

1st Sunday of Lent
February 21st 2021



Opening

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

And also, with you.

Sentence

We shall not live by bread alone, but by every word that proceeds from the mouth of God.

Matthew 4.4

Collect

Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

Readings

GENESIS 9:8-17;

PSALM 25:1-9;

1 PETER 3:18-22;

MARK 1:9-15

Reflection First Sunday in Lent: Time for a Spiritual Upgrade?

Hi everyone as Lent begins, I want to share a problem that I think many of us have in Lent. We know this is a time for Spiritual development but the why and how of it is often not easy to understand or achieve. It would be so much easier to simply push that button on the screen that asks if you want an upgrade installed and then in a few minutes we have it! Unfortunately, it's not possible to upgrade the human heart and mind so easily. We do get some advice on Ash Wednesday at the beginning of the service when the officiant says;

"I invite you therefore, in the name of the Lord, to observe a holy Lent by self-examination, penitence, prayer, fasting, and almsgiving, and by reading and meditating on the word of God. "

Looking at the list we might just think this is all a bit too much, "Can't I just give up chocolate for Lent?"

It might help if we look at the list and understand where these ideas for a Spiritual Upgrade actually came from, it might surprise you to know, for example, that "giving up things for lent" or "fasting" has no merit in itself. For Jesus as a Jewish rabbi, self examination, penitence, fasting and almsgiving were for a very specific purpose. The spiritual upgrade was to learn compassion and love for others. How did that work you may ask? In a word it was an exercise in putting oneself in the shoes of others and to look at one's life and shift priorities. It works like this.

Self examination: "Could my life be more like Jesus, could I have more love and compassion?"

Penitence: "God help me to have the will to do something different and learn with your help."

Fasting: "I will give up something important that I am a bit too attached to, like fancy food, drink, or some expensive indulgence that only someone with my wealth and means can afford."

Prayer: "I will have some small experience of feeling want but not immediately satisfy that desire. I will ask God to teach me what that means, knowing that so many of God's children suffer want as a lifestyle. I will ask for the gift of a "heart and spirit upgrade" to more love, compassion, and generosity, "to Love my neighbour as myself".

Almsgiving: "I will use some of my resources, time, talent or treasure to relieve the suffering and injustice of the people of this world, to show love in word and action, to become more generous and less focused on my wants." Historical note: In the days of Jesus what the Jewish person saved in money from their "fasting" they were expected to give to the poor. This did two things, it helped people identify with the poor and also helped relieve suffering by the giving.

Reading and meditating on the Word of God: "I will take some time every day just to experience something in the Bible or in the Word of God's creation that brings me closer to God, and helps me focus on my spiritual journey." Note: Jesus sought out wild places to experience the silence and beauty of God's creation and hear God's "word" as we see in today's lesson. He always comes out more focused and renewed more filled with love and compassion.

I hope you see now that our ancient practices of Lent are actually a package programme that if applied to your life could result in a heart and spirit upgrade. I invite you therefore, in the name of the Lord, to observe a holy Lent by self-examination, penitence, prayer, fasting and almsgiving, and by reading and mediating on the Word of God.

Archdeacon Rick Jones, rickplus@gmail.com

Prayers of the People for the first Sunday of Lent, Feb. 21st, 2021 - submitted by JoAnne Easton and written by Isaac, a Mennonite Pastor

Lord God, today is the first Sunday of Lent, a season of repentance, of self-examination, of silence and waiting for the leading of your Holy Spirit. Through your Spirit you lead us into the temptations of Jesus, forty days in the wilderness, where our lives are laid bare, and we come face to face with our desires for power—power over our lives and the lives of our friends and enemies and maybe even power over you.

Open us to your grace and mercy, your love and provision, as we confront the devil's temptations, the demons that try to run our world and our lives. Give us the power of your Son that we may also throw off the insidious powers of sin—the forces of selfishness and pride, the forces that keep us from confronting the truth about our lives and the world.

During this season of Lent, shatter our illusions, save us from ourselves, and open us to the new life of your Holy Spirit—a life of faith, hope, and love. As we let your Spirit lead us into repentance, may we discover the goodness and fullness of life in your kingdom of peace. May we find in your presence a refuge, a dwelling place, a place of rest.

May we be on high alert and not rest while there are cries of injustice—the desperation of the needy, the anger of the wronged, and the despair of the hopeless. May those voices echo in our Lenten silence, for the call of your Spirit also speaks through those voices. As the apostle Paul says, your word is near us, on our lips and in our hearts. May we use this season of Lent to empty ourselves of all that makes us deaf to that word, the Word of God, Jesus Christ, who is already on our lips and in our hearts.

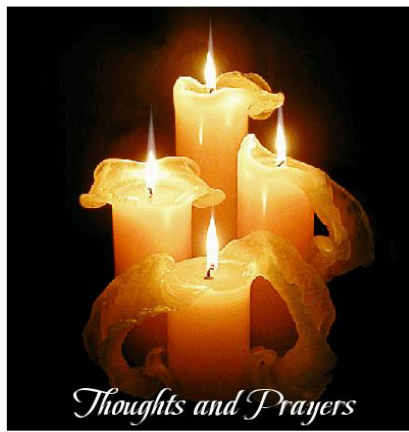
We ask this prayer in Jesus name, Amen

We pray for: - Todd our Bishop, Anne our Metropolitan, Linda our Primate, Mark National Indigenous Archbishop, Marinez Bishop of Amazonia. AD Rick Jones, Rev. Enrique Martinez, Rev. Jack Cox

For the week beginning Sunday February 21, 2021, we will be praying for the **Ven. Janet Griffith** (interim), the **Rev. John Ogilvie**, the **Rev. Jack Cox**, the Rev. **Canon Bob Schroeder** and the people of **St. Mark's, Brantford**.

We pray for our shut-ins at home, hospital and in local nursing homes. We especially remember: June, Shirley, Iris, Julie, David, John, Anna and Jack B.

Pray as well as for the ones who have asked for Your healing touch upon their lives: Betty F., Don G., Franz and Elaine Z., Steven K., Rebecca M., Trista P., Bill MC., Dwayne M. and Andrea B., Susan A., Olivia H., Karen M., Delores B., Dale & David F, Rose G, Eric, Julie, Janice S., Barbara S., Cindy L. and anyone known to you. Amen.



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It is important that we keep the prayer list and shut-in list up to date. If you know of any changes to these lists can you please email Anne at lpbparishsecretary@gmail.com or Enrique at enrique6921@hotmail.com

If you know of anyone that has asked you to pray for them during this pandemic, we will put on the prayer list for a month.

Prayer of Confession

Search us O God and know our hearts today
Try us and know our anxious thoughts,
see if there are any hurtful ways in us
and lead us in your loving and life-giving Way

Words of Assurance

God knows our secret fears, ignorance & selfish ways.
God forgives, forgive yourself, forgive others
Amen

Closing Prayer

God our strength and salvation, receive all we offer you today, and grant that we who have confessed your name, and received new life in baptism, may live in the joy of the resurrection, through Jesus Christ the Lord, Amen

Doxology

Glory to God, whose power, working in us, can do infinitely more than we can ask or imagine.
Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever.
Amen.

ANNOUNCEMENTS:



Reopening our Churches

Dear friends,

With the lifting of the State of Emergency in Ontario, the area covered by the Diocese of Huron will be transitioned into the Provincial COVID-19 Response Framework---or colour zones---on February 16th. We expect to hear within a few days which zone each of the health units in our diocese will enter.

Churches in the Diocese of Huron will remain closed for public worship until the 2nd Sunday of Lent, February 28th. At that time, parishes in the Orange, Yellow or Green zones may reopen for in-person worship according to the AMBER Stage guidelines. Bishop Townshend recommends that parishes in the red zone suspend in-person worship. Any parish in the red zone that wishes to hold in-person worship must receive permission from the bishop. (Permission given previously remains valid.) Parishes in the Gray zone may not hold in-person worship and are to follow the RED Stage guidelines. Please see the information and links below for more details.

No parish is required to hold in-person worship. It is up to the leadership of each parish to determine if they feel comfortable doing so. You know best your people and your context.

As always, please be in touch if you have any questions or concerns.

blessings,

Tanya+

The Ven. Tanya Phibbs

Archdeacon of Huron

GREEN ZONE
Follow Diocesan AMBER Stage Guidelines

YELLOW ZONE
Follow Diocesan AMBER Stage Guidelines

ORANGE ZONE
Follow Diocesan AMBER Stage Guidelines

- All meetings/groups should be virtual except 12 step groups
- If a meeting must be held in person, a max of 10 people for less than 1 hour
- Facemasks must be worn by singers unless they are separated from others by an impenetrable barrier
- No wind instruments
- Pastoral visits should be done by phone or zoom unless there is a strong pastoral need for an in-person visit. Facemasks must be worn.
- No permission will be given for exceptions to the AMBER Stage protocol.

RED ZONE
Follow Diocesan AMBER Stage Guidelines

- The Bishop recommends that in-person worship be suspended and replaced by video worship (recorded or live-streamed) or written worship materials delivered weekly (including sermon)
- If a parish wishes to continue in-person worship, permission must be received from the bishop's office in writing
- Only urgent in-person pastoral care visits are permitted. Facemasks must be worn.
- No on-site meetings, rentals or gatherings except for food sustainability and 12-step programs

Parish staff should work from home where possible

GRAY ZONE
Follow Diocesan RED Stage Guidelines

The Colour Zone Chart may be found [here](#)
The AMBER Stage Guidelines may be found [here](#)
The RED Stage Guidelines may be found [here](#)

**We will resume in person Church services on Sunday March 7th
Details to follow**

Please Click on the link below to see Message from the Bishop Todd

<https://youtu.be/zjBG7JzS1ww>

Please click on the link to watch this week's video

<https://www.youtube.com/watch?v=AYaR3mWOtbM&feature=youtu.be>

If you have anything you would like to contribute or comment on, regarding the newsletter, please do not hesitate to let Rev Enrique or myself know.

Any birthdays in March – Let me know for the newspaper. We can celebrate you and add some facts that happened on that day in history. I don't need your year of birth, just the month and date. Of course, if you have a special age birthday and want to celebrate it just let me know. If you are interested in the birthday section please send me details.

Sing along to this morning's hymns

Hymn Texts – Sunday, Feb. 21, 2021

175 – Forty Days and Forty Nights

1. Forty day and forty nights you were fasting in the wild,
Forty days and forty nights tempted, and yet undefiled:
2. Burning heat throughout the day, bitter cold when light had fled,
Prowling beasts around your way, stones your pillow, earth your bed.
3. Shall not we your trials share, learn your discipline of will,
And with you by fast and prayer wrestle with the powers of hell?
4. So if Satan pressing hard, soul and body would destroy,
Christ who conquered, be our guard; give to us the victor's joy.
5. Saviour, may we hear your voice – keep us constant at your side;
And with you we shall rejoice at the eternal Eastertide.

564 – Lead Us, Heavenly Father, Lead Us

1. Lead us, heavenly Father, lead us o'er the world's tempestuous sea;
Guard us, guide us, keep us, feed us, for we have no help but thee;
Yet possessing every blessing if our God our Father be.
2. Saviour, breathe forgiveness o'er us; all our weakness thou dost know;
Thou didst tread this earth before us, thou didst feel its keenest woe;
Lone and dreary, faint and weary, through the desert thou didst go.
3. Spirit of our God, descending, fill our hearts with heavenly joy,
Love with every passion blending, pleasure that can never cloy;
Thus provided, pardoned, guided, nothing can our peace

CONTACT INFORMATION:

At this extraordinary time if you wish a telephone visit please call Enrique. If you have any other announcements or news contact Anne Halls at the contacts below.

Enrique Martinez can be contacted by email at enrique6921@hotmail.com or by phone at 519 586 3401 – Please note that Enrique’s day off will be Fridays

Our parish assistant Anne Halls can be contacted by email at lppparishsecretary@gmail.com or by phone @ 519-586-7034

Please visit our website parishoflongpointbay.com and Facebook page