
**From the Rev. Marilyn Hames
Honorary Assisting Priest**

A cuppa' with God—simply divine!

Prayer—you would think it was a naughty word, the way it can make folk squirm, look away, look blank, or blow off steam, saying 'It's boring, useless, a waste of time—it doesn't work,' or 'I can't, I don't know how, I don't have time'. Relax—the last thing I want to do is stir up any negative feelings—quite the opposite, I'd like to share a simple way to tap into the energy and encouragement that can help us find peace and feel free to enjoy and make the most of life.



'No time!' Let's start there. Since this is Lent, let me 'fess up—having done the calculation just for fun, I worked out that I have wasted enough minutes, hours and days regretting or fretting about things to take years off my life—literally. All those awkward or tough decisions at work, the planes I ran to catch, the hasty or botched goodbyes, dust-bunnies, medical tests... on and on. Then there were the hours 'vegging out'—not the essential R&R, but times I've squandered on a book, magazine or DVD that I suspected was rubbish from the start, but kept going. Why?

Truth be told—if I could find time to worry or waste on things that were not uplifting, life-giving or even worthwhile, I could carve out a few minutes to shed those worries by sharing them with God over a cuppa'. In the time it takes to have a cuppa' I might even exchange my daydreams and wish-list for a wonderful, workable vision by drawing on that '...power working is us that can do infinitely more than we can ask or imagine'. Prayer? Meditation? Call it what you like, but if you feel reluctant, please try putting away whatever frustrations or disappointments you may have felt in the past and join me on an incredible new adventure, starting with cuppa' today, —right now if you can... I'll wait while you fetch a fresh cup, or refill and get comfy for 5-10 minutes while I share the secret of a mug of coffee, or tea, that can change life.

It began with a problem at work that became so bad I was obsessing about it, dreading each day and not sleeping well at night. It was even affecting my homelife, not just my job. Desperate, I took a 'sick day', or more accurately, a 'mental health day', brewed a big mug of coffee, and sat enjoying the aroma, enjoying the quiet, enjoying this brief respite and relief, wishing it could go on forever. Looking at that lovely steaming mug of coffee, I realized it could go on forever—I could enjoy life, not just magic moments of delicious escape—but I needed help! It was not the most gracious or eloquent of prayers, but straight to the point 'God, please help—give me the wit and will to resolve this. I am going to sit here with this coffee until we get this sorted!' The last sips of coffee were stone cold and a little salty from the tears that were shed before we finished, because I also learned to see things from another angle, to explore my part of the mess, accept I was partly to blame—receive God's forgiveness and resolve to apologize.

These days, most of my morning cuppa's with God are filled with thanksgiving, arrow prayers of concern for others and creative thoughts, but by dedicating those coffee-time 'chats' to God has made the world of difference. It can be one of the most profound modes of prayer, from which amazing resources and different forms of energy flow—'sufficient to the day'. Sceptics might call it 'self-talk', but as someone who is pretty motivated anyway, I know the difference between dredging up the determination to do things, and going deeper to tap into the spiritual resources, and knowing I am never alone, especially if the going is tough.

During Lent, we have been introducing different spiritual practices that can be enjoyed within the beautiful holy space that the Church at SJS has to offer, including walking our labyrinth. For private devotions, you can use 'a cuppa' prayer' anywhere, anytime, so now it is your turn to try.

After reading this far, hopefully you have 5 minutes left to dedicate this time to God, but if at any time, disturbing thoughts or memories surface, please stop immediately*, otherwise, just:

- Relax, get comfy, and pick up that cup or mug, cradling it in your hands to feel its warmth;
- Imagine the warmth slowly filling your arms, then gradually your whole body;
- Ask God for the grace to—name your main purpose, hope, need, intention is during this time (eg find the faith, wisdom, energy, patience or courage for something; or enjoy the silence).
- Here is where we each know what is best in that moment, whether it is to a) pick a word that summarizes this, repeating that word when our minds start to wander; b) let our imaginations to where the Holy Spirit leads, OR c) talk it over with our friend and Saviour Jesus Christ.
- At the end of the cuppa' and allotted 5 minutes, simply thank God for being there.

As with many spiritual practices, the benefits tend to be accumulative over time as we use them regularly. A five minute investment over a cuppa' is a great way to start, or rekindle prayer life.

*SJS is blessed with clergy trained in offering spiritual counselling who can help guide you.

**From the Rev. Karin Fulcher
Honorary Deacon**

Two weeks ago, after our Annual Vestry Meeting, I was filled with joy at the number of people present: the number of new people volunteering in positions, the care with which our physical plant and gardens are kept up; the wonderful music we enjoy with an expanding choir, and upgraded organ; and the work of our Rector – Mother Terry.

We have survived a lot over the past three years – we lost our previous Rector to a “higher calling”; our parish administrator to illness, and our verger to another church, and we survived Covid 19. Through it all we have continued to grow both in numbers and, I believe, in depth of worship. Each week I look out to the congregation and see new faces, many of these new faces are now participating in ministries and leading us in new directions. The Taizé service, part of our Lenten program is one example – how wonderful to see so many participating.

Each week I drive in from Tsawwassen eagerly anticipating a joy filled morning of worship and fellowship, and I would like to thank each of you for making my Sundays so uplifting. St. John's has survived because of the dedication of its members, and the welcome we offer to everyone who walks through our doors on a Sunday Morning.

Thanks be to God, and to you.

Blessings & Peace

Deacon Karin

Christian Formation News



LABYRINTH: PRAYING WITH MOVEMENT This Sunday after the 10am service!

Walking the Labyrinth has been a part of Christian contemplative practice since the medieval period and has had a resurgence since the 1990s. This workshop will explore a little of the history of "walking the labyrinth." Mostly we will explore what it means to us—our own experience—of this ancient tradition.

Next week's "church tour" will be led by the Rev. Marilyn Hames. Please see the "quiz" at the end of this newsletter she has provided at the end of this newsletter, intended to help us prepare for the experience.

Transforming Questions Series— It's not too late to join!

Tuesdays at 7 p.m. in the Trendell Lounge

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!!

You can join in anytime. Please just contact Fr. James Wang at the email address below. Sessions are Tuesday evenings at 7:00 p.m. here at the church and for 6 more 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

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.)

Unfortunately, while I was away on study leave our article on Palm Sunday didn't make it into last week's newsletter. So this week you get a "two for one" – Palm Sunday and Maundy Thursday.

Palm Sunday: The Sunday of the Passion



With a name like that, who could blame a newcomer for being confused about just what sort of day this is? Liturgically, there is perhaps more going on than any other Sunday of the church year. For much of our history, Anglicans knew the day simply as "the Sunday next before Easter" (sometimes with the subtitle, "commonly called Palm Sunday"). At the Eucharist, the reading would have been from the Passion, with the story of the triumphal entry into Jerusalem observed at the daily office beginning some time in the 20th century (depending on the branch of the Anglican Communion). The present revision brings these two elements together into a single observance.

The Entrance Rite for the day is the Liturgy of the Palms. We gather before the service begins in a place away from the church, proper. Weather allowing, we will be outside the Trendell Lounge. After the Celebrant greets the people, the Deacon will read the story of the triumphal entry. We will bless palm branches or palm crosses, and then process up Nanton to the doors of the church. There, we will stop for what we call a "stational collect" – a prayer offered during a break in a procession. We will then continue into the nave, where we will sing the quintessential Palm Sunday hymn, "All Glory, Laud, and Honour." At the conclusion of this joyful song, the mood shifts as we turn our attention to the cross.

The service continues with the Liturgy of the Word in the usual manner from this point, with readings from the Old and New Testaments and a Psalm. After the

sequence hymn, the Passion is read. Because the reading is so long, typically the congregation is invited to be seated until the point in the story at which Jesus arrives at Golgotha. After the Gospel, a solemn silence is observed for prayer and meditation. The service then continues with a brief homily, Prayers of the People, and the exchange of the peace. At the conclusion of the Eucharist, it is customary to sing the Passion Chorale, “O Sacred Head Surrounded.”

Many people ask why we observe the Passion immediately after the Liturgy of the Palms. Why not just embrace the joy of Palm Sunday? While it’s normal to feel that way—the joy of the Procession of the Palms really is uplifting and inspiring—it’s sort of like the Transfiguration. The moment itself is wonderful, but it only makes sense if we go down the mountain. Jesus’ triumphal entry into Jerusalem only makes sense in the context of the larger story that it is beginning with this event. The procession into Jerusalem leads directly to the procession to Golgotha. The poignancy of each event enhances the other.

If you find yourself wanting more of Palm Sunday every year, I’d encourage you to avail yourself of the enormous volume of musical resources on YouTube. Prior to Palm Sunday, go ahead and play those Palm Sunday hymns on repeat—“All Glory, Laud, and Honour,” but also, “Ride On, Ride On, in Majesty,” and various hymns and songs that cry out “Hosanna!” Spend the weekend preparing for the Liturgy of the Palms, so that it is not so fleeting, and so that as we transition into the Passion narrative, you find yourself ready to follow Jesus to the foot of the cross.

Maundy Thursday

The Church has been observing Maundy Thursday in Holy Week from at least as far back as the 4th century CE. The service is mentioned by both St. Augustine and the Spanish pilgrim Egeria, the latter of whom provides many details of Holy Week observances in the Holy Land as a result of a diary she kept on her pilgrimage to Jerusalem.



Maundy Thursday gets its name from the latin *novum mandatum* which refers to the “New Commandment” given by Jesus in the Gospel of John, (“I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another.” John 13:34) It is a complex service which celebrates different events which occurred on the Thursday evening prior to the crucifixion of Jesus. The service is set within the context of the Last Supper, the meal Jesus shared with his disciples in the upper room the night before his crucifixion. In our observance, we recall Jesus’ act of humility, as he donned a towel

and washed the feet of his disciples, as well as the institution of the Eucharist, when Jesus took the bread, blessed it, broke it, and gave it to his disciples saying, “Take. Eat. This is my Body which is given for you.”

Because there are many different events being remembered, there is often a question as to what colour is appropriate for the liturgy. If the focus of the service is the celebration of Holy Eucharist, white is more appropriate as it is a festal color. In that case, the service usually includes a Gloria and manifests what we might call a “restrained joy” in thanksgiving for the gifts Jesus offers to us, but in recognition of the context of the events which are about to unfold. If, however, the focus is more on Maundy Thursday as the beginning of the story of Christ's passion, then “Passiontide red” (a darker, more subdued red than that of Pentecost) is the more appropriate colour, keeping Maundy Thursday consistent with the rest of Holy Week. Different churches use different colours, and any one church may choose different colours in different years. At SJS, we used red last year, and this year we will use white.

Regardless of the choice of colour, there are several distinctive elements to the Maundy Thursday service. First, during the service, all are invited to participate in foot washing. Everyone is welcome to come forward to have their feet washed and then to remain and wash the person's feet who come after them. In this way we join in both receiving and extending the ministry Jesus offered to his disciples. At the conclusion of Holy Eucharist, during the singing of the *Pange Lingua*, the reserved sacrament will be processed from the chancel to the “altar of repose” where it will remain overnight. This reminds us of Jesus' time in the Garden of Gethsemane prior to his arrest, trial, and crucifixion, when he prayed to the Father, “If it is possible, let this cup pass from me; yet not what I want but what you want.” (Matthew 26:39) It is common for churches to remain open during the night so that members of the congregation may come and pray in the presence of the sacrament, fulfilling Jesus' request that his disciples join him in the garden for prayer. Finally, the service concludes with the “stripping of the altar” while Psalm 22 is chanted by members of the choir. During the altar stripping, all ornaments are removed from the chancel in preparation for our Good Friday services. As we gaze upon the bare altar, we are reminded of our Lord and Saviour who was stripped, beaten, and left bare at his crucifixion.

Maundy Thursday is a beautiful liturgy on its own, but it is really just Act I of the united Triduum (“Three Days”) liturgy of Maundy Thursday, Good Friday, and the Easter Vigil. Being present for all three services will enhance our celebration of Easter. So mark your calendar now and plan on being with us on Thursday, April 6 at 7:00 p.m. for our Maundy Thursday service. And don't forget to join us for a pot luck soup supper before the service at 5:30 p.m. in the Trendell Lounge!

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.

Holy Week Schedule



April 2	8 a.m.	Palm Sunday Holy Eucharist
	10 a.m.	Procession of the Palms (meet outside the Trendell Lounge) and Holy Eucharist
April 6	5:30 p.m.	Soup Supper
	7 p.m.	Maundy Thursday Holy Eucharist with Foot Washing
April 7	10 a.m.	Children's Stations of the Cross
	Noon	Good Friday Liturgy with Sung Passion, Veneration of the Cross, and Communion from the Reserve Sacrament
April 8	8 p.m.	The Great Vigil of Easter with Holy Baptism **Bring bells to ring at the first Gloria of Easter!
April 9	8 a.m.	Easter Sunday Holy Eucharist
	10 a.m.	Easter Sunday Holy Eucharist and Easter Egg Hunt

Maundy Thursday Soup Supper

Once again we shall have our traditional simple supper of soup before the Service beginning at 5:30 p.m.

Please sign up if you plan to attend so we know how many places to set out and 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 (the three days prior to Easter). Any questions please contact Deacon Karin - 604 786 5198; fulcher.karin@gmail.com

Palm Sunday Crosses Saturday, April 1 at 1pm

Everyone is invited to join in the making of Palm Sunday Crosses on Saturday, April 1st at 1:00pm. Snacks will be provided. If you have scissors, please bring them!

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.

Diocesan Pre-Synod Gatherings

The purpose of these gatherings on March 28 & 29 is to give Synod delegates an opportunity to preview two important matters that will be discussed in detail at Synod 2023 though anyone may participate. Participants will listen to two presentations on 1) Diocesan Priorities and 2) Recommendations from the Taskforce on Homelessness and Housing Affordability.

The link below will connect you to all the information you need to participate and especially to the **Report of the Taskforce on Homelessness and Housing Affordability** which can be read without attending the meeting. <https://www.vancouver.anglican.ca/events/diocesan-pre-synod-gatherings/2023-03-28>

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 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

In preparation for the “church tour” to be offered by Mother Marilyn, she has provided the following quiz about SJS, to get us thinking about our church building.

St. John’s Shaughnessy—a quiz

1. Which saint is St. John’s Shaughnessy Anglican Church named after:
 - a. John the Baptist, or
 - b. John the Apostle, the brother of St. James?
2. What evidence where suggests, or confirms which St. John is our Patron Saint:
 - a. Window(s) _____
 - b. Sculpture(s) _____
 - c. Carving(s) _____
 - d. Painting(s) _____
 - e. Icon(s) _____
 - f. Symbol(s)? _____
3. How many angels hover over the font?
 - a. 2
 - b. 4?
4. Who are represented in the large 5-panel Memorial Window? _____

5. Aproximately how many paintings of BC wildflowers adorn the pews:
 - a. 20
 - b. 40
 - c. 60
 - d. 80?
6. Can you name four of the flowers?

7. How many planes are depicted in the stained glass windows, and where:
 - a. 1 _____
 - b. 2 _____
 - c. 3? _____
8. How old is the oldest stained glass:
 - a. C11th
 - b. C12th
 - c. C16th
 - d. C19th
 - e. C20th?
9. What is special about this glass?

10. Where is there a cross of nails?

11. Where is there a sculpture of (eagles') wings?

12. Where are two places St. Michael and St. George stand side by side?

13. When was the original church structure for SJS built?

14. When was the cornerstone of the current church building laid?

15. How many flags hang in the church?

16. How many beavers can you find and where?

17. What else have you discovered in SJS church?

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
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Ken Pepin, Rector's Warden
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