



THE LINK

APRIL 2017

W HERE IS SHE NOW?



Michelle escorted by her father

(See Page 15)

LOOK INSIDE:

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From the Pastor's Desk:

“But [God] gives more grace. That is why scripture says God opposes the proud but shows favor to the humble.” ~ James 4:6

Grace is unearned love, but that doesn't mean it's easy to live out. I've been using stories from Callahan's book *Living in Grace* to explore this topic at the heart of what we Christians believe. However, as I write this, I'm on a pilgrimage to Israel, the land where grace was made known to us in Jesus Christ. Even here, I notice how difficult it is for humans to actually live in grace. No matter our religion or background, there is often a vast difference between what we understand to be true, and how we live our lives.

I saw this in the Church of the Holy Sepulcher.

There, we can find the traditional site of Golgotha, though it's covered in décor so that I could only touch the rock through a small hole under the altar table.

There, we can also find the *Edicule, the tomb, where His body was laid. The mountain the tomb was carved into had been removed 1700 years ago. It was replaced with an ornate structure built around the tomb's limestone walls. Those walls are still visible through a window installed after the recent renovation. And no, there is no one in the tomb; Christ is risen indeed!

In that place of holy sites, the people within whom Christ lives, struggle with how to honor Him best. Since the great divide between Catholic and Orthodox, three streams of the church have grappled over custody of this holy site.

It plays out in different ways. One of the mornings I was there, I could hear the organ playing from the Catholic service on one side, while at the same time there was chanting from the Orthodox side. Shortly after this, the great bells in the tower pealed as the Armenian procession made its way into the church. Was grace there? On another occasion, I was about to enter the edicule when one of the caretakers said, “stop!” making the sign with his hand. “Service,” he explained before he turned around and entered the tomb. Now, most Israelis I've met don't bother with pleasantries, though they are very helpful and generous if asked. So, I didn't get too offended by the custodian's gruff demeanor. As I stood watching, I could make out discussions about who had their turn on that day and whether candles should be lit and how many. In all of this, was there grace? In both these cases, I think the answer is “yes, but...”

In the first example there is grace as each group is given room for their expression, in their own way, whether it be bells, by organ or chanting. But, it was messy, and awkward and required participants to both focus hard on their own expression, and tolerate the expressions of others. I wonder if this was made possible by remembering the psalmist words about making a joyful noise to the Lord, or Jesus' example of grace. Yes, grace was present, but it was messy and difficult. Isn't it always?

In the second, there was grace in cooperation. Yes, there was discussion between officials from different streams, and yes, there wasn't always agreement. Sometimes one would have to defer to another,

(Continued next page)



LENT DEVOTIONAL

Presbyterian College, Montreal has put out a Lenten devotional with daily readings, reflections and prayers. The devotional will be available on our church website, standrewsvictoria.ca There will also be a link to request a daily email of the devotional materials. You may also use the link below:

<http://www.presbyteriancollege.ca/2017/01/lent-devotional-2/>

If you do not have access to a computer, please contact WHITNEY in the Church Office for a printed copy of this excellent material.

Submitted by Rev. Jeremy

(From the Pastor's Desk, continued):



“Ok, go ahead and place four candles, not three.” Sometimes, negotiations were needed, “We *agreed* the Franciscans were using it today.” I wonder if this was made possible as they remembered the sacrifice at the centre of that building. Or how in Gethsemane, Jesus deferred His own wishes and became willing to sacrifice, all for the joy of you and me becoming His family. Or, by remembering the lengthy discussions and collaboration that took place in the infant church, with the result being that Gentiles like you and me could be welcomed too.

Grace, is unearned favor. Since we didn't earn it, we may think it's easy too.

Grace is anything but easy.

If we're to show it to each other, it will require a willingness to get messy and awkward; it will demand tolerance and a commitment to cooperation. It will require sacrifice.

In the next weeks, St. Andrew's is journeying together to the cross and the empty grave. In the next month, we are coming through a season that has been difficult for so many of us. As we do both of these, I pray our church may be a place that is willing to show grace. May we confront rumor through discussion and negotiation. May we become willing to get messy and feel awkward as we seek clarity from the people at the heart of the

issues. May we offer to each other tolerance and a commitment to cooperation so we can become a place known for taking the less-easy-road that grace is.

Then, Christ will be seen in us. For He's not in the Edicule in Jerusalem.

He is in us. O, what grace!

Rev. Jeremy B. Ellsmith

**Editor's Note: Wikipedia -The tomb is enclosed by the 18th-century shrine, called the Aedicule (Edicule).*

April 2017

Our elders have been inviting us to pray together. If you have items you would like included, please write to Pastor Jeremy: revjeremy@standrewsvictoria.ca or by talk/text (250)415-2226.



"I have so much to do that I shall spend the first three hours in prayer" – (attributed to) Martin Luther

"Be joyful in hope, patient in affliction, and faithful in prayer." Romans 12:12

Please pray for...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						All those with Birthdays and anniversaries in April.
2	3	4	5	6	7	8
Christian Education volunteers and all teachers.	People in hospital and those who visit them.	Bless all who visit St. Andrews at Open Church and the recital (tomorrow)	People taking part in the ecumenical Lenten study.	That we may sense God's presence during the Lenten Season	Our neighbors in need and the St. A's team serving them breakfast on Saturday	Compassion and courage to welcome and care for strangers in need.
9	10	11	12	13	14	15
Those involved in music ministry who give of their time and talents.	Farmers in Malawi improving harvests with help from PWS&D.	For the volunteers and participants of the Hymn Sing Hour	Peace for those who are suffering in the midst of conflict.	PWS&D partners in Syria distributing crucial aid.	The hope and promise to overcome discouragement and sadness.	Thanksgiving for the gift of resurrection.
16	17	18	19	20	21	22
Our minister and church staff.	Those who volunteer to count the offering.	Wisdom for elders who guide and decide for St. Andrew's.	Church volunteers who help with funerals and special services	All who are grieving the loss of a loved one.	All those with health concerns (mental and physical)	We celebrate God's gift of creation!
23	24	25	26	27	28	29
Youth, children and young families.	All our volunteers! (National Volunteer Week)	The words to invite people to know God in fellowship with believers.	Indigenous ministries all across Canada.	For The Korean Church in Japan (a PCC partner church)	Thanksgiving for the renewal we see in spring-time.	Political leaders in Canada and around the world
30						
Canadian and International Missions of the PCC						

IN LOVING MEMORY

JOYCE JONES**March 15, 2017****BILL IRWIN****March 23, 2017****MILDRED BARCLAY****March 27, 2017**

And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain....

Revelations 21:4

**2017 COMMUNION DATES**

April 14 - Good Friday

April 16 - Easter Sunday

June 4 - Pentecost

October 1 - World Communion Sunday

December - TBA

**OPEN CHURCH**

Session has approved communion to be served both on Good Friday and Easter Sunday for these two Holy Week services. Hosting noon time Open Church events from 11 a. m. to 1 p. m. during Holy Week will both help to advertise these services as well provide good exposure for our church.

*An **urgent request** is thereby sought for volunteers to sign up.*

A list is on the Kirk Hall wall beside the stairway outside the Church Office. You could phone the office at 250-384-5734 or email Whitney at office@standrewvictoria.ca to have your name added.

We should have at least 3 people for each day. Dates for Open Church during Holy Week are between Palm Sunday on April 9th and Easter Sunday on April 16th. We will not need Open Church volunteers on Friday April 14th because of our Good Friday service. On Good Friday you may wish to come and take part in our Good Friday Communion Service.

Submitted by Bruce McCowan



PRAYER CORNER

This month, as we journey to the cross and the empty grave, I invite you to offer prayers for reconciliation and peace. I stood on Israel's northern border with Syria and listened to the tale of the 1973 Yom Kippur war, even as shells could be heard exploding in the distance. While on pilgrimage, I heard of ancient conflict and massacres, and was reminded that our world is not that different. We are not that different. Would you pray with me for peace, between our lands, between tribes of all kinds, between individuals and within ourselves. May he who spoke peace to the wind and waves (Mark 4:39) be heard speaking to us.



To get us started, I offer some written prayers. This month, take time to pray these slowly, and intentionally. Let the Spirit of God who prays with words that cannot be uttered (Romans 8:26), pray through you as you whisper these words. After all, "the prayer of the righteous is effective and powerful (James 5:16)."

Peace and Justice

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
We come before you, Lord,
crying out in a violent land,
crying for peace.
Conflict is tearing people apart.
Our brothers and sisters suffer around the world.
We share their pain.
As refugees search for a home in foreign lands, guide them.
As world leaders try to dialogue peacefully, give them wisdom.
As strangers knock on our doors, help us to welcome them.
You are the Almighty, the Prince of Peace!
Give us hope for tomorrow.
May your peace flow like a river through a dry land.
Amen.

—Erica VanEssendelft, Office of Social Justice, Christian Reformed Church

Celebrating God's Image in All People

Creator,
We praise you for creating humankind with a wonderful variety of bodies
that have a staggering array of abilities.
Forgive us for taking our own abilities for granted
abilities like climbing steps, seeing, hearing, singing,
speaking, lifting a child, and walking a dog.
Forgive us for failing to use well the abilities you give us.
We don't listen to the young man with autism who has something to say.
We tell the young woman with cerebral palsy that she is not welcome to join the choir.
We choose not to visit the old woman with dementia because we assume she won't remember.
We think the man with Down syndrome is disrupting the worship service
when all you hear from him is praise.
Forgive us.
God, you keep giving us second chances through your Son, our Savior.
Likewise, teach us to be gracious people who see your image in each person.
Teach us to celebrate and encourage the gifts you have given to each of us.
In the name of Jesus, Amen.

—Mark Stephenson, Disability Concerns, Christian Reformed Church

(Continued next page)

Image of God Litany

Created in Your image we spill coffee.

Created in Your image we lose our memories.

Created in Your image we lose our reasoning skills and imagination.

Created in Your image we lose our emotional and relational skills.

Created in Your image we are injured by accidents.

Created in Your image we do not hear or see or speak.

And yet, You call us beloved.

Your name creation blessed.

In our vulnerability we are created in Your image.

And yet we are more than these, as You are more than vulnerability.

In our community with one another is our strength.

Created in Your image we have one another to clean up the coffee

and to tell the stories that we forget.

Created in Your image we trust one another and You

to remember to whom we belong.

Created in Your image we have You to behold in wonder and awe.

—*This litany written by Jeanne Tyler originally appeared at crcna.org/pages/disability_iglitany.cfm*

A Prayer of Indigenous Peoples, Refugees, Immigrants, and Pilgrims

Triune God, Father, Son, and Holy Spirit,

we come before you as many parts of a single body.

people drawn from every tribe,

every nation, every language;

some indigenous—peoples of the land;

some refugees, immigrants, pilgrims—people on the move;

some hosts, some guests, some both hosts and guests;

all of us searching for an eternal place where we can belong.

Creator, forgive us.

The earth is yours and everything that is in it.

But we forget.

In our arrogance we think we own it.

In our greed we think we can steal it.

In our ignorance we worship it.

In our thoughtlessness we destroy it.

We forget that you created the earth to bring praise and joy to you.

That you gave it as a gift,

for us to steward,

for us to enjoy,

for us to see more clearly your beauty and your majesty.

Jesus, save us.

We wait for your kingdom.

We long for your throne.

We hunger for your reconciliation,

for that day where people from every tribe and every tongue

will gather around you and sing your praises.

Holy Spirit, teach us.

Help us to remember

that the body is made up of many parts,

each one unique and every one necessary.

Teach us to embrace the discomfort that comes from our diversity

and to celebrate the fact that we are unified, not through our sameness,

but through the blood of our Lord and Savior, Jesus Christ.

Triune God, we love you.

Your creation is beautiful.

Your salvation is merciful.

And your wisdom is beyond compare.

We pray all this in Jesus' name. Amen.

—*Mark Charles. This prayer appears in the hymnal *Lift Up Your Hearts* (#270), available at FaithAliveResources.org.*

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~A VIEW FROM THE PEW~
Confident prayer – relying on the
 all-sufficiency of God

It is safe to suggest that all of us would agree that our lives are filled with uncertainty, and that invariably leads to anxiety, worry, and at times – fear as to what the future will bring. Whether it is health, job security, relationships, family, finances or any one of the myriad of potential

problems that we confront in our lives, it is the uncertainty of what lies in store for us that often brings us to our knees. Sometimes that means that we collapse with worry, but most often, that means we turn to God in prayer.

But when we do, we come to God with a beggar's prayer – "Please do this for me, or please do this or that". It is natural for us to pray like that because we are asking for a favour from God to intervene in our misery. But in so doing we forget that Christ is all-sufficient and already knows our every need. Once we understand that, we will realize that we do not ever need to ask God to "Please do something". We will be able to trust that God already knows our need and is dealing with it. Instead we need to in all things say "thank you".

Let us examine how Jesus prayed. According to Charles Price, lead pastor of the People's Church in Toronto and an internationally known evangelist and bible teacher, never once did He say please. He always said "thank you". John Chapter 6, records the miracle of feeding of the 5000. We read in Verse 23: "*Then some boats from Tiberias landed near the place where the people had eaten the bread after the Lord had given thanks.*" Later the next day, John says that "Some boats from Tiberias landed near the place *where the ...Lord had given thanks.*" It is interesting to note that the reference is to "where the Lord had given thanks – not to where He fed the 5000. And hopefully we will find that is a very wonderful key to experiencing God simply by a disposition that says "Thank You", which by definition, is a disposition that passes the responsibility to Him. "Thank You", places dependence on Him. Remember that Jesus had earlier said that He could do nothing by Himself, and that in effect everything He did was through His Father. Well, that is exactly what He did in this situation – He simply transferred the responsibility to His Father. He gave thanks. He depended on- and trusted in- His Father's capability to do what was needed in the circumstances. It was a confident prayer of thanks in advance of the result, trusting in the all-sufficiency of His Father.

But this is not the only occasion that the Bible mentions that Jesus gave thanks. In Matthew 15 we read about the feeding of the 4000 with seven loaves and a few fish. Again we read that he first "gave thanks". He passed the responsibility to his Father.

Similarly, in John 11 we read about the raising of Lazarus from the dead. He stood in front of the tomb and He said, "Father, I thank You that You hear Me." He didn't say, "Father, I have a real request to make at this moment. Martha is upset and Mary is sad. Please, would You raise him from the dead? Please?" No, He just said, "Thank You". Thank You. Whatever You want to do is Your business but I thank You. You are sufficient for this.

In the prayers of Paul in his letters recorded in the New Testament he prays a number of times – **he** never once says "Please"; he always says "Thank You." "Give thanks," he says. Never once in the Psalms do they say, "Please will You do this and please will You do that." Paul says, "Thank You" - all the time – "Thank You, Give thanks." **You see "please" is the language of a beggar; it's the language of uncertainty. "Thank You" on the other hand, is the language of confidence; it's the language of trust, it's the language of faith. "Thank You."**

In the Upper Room the night before He was crucified, Jesus took bread at the end of the meal, and said, "This is My body; it is broken for you." It says, "And He gave thanks." He took a cup and said, "This is the blood of the New Covenant in My blood which is shed for you." And He gave thanks. Thank You Father - I can trust You in

(Continued next page)

(A VIEW FROM THE PEW, continued):

this. Because you see, when we give thanks, we express two things: Number one, a complete and utter dependence on God – and Secondly, His complete and utter sufficiency in everything. Whatever it is, we entrust to Him. So “Thank You, I am inadequate. Thank You; You are adequate. I am passing the responsibility to You.”

And it is being thankful that is the key to activating God in our lives. Whatever the situation is in our lives, we must present the situation to God with thanksgiving. Anything and everything is included. We bring the issue and say, “Thank You.” And when we learn to say “Thank You”, we pass the responsibility to God and His will shall be done. When we pray in this manner, we do so with the confident expectation that God will take on the responsibility and we live in dependence on Him. When life’s troubles assail us, let us remember to pray with expectant confidence in the all-sufficiency of God.

Submitted by Dirk Ryneveld

(Prayer Corner, continued from Page 7):

Unity of All

Hanto Yo

(Hanto Yo means “clear the way” in the Lakota language of the North American Plains.)

God of surprises,
 you call us
 from the narrowness of our traditions
 to new ways of being church,
 from the captivities of our culture to
 creative witness for justice,
 from the smallness of our horizons
 to the bigness of your vision.
 Clear the way in us, your people,
 that we might call others to freedom
 and renewed faith.
 Jesus, wounded healer,
 you call us
 from preoccupation with our own histories and hurts
 to daily tasks of peacemaking,
 from privilege and protocol
 to partnership and pilgrimage,
 from isolation and insularity
 to inclusive community.
 Clear the way in us, your people,
 That we might call others to
 wholeness and integrity.
 Holy, transforming Spirit,
 you call us
 from fear to faithfulness,
 from clutter to clarity,
 from a desire to control to deeper trust,
 from the refusal to love to a readiness to risk.
 Clear the way in us, your people,
 that we might all know the beauty and power
 and danger of the gospel.

—Gwyn Cashmore and Joan Puls, *From One Race the Human Race: Racial Justice Sunday 2003*, published by Churches Together in Britain and Ireland:

Easter Sunday



April 16 ~ 10:30 am

An all ages service celebrating
 Christ's resurrection

CHRIST IS RISEN!

Holy Week



Palm & Passion Sunday

April 9 ~ 10:30 am

The Servant King enters Jerusalem
and our lives.

Maundy Thursday

April 13 ~ 7:15 pm

At Knox Presbyterian Church.
2964 Richmond Rd.

Commemorating Christ's last supper.

Good Friday

April 14 ~ 10:30 am

Remembering Christ's crucifixion.



MEN'S SATURDAY BREAKFAST

**Saturday,
April 22, 2017**

Our April breakfast will be held on the 4th rather than on the usual 3rd Saturday of the month so as not to conflict with Open Church on the Saturday before Easter.

Wishing you a special Holy Week. Hope to see you for breakfast, fellowship and a seasonal devotion at the usual time from **10 to 11 a. m.**

and in the usual place **Café Bon Appetit**,
5th floor of the downtown Bay Center overlooking the
inner harbour.

Bruce McCowan: [250-881-5155](tel:250-881-5155) or
email: brucemccowan@ymail.com



NOTE FROM THE OFFICE:

**Please! Confirm with the OFFICE for
ALL ROOM AVAILABILITY
and SCHEDULING!!**

Editors' Note:

*Reviews and submitted articles are the
personal opinions of the writers and do not
necessarily reflect the opinions of the minister, Link editors or the
Presbyterian Church in Canada.*

The oldest computer can
apparently be traced back to the
time of Adam and Eve.
It was an Apple.
But with extremely limited
memory.
Just 1 bite.
Then everything crashed.

Building Sustainable Livelihoods in Malawi – a Lenten Stewardship Project

Helping support the people of Balaka, Malawi

Many charitable programs have supported this area in Africa for a number of years. The infrastructure and government support continues to improve but they have been struggling with the impact of El Nino events for the last two years.

The people of the township of Balaka Malawi have been hard hit with no rain to grow their crops. They have reached the point of food insecurity; all food supplies have been eaten, the seed to plant has been eaten or is planted and not productive. This is an agricultural based, poor community needing help to survive. The Canadian Foodgrains Bank in partnership with PWS&D and the United Church of Canada is providing emergency food items to 3470 households in the Balaka township for the next five months. This includes seeds to start planting for the next season.

If you would like to support this project through Lent please come to the Kirk Hall after the service from now until Easter and have a look at the information about the Balaka Township. You can make a donation at the table or through your envelope or by cheque marking it 'Balaka Malawi' in the "memo" section of the cheque.



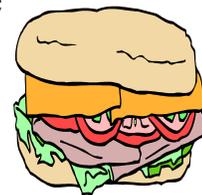
A picture of a corn cob will be added to the display on the pulpit for each \$5 donation. Let's show our love and support for the people of Balaka Malawi.

All donations are matched by the Government of Canada for this project.

Your Mission and Outreach Committee ☺

Bunwich Coordinator.....is that You?

We are now looking for a Bunwich coordinator. It may seem like a daunting proposition since Jean made it look effortless. But as you know, at St. Andrew's there are always people around that will lend a helping hand. Please think and pray about this service opportunity. Is this something you would like to do? Do you have some ideas about the Bunwich?



If you do, please email or talk to Sabine Teetzel (steetzel@telus.net) or Colina Titus (colina.titus@gmail.com).

Let brotherly love continue. Do not forget to entertain strangers, for by so doing some have unwittingly entertained angels.
Hebrews 13:1-2



**David McLean
admiring the organs
in the Mosque-Cathedral
(Mezquita)
in Cordoba, Spain**



**FIRST SATURDAY OF THE MONTH
7 - 10 p.m.
KIRK HALL**

Since March, Rev. Vincent Tan, minister of the Chinese Presbyterian Church brought several inter-generational members of their congregation to play badminton and indoor curling in our gym.

Rev. Vincent has invited members of St. Andrew's to join with them. They

have our gym booked for the 1st Saturday of most months. It is a great opportunity to promote individual fitness and fellowship for all participants.

It is also a great opportunity to widen our Christian relationships and resources. Such interactive and intergenerational participation will be a win/win for all.



Submitted by Bruce McCowan

Pizza and Games Night

April 22, 2017



Due to popular demand
Games Night is back!

Please save the date. More
details to follow.

HYMN SING!! Come and offer your voice to the Lord in worship, praise, joy and thankfulness with others from Victoria Presbyterian churches and the community.

Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: come before his presence with singing. Psalm 100: 1, 2

Dave Rogers accompanies on the piano while we sing together and ask for favourites. We meet the

2nd and 4th Tuesday evening of *each month* at **7 p.m. in the Kirk Hall**

(or in the Sanctuary if the Hall is busy).

ALL ARE WELCOME!!

Contact the **CHURCH OFFICE** for more information.

*Free Parking in City Parkade
under the Broughton St. Library*

Usher Teams

APRIL: Peter L., Bruce W., Joel H., Anais H., John W., Jerry V.

MAY: Bruce M., Elizabeth B., Kellie S., Colina T., Shelley B., Alistair G.

Nursery Schedule - *subject to change*

April 2: Mary D., Ardath S.

April 9: Debra V., Ardath S.

April 16: **EASTER SUNDAY** (Nursery open for use)

April 23: Paula M., Saul P.

April 30: Sabine T., Ted T.

May 7: Anais H., Ardath S.

RUN WITH GOD RUNCLUB
Finding God in a Runner's Space

The Run for God - Run Club is a community of like-minded runners and walkers from all over the world who use the sport of running to share the love of Christ.

RUN WITH GOD

Run with God continues to meet each Monday at 1:30 pm, Wednesday at 4 pm, and Saturday at 9 am. We meet on Mondays for the study but head out on all three days walking and running ... everyone decides their own pace and we "run the race that is set before us".

We welcome all ages and abilities so if you'd like to join us don't hesitate to contact me by email: RunWithGod@shaw.ca or phone 250-881-5155.

If you would like to be on our email list, let me know and each week you will get notification of what we are doing and where we will be going.

We would love to welcome any newcomers. We are a small group and it is a great way to get to know each other better. You don't need to commit to all three days ... some people are only able to join us on one of the three times.
Come as you are able.

Christian Education News

Children's Library Books for Lent and Easter

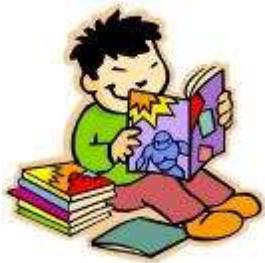
In January, the books in the children's library collections were rotated to correspond to the season and Sunday school curricula. In early April, after another "rotation", many of the books presented in the nursery and on the "bookmobile" will be related to Palm Sunday and Easter. As well, a large selection of illustrated children's Bibles will be available.



The Children's Borrowing Library has 3 branches, and a "bookmobile". Children and adults can sign the books out at all four locations. The main collection is upstairs in the Kirk Hall, Room 201, home of the elementary Sunday school class. As well, books can be borrowed from the nursery, the senior classroom (the Cabin...room 205), and from the "bookmobile" located at the Courtney Street entrance. Books are "refreshed" seasonally, so that the books in the nursery and on the bookmobile reflect the elementary class curriculum and the season.

The books are borrowed on the honour system, and families are encouraged to return the books in a timely manner. As well, there is no limit to the number of books that can be borrowed, even if you have forgotten to return books borrowed previously. You are also welcome to take the books on trips when visiting younger family members who live out of town. There is no such thing as an overdue book!

Many of the books have been donated to St. Andrew's by 1000 X 5, a book-recycling project run by retired teachers and administrators who wish to promote literacy, but who provide books to families of unknown faith traditions. Therefore, Christian books are passed on to churches and to Christian families. If you know of another congregation who would like to have some gently used children's Christian books and if you can be involved in delivering them to a member of the other church, please contact Dianne Penner.



Submitted by Dianne Penner, Christian Education

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- 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 and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

Heard & Seen Around the Church

It was delightful and embracing to see these two fine gentlemen looking so well in church recently.

We were so glad to have you back with us, David Sills and Larry Sainsbury!!

Submitted by Marilyn Bullock



CONGRATULATIONS ON YOUR WEDDING!!



**Michelle
Verwey &
Anderson Tyan**
were married at
St. Andrew's
Presbyterian
Church on
Saturday,
March 18th.

Dr. Glynis Williams from Toronto officiated at the ceremony. **Michelle**, daughter of **Tjeerd (Jerry) and Debra Verwey**, grew up in Victoria and attended St. Andrew's for many years. **Michelle and Anderson** now live in Saskatoon.

Children's Page—PALM SUNDAY/EASTER WORD SEARCH PUZZLE

See if you can find these seasonal words in the word search. You can find out more about Palm Sunday and the Easter season by reading the many books and children's Bibles provided in our youth and children's borrowing libraries. Most of the Easter books will be displayed in the Nursery and on the Bookmobile so that you can borrow them when you are on your way home. If the Bookmobile is "missing" it has been parked in the Study Room/Adult Borrowing Library. Just ask someone to assist you if the door is locked.

S	J	O	L	O	E	A	T	O	S	I	B
S	E	L	A	E	I	N	I	G	L	N	H
H	H	S	A	O	T	A	N	G	E	L	S
O	N	E	D	E	F	I	L	E	N	C	N
S	R	V	P	H	K	N	B	I	S	A	W
A	U	E	G	H	T	V	S	I	V	I	O
N	O	I	T	C	E	R	R	U	S	E	R
N	N	L	E	S	P	R	I	R	R	R	C
A	O	E	N	A	A	I	D	B	L	E	B
A	H	B	O	U	L	E	T	R	E	M	E
O	E	Y	T	P	M	E	S	S	O	R	C
H	J	E	S	U	S	V	E	T	E	L	E

RESURRECTION
KING
ALIVE
EASTER
BELIEVES
LIFE
ANGEL
CROSS
CROWN
PALMS
EMPTY
STONE
HONOUR
HOSANNA
JESUS
LORD
RISEN
REBIRTH
TOMB
SHEPHERD



Jesus said, "I am the resurrection and the life. He who believes in me will never die."
John 11:25-26