

FIRST PRESBYTERIAN CHURCH

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Interim Moderator: **Laura Hargrove**
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Organist: **Margaret McNutt-Reichelt**

Clerk of Session: **Raymond Reichelt**

We acknowledge that we are in Treaty 1 territory, and that the land is the traditional lands of the Anishinabe and Dakota Nations, and the homeland of the Métis Nation

ANNOUNCEMENTS SHEET

3rd SUNDAY IN LENT

3 March 2024

Welcome! We extend a warm welcome to our guests, and invite you to sign the guest book at the back of the sanctuary. Everyone is invited to remain for coffee and fellowship, downstairs in the Church Hall, following the service. We thank **Margaret McNutt-Reichelt** for hosting today.

The Greeter this morning is **Brian Yeo**.

The Reader today is **Lalaine Buan**.

Scripture Readings -The readings for today's service are

Exodus 20.1-7 - The 10 Commandments

Psalm 19 - The heavens declare the glory of God

1 Corinthians 1.18-25 - The message of the cross

John 2.13-22 - Cleansing the temple

This Week at First Church:

- Tuesday, 7:00 p.m. - Bible Study, by Zoom

- Saturday, 9:00 a.m. - Men's Breakfast

Today - Copies of the March-April issue of the devotional guide *Today* are now available, and have been set out on the table behind the back pew. Feel free to take one home with you, to use in your daily devotional reading.

Prayer Calendars - Copies of the Prayer Calendar for March are ready to be picked up at the back of the sanctuary. Don't forget your copy!

Leading the service next week - Wilma Shirriff.

Lenten Concerts at St. Mary's - (see poster, below)

Daylight Saving Time - begins next Sunday, 10 March. Remember to set your clocks forward an hour!

Mission Moment

As part of a Caring Community Initiative, the Presbyterian Music Camp piloted a Mental Health Workshop program during the summer of 2023. The program included mental health support and workshops run by a qualified health professional on the topics of anxiety, depression, ADHD, self-harm, suicide and other mental health topics. The opportunity for attendees to express themselves in a caring and safe environment with professional leadership took safety to the next level for the camp, and provided an opportunity for individuals to explore some of their struggles with support. The program continues to grow by providing Mental Health First Aid training to staff and volunteers as well as exploring ways that art and music therapy can be offered in a camp setting.

The Christian Year - Today is the third Sunday in **Lent**, which is the fourth of the six seasons of the Christian Year. Lent is a season of preparation for Easter, and in that respect, it's similar to Advent, the season of preparation for Christmas. Lent is a time for us to give increased attention to our struggle against our sinful impulses and the sinful pressures of the world around us, and to work for renewal in our relationships with God and our fellow human beings. Historically, Lent was a time when the disciplines of fasting, charitable giving, and prayer were emphasized (see Matthew 6.1-18). In some denominations, the practice of fasting has evolved into the practice of "giving something up for Lent".

The season of Lent originated in the early centuries of the church as a period in which new converts (called "catechumens", mostly adults) were given their final instruction in the Christian faith, in preparation for their baptism at Easter. By the Middle Ages, Lent had evolved into a solemn season of penitence and fasting, in imitation of Jesus' 40 days of fasting and being tempted in the wilderness (Luke 4.1-13 and parallels). The length of Lent was therefore set at **40 days** (not including *Sundays*, however, since Sunday, the weekly celebration of Jesus' resurrection, could not be a day of fasting). So Lent always begins on a Wednesday, 6½ weeks before Easter: **Ash Wednesday**. Since the date of Easter changes from year to year, the date of Ash Wednesday also changes.

The final week of Lent is called **Holy Week**, and during that week we commemorate the events of Jesus' "Passion" — his suffering and death in Jerusalem.

The symbolic color for Lent is **purple**, signifying preparation and penitence. The color for Holy Week is **red**, symbolizing Jesus' blood, shed on the cross as a sacrifice for human sin.

(adapted from Announcements Sheet, 6 March, 2022)

Lenten Concerts

St Mary's Anglican Church

Wednesdays Noon Hours
12:10 - 12:30

February 28th Audrey MacFarlane

March 6th Geoffrey Woodcroft

March 13th Johnny Dietrich

March 20th Crystal and family

Soup and Sandwich
Dessert & Refreshments

following concerts

\$10.00

