St. Andrew's United Church

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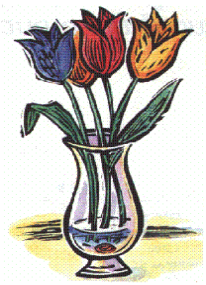

MARCH 2019

Minister: Rev. Tim Bowman
Music Director: Deborah Handley **Musician:** Jacob Greenan
Bookkeeper: Angela Darychuk **Church Administrator:** Eileen Arnold

MARCH READERS
Mar. 3 – Judith
Mar. 10 – Beate
Mar. 17 – Catherine
Mar. 24 – Nancy
Mar. 31 – John

MARCH GREETERS
Mar. 3 – At Gladwin Heights UC
Mar. 10 – Beate & Russell
Mar. 17 – Lyle & Russell
Mar. 24 – Barb & Russell
Mar. 31 – Lyle & Russell

MEMBERS OF JOINT COMMITTEES WITH GLADWIN HEIGHTS UC
Joint Board – Judith, Myrna, Beate
Joint M & P – Cherie, Lyle
Joint Worship – Linda, Deborah, Beate

MEMBERS OF LIAISON COMMITTEE WITH ALL SAINTS AC
Linda, Myrna

MARCH LECTIONARY

March 3rd, 2019
Transfiguration Sunday
Exodus 34:29-35
Psalm 99 [VU 819]
2 Corinthians 3:12 – 4:2
Luke 9:28-36, (37-43a)

March 10th, 2019
1st Sunday in Lent
Deuteronomy 26:1-11
Psalm 91:1-2, 9-16 [VU 807]
Romans 10:8b-13
Luke 4:1-13

March 17th, 2019
2nd Sunday in Lent
Genesis 15:1-12, 17-18
Psalm 27 [VU 754]
Philippians 3:17 – 4:1
Luke 13:31-35

March 24th, 2019
3rd Sunday in Lent
Isaiah 55:1-9
Psalm 63:1-8 [VU 781]
1 Corinthians 10:1-13
Luke 13:1-9

March 31st, 2019
4th Sunday in Lent
Joshua 5:9-12
Psalm 32 [VU 759]
2 Corinthians 5:16-21
Luke 15:1-3, 11b-32

ST. ANDREW'S AFFIRMING CELEBRATION

Sunday, March 3rd, 2019, at 3:00 pm

Join us as we celebrate becoming an Affirming Ministry within The United Church of Canada.

We will be receiving our official Affirming Ministry certificate from Affirm United at this service. Refreshments to follow. Please wear something bright to the service!

EVENTS & MEETINGS IN MARCH

Mar. 1st - 7:30 am – ROMEO Breakfast at JoJo's Bana Restaurant, Abbotsford
- 9:00 am – Centering Prayer & Lectio Divina - Sanctuary
- 1:00 pm – World Day of Prayer Service hosted by Mt. Calvary Lutheran Church

Mar. 3rd - 9:30 am – Joint Worship Service at Gladwin Heights UC with Communion – Transfiguration Sunday
- 3:00 pm – Affirming Celebration

Mar. 5th - 1:30 pm – Interfaith Sip & Stitch at Carrington House
- 5:30 pm – Shrove Tuesday Pancake Supper – Downstairs Hall

Mar. 6th - 11:30 am – Meet & Eat Lunch at Mandarin Palace Restaurant
- 7:00 pm – Choir Practice – Sanctuary

Mar. 8th - 9:00 am – Centering Prayer & Lectio Divina – Sanctuary

Mar. 9th - 10:00 am – Mid-Fraser Cluster Meeting at Trinity Memorial UC, Abbotsford

Mar. 10th - 2:00 am – DAYLIGHT SAVINGS TIME BEGINS
- 10:45 am – Joint Coffee & Fellowship Time with All Saints
- 11:30 am – 1st Sunday in Lent Worship Service (no Sunday School)

Mar. 12th - 1:30 pm – Interfaith Sip & Stitch at Carrington House

Mar. 13th - 7:00 pm – Choir Practice – Sanctuary

Mar. 15th - 7:30 am – ROMEO Breakfast at JoJo's Bana Restaurant, Abbotsford
- 9:00 am – Centering Prayer & Lectio Divina – Sanctuary

Mar. 17th - 10:45 am – Joint Coffee & Fellowship Time with All Saints
- 11:30 am – 2nd Sunday in Lent Worship Service with Sunday School

Mar. 19th - 1:30 pm – Sip & Stitch at Carrington House

Mar. 20th - 7:00 pm – Choir Practice – Sanctuary

Mar. 22nd - 9:00 am – Centering Prayer & Lectio Divina – Sanctuary

Mar. 24th - 10:45 am – Joint Coffee & Fellowship Time with All Saints
- 11:30 am – 3rd Sunday in Lent Worship Service (no Sunday School)
- 1:00 pm – Contemplative Justice Workshop – Downstairs Hall

Mar. 26th - 1:30 pm – Interfaith Sip & Stitch at Carrington House

Mar. 27th - 1:30 pm – Executive Board Meeting – Office
- 7:00 pm – Choir Practice – Sanctuary

Mar. 29th - 7:30 am – ROMEO Breakfast at JoJo's Bana Restaurant, Abbotsford
- 9:00 am – Centering Prayer & Lectio Divina – Sanctuary

Mar. 31st - 10:45 am – Joint Coffee & Fellowship Time with All Saints
- 11:30 am – 4th Sunday in Lent Worship Service with Sunday School

SHROVE TUESDAY PANCAKE SUPPER

March 5th, 2019, from 5:30 to 6:30 pm
In the downstairs hall

Admission is by donation with all proceeds going to the Ecole Mission Central School Breakfast Club program. Come & join us for pancakes & sausages and fellowship

CONTEMPLATIVE SOCIAL JUSTICE WORKSHOP
"Social Justice: Not just angry people shouting at each other"

Sunday, March 24th, 2019, from 1:00 pm to 4:00 pm
at St. Andrew's United Church, Mission in the downstairs hall

Led by Rev. Tim and Christina Kinch

Do you long for social activism that can heal the world,
build bridges, and foster hope?
Would you like to expand your spiritual practice into thoughtful activism?
Do you wonder what Rev. Tim does with his study leave time?
Answer all your questions at this hands-on three-hour workshop!

RSVPs to the church office (604-826-8296 or mission.uc@shaw.ca)
would be appreciated so that we can plan
for the number of participants.

MINISTER'S MESSAGE

Blow the trumpet in Zion; sound the alarm on my holy mountain! Let all the inhabitants of the land tremble, for the day of the Lord is coming, it is near— a day of darkness and gloom, a day of clouds and thick darkness! Like blackness spread upon the mountains a great and powerful army comes; their like has never been from of old, nor will be again after them in ages to come.

Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.

- Joel 2:1-2, 12-13

Brothers and sisters in Christ,

I recently read an article[1] comparing the social and political mood in the United States to an anxiety attack: fears are blown hugely out of proportion, perception is distorted and all the body can do is cower or seek escape. To a lesser and more subtle degree I think the diagnosis is also true of Canada.

The author concludes with,

"The anxious body is one prone to excess, spilling adrenaline thoughtlessly into overburdened veins. Fear is our ailment—the grinding, weary work of insecurity, the grim, false fears of a racial invasion. Overcoming fear will require more than good policies and projects. It will require a new understanding of ourselves and our country, a kind of mindfulness about who we are, really, now that the swagger has gone. It will require addressing this nation's pathologies at the root: its failures, its crimes, its self-defeating myths."

It occurs to me that Ash Wednesday is the sort of truth-telling that the author prescribes. Ashes on your head was one of the ancient signs of fasting and repentance, and Ash Wednesday is a time for telling the truth about ourselves. We hear, "You are dust, and to dust you shall return." We confess our sins – a habit that I think many Christians including myself have fallen out of.

If you find yourself consumed with guilt or anxiety, stopping and examining your thoughts may be a helpful exercise. "Here is what I'm afraid of; what's the worst that can happen? How likely is to happen? What might happen instead? What steps can I take?" Or, "What is this nagging feeling of guilt? What actions or memories am I trying to deny or suppress? Was I in the wrong? How can I make amends? How can I prevent it from happening again?"

As Christians, the two most important truths about ourselves are 1) that we are mortal and thus fallible, and 2) that we are beloved and forgiven and part of something greater than ourselves. In a stressful time, this is the task and the gift of Lent and Ash Wednesday.

Yours in Christ,

Tim

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1 Lavin, Talia, "Age of Anxiety," *The New Republic*, February 26, 2019. Web.