

### **From the Rector**

*"And immediately they left their nets and followed him." -Mark 1:18*

I don't know about you, but in my life these days, everything seems urgent. When my children want my attention, they don't want to wait—they want it right away. When I go to order something from Amazon, I don't want two-day delivery—I want it today, or at least tomorrow.

In our Gospel readings this year at the Sunday Eucharist, we will primarily focus on the Book of Mark. And if you haven't picked up the vibe already, it's a book all about urgency. The urgency of people's need for Jesus (literally and spiritually); the urgency on Jesus' part of sharing the Good News with people far and wide; and the urgency of the author of the Gospel in sharing this Good News with us. And as we feel that tension, we're supposed to absorb the urgency ourselves—urgency to do likewise and share the Good News with others.

Yet many of us struggle to maintain a sense of urgency about our faith when our lives are filled with so many other demands. My four-year-old is really coming to love going to church and learning about God, but even on her best day, she doesn't think this "Gospel sharing" thing is nearly as urgent as getting her snack when she's hungry. I think that principle probably applies to most adult Christians, as well.

The Gospel lesson this week is just a few short verses. But in it, we see four disciples leave behind the urgent things of their own livelihood—fishing and mending their nets—to go and follow Jesus. We're not all called to give up our professions, but I wonder what things in our lives that claim to be "urgent" could really go on the back burner as we give more of our attention to Jesus? Could we hold off on answering an email or checking social media in the morning, just long enough to have a moment for prayer or reading Scripture? Could we make space in our calendars for meditation or a nature walk to try and deepen our connection with God?

This week, I invite us all to find a place in our lives—no matter how small—where we can practice saying "no" (or "wait") to the non-essential, and give that time over to Jesus. Maybe we're not ready to fish for people, but we can let Jesus fish for us.

*Love, Mother Terry+*

## **Labyrinth is Open**

The Labyrinth here at St. John's Shaughnessy will be open for walking on Thursday mornings from 9 am to 9:45 am. For those who would like to stay, a service of Holy Eucharist with Healing Prayers begins at 10 am followed by a low-key Bible Study.

## **Westside Anglican Neighbourhood Ministry**

As always, we are very grateful for the generosity of parishioners for their donations that go out to folks living on the street. At the moment we are especially in need of the following items:

- Socks (thick socks are good, but please not so thick that folks cannot get shoes on over them)
- T-shirts (medium size and up is best)
- Pudding cups
- Simple wipes (or an equivalent brand) for hands/face/body in small packets
- Handwarmers
- Toothbrushes individually wrapped
- Disposable shaving razors

We also welcome donations of the following items that are continually needed:

- Warm tops (hoodies, sweaters)
- Sweat pants
- Travel size toothpastes
- Mini unscented soaps (like you find at hotels)
- Meal replacement drinks (e.g. Ensure/Boost)
- Juice boxes with straws
- Fruit caps
- Canned tuna or similar (check that it has a ring pull)
- Soft granola bars (not hard or crunchy)

## **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.

**Thank you!**

The Kandeel children enjoying their first Canadian winter and thanking all the members of St. John's who contributed to their "winter wardrobe"!





**Shrove Tuesday Pancake Supper  
February 13 at 6 p.m.  
Trendell Lounge**

This year, we will celebrate a traditional pancake supper on Shrove Tuesday. More information coming soon.

We could use a few volunteers to help plan decorations and logistics, as well as some folks to flip pancakes. If you'd like to help us put on one last good party before we begin the season of Lent, please contact Mother Terry.

**Lent is just a month away!**

This year, Ash Wednesday falls on Valentine's Day. As we approach this holy season, please note our service times and share them with friends.

More information about Lenten formation opportunities is coming soon!



**Ash Wednesday  
February 14**

**Service Times**

<b>Noon</b>	<b>Quiet Eucharist with Imposition of Ashes</b>
<b>7pm</b>	<b>Choral Eucharist with Imposition of Ashes</b>

**St. John's, Shaughnessy  
1490 Nanton Ave.**



# Upcoming Events

WEDNESDAY, JANUARY 17

7 p.m. Parish Council

SUNDAY, FEBRUARY 11

4 p.m. Choral Evensong

TUESDAY, FEBRUARY 13

6 p.m. Shrove Tuesday Pancake Supper  
& Liturgy for the Burning of  
Palms

WEDNESDAY, FEBRUARY 14

Noon Spoken Ash Wednesday Service  
7 p.m. Choral Ash Wednesday Service

SUNDAY, FEBRUARY 25

After the Annual Vestry Meeting  
10 a.m.  
Service

EVERY THURSDAY

8 a.m. Labyrinth Open for Meditation  
10 a.m. Healing Eucharist and Bible Study

St. John's, Shaughnessy  
1490 NANTON AVE.

Calendar

## **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 the office ([church.office@sj.s.net](mailto:church.office@sj.s.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.

## 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, <i>Rector</i>	<a href="mailto:terry.dirbas@sjs.net">terry.dirbas@sjs.net</a>
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The Reverend Dr. Marilyn Hames, <i>Honorary Assisting Priest</i>	
The Reverend Karin Fulcher, <i>Deacon (Retired)</i>	
The Reverend Pitman Potter, <i>Deacon (Retired)</i>	
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### Trustees

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