



the Parish of St. Dunstan

On the traditional lands of the Sto:lo Nation

February 23rd 2020

7th Sunday after Epiphany



Welcome!

This is a diverse & safe congregation for people wherever they are on their journey with Christ. We are an inclusive church which means we celebrate women in leadership, children at the Eucharist & welcome LGBTQ+ people to participate fully in the community.

W O R S H I P

We will, with God's Help!
Learning to live the baptized life.
Following the way of Jesus.
Together.

For Children

The **Nursery** is staffed & open for children ages 0 to 4.

If you are interested in helping with this ministry, talk to David.

Activity bags are available in the entry near the colouring table.

All our volunteers & staff have a criminal record check.

Taking Communion

Everyone is welcome to receive bread & wine as a sign of our commitment to Christ & Christ's commitment to us.

There are **gluten-free wafers** for those who need it & **juice** for those who prefer.

Prayers for healing with the anointing of oil is offered beneath the cross during Communion. Please **light a candle** as a sign of your prayers.

Today's Scripture

Introductions to the Lessons by Bill Bennett

Exodus 24: Moses experiences a theophany, the presence of God in the midst of a cloud ☩ receives the commandments.

Matthew 17: Rounding off the 'Sermon on the Mount,' Matthew has Jesus challenging our motives ☩ commitment in the face of Divine judgement.

Sermon Notes

Is there anything scarier than Commitment Sunday?

Through the season after the Epiphany, we explored the 6 promises we make at baptism. We wondered whether it was worth following Jesus ☩ dared to say, **"We will with God's Help."** On the eve of Lent, we have dedicated this time to seriously consider how we can practically participate in the baptized life. The four commitments we are invited to make are

Presence, Service, Spiritual Growth ☩ Giving.

Our commitments are not a burden, but an invitation to explore the life of God in this place, at this time.

We know God is walking with every one of us for God is our Creator ☩ seeks our wellbeing.
We know that Christ will lead us into transformation, for Christ is our Friend ☩ Helper.
We know that the Spirit of God refreshes ☩ empowers us, for God's Spirit is the Spirit of Life.

With confidence, hope, joy ☩ love, let us commit to God ☩ to one another to participate in the life of God at the Parish of St. Dunstan.

Weekly devotions are printed at the back of this bulletin.

The liturgy is taken from the Book of Alternative Services of the Anglican Church of Canada. Hymns numbers are indicated after the hymn title & found in the blue Common Praise hymn book. The readings are taken from the Revised Common Lectionary. The entire service is projected on the wall.

Gathering the Community

the Greeting, Announcements & the Collect for Purity
Come, Live in the Light
the Prayer of the Day

Proclaiming the Word

The Book of Exodus (24:12-18)
Christ Has No Body Now But Yours
the Gospel according to Matthew (17:1-9) & the Sermon
the Nicene Creed, the Prayers of the People, the Confession & Absolution
the Peace & the Offering
Lord, When You Came to the Seashore

Holy Communion

All are welcome to receive bread & wine (or juice) at Communion.
Bread of Life
& **When You Call for Me**
Here I Am Lord

Sending the Community

the Blessing
More Than We Can Ask or Imagine, 86

**Coffee & refreshments are served in the hall following the service.
Please visit the Information Table in the entry if you have any questions.**

OUTREACH

Monday

Fraser River Counselling at St. Dunstan's

Low cost counselling is provided by supervised counselling students from Trinity Western University. For more information, please connect with an intake worker at 604-513-2113.

Tuesday

Aldergrove Food Bank Soup Kitchen

The Parish of St. Dunstan's has committed to cooking & serving soup on the 2nd & 4th Tuesday of each month. Please connect with Ann Embra at 604-534-9292 or ann_embra@telus.net to learn how you can get involved.

ESL

Classes are at 7pm. All are welcome. For more information please connect the church office.

Thursday

Community Meal

Each Thursday at 4:30pm.

Want to help create this amazing meal? Please sign up on the poster at the entrance to the Worship Space. For more information on what volunteering involves, please connect with David.

Stewardship

*Have you considered signing up for **pre-authorized debit (PAD)**? It is easy & a good way to support the church even when you cannot be present for a service. Please connect with David or one of the other parish leaders for more information.*



PWRDF

The Primate's World Relief
and Development Fund

For more information, please visit PWRDF.ORG. There you can read all about the good work it does, current areas of need & how you can participate.

COMMUNITY CARE

- Reconciliation** *The priest is available to hear confession by appointment.*
- Listening Prayer** *Prayer for those in crisis or need. For more information please connect with Katherine Murray at katherine.murray22@gmail.com.*
- Spiritual Direction** *Trained Spiritual Directors are available. To arrange please email StDunstansCentre@gmail.com*
- Ride Sharing** *If you need a ride, or can offer one, please let someone at the Information Booth know.*
- Visiting** *If you need a visit, please call the office to arrange. If you would like to become a pastoral visitor, please connect with the priest.*
- Prayer Chain** *If you wish someone to be remembered in our Prayer Chain Ministry, please email the office.*
-

Men's Coffee
Wednesdays at 9am

Men's Breakfast
the 2nd Sunday of the month in the hall

Women's Coffee & Crafts
Fridays at 10am

Women's Breakfast
the 2nd Sunday of the month at McDonald's

SHROVE TUESDAY PANCAKES

February 25th at 5pm

Shrove Tuesday marks the last evening before Lent. In ancient times people took this time to shivel up their pantries in preparation for the season of fasting.

How will you shivel up your pantry this season?

CHRISTIAN FORMATION

Children

Messy Church every 3rd Friday of each month (September to May) at 4:30pm. Messy Church includes stories, crafts, dinner & Holy Communion. It is planned with the whole family in mind. All are welcome. Please connect with Carol Tindall at 604-866-6125 for more information & how to volunteer.

St. Dunstan's & St. Andrew's Youth Stay tuned for the next event!

We will have opportunities to lead games & crafts as well as spend time together for a Bible Study.



ST DUNSTAN'S CENTRE FOR SPIRITUAL RENEWAL

The Centre for Spiritual Renewal is the name we give to our Adult Christian Formation programs at St. Dunstan's. Please pick up the most recent program guide & check our website regularly for more information on coming events.

Centering Prayer

Wednesdays at 6:30pm, Fridays at 11:30am
20 minutes of silence & connection with God.

Study Group


Wednesday at 7pm
This Wednesday we gather for our Ash Wednesday service. There we will answer the call to walk a holy Lent & be marked with ash as a sign of our humanness.

Next Wednesday (March 4th) we begin our Bible study on the great stories of **John: the Return to the Garden**.

Lectio & Labyrinth

Fridays, from Noon to 1pm
A chance to practice our journeying & listening together. Indoor labyrinth practices are available.

CALENDAR OF EVENTS

Events marked with  are through the Centre for Spiritual Renewal.

-  **Welcoming Prayer in Lent** *Sundays, February 23rd – April 5th 11:30am-1pm*
Please see Centre for Spiritual Renewal program
-  **Sung Evening Prayer** ***Tonight**, February 23rd from 7:30 to 8:30pm*
With Cathy Hardy
Please see Centre for Spiritual Renewal program
- Pancake Supper** *Tuesday, February 25th at 5pm*
- Ash Wednesday Service** *Wednesday, February 26th from 7-8pm*
- Modern Slavery-
Hidden in Plain Sight** *Saturday, February 29th from 1:30-2:30pm*
*Presented by Cathy Peters, A Champion Against Human
Trafficking*
Sponsored by Anglican Church Women
-  **Lent Morning Retreat** *Saturday, March 7th from 9am to 12pm*
With Joe Baker
Please see Centre for Spiritual Renewal program
-  **Interfaith Labyrinth Walk** *Sunday, March 8th at 2pm*
Prayers for Women's Healing & Freedom
Please see Centre for Spiritual Renewal program
-  **Spiritual Practice Series** *Sunday, March 15th from 7 to 8:30pm*
Celtic Knotwork with Belinda Llewellyn
Please see Centre for Spiritual Renewal program

WEEKLY PRAYER

The following is a resource to help you connect with Sunday's theme & continue your prayers through the week. This can be done on your own or in the family group. This liturgy is based on Home Prayers found in the Book of Alternative Services (p. 687). **If you do not have a prayer book, please take & keep one for your use.**

Our devotions this week straddle the end of the season after the Epiphany & the great season of Lent. In preparation for Lent we will look at the great themes of the season as outlined in the Ash Wednesday readings. The service for Ash Wednesday can be found in the Book of Alternative Services beginning on page 281.

1. The Preparation

A candle is lit as someone prays,

Almighty & everlasting God, you despise nothing you have made & forgive the sins of all who are penitent. Create & make in us new & contrite hearts, that we, worthily lamenting our sins & acknowledging our brokenness, may obtain of you, the God of all mercy, perfect remission & forgiveness; through Jesus Christ our Lord, who lives & reigns with you & the Holy Spirit, one God, for ever & ever. Amen.

2. The Reading & Reflection

Read the passage from Scripture then reflect using the wonder questions as your guide. This guide uses the New Revised Standard Version.

JOEL 2:1-2, 12-17 – RETURN TO GOD

Notes on the reading:

- ☞ The Prophet Joel is one of the 12 minor prophets in the Hebrew Scripture. Minor in terms of length, not in terms of importance. Joel was a prophet who was trying to help the people understand where God was in suffering. They had just experienced a horrific locust plague that devastated the crops. Joel calls the people to return to God & offers words of hope – God will intervene & bring a glorious future for God's people.
- ☞ The day of the Lord (v. 1) is a way of describing a momentous moment in history. Sometimes the day of the Lord is described in positive ways. Here it is described as a terrible day.
- ☞ The old-fashioned word for Returning to God is Repentance. Repentance is changing one's understanding & posture before God. God is not interested in our outward show of repentance, but in our inner posture of repentance (v. 12). Repentance is based on the faith that God is gracious & merciful, & abounding in steadfast love. The reason why we can return to God's way is because God is always inviting us to. God is not a demeaning or punitive God, but a transformational God.

I wonder in what ways you need to return to God (to repent).

I wonder if you believe God is good & loving.

PSALM 51:1-17 - CONFESSION

Notes on the reading:

- ☞ The editor of the Psalms gives us a context for Psalm 51. This is a poem written by King David after he had been caught committing adultery & murder. David's response to his actions is not defensiveness, but a heart-felt acknowledgement of his behaviour.
- ☞ Confession is an admission of guilt (v. 5), participating in the truth (v. 6), a step in being renewed in one's heart (v. 10).
- ☞ Confession leads to social responsibility (v. 13).
- ☞ While confession is rightly directed at negative human behaviour, it is also important to recognize that confession is part of taking responsibility of the entirety of life. Along with sin, we confess love, faith, hope, fear, sadness, joy, identity & so much more. The spiritual discipline of confession reaches into every aspect of our life calling us to be authentic, transparent & open to the presence of God & our role in the ministry of Christ for the world.

I wonder if you have anything troubling you that you need to confess.

I wonder what is something that gives you joy that you can confess.

I wonder how you can regularly practice confession.

I wonder if you have ever prayed the Rite of Reconciliation (the Book of Alternative Services, page 167) with the priest. Consider making an appointment this Lenten season.

2 CORINTHIANS 5:20B-6:10 – WORKING TOGETHER WITH CHRIST

Notes on the reading:

- ☞ Paul's Second Letter to the Corinthians is written to a community in crisis. Paul is angry with some of the behaviour of the leaders & writes to correct it as well as to seek reconciliation amongst the members & encourage them to keep going. It is a letter with many beautiful metaphors of the Christian life & worth reading though from start to finish. It can be done in one sitting.
- ☞ Paul constantly needed to defend his understanding of who Jesus is in the early church. His message of radical inclusion bothered some of the more traditional Christians who understood the way of Christ to be for Jews & those people willing to become Jews. Paul broke this rule & faced severe consequences from Jewish Christians & those who disagreed with him (v. 4, 5).
- ☞ Despite the differences of gospels being preached, & despite the sufferings Paul is enduring for his radical inclusion, he reminds the Corinthian Church to be focussed on Christ (v. 20) & work with Christ through trouble or joy. Whatever comes their way, keep on going!
- ☞ Lent is a time to focus on the realities of life; it's joys & desolations. We are not to think that desolations are a sign of abandonment by God. Neither are we to think of joys as proof of God's favour. Instead we become aware of the ups & downs of life to be attentive to God who is working in all situations for the betterment of the world.

I wonder if you have suffered for being part of a church that promotes radical inclusion.

I wonder if you have experienced joy for being part of an inclusive church.

I wonder how God works in suffering.

I wonder how God is present in joy.

MATTHEW 6:1-6 – ALMSGIVING ☞ PRAYER

Notes on the reading:

- ☞ Matthew 6 is part of Jesus' famous Sermon on the Mount that summarizes Jesus' teaching. As in chapter 5 where Jesus directs people's attention to the heart of God's Law, Jesus is directing people's attention to the motivations behind some of our religious acts. The implication is that our religious acts mean nothing unless they are performed for God alone (v. 1).
- ☞ Alms is an ancient word meaning mercy or pity. It is an act of giving money to people in need. Jesus encourages almsgiving ("when you give" v. 3). But he highlights differing motivations. Don't give to be praised by others who see you give. Don't give to be praised by the one you are giving to. Instead give to be praised by God.
- ☞ Prayer is conversation with God. Jesus also encourages us to pray – to ask for God's help, to give thanks, to show honour ☞ love, to intercede. As in almsgiving, however, there is a way to pray that seeks one's own glory, ☞ there is a way to pray that seeks God's glory. Jesus encourages us to pray in secret. That is, pray from your heart, not from your mouth.

I wonder how you can give alms this Lent.

I wonder how you can grow in your prayer practice.

MATTHEW 6:16-21 – FASTING

Notes on the reading:

- ☞ The call to fasting (v. 12) has long been used as a Christian call to remember that our dependence is on God. Like almsgiving ☞ prayer, Jesus points out the right ☞ wrong ways to fast. Do it for God, not for another person's praise.
- ☞ Fasting is a way to acknowledge, as Jesus said in the desert, that we do not live on bread alone, but on the words that come from God. Fasting food is a discipline meant to explore our dependencies as they disguise our true dependence which is on God.
- ☞ Lent is a great time to reconsider the treasures of life ☞ to reorient our lives to the treasures that last. Treasures such as acknowledging our need of God (repentance), being honest with ourselves (confession), perseverance in adversity (working with Christ), caring for others (almsgiving), connecting with God (prayer), ☞ recognizing our dependence is on God (fasting).

I wonder how you feel about fasting.

I wonder if you would consider fasting from something for a time (food, toxins, entertainment, etc.) to help you recall your dependence on God.

I wonder how you will walk through the season of Lent this year.

3. Prayers ☞ the Lord's Prayer

Choose a litany from the Book of Alternative Services (beginning on page 110).

The liturgy concludes with the Lord's Prayer.

Next Sunday: Lent I. Readings include: *The Book of Genesis 2:15-17, 3:1-7, Paul's Letter to the Romans 5:12-19, Matthew 4:1-11*



The Parish of St. Dunstan

3025-264th Street, Aldergrove, B.C. V4W 2W4

604-856-5393 st.dunstans@telus.net

ST-DUNSTANS.CA



The Parish of St. Dunstan, Aldergrove

Office Hours

Tuesday, Wednesday ☺ Friday 8:30am — 12:00pm

Wardens

Theresa Tancock 604-614-7145

Katherine Murray katherine.murray22@gmail.com

Music Director

Carol Tindall 604-856-4695

Priest

the Reverend David Taylor

778-987-0530 dmatthew.taylor@gmail.com

Archbishop

the Most Reverend Melissa Kelton

vancouver.anglican.ca