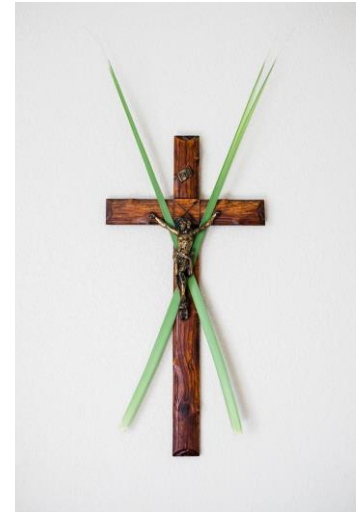


Dear friends in Christ,

With spring upon us, surrounded by evidence of new growth and new life, we prepare for the holiest of weeks. Holy Week observances begin on Palm Sunday, April 2, and conclude Easter Sunday, April 9, as we celebrate the gift of new life secured through the resurrection.

Through our Holy Week liturgies, we travel with Jesus and his disciples during the days leading up to Jesus' death and resurrection. Together we remember Jesus' triumphal entry into Jerusalem. We gather with the disciples in that upper room as we share in the "last supper" and celebrate the giving of the new commandment and the gift of Holy Eucharist. We walk with Jesus as he carries the cross to Calvary. We witness the laying of his body in the cold, dark tomb. We marvel at the empty tomb as we experience the overpowering joy of his resurrection.



Below you will find a poster with our Holy Week schedule, and I encourage you to share it with friends and family so that more people might join us. If Holy Week observances are not yet your practice, I hope you will make this the year when you explore this story that leads to resurrection, transformation, and hope for us, and for the world. The events of Holy Week and Easter reveal God's promise of new life. In them we see God's love—a love so strong that it conquers death. Through them we experience the abundant life received when we accept God's grace and share God's love with the world.

I give God thanks and praise for the life, love, and growth at St. John's. The love of God is tangible in this community. Our ministries are alive and active as new buds of God's love continue to emerge. As we offer our prayers of thanksgiving for the life of this parish, we might also reflect upon how God's love has brought new growth into our life. It is likely we will discover many examples of rebirth. We may also discover places still waiting to sprout and blossom. While we offer thanks for God's transforming love, we also open ourselves to the possibilities of new life.

In the church, you will find Special Easter Offering envelopes. I pray that the generosity of your Special Easter Offering will be enriched by both your prayers of thanksgiving for life and rebirth you've experienced and your prayers for new life to come. Your gift, combined with those from others in the parish community, will support our ministries that seek to grow people of faith who embody God's love in the world—the same life-giving love we prepare to celebrate and embrace.

As always, I look forward to Holy Week with great anticipation, and I am eager to share the joys of Easter with you, the St. John's community, and the world we are called to serve.

Peace and blessings,

Mother Terry+



# *Holy Week* & **EASTER** *at St. John's, Shaughnessy*

## *Palm Sunday, April 2*

- 8 a.m. Holy Communion (spoken)
- 10 a.m. Liturgy of the Palms, Procession,  
and Holy Eucharist

## *Maundy Thursday, April 6*

- 7 p.m. Holy Eucharist with Foot Washing  
and Stripping of the Altar

## *Good Friday, April 7*

- 10 a.m. Children's Stations of the Cross
- Noon Liturgy of Good Friday

## *Easter Vigil, April 8*

- 8 p.m. The Great Vigil  
and First Eucharist of Easter

## *Easter Sunday, April 9*

- 8 a.m. Holy Communion (spoken)
- 10 a.m. Festive Holy Eucharist  
(Egg hunt to follow)



## Easter Sunday Flower Dedications

Every Easter St. John's is adorned with beautiful flowers to symbolize the new life we find in Christ and the joy of the resurrection. Your donations (tax deductible) will help us deck the church in the splendour of this holy occasion. Flower contributions may be dedicated in memory or in honour of a loved one, or in thanksgiving for a blessing in your life - a wonderful way to celebrate the resurrection and to remember loved ones!



Please send in your special flower dedications **by this Sunday, April 2**, to allow time to include them in the Easter Sunday leaflet. You may drop a cheque in the offering plate this Sunday, or put it in the mail. Please use "Easter Flowers" in the memo line. Please also make sure to **email the church office your flower dedication**.



## Palm Sunday Crosses Saturday, April 1 at 1 p.m.

Everyone is invited to join in the making of Palm Sunday Crosses on Saturday, April 1<sup>st</sup> at 1 p.m. No prior experience is necessary. A good time will be had by all, and snacks will be provided. If you have scissors, please bring them!

## Maundy Thursday Soup Supper April 6 at 5:30 p.m.

Once again we shall have our traditional simple supper of soup before the Maundy Thursday service. Please **sign up in the Narthex** if you plan to attend so we know how many places to set out. If you would like to contribute soup, bread, sandwiches, veggies, or fruit please also indicate that. It is a lovely gathering to start off the Triduum.

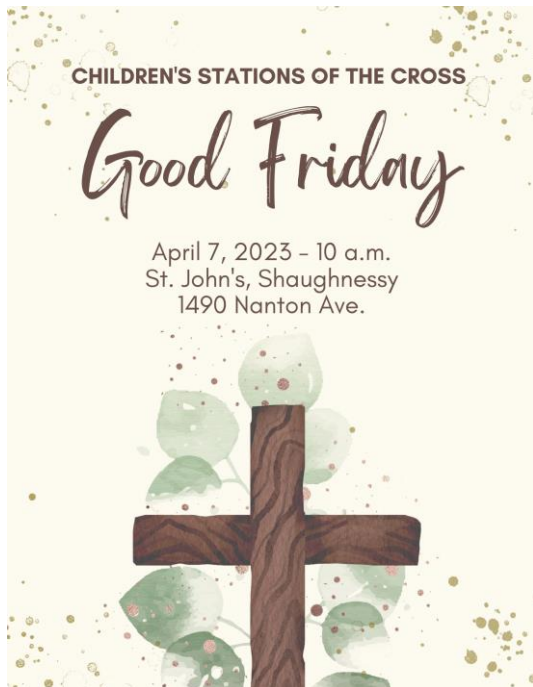
Questions? Please contact Deacon Karin - 604 786 5198; [fulcher.karin@gmail.com](mailto:fulcher.karin@gmail.com)



## 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.

## Holy Week and Easter for Children and Families



Children are welcome at all of our Holy Week services! We will have instruments and noisemakers for them during the Palm Sunday procession. On Maundy Thursday and at the Easter Vigil, please feel free to bring the kids in pajamas if that helps with bedtime afterward!

On Good Friday, we will have a children's service of Stations of the Cross at 10 a.m. This will be a hands-on, sensory experience of the Good Friday story. Children and parents alike will find it a meaningful time to sing, pray, and reflect. Whether you are young or just young at heart, please join us. All are welcome!

On Easter Sunday, we will hold an egg hunt after the 10 a.m. service. Please help us spread the word to family and friends. This is a great day to invite guests to church! Don't forget to bring an Easter basket!

**We would be so grateful for candy donations by Sunday, April 2.**



## LITURGIES OF HOLY WEEK

As we prepare for Easter, I thought it would be a good idea for us to learn a bit more about the liturgies of Holy Week. There is so much material that we can only scratch the surface, but I hope it will help us enter more fully into the mystery of Jesus' crucifixion and resurrection.

Over the remaining weeks of Lent, we will explore one Holy Week service per week. My husband, Joe, who is rector of the Church of the Holy Trinity in White Rock, will join me in creating these articles, so you may hear either or both of our voices in the writing in any given week. (NB: We are also collaborating on our "Dear Abbey" series, so both parishes get the benefit of one another's questions.)

## Easter Vigil

*Why is this night different from all others? That question lurks in the background when any Jewish family gathers around the table to celebrate Passover, the principal feast of redemption when their forebears were rescued from the bondage of their oppressors and set free to be people of God. It is no less the question for Christians when we gather to keep the Great Vigil of Easter. This is the night of Christian Passover, the feast above all others. On this night we hear those stories that have most powerfully shaped our consciousness as the people of God, we celebrate our release from the bondage to sin and death, and we are freed for new life by the death and resurrection of Jesus.<sup>1</sup>*

The Great Vigil of Easter is the conclusion of the Triduum liturgy and marks the transition from Lent to the Great 50 Days of Easter. The service itself leads us from death to life with Jesus Christ, as it moves from darkness to the celebration of the first Eucharist of Easter. The vigil of Easter is both theologically and practically an ideal time for baptizing new Christians as catechumens to the faith would have completed their Lenten preparation, and the symbolism of the service mirrors the spiritual reality of their new life in Christ.

Historical evidence reveals that the Great Vigil of Easter was celebrated widely throughout Christendom in the 4<sup>th</sup> century CE. On her visit to Jerusalem, Spanish Pilgrim Egeria writes that the vigil she witnessed on her travels was “just like the vigil back home.” Through the middle ages, the observance of an evening Easter Vigil declined, partly due to a decreased number of adult baptizands and partly due to the custom of the church to move away from evening celebrations of the Eucharist. During the protestant reformation, the vigil service was abolished altogether, as attention was focused on Easter Day. It wasn’t until the Oxford Movement in the 19<sup>th</sup> Century that the Easter Vigil began to be reintroduced in the Anglican Church, and eventually established in our current traditions as a result of the liturgical reforms in the mid-20<sup>th</sup> Century.

The service itself is very dramatic, mysterious, and beautiful. Like the Good Friday liturgy, the Easter Vigil also has a four-part structure: (1) the lighting of the new fire and the singing of the *Exsultet* (Easter proclamation); (2) the vigil of readings, psalms, and prayers; (3) the rites of Christian initiation; and (4) the first Eucharist of Easter.

At the beginning of the service, we will gather in the Memorial Garden for the kindling of the new fire, representing the light of Christ which cannot be defeated by Jesus’ death on the cross. From that fire, we will light the Paschal Candle, which burns from Easter until the day of Pentecost, and is also lit at baptisms and funerals throughout the year. The deacon will lead us in procession into the church, chanting “The Light of Christ,” to which we all reply, “Thanks be to God.” Once we are in the church, the service continues in the dark. Illumined only by the Paschal Candle and individual candles lit from its flame, the cantor will sing the *Exsultet*, an ancient hymn of praise calling the whole church to offer praise and thanksgiving to

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<sup>1</sup> J. Neil Alexander, *Celebrating Liturgical Time: Days, Weeks, and Seasons* (New York: Church Publishing, 2014), 132.

God for the salvation offered through Jesus Christ. The words “this is the night” are repeated throughout, linking the Passover of the Jews with the Christian Passover that is Easter.<sup>2</sup>

Following the *Exsultet*, we hear the salvation history of the Hebrew Scriptures beginning with the story of creation, the great flood, the exodus from Egypt, the promise of restoration after exile in Babylon and ending with the prophets foretelling salvation freely offered to all. These lessons, like the *Exsultet*, are read in the dark by the light of the Paschal Candle. Each lesson is followed by psalm or other anthem and collect prayed by the celebrant.

**A note about service length:** The Easter Vigil, in its entirety, prescribes nine lessons from the Hebrew scripture. Our custom has been to reduce the number of readings to shorten the service (and save the rector from the wrath of parishioners). However, the vigil is just that—a time to be “vigilant”, watchful, mindful. It is about waiting, about whiling away in prayer and meditation a significant amount of time in order for the anticipation to build toward proclamation of the gospel and the celebration of the sacraments of the resurrection. It cannot be rushed. I invite you to consider the discomfort of waiting as a way to live into the waiting of the people of God for their redemption throughout the salvation history recounted in our readings, and in all of Scripture.

Once these readings are complete, the service can continue in one of two ways. The first and more ancient order is to follow the Hebrew Scriptures with a homily, focusing on salvation history, after which we participate in the renewal of our baptismal vows and welcome new Christians through the sacrament of baptism.<sup>3</sup> After the baptism, the lights in the church are illuminated and the first Eucharist of Easter is celebrated. The second option, which aligns more closely with the usual order of Sunday worship apart from Easter, is to bring the lights up immediately after the story of salvation and begin the celebration of the first Eucharist of Easter with the renewal of baptismal vows and baptisms with the sermon taking place following the Easter gospel.

In either case, two of the most joyous parts of the Easter Vigil service are the opening acclamation, the first Alleluia of Easter, and the singing of the Gloria, a hymn of praise which has been omitted from our worship during Lent. **All are invited to bring bells from home and to ring them during the singing of the Gloria** to make the hymn as festive and robust as possible.

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<sup>2</sup> Ibid., 140.

<sup>3</sup> Laura E. Moore, *From Easter to Holy Week: The Paschal Mystery and Liturgical Renewal in the Twentieth Century* (Boston: Brill, 2020), 27.

## Holy Week in the Kitchen

### Hot Cross Buns

Mix these dry ingredients in a large mixing bowl (not metal), then microwave for 1 ½ minutes:

18 oz flour  
2 oz sugar  
4 oz currants  
8 tsp quick-acting yeast  
2 tsp allspice or mixed spice.

Wet ingredients:

1 cup milk—warmed for 1 minute in microwave  
2 oz butter—melted for 30 seconds in microwave  
2 eggs—beaten.

Combine wet and dry ingredients with a fork; lightly knead in the bowl; cover with a tea-towel and leave in a warm place to rise for 15-20 minutes, until dough is approximately double in size.

Grease a cookie sheet. Make about 1/8 cup of strong sugar/water mix to glaze buns after baking.

Punch dough once in the centre, form into 12-15 balls; place them on cookie sheet; cover with a tea-towel and leave to rise in a warm place for 15-20 minutes, until they are the desired size. \*Cut a cross in the top with a sharp knife or wait until the baked buns are cool to ice with a cross.

Pre-heat oven to 375 degrees. Bake buns at 375 degrees for 20 minutes.

Brush the buns with the sugar/water mix while they are hot, straight out of the oven.



\* A butter-icing cross will complete these.

These are best eaten while warm, but freeze well and can be rewarmed in a microwave or oven.

Enjoy!  
Marilyn

## Coloured Easter Eggs

As a spin-off to cooking, I make these coloured eggs using the broken shells that I collect during the couple of weeks before Easter. They are so easy, and make lovely table decorations or presents which allow us to enjoy ‘little chocolate eggs’ without the major sugar buzz :-)



All these take is a few drops of food colour and white vinegar in warm water—plus a few drops of cooking oil for fancier effects.

I like rimming them with gold acrylic paint, but they are beautiful without that.

## 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](mailto:church@sjs.net)) anytime! Thank you.

## 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 Ann in the office ([church.office@sjs.net](mailto: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.





# THREE GREAT DAYS

A Guide to the Triduum



## WHAT IS THE TRIDUUM?

**The three-day celebration of the Paschal Mystery: the passion, death, and resurrection of Jesus**

In the Jewish tradition, each day begins at sunset. All the events of Jesus' passion, from the Last Supper through the crucifixion, took place on the first day. On the second day, all was still as Jesus' body lay in the tomb and the people rested on the Sabbath. On the third day, early in the morning while it was still dark, Jesus rose again. We observe these events with special services from Maundy Thursday through the Easter Vigil.

## MAUNDY THURSDAY

**"I give you a new commandment, that you love one another."**



We remember the Last Supper as we wash one another's feet and share Holy Communion. At the conclusion of this service, the altar is stripped, symbolizing Jesus' abandonment and humiliation. The sacrament is taken to an Altar of Repose, where we are invited to sit in prayer through the night, responding to Jesus' request that we keep awake.

## GOOD FRIDAY

On this day, we worship in an undecorated church. We hear the passion narrative sung, a tradition dating to at least the 8th century. A large wooden cross is brought to the front of the church, and individuals are invited to come forward to venerate the cross through acts of reverence or contemplation. No Holy Eucharist is celebrated on this day, though communion is often distributed from the reserved sacrament.



## THE EASTER VIGIL



This service begins at sunset with the lighting of the New Fire. The *Exsultet*, an Easter proclamation from as early as the 5th century, is chanted and the stories of God's saving deeds are told by candlelight. New Christians are baptized, and we renew our baptismal vows. Then the lights are turned on, and with bells and alleluias we welcome the Good News and share the first Eucharist of Easter.

**JOIN US FOR THE THREE GREAT DAYS!**

MAUNDY THURSDAY: 7 P.M.

GOOD FRIDAY: NOON

EASTER VIGIL: 8 P.M.

[www.sjs.net](http://www.sjs.net)

## 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](mailto:terry.dirbas@sjs.net)  
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The Reverend Dr. Marilyn Hames, Honorary Assisting Priest  
The Reverend Karin Fulcher, Honorary Deacon  
The Reverend Pitman Potter, Honorary Deacon  
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### Trustees

The Rev. Terry Shields Dirbas, Rector  
Ken Pepin, Rector's Warden  
Joan Stewart, People's Warden  
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