



*"I lift up my eyes to the hills; from where is my help to come?
... The Lord will not let your foot be moved" (Psalm 121)
Photo by Christopher Dunn*

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

Second Sunday of Lent

March 8th, 2020

This Week

| Today | 11:15 am 4:30 pm | Sundays in Lent with Adam Taste and See | Chapel Church |
|--------------|---|---|--|
| Monday | 10:00 am to 1:00 pm 12:00 pm to 1:30 pm | Food Bank Chapel Open | Chapel Office |
| Tuesday | 8:15 am 7:00 pm | Corporation Doctrine of Discovery | Rm 7/8 Chapel |
| Wednesday | 10:00 am 9:30 am to 2:30 pm 10:00 am 12:00 pm to 1:30 pm 1:30 pm 7:30 pm | Eucharist New-To-You Shop Quilters Chapel Open Lenten Bible Study Reading Circle | Chapel Rm 7/8 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 Rm 7/8 Chapel |
| 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 15th, 22nd, and 29th.

Taste and See Eucharist

Today, 4:30 p.m., in the Church

Join us for our Taste and See Eucharist next Sunday. What makes Taste and See different? Silence, singing, movement, and a contemplative emphasis. All of us gathered around the table to make the Eucharist happen. All are welcome.

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 for the next two Sundays of March. 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. The commissioning will take place on March 22nd.

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 10th, 17th, 24th, and 31st, 7:00 p.m., Rm 7/8

Even if you missed the first session of All Saints' and First United's joint Lenten program: "Doctrine of Discovery," last Tuesday, you are still welcome to participate in the remaining four 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 11th 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!

Reading Circle

Wednesday, March 11th, at 7:30 p.m., in the Chapel

The book this month is *Moon of the Crusted Snow* by Waubgeshig Rice.

Prayers for the Selection of the New Bishop

On **Saturday, March 14th**, an Electoral Synod will select a new Bishop for our Diocese. The selection will reflect the true will of God only if it is accompanied by prayer at all stages of the process and by all involved. The following is prayer for the week of Sunday, March 8th—for those who will vote in the Electoral Synod

Ever-present God, source of all wisdom and understanding, be present with those who will take counsel in the Synod of this Diocese to elect a new Bishop on March 14th. Teach us in all things to seek first your honour and glory. Guide us to perceive what is right and grant us both the courage to pursue it and the grace to accomplish it; through Jesus Christ our Lord. Amen.

Celtic Vespers

Sunday, March 15th, 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.

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).

BUILDING A COMMUNITY *of hope*

ANNUAL APPEAL OF THE ANGLICAN DIOCESE OF OTTAWA



**TODAY 4
TOMORROW**



Thanks to your generosity in 2019 Today 4 Tomorrow raised \$303,000

In 2020, with your help and generous giving, we will surpass our goal of \$300,000 – reaching out to our community and providing hope for the many people we serve.

Your gifts will provide \$140,000 to the Community Ministries. They are Centre 454, Cornerstone Housing for Women, Ottawa Pastoral Counselling Centre, St Luke's Table and The Well. These five Ministries are known for offering respect, dignity, a sense of belonging and the assurance that somebody cares.

Another \$130,000 will help fund our Outreach Ministries. These four ministries are diverse and do so much to serve so many people: indigenous peoples, people struggling with poverty, refugees and young people.

Participate in our outreach to our community by booking a speaker

The 2020 Today 4 Tomorrow Sundays are
March 1, 8, 15, 22 and 29.
Wrap up Sunday is Pentecost – May 31

Speaker booking: contact Jane Scanlon,
Stewardship Development Director,
613-232-7124, ext. 225, or
email jane-scanlon@ottawa.anglican.ca.

Thank you!

www.today4tomorrow.ca