

Lenten & Easter Sower 2023

He has Risen!

A Newsletter for the Anglican Parish of Douglas & Nashwaaksis



*Take delight in the Lord,
and he will give you the desires of your heart.
Psalm 37.4*

Waking Up in Lent

Dear Sisters and Brothers,

I'm a grumpy sleeper. I'm not proud of it – but there it is. Since having been married and having kids I have been told numerous stories of my unpleasant words and actions when awoken by those whom I love most dearly. When snatched from sleep by a little person, or by the sound of a door opening, or a light turned on, I will at the very least glare threateningly at anyone in the room. If speech is required of me in this unwelcome state of semi-wakefulness I will, at best, mumble a bunch of nonsensical noises; at worst, I snap and growl angry responses. I am unaware of my behaviour in the moment – but I have overheard my loved ones say, “It’s best not to wake daddy!”

I have wondered why I am like this. Maybe I just really need sleep. Or maybe I like being warm and comfortable in my bed. Maybe I am just too dopey to realize that I am needed. Whatever the reason, I wish I could wake up with a more pleasant disposition and a readiness to help my loved ones when they have a need.

The Word “Lent” comes from an old English Word which means to lengthen. It refers to the lengthening of Days as our world rolls through the darkness of winter into the light of spring. It is a Season in the Church Year in which we remember that Jesus, right after being baptized, and right before his public ministry, was driven to the desert by the Holy Spirit. It was there that he fasted for 40 days and faced down the Enemy while being tempted with selfishness, power and popularity.

Sounds exhausting doesn't it? And yet, Jesus endured this season out of love for you and me. We are told by the author of Hebrews that, “...we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin” (4:6). Jesus was subject to temptations to better identify with us. Jesus walked in perfect obedience to the Father to provide an example for us to follow and also to be the means for our deliverance. Jesus was alert and was ready to respond to our needs with perfect grace. How then are we to respond to him? At the very least we are called to readiness. Readiness to love, to obey, and to walk by faith.

Our Father,
who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done
on earth as it
is in heaven..





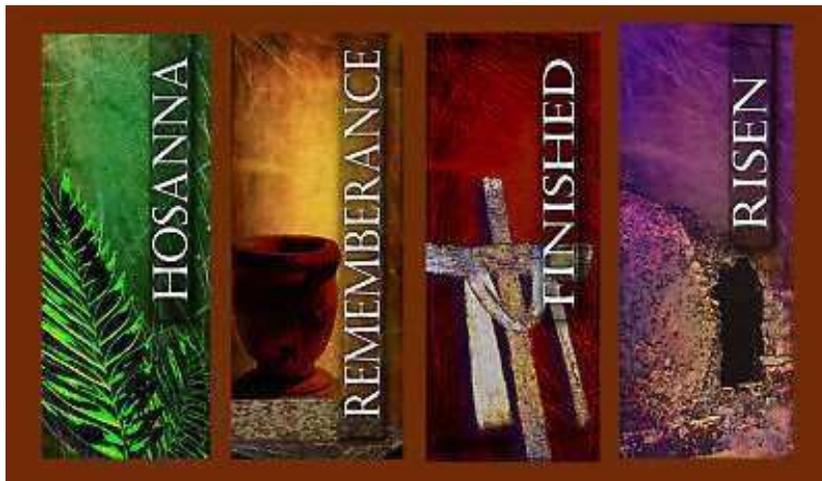
Many of us hibernate in the winter. The diminished sunlight, the frigid temperatures and the icy roads make our beds so inviting. Add to that three years of interruption to our social lives and well – many of us are just plain sleepy. This year, I would invite us to let Lent wake us up. Yes, this may mean denying ourselves some comfort – like the feeling of first putting your feet down on a cold floor once the alarm goes off. It may not be pleasant, but it is necessary to get the day started. Lent is an invitation relate to Jesus who endured such hardship for our sake.

Practically speaking: to deny ourselves means to identify that thing we go to for comfort; the thing we have come to rely upon. In Lent we are invited to forego this thing, whether it be an electronic gadget, or comfort food, or whatever, in order to practice turning to God instead. There is nothing evil about these things. However, if they become our “Go to” in times of trial, we can become insensitive to the presence and work of the Holy Spirit. We can become unresponsive to the life of faith. Remember, it does not matter what your thing is, what does matter is this: Self-denial cannot be about self. Self-denial is all about adopting a Jesus-focus.

So the second thing we are invited to engage in during Lent is a practice that will focus our attention on our Lord and Saviour. What practice will help us know Jesus more intimately, serve him more faithfully, and resemble him more accurately? Where self-denial helps us put to death an unhelpful habit in our lives, adopting a spiritual practice through Lent prepares us to celebrate the new life we find in Jesus and his Resurrection.

My sisters and brothers, it is time to wake up. May God give us all grace to turn away from the things that distract and subdue us while alerting us to his powerful presence and purpose as we seek his honour and glory. Amen.

Yours in Him,
Rev. Paul Ranson



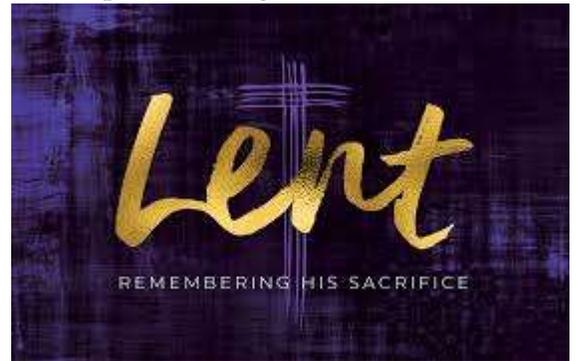
- April 2 - Palm Sunday - 10:30am
at St. John the Evangelist
- April 6 – Maundy Thursday – 7:00pm
at Nashwaaksis Baptist Church
- April 7 – Good Friday – 10:00am
at St. John the Evangelist
- April 8 – Easter Vigil
8:00pm – Christ Church Cathedral
- April 9 – Easter Sunday
6:30am – Sunrise Service at Killarney Lake
 (Meet at Nashwaaksis Baptist if raining)
8:00am – Easter Breakfast
 at Nashwaaksis Baptist
10:00am – Holy Eucharist
 at St. John the Evangelist

Lent



Dear friends in Christ,

Every year at the time of the Christian Passover we celebrate our redemption through the death and resurrection of our Lord Jesus Christ. Lent is a time to prepare for this celebration and to renew our life in the paschal mystery. We begin this holy season by remembering our need for repentance, and for the mercy and forgiveness proclaimed in the Gospel of Jesus Christ.



We begin our journey to Easter with the sign of ashes, an ancient sign, speaking of the frailty and uncertainty of human life, and marking the penitence of the community as a whole.

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. (BAS p.281)



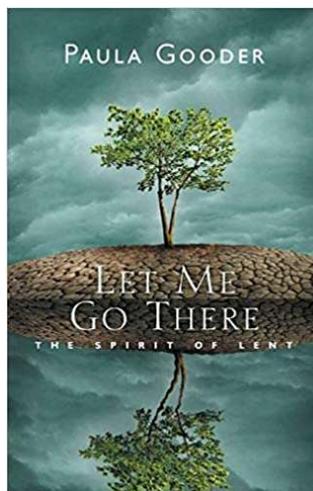
Worship during Holy Week

A space for quiet reflection and prayer will be setup during office hours in Holy Week. Join us for a time of peaceful prayer when the Spirit moves you.

Lenten Book Study

Let Me Go There by Paula Gooder

We still have a few copies left!
Stay tuned for details on when
and where the study will be held.



“Bestselling author Paula Gooder continues her popular series on the seasons of the Christian year with this daily companion for the six weeks of Lent, leading readers deeper into the spirit of the season and opening up the scriptures that are read in churches during this period.”

**Are you interested in a Shared Meal on Good Friday?
Check out the poll on our Facebook page!**