



*Wild Turkeys do the two step, Pembroke, Ontario
Photo by Christopher Dunn*

COVID-19 Guidelines

We are aware that many are worried about the **COVID-19 situation**. The Bishop has sent out guidelines to the Diocese and you can read the full information at:

<http://www.ottawa.anglican.ca/index.php/news/post/5/bishop-s-letter-and-guidelines-novel-coronavirus-covid-19>.

Please be aware that we are monitoring the situation, but keep the following in mind:

1. **Wash your hands** thoroughly and frequently. Use soap and water; use hand sanitizers when washing with water is not available.
2. **If you are ill, please do not attend church.**
3. **Hand-to-Hand contact is discouraged**, for greeting, for the exchange of the peace, as well as at other times. Please acknowledge the other person, bow towards them at the exchange of the peace, but do not make contact.
4. **Communion in one kind**, usually the bread only, is full communion—this is always an option if you do not want to receive wine from the Chalice.
5. **Address your fears** and prejudices about COVID-19 and people who are infected.

Saints Alive!

Weekly News from All Saints' Westboro

Third Sunday of Lent

March 15th, 2020

This Week

Today	11:15 am 4:30 pm	Sundays in Lent with Adam Celtic Vespers	Chapel Church
Monday	10:00 am to 1:00 pm 12:00 pm to 1:30 pm	Food Bank Chapel Open	Chapel
Tuesday	7:00 pm	Doctrine of Discovery	Rm 7/8
Wednesday	10:00 am 9:30 am to 2:30 pm 10:00 am 12:00 pm to 1:30 pm 1:30 pm 3:00 pm 7:30 pm	Eucharist New-To-You Shop Quilters Chapel Open Lenten Bible Study Worship Committee Reading Circle	Chapel Chapel Chapel Chapel Chapel Chapel
Thursday	12:00 pm to 1:30 pm 5:00 pm to 7:00 pm 5:30 pm to 6:30 pm 7:00 pm	Chapel Open Food Bank Centering Prayer Choir Practice	Chapel Chapel Chapel Rm 7/8
Friday	12:00 pm to 1:30 pm	Chapel Open	Chapel
Saturday	9:30 am to 2:30 pm	New-To-You Shop	

Today

Sundays in Lent with Adam

Today, at 11:15 a.m., in the Chapel

One of the most ancient ways of both expressing and learning from our faith is through liturgy. Join Adam in exploring the different parts of the liturgy we celebrate week after week! We will see how our words, songs, actions, and even our buildings are expressions of our common faith, and how they connect us to our ancient roots and our future. The exploration will continue on Sundays, March 22nd and 29th.

Celtic Vespers

Today, 4:30 p.m. (preludes at 4:15 p.m.), Chapel

This beautiful service of readings, prayer, and music is built around a theme of Celtic spirituality which uses music as a way straight to

the heart. We are privileged to have Rare Blend, a group of a cappella women's voices, and Duly Noted, a recorder ensemble, to enhance the worship. Come along for refreshment for the soul ending in a cup of tea and slice of soda bread.

Growing Saints

Church School

Today, our Kinders will be with Sarah Levesque in the Common Room; Grades 1-2 will be with Mary Van Leeuwen in Rm 7/8; and Grades 3-6 will be with Sue Wise in Rm 5/6.

March is Servers' training month.

We invite all students who are in their 11th year or older to join Barbara in the chapel during the service today and next Sunday (**March 22nd**), which is when the blessing and commissioning will take place. This is also a time when the senior servers have continued in-service training and a chance to get to know the younger members of the guild.

Easter Baptisms

We will celebrate baptisms at the Great Vigil of Easter on Saturday, April 11th, at 7:00 p.m., and at the 9:30 a.m. service on the Sunday after Easter (April 19th). If you are looking for baptism for yourself or your children, please contact Barbara Robertson through the ASW office (613-725-9487). We will hold Baptism preparation classes during Lent.

Upcoming Events

Doctrine of Discovery

Tuesdays, March, 17th, 24th, and 31st, 7:00 p.m., Rm 7/8

Even if you missed the first two sessions of All Saints' and First United's joint Lenten program: "Doctrine of Discovery," last Tuesday, you are still welcome to participate in the remaining three sessions. On each Tuesday in March, we will see a section of the film, and then we will have a facilitated discussion, in small groups, of that section.

Lenten Bible Study

Wednesdays, March 18th to April 1st, at 1:30 pm in the Chapel

Join Adam for this study, which will take you on a journey through Lent and the issues of our day from a biblical perspective. All are welcome!

Evensong

Sunday, March 22nd, at 4:30 p.m., in the Chapel

Join our Evensong Choir for this service from the Book of Common Prayer.

Movies with Meaning

**Wednesday, March 25th: Dinner at 6:00 p.m. in Steacy Hall
Movie at 7:00 p.m. in the Chapel**

This movie evening is in the middle of Lent. We will, as has been our recent practice, have a simple dinner of soup, crusty bread, and dessert; and we will make a donation to PWRDF on behalf of our group. **The Primate's World Relief and Development Fund** is the Anglican Church of Canada's agency for promoting sustainable development, providing emergency relief, assisting refugees and working for global justice. PWRDF works toward global food security by partnering in local communities with organizations working for change. To learn more about PWRDF and its recent projects, please visit its website at www.pwrdf.org.

The movie for this evening will be ***Woman at War***.

Halla is nudging 50. She leads a choir, keeps healthy with Tai Chi, and lives alone in a cosy apartment decorated with posters of Nelson Mandela and Gandhi. She is also an eco-terrorist, bent on wrecking Iceland's economy and infrastructure. But nobody, outside of Halla's most trusted confidantes, would link the two identities: the mild-mannered music teacher and the shadowy anti-capitalist saboteur who short-circuits power lines with a bow and arrow. This is already a tasty enough premise, but then Halla is forced to question everything she believes in when she learns that her dream of adopting a child is tantalizingly close to fruition.

—from the Bytowne website.

Supper will be served promptly at 6:00 p.m. in Steacy Hall, followed by the movie at 7:00 p.m. in the Chapel. If you plan to come for dinner, please register by contacting the ASW office (613-725-9487 or office@allsaintswestboro.com) **no later than noon on Friday, March 20th**. If you are not able to attend at the last minute, please also inform the church office. There is no requirement to pre-register if you are just coming for the movie at 7:00 p.m.

Purse for Bishop John Chapman

The Diocese is taking up a purse for the Bishop, on the occasion of his retirement, which will be given to him at a Diocesan reception and celebration on Saturday, March 28th, at Christ Church Cathedral. To contribute to the purse, please make your cheque payable to "All Saints' Westboro" and mark on the memo line and envelope "Bishop's purse". This, of course, is not tax receiptable.

New-to-You Shop—Spring and Summer

Our shop needs good, used Spring and Summer clothing, for both women and men. We also need mugs, household dishes, and linens (towels, tablecloths, etc).



You are invited to help build a community of hope throughout our Diocese by supporting

Today 4 Tomorrow

during Lent and Easter. In 2019, Today 4 Tomorrow raised \$300,000 plus. This year, your gift will support people struggling with poverty, first peoples, young people and refugees.

To learn more about Today 4 Tomorrow and the ministries it supports, and to make a donation online, please visit

www.today4tomorrow.ca

Cheques are payable to Today 4 Tomorrow and sent to Today 4 Tomorrow, 71 Bronson Ave., Ottawa, Ontario K1R 6G6.

Thank you for sharing to build a better community for everyone!