

Lent is coming! How will you observe the season?



Lent begins this Wednesday, February 14. Have you given any thought to adopting a spiritual practice for the season?

Traditionally, the focus of Lent has been on prayer, fasting, and giving alms. The purpose of taking on a Lenten discipline is to prepare ourselves for Easter—to make ourselves more appreciative of the gift of resurrection and eternal life, to grow in our relationship with God, and

to commit ourselves more fully to living into the promises of our baptismal covenant. There are many ways to work toward those goals.

Last Sunday, I invited parishioners to share experiences that had been meaningful Lenten practices for them in the past. Here are the responses:

- Morning Prayer with my coffee
- Read the Book of Psalms (5 each day, which leaves room for Psalm 119)
- I review Steven Covey's "Seven Habits . . ." and update "roles," "goals," "values," and "mission."
- Daily devotional
- Giving up things (e.g. tea/coffe, chocolate, sugar) as a discipline to draw my attention more deeply to the Lord
- Read one book of the Bible (especially Psalms and/or a Gospel)
- Only drinking plain water, and donating the savings to charity

Whatever you give up, take on, or choose to focus on, I wish you a blessed Lent.

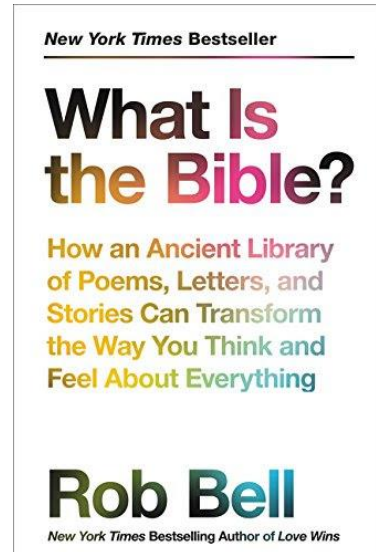
Love,

Mother Terry+

Tuesday Evening Lenten Study, beginning February 20

On Tuesday evenings in Lent, Mother Terry will lead an adult study based loosely on the book, *What is the Bible? How an Ancient Library of Poems, Letters, and Stories Can Transform the Way You Think and Feel About Everything*. In this series, we'll explore common questions about the Bible and how it is relevant to our lives in the 21st century.

This is a very quick, easy read. Some people love Rob Bell's informal writing style. Others prefer a more linear thought process. Whatever your take, don't worry! The book is simply a springboard for conversation.



Topics will include:

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| February 20 | Where did the canon of Scripture come from?
How do we interpret what we read in the Bible? |
| February 27 | How do we deal with difficult portions of the Bible—especially religious violence?
Sacrifice in the Old Testament, and the story of Isaac |
| March 5 | What role does dualistic thinking play in our daily lives and in religious thought?
Dietary laws and Peter's vision |
| March 12 | Who is our neighbour?
The Good Samaritan and Jonah |
| March 19 | Did Jesus have to die? Christian interpretations of the atonement in Scripture and liturgy
<i>Presentation by the Ven. Dr. Richard Leggett, Professor Emeritus of Liturgics at Vancouver School of Theology</i> |

For the first session, please read the introduction as well as chapters 1, 2, and 10 in *What is the Bible*, if you are able. Reading for subsequent weeks will be shared in due course. Although it is not necessary to “do homework” to participate, you'll have a better experience if you do.

We will have a limited number of copies of the book available at the church, beginning this Sunday. The book is also available online in a variety of formats, including as an e-book and as an audiobook.

Choral Evensong this Sunday at 4pm!

We will hold our monthly evensong service this Sunday, February 11 at 4pm. Please join us for beautiful music as we bid farewell to the alleluia on this last Sunday before Lent. There will not be a sermon, so the service should last about 40 minutes. You'll be home in time for the Super Bowl Halftime Show!



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.

Start the season of Lent with prayer and meditation.

Our daytime service will be quiet and contemplative. In the evening, the choir will offer beautiful music to support our reflection. Both services include the imposition of ashes and Holy Communion.



Ash Wednesday February 14

Service Times

Noon	Quiet Eucharist with Imposition of Ashes
7pm	Choral Eucharist with Imposition of Ashes

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

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) anytime! Thank you.

Lunar New Year

You are invited to join us this Friday, February 9th, at 2:00 PM in our gymnasium at Shaughnessy Elementary School. Grade 1-7 students will offer a concert celebrating Lunar New Year featuring music of Korea, Japan, and China - with bonus dance squad, strings, and martial arts demo. Students and audience are encouraged to wear red or formal Asian attire. We hope to see you there! *Shaughnessy Elementary School*





Upcoming Events

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

TUESDAYS, BEGINNING FEB 20

7 p.m. Lenten Study on *What is the Bible?*

EVERY THURSDAY

9 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@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.

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>	terry.dirbas@sjns.net
The Reverend James Hwang, <i>Curate</i>	jhwang@sjns.net
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>	
Dr. Graeme Langager, <i>Choral Director</i>	graeme.langager@sjns.net
Michael Dirk, <i>Principal Organist and Artist-in-Residence</i>	organist@sjns.net
Jonathan Robinson, <i>Assistant Organist</i>	
Deanna Ferguson, <i>Parish Administrator</i>	church.office@sjns.net

Trustees

The Rev. Terry Shields Dirbas, <i>Rector</i>	terry.dirbas@sjns.net
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