

St James Anglican Church

Newsletter – March 2020

from Reverend Kerri....

Be intentional. Stick with it.

This Lent I set myself—and invited you to join as you're interested and able—a fairly sizeable (to me, at least!) Lenten discipline.

It came out of both my love of buying books and also my failure to read said books which are piling up. I'm not getting any smarter, more insightful, or entertained from the growing piles around my place! And so was born a new discipline.

But it is actually more than that. It stems from the same thing that got me off my butt and back to the gym with actual commitment. I read Rachel Hollis' book "Girl, Wash Your Face" about a year ago. It's about the lies we tell ourselves and how to end them. In particular, she writes of the promises we make to ourselves, such as "I'll start tomorrow" and the impact they have on us. In short, when we break the promises we make to ourselves, we start to believe we're a quitter, we're not living up to our potential, we've failed...and that becomes our inner voice. And if we create patterns of breaking promises to ourselves, why would anyone else trust the promises I make to them?

She writes: "Stop quitting on yourself! Stop saying that you'll start tomorrow... start right now, this second. Stop talking yourself out of chasing your goal and start speaking possibility into your life. Stop showing up for everyone else and never showing up for yourself. What if, just this once, you stuck with it? What if, just this time, you don't break a promise you make to yourself? Not out of punishment or penance for all the times you've fallen off your goals, but because you are worthy and deserving of good things and the only way you'll understand that truth is if you follow through on your personal commitments."

And so this Lent I invite you to hold this notion in mind. Whether you've decided to give something up, take something on, meditate or pray daily, learn to be silent, or read five books in five weeks.... Remind yourself that you've made this promise to yourself in front of God. And lean in. Even more, if you fall off the wagon, don't lose time beating yourself up. Don't give up entirely. Dust yourself off and get back on!

What if for these forty days, for "just this once, you stick with it?" And you love yourself through both the struggles and the joys of the experience.

Be well,

Rev. Kerri

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April 5 – April 12, 2020

Come and join us for Holy Week services:

Palm Sunday - Sunday April 5

8:15 am Blessing of the Palms & Holy Eucharist

10:00 am Palm Procession, Passion Gospel & Holy Eucharist with Kids' Club

Maundy Thursday – Thursday April 9, 7 pm
Foot/Hand Washing, Holy Eucharist & Stripping of the Altar

Good Friday – Friday April 10, 10:30 am

Easter Sunday – Sunday April 12

6:15 am Sunrise Service

8:15 am Sunrise Service of New Light & Holy Eucharist

10:00 am Holy Eucharist with Kid's Club

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Up and Coming...

Please see [calendar](#)

March 2	Women's Prayer at 7pm
March 4	Lenten Book Study (<i>Searching for Sunday</i> by Rachel Held-Evans)
March 10	ACW Meeting at 7pm in Tomkins Hall
March 11	Lenten Book Study (<i>Accidental Saints</i> by Nadia Bolz-Weber)
March 16	Women's Prayer at 7pm
March 17	Parish Council at 7pm in Tomkins Hall
March 18	Lenten Book Study (<i>Fatty Legs</i> by C. Jordan-Fenton & M. Pokiak-Fenton)
March 21	Men's Breakfast 8am in Tomkins Hall
March 22	Congregational Workshop #1 11:30am in Tomkins Hall. <i>Details below.</i>
March 25	Lenten Book Study (<i>Seven Fallen Feathers</i> by Tanya Talaga)
March 27	Senior's Lunch from 11:30am to 1pm.
March 27	Jr. Youth Meet 6:30 – 8:30pm in Tomkins Hall
March 28	Indigenous Relations Circle 12 – 2pm in Tomkins Hall
April 1	Lenten Book Study <i>Raise Your Voice</i> by Kathy Khang)

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Congregational Workshop

As Rev Kerri and Ron Brophy mentioned at Vestry, they will hold a congregational workshop to refocus on parish priorities.

In 2018, Ron led a parish survey, the results of which led to a number of priorities. With the subsequent transition between clergy, those priorities were understandably put on hold. We would like to return our attention to those priorities to assess a) whether they remain relevant, b) if any new priorities have emerged. We would also like to encourage congregational involvement in this process so we share a vision and direction for 2020. As such, you are invited to:

Congregational Workshop #1 - March 22, 2020:

(Plan for 90 minutes - 11:30am-1:00pm)

- We will present an overview of 2017 Parish Survey results, including summary of St. James Strengths & Weaknesses.
- we will present the Life Cycle of Organizations Model and St. James position on it.
- We will share key parish priorities agreed to at Parish Council in Jan 2018.
- In small groups we will discuss priorities to agree, add, change, etc.
- We will wrap up in plenary to share and record ideas on priorities, with our next steps in timeline.

Gifts to the Community...

Valentine Boxes for Nelson House Women's Shelter

Valentines bags were delivered to nine women at a local



women's shelter on February 14th. The bags contained a bathrobe with matching slippers, shampoo, conditioner, toothpaste, toothbrush, lip balm, soap, chocolates, a folding fabric shopping bag and a card from the St. James Anglican Church Women (ACW).

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Jr Youth Group

The Jr Youth group will meet again on **March 27, 630-830 p.m.** in the church hall. We're going to watch a movie (tbd). Supper and popcorn will be provided. If the youth wish to invite a friend, the more the merrier!

Opportunities to Give...

Memorial or Thank Offerings for Easter

If you would like to make a memorial, thank offering or a donation towards the Easter flowers in the church, please sign the flower chart at the back of the church by **Sunday, March 29th.**

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Bishop's Purse

As you know, Bishop John is retiring shortly. The Episcopal election is scheduled for March 14 and the consecration of the new Bishop scheduled for May 31st. Each parish is being invited to contribute a purse for Bishop John and his wife, Catherine, as a way of expressing our collective gratitude for 13 years of dedication to this diocese as our Bishop. The purse will be presented to Bishop John and Catherine at a diocesan reception on March 28. If you would like to contribute to the purse, please bring your cash or cheque (**made payable to "All Saints Westboro" with "Bishop's Purse" on the memo line**) to the office or see Rev Kerri on Sunday after church **by no later than March 8th**. (*Please note these gifts are not tax receiptable.*)

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St James' Photo Directory – Help Required.

It has been five years since our last parish photo directory was created. If you are interested in taking a lead (or co-lead) on this project, please speak with Rev Kerri.

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Indigenous Relations Circle

The Indigenous Relations Circle aims to advance Reconciliation as a Spiritual Practice with activities under four themes: Self-Awareness (Education), Acts of Healing, Social Justice, and Self-determination. See <https://www.stjames-manotick.ca/indigenous-relations-circle-ministry/> for details.



The theme of the IRC meeting in February was Honouring the Land. With 12 people in attendance, including some members of Manotick United, the discussion was lively! We discussed the verbal land acknowledgement that will be soon be added to our Sunday service. We are realizing that there are layers to the land on which we gather. Check it out at <https://native-land.ca/>

We also discussed the ongoing situation at Wet'suwet'en which has been in the news, and have started a letter writing campaign to express solidarity. A recent solidarity statement was supported by the National Indigenous Anglican Archbishop and the Reconciliation Animator for the Anglican Church of Canada. Check it out here [solidarity statement](#). If you would like to join our letter

writing campaign, please contact Sharla through the office.

We have a number of great events planned for the year including participating in Rev. Kerri's Lenten book study featuring two Indigenous authors; an Indigenous Healing Circle May 3 and the KAIROS Blanket Exercise on May 23. Mark your calendars and please contact the office to sign up for the Lenten book study.

The next potluck and meeting of the IRC is on **March 28, from 12-2 pm**. All are welcome! If you would like to be added to our mailing list, please contact Sharla through the Office.

About Us...

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In case of a pastoral emergency contact Rev. Kerri at 613-875-4210

If you have any questions regarding items in our newsletter
please call or e-mail Sam Hills at the church office,
Tues – Thurs, 9 a.m. – 4 p.m.
613-692-2082 or office@stjames-manotick.ca