

Subject What's Happening this month at St. Lawrence
From Session of St. Lawrence Presbyterian Church
<st.lawrencepcwebsite@gmail.com>
To <tomjr@medland.ca>
Reply-To <st.lawrencepcwebsite@gmail.com>
Date 2022-03-01 10:29

execulink WEB
TELECOM MAIL

[View this email in your browser](#)



[Photo by Amleer at Upsplash.com](#)

"Create in me a clean heart and renew a right spirit within me." - Psalm 51:10

Today, Christians around the world enter into the six weeks of Lent, quite literally 'marking' the beginning of the season with ashes. It is a season of contradictions for post-resurrection, Easter Christians. Even the name is confusing: 'lent' is derived from the German word for 'spring', suggesting hope & rebirth. But it is approached as a quiet, even somber time of discipline as well as spiritual reflection on our faith & on our relationship with Christ, on our regrets & on our personal need for grace. Yet we already know that these weeks will culminate in unbridled joy and celebration. Our Lord Jesus will rise victorious over death, graciously redeeming our lives for *Eternity!*

For myself, I started 'giving up for Lent' during my first year of seminary. Jesus was challenged in every possible way in the desert for 40 days, and I thought, 'I'm not Jesus, but surely I can challenge myself and adopt a practice of discipline'. I gave up chocolate for 6 weeks! At first, it was a personal challenge & curiosity: could I go for 6 weeks without the sweet treat that I enjoy so much? But eventually, it became something far more. Every time I craved chocolate, I thought about what Jesus gave up for me: His perfect life in Heaven in order to be One with us on earth; His quiet life as a carpenter in Nazareth for the uncertainties of life on the road, traveling to teach & to heal; His mortal life, surrounded by His loving friends & followers, to accept the pain of persecution on the cross, and the emptiness of abandonment by those same friends. So oh yah, I could go

without a little chocolate.

Some folks choose to honour Jesus' sacrifices with a deprivation: no chocolate, potato chips, smoking, alcohol, etc. Others prefer to add something to their lives, rather than omit: commit to a 30 minute walk each day, or a daily random act of kindness, or a prayer journal, etc. Some are determined to change a character flaw: no lying for 40 days; no gossiping; no nasty sarcasm, etc. Any such practice keeps Jesus in our thoughts, encourages our gratitude, and convicts us to lean on Christ for our strength when temptation strikes.

Yes, of course Jesus did what He did to give us life in all its fullness & abundance and freedom in His grace. We each decide how or *if* we will observe the season of Lent, and our individual practices won't change the truth of Easter - we are loved and forgiven! Should you decide to adopt a practice of discipline for these 40 days, I encourage you to start with prayer ... LOTS of prayer, as it is our relationship with the Divine that holds us together when days are tough, and expands our joy when days are good!

Prayer of Confession & Commitment for Ash Wednesday

Patient loving God, because You formed and can REform the world, because You intended it to be a good place, filled with people You claim as Your children, and because You responded to my worst with the gift of Jesus Christ to bring out my best, I gratefully pray ...

Goodness is stronger than evil, love is stronger than hate, light is stronger than darkness, truth is stronger than lies.

Because - despite my faith - confusion can reign inside me, because anger, anxiety, bitterness and resentment can distort reality, because I do not always see clearly, proceed hopefully or live graciously, help me to trust that ...

Goodness is stronger than evil, love is stronger than hate, light is stronger than darkness, truth is stronger than lies.

Because You promise to hear me, because You are able to change me, because You are willing to make my heart Your home, I ask You to challenge and to comfort me, to empower and to forgive me. Hear my prayer, Lord, as I unburden myself of sins & misgivings. [*take some time for your own words*]

May the words that I proclaim with my lips be committed to my heart and make bold my faith. Goodness is stronger than evil, love is stronger than hate, light is stronger than darkness, truth is stronger than lies.

In the Name of my Saviour who makes all things new, Amen.

I look forward to worshipping with you online and hopefully, in-person in coming weeks, and to our Celebration at the Lord's Table on March 6th!

Blessings of peace to you,

Rev. Jane

A POEM FOR LENT

Fast from hurting words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and have trust in God.
Fast from complaints; contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness; fill your hearts with joy.
Fast from selfishness and be compassionate.
Fast from grudges and be reconciled.
Fast from words; be silent and listen.

-Attributed to Pope Francis

YOUR TAX RECEIPTS ARE READY AND WAITING!

Your 2021 tax receipt will be available for Pick up at the church on Wednesday March 2nd between 2 and 4 PM. If you are unable to make this time please contact Catherine Varney at 519-657-5897.

Worship Services:

At the present time, St. Lawrence is still offering online worship services but will slowly be re-opening. Call your elder or the church to register for limited seating. The Worship Service broadcasts can be found at the church website at:

<https://www.stlawrencepc.ca>

or on the church's YouTube channel at:

<https://www.youtube.com/c/StLawrencePresbyterian>

World Day of Prayer

For people interested in participating in the World Day of Prayer Online, feel free to connect with co-ordinator, *Sharon Frank*
519-933-3164; slpfrank@rogers.com

A message from the Audio/Visual Team:

St. Lawrence has an immediate need for a few volunteer A/V technicians. Training is provided and there are opportunities to be creative. The ideal person will be familiar with a window PC. They will be trained to run a mixing board as well as PowerPoint, YouTube Creator and OBS. Because of the amount of training, a two-year commitment is preferred. If there are enough volunteers, we can schedule preferred Sundays. Contact your elder or reply to this email if you are interested in volunteering.



[Photo by James Coleman at Unsplash.com](https://unsplash.com/photos/James-Coleman)

Keep Your Connection!

The Winter 2021/2022 copy of the *PCC Connection* newspaper is now available! You can access a digital copy of the paper by clicking on this link: <https://presbyterian.ca/presbyterian-connection>

PRESBYTERIAN WORLD SHARING & DEVELOPMENT

For insight into the activities of PWSD check their page at: <https://presbyterian.ca/pwsd/>

Things to Know:

The St. Lawrence Email Newsletter is released on a monthly schedule.

-Alison Williams
Clerk of Session

We are still worshipping over on our **Youtube**, <https://www.youtube.com/stlawrencepresbyterian>

You can also find us on Facebook at <https://www.facebook.com/stlawrencepres/>



Please Pray:

For Graeme and Marchia,
For Mac
For Theresa and Jennifer as they
work as nurses
For Joan and Jon
For Marion
For Sharon

If you would like to give your offering to the church, please follow this link and it will help you do so, <https://www.stlawrencepc.ca/giving-volunteering>

For Wendi
For Sherry
For Betty
For Myrtle and Dave
For Marina
For Janice and Bob
For Ross MacKay and his Family
Our church as it addresses this vacancy!
For the People of Ukraine

In Gratitude:

For the hope of a new year
and our Search Committee

*Bible Photo by
[Rod Long at Unsplash.com](https://unsplash.com/photos/rod-long)*



Blessings and Peace
The Session of St Lawrence Presbyterian Church

If you want to unsubscribe for these emails, click here

You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to tomjr@medland.ca
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
St. Lawrence Presbyterian Church · 910 Huron Street · London, On N5Y4E4 · Canada



