

From the Rector

Once a man was asked, 'what did you ever gain by regularly praying to God?' The man replied, 'nothing... but let me tell you what I lost: anger, ego, greed, disappointment, loneliness, insecurity, and fear of death.'

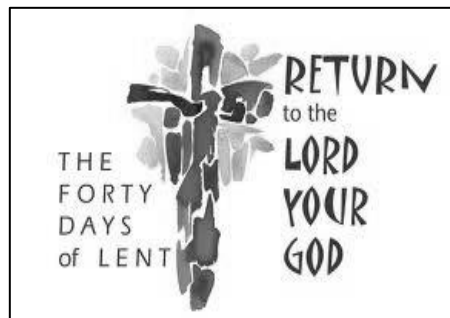
This little story helpfully captures one of the important lessons that the Season of Lent can teach us, especially if we're willing to use the traditional Lenten disciplines of **prayer, fasting, self-examination, and reading and meditating on God's Word.**

Lent offers us more than just a chance to give up a few luxuries or non-essentials. It's more than just a chance to lose some of the extra weight that we may have put on over Christmas. Lent is a time to work with God's Grace to re-shape our entire lives, not just our waistlines or our blood pressure readings. It's a time to walk with Christ to the Cross so that our lives and our words and our actions and our thoughts, even our hopes and wishes and priorities, might all be redeemed.

Christ's whole life was lived with an eye to Calvary. Every action was shaped by a love that was willing to surrender everything, even life itself, that we might be saved. In every way possible he lived a cruciform life; that is, a life lived in the shape of the Cross; a life of self-giving and sacrifice. And Lent is our time to work with God to set aside (to 'lose' in the words of the story above, all of those things which do not resemble cruciform love; and, in the process, to gain our lives.

If you've been doing the exact same thing every year for Lent for as long as you can remember, giving up or taking on the exact same things, and there are still parts of your life that do not resemble the cruciform love of Calvary, then perhaps it is time to look at doing something different; to take a step outside your comfort zone. If you do, you may discover something about yourself that you never knew before; and you may discover that a cruciform life is the life that you've wanted to live all along.

Because, as we learn in the story above, sometimes the answer to our prayers is found not in what we get but in what we lose.



Parish Notices and Updates

COFFEE & CONVERSATION: Many of you have expressed a desire for the resumption of our weekly Coffee and Conversation social time on Sunday mornings. We'd like to get those started as soon as possible but to do that we'll need to reconstitute our volunteer teams. To date, only a few people have spoken to us to volunteer to join one of the teams, so please speak to the Rector or the Curate soon if you'd like to be part of this important Parish ministry.

HOMEOWNER ENERGY EFFICIENCY GRANT & LOAN PROGRAMS: Those who were not able to attend Andrew Mathis' recent presentation about Loan and Grant programs for home efficiency upgrades are welcome to watch a recording on his Oasis Farmery YouTube Channel. The link is: <https://www.youtube.com/watch?v=i1HU72qi8V4>

PARISH PRAYER LIST: One of the most important ministries which we are blessed to share here at St. Mary's is the ministry of prayer. At every Celebration of the Holy Eucharist we reserve a significant part of our time to pray for those, both within and beyond our Parish Family, who are facing challenges; and our efforts are deeply appreciated by more people than we could count. Deacon Nicholas is now responsible for updating our prayer list; please send your prayer requests to him at nicholas.saulnier@anglican.nb.ca or 588-3304

DEACON NICHOLAS WILL BE OFFERING CONFIRMATION preparation to anyone wishing to be confirmed. It is hoped that there will be two programmes; one for those in late elementary and middle school and a second for those high school age and above. We hope to start in the next few weeks, so please speak to Deacon Nicholas or the Rector if you are interested or have any questions.

THIS YEAR'S WORLD DAY OF PRAYER SERVICE video is available online. The 55 minutes service video, produced by the Women's Inter-Church Council of Canada, can be watched at home any time and can be downloaded at wicc.org for free. There will be a World Day of Prayer Service on Friday, March 3rd at Nashwaaksis United Church, 46 Main Street, at 2:00 p.m. followed by a Reception.

SIMNEL CAKE FOR MOTHERING SUNDAY: ever thought that you'd like to learn how to make Simnel Cake, one of the traditional customs which the Church has used on Mothering Sunday, which is the Fourth Sunday in Lent (this year on March 19th)? St. Mary's Mothers' Union will be gathering in our renovated Parish Kitchen on **Saturday, March 11th**, at

1:00 p.m. to again make the Simnel Cake for our Parish celebration. They'd be very happy if you'd like to join them. Please speak to Adele Knox or Shirley Hupman if you're interested in learning.

PARISH PARTY FOR LENT: Mark your calendars! We're planning another special parish event for pre-school and school-age kids (and their families!) We're organizing a **PARISH LENTEN PARTY** on **Saturday, March 18th** from **10:00 a.m. to 1:00 p.m.** in the Parish Hall. There will be crafts and activities for all ages. Everything will wrap up with a Family Lunch. Plan to join us on the 18th and please feel free to invite a friend. For more information please speak to the Rector or the Curate.

THE DIOCESE IS OFFERING A LENTEN RETREAT starting on Friday, March 31st and ending on Saturday, April 1st at the Villa Madonna Retreat Centre in Rothesay. Archbishop David Edwards will be the retreat leader and will provide teaching to help prepare for the journey of Holy Week. All are welcome but pre-registration is required. The costs are: - overnight: \$125 | couples: \$200 | commuter: \$75 (meals included). The registration deadline is March 23, 2023; spaces are limited and some bursary funding is available. For more information, contact Shawn Branch: 506-459-1801 ext. 1008.



We acknowledge that the land on which we gather is the traditional unceded territory of the Wəlastəkwiyyik (Wolastoqiyik) Peoples. This territory is covered by the "Treaties of Peace and Friendship" which Wəlastəkwiyyik (Wolastoqiyik), Mi'kmaq, and Passamaquoddy Peoples first signed with the British Crown in 1726. The treaties did not deal with surrender of lands and resources but in fact recognized Mi'kmaq and Wəlastəkwiyyik (Wolastoqiyik) title and established the rules for what was to be an ongoing relationship between nations.



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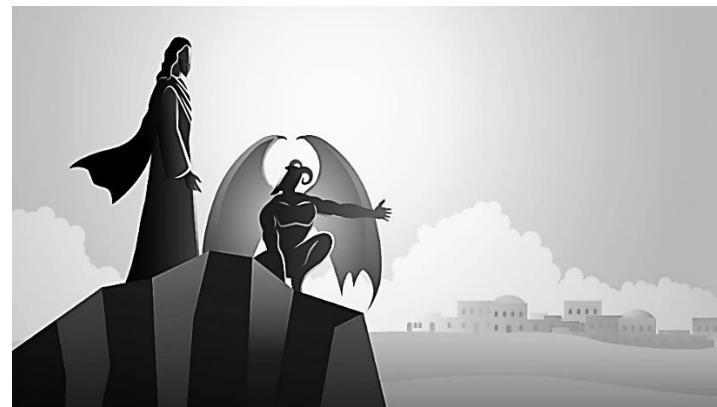
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The Anglican Church of Canada
The Diocese of Fredericton

THE PARISH OF
ST. MARY, YORK



Fasting teaches us that there's nothing wrong with the world when we don't get what we want. In a social climate possessed by the twin spirits of immoderate consumption and entitlement, this custom is probably a good discipline.

Steve Bell, *Pilgrim Year: Lent, 2018*

THE FIRST SUNDAY IN LENT

February 25, 2023

*Behold, now is the Day of Salvation!
O come, let us worship!*

4:30 p.m. – Evening Prayer:

✠ Psalm 119 parts 13 & 14 | Genesis 41:41-end | Romans 16

5:00 p.m. – The Holy Eucharist

Introit Psalm 36:5-9:	<i>page 373</i>
The Ten Commandments:	<i>page 68</i>
<i>The Gloria is omitted during Lent</i>	
The Collect:	<i>page 140</i>
The Old Testament Reading:	Genesis 3:1-6
Psalm 91:1-8:	<i>page 448</i>
The Epistle:	<i>page 140</i>
Gradual Psalm 91:9-16:	<i>page 448</i>
The Holy Gospel:	<i>page 141</i>
The Nicene Creed:	<i>page 71</i>
The Homily	
The Prayers of the People:	L: Lord, in your mercy C: Hear our prayer
The Consecration:	<i>page 82</i>
Post Communion Prayers:	<i>page 85</i>

THE FIRST SUNDAY IN LENT

February 26, 2023

*Behold, now is the Day of Salvation!
O come, let us worship!*

9:30 a.m. – Morning Prayer:

✠ Psalm 38 | Genesis 13 | Matthew 9:1-17

10:00 a.m. – The Holy Communion

The Ash Wednesday Exhortation:	<i>page 611</i>
The Litany:	<i>page 30</i>
The Collect:	<i>page 140</i>
The Old Testament Reading:	Genesis 3:1-6
Psalm 91:9-16:	<i>page 448</i>
The Epistle:	<i>page 140</i>
♪♪ GRADUAL HYMN:	802 (THE SOLID ROCK)
The Holy Gospel:	<i>page 141</i>
The Nicene Creed:	<i>page 71</i>
The Homily	
♪♪ HYMN:	105 (HEINLEIN)
The Prayers of the People:	L: Lord, in your mercy C: Hear our prayer
<i>The Prayer of Consecration is omitted and Holy Communion will be administered from the Reserved Sacrament</i>	
Post Communion Prayer:	<i>page 85</i>
♪♪ RECESSIONAL HYMN:	593 (ROCKINGHAM)

SCHEDULE OF SERVICES

FEBRUARY 27: GEORGE HERBERT, Pastor & Poet, 1633

8:30 a.m. – Morning Prayer
4:30 p.m. – Evening Prayer

FEBRUARY 28: LENT FERIA

8:30 a.m. – Morning Prayer
11:00 a.m. – Funeral – Gregg Cumberland, R.I.P.
2:00 p.m. – Holy Communion, Neill Hall
4:30 p.m. – Evening Prayer, All Saints, Marysville

MARCH 1: ST. DAVID OF WALES, Archbishop of Menevia, c. 544

9:30 a.m. – Morning Prayer, All Saints, Marysville
6:30 p.m. – Evening Prayer
7:00 p.m. – Holy Eucharist

MARCH 2: ST. CHAD, Missionary & Bishop, 672

JOHN WESLEY, Preacher, 1791

CHARLES WESLEY, Poet, 1788

8:30 a.m. – Morning Prayer, All Saints, Marysville
4:30 p.m. – Evening Prayer

MARCH 3: LENT FERIA

8:30 a.m. – Morning Prayer
4:00 p.m. – Evening Prayer (Zoom)
7:00 p.m. – Stations of the Cross, All Saints'

MARCH 4: THE SECOND SUNDAY IN LENT

8:30 a.m. – Morning Prayer
4:30 p.m. – Evening Prayer
5:00 p.m. – Holy Eucharist

MARCH 5: THE SECOND SUNDAY IN LENT

9:30 a.m. – Morning Prayer
10:00 a.m. – Holy Eucharist
4:30 p.m. – Evening Prayer



Lent @ St. Mary's _____

Everyone is encouraged to spend time during the Season of Lent in the traditional Lenten exercises: **prayer, fasting, self-examination, and reading and meditating on God's Word**. Here are a few ways in which parish programmes can help you with that:

✠ **One very helpful exercise that many** choose to 'take on' during the Season of Lent is the reading of a book that will help us to explore our relationship with Christ and his Body more deeply. A book table has been set up at the entrance to the church with lots of excellent choices for your Lenten reading, including this year's edition of '**The Little Black Book**'. Please speak to the Rector or the Curate if there is something else that you'd like to read this Lent.

✠ **St. Mary's Bible Study** is held each Friday from 10:00 to 11:30 a.m. in the Church. We're looking at a series called "Matriarchs & Patriarchs; Prophets & Papyri: the great stories of the Old Testament and how they point us to Jesus."

✠ The **Stations of the Cross** are prayed each Friday in Lent at 7:00 p.m. This quiet reflective service in which we journey through Christ's steps on the road to the Cross. This brief service is an excellent and hopeful mediation on what Christ was accomplishing on our behalf by His sacrificial death and glorious resurrection. ***In recognition of our Shared Ministry with the Parish of Marysville, we will be alternating the location between the two churches.*** This coming Friday, March 3rd, we'll be walking the Way of the Cross at All Saints'.

✠ **Some take the time during Lent to attend** our Wednesday evening Celebration of the Holy Eucharist.

✠ **Or perhaps you might think about arriving a little earlier** than usual when you attend on Saturday, Sunday or Wednesday and attend Morning or Evening Prayer prior to the start of the Holy Eucharist.

✠ **And if you want to learn more about** the very important work being done by the Clewer Initiative in the UK to combat modern slavery, go to <https://theclewerinitiative.org/resources/journeys> to look at their Lenten resources, especially their new series called Journeys, which offers short first-person videos that speak of from the perspective of those who have been caught up by this evil.

✠ **And, for a bit of fun** you're invited to follow the saintly 'competition' organised by Forward Movement, an Episcopal ministry in the USA. Go each day to learn about some of God's saints, to cast your votes and to see who wins the golden halo: <https://www.lentmadness.org/>