winter months and the proceeds in turn connected the needy of the community through our food bank. Then "Soups on in Bayfield" let our parish reach out to the wider community -let them know about our family: that church has a fun side; and a caring side. All the things soup can do.

Now Souper Bowl is again on the horizon, and didn't we miss it during Covid times when we couldn't gather? It's a time when our church shows and knows itself as a family. It's really not a competition is it? It's a party and a chance to share with one another. On that note: the recipe for last years green apple and parsnip soup. Share a bowl with someone!

Parsnip and Green Apple Soup

3 Tbsp butter

1 large onion

1 tsp curry powder

4 parsnips trimmed and cut in 1/2 inch pieces

1 carrot peeled and diced

2 Granny Smith apples peeled cored and diced

4 cups vegetable stock

1 cup cider

1 cup whipped cream

salt and white pepper to suit -in a pinch black or no pepper

Melt butter in a stock pot over medium heat

Add onions – cook until soft

Add curry, parsnips, carrot and apples and cook 5 minutes while stirring

Add stock and simmer till veggies are tender – 25 -30 minutes

Puree with immersion blender till smooth

Add cider and cream. If too thick add more cider till desired consistency is reached. Season with salt and pepper

If desired you can use 2 -3 tsp curry.

Strongbow hard cider can be substituted

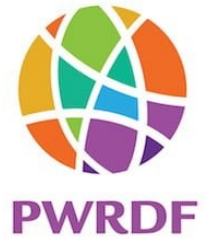
To make it lighter you can use milk instead of cream – but how could you!

Serve it hot or cold

THANK YOU NOTES & MESSAGES

Received from PWRDF for the support our members have given

- Your support makes a world of difference. Please let your congregation members know how much we appreciate their support of PWRDF. It helps to know we're in this together as Anglicans, living our faith to create a truly just, healthy and peaceful world (Matthew 25:35)



***-from the Chaplain of Canterbury College,
Cynthia Connell***



-Thank you so much for your thoughtful donation of hats, mittens & scarfs to Canterbury. Many students have already been in and are now much warmer walking to classes. Thank you for your support.

See following page from the Anglican Foundation

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December 19, 2023

Church of the Ascension
1385 University Ave W
Windsor, ON N9B 1B6

To the people of Church of the Ascension,

I am writing to thank you for your generous gift to the Anglican Foundation of Canada (AFC).

I also want to take a moment to share with you a conversation I had recently with one of our grant recipients. She wanted to thank me—and our generous family of members—for the 2022 grant her church received for their community outreach program.

She is a priest whose church, like so many Anglican churches in Canada, is deeply engaged in food security and poverty reduction. Demand for these programs has grown, and churches across Canada are increasingly turning to AFC to help fund creative and compassionate responses to serving the vulnerable.

She spoke about the need to find joy in the burden they carry—the needs in their downtown community are great—and that receiving much-needed funding from their church's national Foundation made the load they carry feel lighter.

Each of us in our local context has a different experience of what it means to be the hands and feet of Christ in the world. At AFC we see the breadth and diversity of the church's call to serve—to be a place of comfort and belonging—and we exist to support that, but we cannot do it without you.

Through your donations to AFC, you play the most important role of all in our effort to fund transformational ministry. AFC members are the backbone of our grants program, and I want you to know that you are contributing in a very direct and meaningful way to our efforts to fund a hopeful future for the Canadian church.

On behalf of every grant recipient whose vision for a local ministry project will be affirmed and supported by an AFC grant in 2024 and beyond because of your support, we thank you!



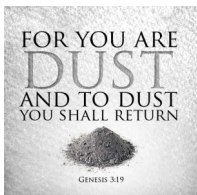
Dr. Scott Brubacher
Executive Director

Acknowledging receipt of \$100.00 on 2023-12-07.

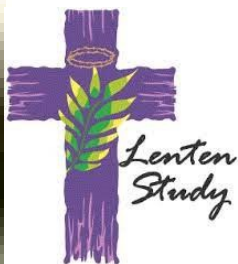
Mark your calendar with the upcoming events.



This Tuesday Feb. 13th~Shrove Tuesday, Pancake Supper, 4-6pm~ BAC & St. Katherine's are joining forces to offer you a wonderful pancake supper. It will be a free will offering.



Imposition of Ashes~on Wed. Feb. 14th at both a 10:00 am service & a 7:00 pm service.



“For all the saints!” Join Canon Lance for this year's **Lenten study on Tuesday afternoons at 2pm beginning Feb. 20th.** Drawing from both scripture and tradition we'll focus on the lives of the saints and reflect on how their witness to the gospel of Christ can serve as inspiration for our own spiritual journey.

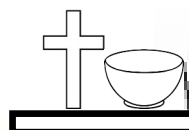


Our **Annual Vestry meeting** will be on **Sunday February 18th** following the 10:30 service. Lunch will be provided by the St. Katherine's ACW & the BAC.

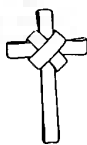


Get ready & start testing your winning soup recipe for **Souper Bowl XIX~to be held on Sunday Mar. 3rd** following the 10:30 service. Last year's winning soup was: Parsnip & Green Apple by Rev. Dr. Wayne Malott. Sponsored by St. Katherine's ACW.

The winner gets bragging rights & their name on the Souper Bowl Trophy



Lent



Wed. Mar. 20th~10:00am Holy Eucharist, making of the palm crosses following the service



Sun. Mar. 24th ~ 8:30 & 10:30~Palm Sunday
Holy Eucharist

Mon. Mar 25th ~ 10:00am Holy Eucharist

Tues. Mar 26th ~ 10:00am Holy Eucharist

Wed. Mar. 27th ~ 10:00am Holy Eucharist with Healing
Service following



Thurs. Mar 28th ~ Seder Dinner~arrival at 5:00 pm,
meal & service at 6:00pm,



~Maundy Thursday service at 7:30pm~Eucharist &
stripping of the altar



Good Friday

Friday Mar.29th~Good Friday service~ 11:00 am
~ BAC's Annual Fish Fry, 4~6pm

Sat. Mar. 30th ~ 7:30 pm– Candle Light Easter Vigil

Sun. Mar. 31st~8:30 & 10:30am~Easter~Holy Eucharist





Keeping
a Holy Lent

L Turn away
E
N
T from sin



PRAYER

FASTING
AND



ALMSGIVING



LENT

WALKING WITH CHRIST