

From our VST student, Dara Crandall:

A few weeks ago, I preached on the need for a new kind of Lenten practice. One that allows us the freedom to step away from relentless piety and be a bit more realistic about how we approach Lenten disciplines. Transformation lies at the heart of both spiritual disciplines and the liturgical calendar. These things are meant to draw us into a closer understanding of the Holy Mysteries and a deeper connection with our Creator. Lent is supposed to help shape us into Easter People - people who can see the love and grace of God in everyday interactions and situations. By pulling away from things that distract us from the presence and power of God, we allow our hearts to be tuned to what God is doing.

So, in saying that, I'd love to invite you to check in with yourself and your Lenten plan. If you aren't participating in Lent this year, I'd also invite you to check in with yourself (as self-check-ins are important!)

Pull up a comfortable chair, grab a cozy blanket and pour yourself a large cup of tea (or any other relaxing beverage). I usually do my check-ins with a journal, but if that's not your style, that's A-OK. Spend some time contemplating these five questions:

- Is my Lenten practice bringing me connection and understanding, or is it adding unnecessary stress and strain to my daily life?
- Am I enjoying exploring new disciplines and how they help me connect with God? If not, what disciplines have you enjoyed in the past? Is there anything you could learn from them to help get you through your Lenten discipline this year?
- Are there elements of your Lenten practice that you might want to carry with you as we move into Eastertide?
- Spend some time naming and creating space for all the reasons that engaging in Lent is too hard for you this year. Is there someone safe and welcoming with whom you could share this?
- What kinds of books, music, disciplines, or activities make you feel closer to God? How can you carve out special time to engage in these over the next few weeks?

If none of these questions pique your interest, consider spending some time in contemplative prayer, exploring what your needs are right now or being grateful for the discipline of the Lenten season. Whatever you do to check in with yourself midway between Ash Wednesday and Easter Sunday, may you remember that Lent is meant to help us focus our eyes on God and make the celebration and light of the Easter season all the sweeter. May your Lenten practice deepen your understanding of God's grace and love for you as you continue to delight in your Creator.

Do you have a question about church, liturgy, Anglicanism, etc.? Is there something you've always wanted to ask but thought you should already know? Send those questions to Mother Terry at terry.dirbas@sjs.net. All questions will remain anonymous.

Acolyte Training – Postponed

The Acolyte training was postponed, and we will advise the new date. This is a good refresher for those who have been serving in the past, and an opportunity for new volunteers to join our worship ministries. Please RSVP to Mother Terry.

If you would like to participate but this date/time don't work for you, we can arrange an alternate time.

WNM items for Homeless Needed

Thank you so much for your kind donations! We are a little low on pudding cups, protein (small cans of tuna or chicken), fruit cups and as always socks. We are quite well stocked at the moment for other items.

SJS Prayer List

If you request that someone's name be added to the prayer list, please keep in touch with us. At the end of each month, all names will be removed, so you will need to add the names again at the end of each month. Please also let us know if you want someone removed from the list. Email the office (church@sjs.net) anytime! Thank you.

Do You Have Questions?

About Faith
About Jesus
About Liturgy
About Life
About St. John's

Then this may be the Course for YOU! Transforming Questions is for anyone: young or old, cradle Christian or new to church, a believer or an explorer. A place to join with others and ask the questions that have been burning in your brain and/or heart!!

Though the course started last Tuesday, you are still welcome to join in at the church 7:00 p.m. and for 7 Tuesdays following (we shall take a break for Holy Week) we shall meet for fellowship, conversations and questions – and perhaps some answers!

Video presentations, small group discussions, and a time to get to know each other better –
Please join us.
But PLEASE RSVP to
Deacon Karin Fulcher –
fulcher.karin@gmail.com
Father James Hwang - jhwang@sjs.net

Don't forget to "Spring Ahead" one hour this coming Sunday morning at 2am. Here's a little ditty to help you remember:

Time Change Song

Spring: God of sleep, and God of slum-ber, help us not be late, we ask:

chang-ing clocks one for-ward num-ber, may we not for-get this task.

Choir di-rec-tors, preach-ers, teach-ers, all will bless your ho-ly

name, if to Sun-day church on time we came.

WORDS: Dean McIntyre, 1995
MUSIC: John Hughes, 1907

CWM RHONDDA
87.87.89

Financial Support - Stewardship

If you would like to make a financial contribution to help support the worship and ministry of St. John's Shaughnessy,



please do! You can use this QR code (point your phone's camera at it) and it will take you to the donation page of our website. If you have recently made a contribution online or by cheque, thank you so very much! If you currently give

by Pre-Authorized Donation, thank you! Our church has been affected by COVID-19 in many ways and financial giving is certainly one.

If you would like to give via monthly Pre-Authorized Donations (easy to change and easy to cancel), please contact Cynthia in the office

(church.office@sjs.net or 604-731-4966).

If you would like to give to the church using a credit card, please use the DONATE button on our website (Canada Helps on top of page one, and Paypal on the bottom of page one). Cheques may be mailed or dropped through the church mail slot.

ST. JOHN'S, SHAUGHNESSY STAFF AND LEADERSHIP

Please contact the parish office if you would like to be added to our mailing list, so that we may let you know about upcoming events.

Clergy and Staff

The Reverend Terry Shields Dirbas, Rector terry.dirbas@sjs.net
The Reverend James Hwang, Curate jhwang@sjs.net
The Reverend Dr. Marilyn Hames, Honorary Assisting Priest
The Reverend Karin Fulcher, Deacon
The Reverend Pitman Potter, Deacon
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Patrick Mahon, Verger

Trustees

Ken Pepin, Rector's Warden
Joan Stewart, People's Warden
Mike Dezell
Catherine Holmen



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