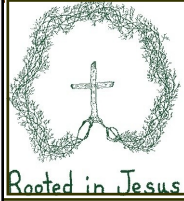


St. Thomas' Anglican Church



WEEKLY E-NEWSLETTER

February 25th and 26th , 2012

Come and worship with us on:

Thursday—10:00 a.m.—Quiet Communion

Saturday—5:00 p.m.—Contemporary Communion

Sunday—8:30 a.m.—Holy Communion

Sunday—10:30 a.m.—Holy Baptism & Sunday School



Weekly Notices



This Sunday we will welcome **Asia Martina Rose** into the Household of God as she receives the sacrament of **Holy Baptism**. Asia is daughter to Trudy and Bill Mekanak.

LENT: A time to put extra effort into living out our Christian faith. We commit ourselves to attending special services, reading our Bible, fasting and praying, giving generously to the poor. Lenten coin folders and Devotionals are available at the back of the church, Please take one of each as a part of your Lenten journey.

Pastor Doug will begin a new **Lenten Study Series** on Wednesday, March 7th from 7:00—9:00 p.m. This five-week study will be based on a new book by the former Anglican Bishop of Fredericton, Bill Hockin; entitled, *“God: The Rumours Persist! Signs and Faith in a Skeptical World.”* Cost is \$15.00. Everyone is welcome and encouraged to commit to this as their spiritual discipline through Lent.

There will be a **10th Annual Silent Lenten Retreat** on Saturday, March 24th from 9:00—3:30 @ St. Luke's Anglican Church, led by the Anglican Sisters of Saint John the Divine. The cost is \$25/person. To register, call Levina Collins @ 807-887-2708, or email levinacollins@sympatico.ca. See the poster on the bulletin board for more details.

A series of 17 paintings entitled, **‘The Creator's Sacrifice’** by the Cree artist, Ovide Bighetty and depicting Easter, is on display at Hope Reformed Church from February 22nd—March 9th. See poster on bulletin board.

Flowers are not provided by the Altar Guild during Lent, but those requested by the Parish Family are most welcome. If you wish to arrange for flowers, please sign the ‘flower chart’ in the entry on the stairwell going downstairs.

World Day of Prayer Service will be Friday, March 2nd @ 2:00 p.m. at Broadway United Church. The country of focus this year is Malaysia, and the theme is ‘Let Justice Prevail.’

Donations of **Canadian Tire Money** are welcomed with thanks, to help defray costs of property maintenance. A container is in the vestibule, or you may drop it off to the church office.

Weekly Notices continued...

Flipper Flanagan's Flat Footed Four

WITH SPECIAL GUESTS: THE GRUMPY GRAMPAS



IN CONCERT AT ST. THOMAS' ANGLICAN CHURCH
IN SUPPORT OF THE NEW AUDIO VISUAL SYSTEM

ST. THOMAS' ANGLICAN CHURCH
(1400 EDWARD STREET SOUTH)

THURSDAY, MARCH 8TH, 2012
TIME: 7:00 - 9:00PM \$10.00 ADVANCE \$12.00 DOOR

TICKETS AVAILABLE AT:

CORAN'S MUSIC CENTRE, ST. THOMAS' CHURCH, J.B. EVAN'S,
COLOSIMO'S MUSIC CENTRE - LIMITED SEATING

FOR MORE INFORMATION CALL: 623-3608

OR VISIT

WWW.FLIPPERFLANAGAN.COM OR WWW.STTHOMASANGLICAN.ORG

POSTER BY WWW.SUPERIORIMAGES.CA

Dear Lord,

As we begin the Season of Lent, may we take this opportunity to repent of all that we have done that brings sadness to You. And just as You are so gracious and merciful to us, slow to anger and rich in kindness, may we too have these qualities in our dealings with one another. Lent is a season of reconciliation. May we come together often in worship and praise, reconcile with one another, and give thanks to You, Heavenly Father, for the many blessings You bestow on each and every one of us. In Jesus' Name, we pray. Amen.



**Create
in me a
clean heart,
O God,
and put a
new and right
spirit within me.
Psalm 51:10**

**Advance tickets are available in the Parish Office
or from Pastor Doug or Garry Barker.**

LENT
is for
LIFE



not just
for
chocolate.

Every year at this time, the same question comes to mind: What should I do for Lent? To get started with your Lenten disciplines, take a few minutes to pray, ask the Holy Spirit's guidance, and make some practical Lenten resolutions. Be careful not to do too much or you may not succeed in anything! You may want to do the things you usually do for Lent, but perhaps this year you may want to try something new. Remember, you don't just have to give something up for Lent, you can also insert something new into your life, especially if it is healthy and/or helpful. Here is a list of 20 suggestions. You may want to try some of them during this sacrificial season to help you grow into a deeper relationship with Christ as well as help you to be healthier in body, mind, and spirit.

1. Get up earlier than usual and spend your first 15 minutes of the day thanking God for the gift of life, and for all the people that you love. Offer your day to Him and ask for God's blessing on all those special people.
2. Make a decision to read at least some Scripture from the Bible everyday as well as a daily devotional. Reading a Psalm each day can be particularly enlightening.
3. Make a habit of stopping several times throughout the day to thank God and tell Him how much you love Him.
4. Pray every day for the health of your church.
5. Pray each day for your pastor and all those in leadership in your congregation. And don't forget to pray for your bishop.
6. Pray each day for the millions of Christians suffering persecution in various parts of the world.
7. Pray for Christian unity.
8. Pray for the evangelization of all those who have not yet heard and accepted the Good News about Jesus.
9. Pray for your enemies. In fact, think of the person who has most hurt you or who most annoys you and spend several minutes each day thanking God for that person and asking God to bless him or her. Forgive them.
10. Find a form of fasting that is appropriate for you, given your age, state of health, and state of life. Here are some suggestions:
 - No meat, once or twice a week.
 - No sweets or alcohol during Lent.
 - No snacks between meals.
 - Eat only when hungry, not when depressed or angry.
 - Give up a particular food and/or beverage that you constantly crave or are addicted to.
11. Use the money that you've saved on giving up certain foods and/or beverages and put this in your Lenten offering folder or envelope.
12. Attend worship services every week. We are so fortunate at St. Thomas to have four opportunities every week for worship: Thursdays at 10:00 a.m. / Saturdays at 5:00 p.m. / Sundays at 8:30 a.m. and 10:30 a.m.
13. Make an effort to be more positive and encouraging to those around you. Say something nice to someone every day.
14. Plan a retreat this Lent. It could be a half day – out in nature, or in the church. Or it could be a full day or overnight. At the end of the retreat, write down what the Holy Spirit seems to be saying.
15. While driving, turn off secular radio stations and listen to the Christian music station or put in your favourite Christian CD.
16. Volunteer some time at a homeless shelter, soup kitchen, or crisis centre. Serve the people there with the understanding that in so doing, you are serving Jesus. Try to see Jesus in each person there.
17. Visit someone at a nursing home or in the hospital or sick at home. Again, love Jesus in and through the suffering person.
18. Spend some focused time with your spouse, strengthening your marriage. Start praying together, or make praying together a more frequent occurrence.
19. Spend some focused time together with each of your children. Listen. Pray. Don't forget to have some fun with them. If your children are grown and away from home, let them know how much you love them through phone calls, emails, letters, etc. And pray for them every day!
20. When Easter comes, don't stop the good things you've begun during the Season of Lent! Make a permanent feature of a deeper, healthier, Christian life!

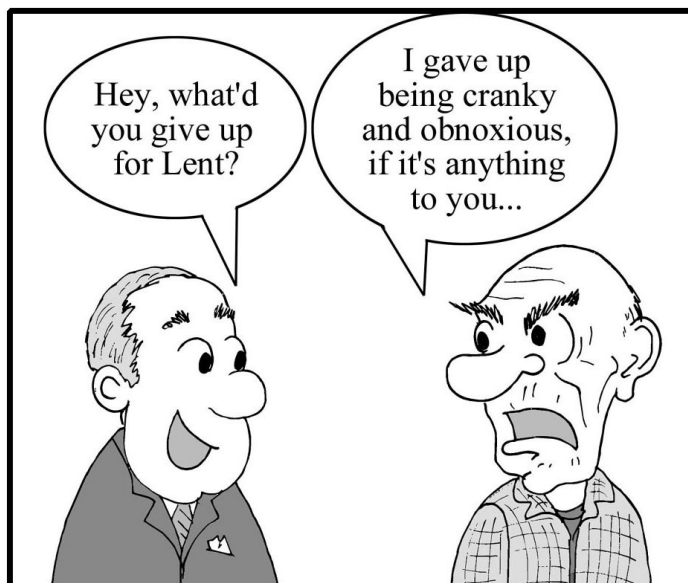
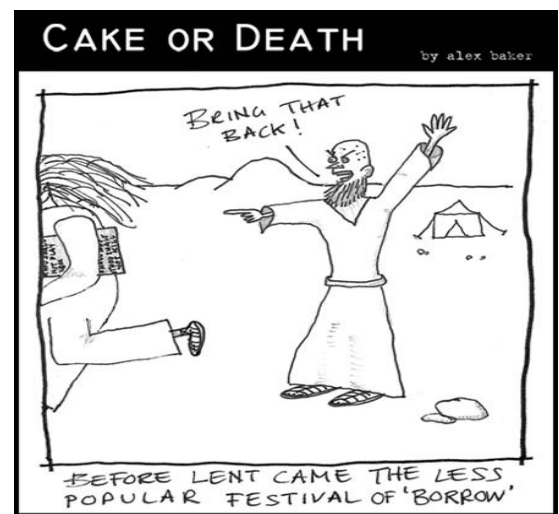
~Lesley Joy McClure



The pastor and his wife were on their way to the Mall to do some last minute shopping, only to have their car break down in the parking lot.

The pastor told his wife to carry on with the shopping while he fixed the car in the lot. The wife returned later to see a small group of people near the car. On closer inspection, she saw a pair of male legs protruding from under the chassis. Although the man was in shorts, his lack of under-pants turned private parts into glaringly public ones. Unable to stand the embarrassment, she looked up to the heavens and prayed, 'Lord tell me what to do!' She felt the Lord had told her to fix the problem so she dutifully stepped forward, quickly put her hand up his shorts, and tucked everything back into place. On regaining her feet, she looked across the hood and found herself staring at her husband who was standing idly by.

The mechanic, however, had to have three stitches in his forehead.



www.catholiccartoonblog.blogspot.com

Bob: "Well, Lent is almost here so I guess I'd better think about what to do this year."

Bill: "What bothers you the most that you think you should give up?"

Bob: "My tummy is so big that I'm embarrassed by it."

Bill: "Have you tried to diet?"

Bob: "Yes, but whatever colour I use, it still sticks out."



"Don't step on it. It makes you cry."