

BREAD FOR THE SAINTS

All Saints' Westboro

February 9, 2021

ANNUAL VESTRY MEETING

Our Annual Vestry Meeting will be held on Sunday, February 28th at 11:15 a.m. Things will be a little different this year as the meeting will be held over Zoom. Shortly you will receive the Annual Vestry Reports by email. Most of the 53 households that I do not have an email address for will receive the reports through the mail. If you are unable to attend the Annual Vestry Meeting on February 28th, or if you can not attend because it is on Zoom, you will be receiving a voting form that you can send back to Chris. Please watch for this in the next little while.

LENT IN PANDEMIC TIMES

The Rev. Simone Hurkmans

What does observing Lent in pandemic times mean? I saw a meme on my Facebook feed last year around Easter time that said: "that was the lentiest Lent we've ever lented". At that point we had only been in lockdown for a few short weeks. Could this Lent be even "lentier"? If we associate Lent with restrictive fasting, austerity and what we *cannot* do, then certainly this Lent fits in nicely with pandemic times. But if we take Lent as an opportunity for re-centering, for *adding* a spiritual practice or two, then this Lent can be a time of opening up rather than closing down.

I am excited to share with you a couple of such activities to look for during Lent at All Saints Westboro this year. One is a series of three community dinners via Zoom. The first happens on **Shrove Tuesday** as we begin our Lenten journey together with a short dinner liturgy and the setting of intentions for this holy season (see details below). The second will be a **mid-Lent soup and bread dinner**, still via Zoom, to check in and see how our journeys are going. The final will be an **Easter**

celebration meal where we can look back together on our path through the forty days.

The second series of activities is a **Morning Prayer service via Zoom** that I will be offering each Tuesday, Wednesday, Thursday and Friday at 9:00 am throughout Lent. Perhaps you'd like to add something new to your existing morning prayer routine, or morning prayer is new to you and you're willing to give it a try during this Lenten period. I'll be rotating through four different forms of morning prayer, so tune in and see which you prefer. Looking forward to journeying together!



ZOOM PANCAKE DINNER

Tuesday, February 16 at 6:00-7:00 pm

Lent is right around the corner, which means Shrove Tuesday is too! Of course, we would rather be together at church as we normally are at this time of year, but let's make the best of it by gathering together, but apart, over Zoom. Make your own pancakes and join Simone for a short dinner liturgy to mark the start of Lent. We will set intentions for this holy season and have a craft for our youngest Saints. If you do not already have your own traditional family Shrove Tuesday pancake recipe, Julie has kindly offered her own for us to try (see on next page) - it sounds delicious!

GERMAN APPLE PANCAKE

Pancake Batter:

3 large eggs
3/4 cup milk
3/4 cup white flour
1/2 tsp. salt
1 1/2 Tbsp butter

The Filling:

1 lb. tart fresh apples
1/4 cup melted butter
1/4 cup sugar
Cinnamon and nutmeg to taste

Preheat oven to 450 degrees F. Beat together eggs, milk, flour and salt until very smooth. In a heavy 12 " skillet, melt 1 1/2 Tbsp of butter. When pan is quite hot, pour in batter and put the skillet in the oven.

After 15 minutes, lower oven to 350 degrees F and continue baking for another 10 minutes. Should the pancake puff up during the first 10-15 minutes of baking, pierce it with a fork or knife.

Prepare the filling while the pancake is baking. Peel and thinly slice the apples. Sauté lightly in 1/4 cup of butter and 1/4 cup of sugar. Season with cinnamon and nutmeg and cook until apples are just tender (about 8-10 minutes).

When pancake is ready, place on serving dish, pour apple mixture on one side of pancake and fold the other side over. Cut and serve. Makes 2 generous servings.

ASH WEDNESDAY SERVICE

On February 17th we will mark the beginning of Lent with our Ash Wednesday service at **7:00 p.m.** This year the service will have to be done over Zoom and will mean that we do not have the Imposition of Ashes, but we will start off the season of Lent with this very important gathering for prayer and reflection.



SUGGESTIONS FOR LENTEN STUDY

Lent is a period of preparation, when we examine our lives and deepen our relationship with God as we get ready to celebrate Easter. Here are some ideas that you might like to try since we cannot gather this year.

Lent Madness www.lentmadness.org

This is a fun way to learn about the saints of the church – men and women of every era, of every nation and walk of life. Each year 32 saints are placed in an elimination grid. Each day in Lent biographies of 2 saints are posted and people vote for their favourite. At the end, in Holy Week, one saint is awarded the Golden Halo. You can even buy a commemorative mug! Previous winners have included Charles Wesley, C. S. Lewis, Martha of Bethany and Florence Nightingale. From the website, enter your email to sign up for this year's Madness.

PWRDF: The Primate's World Relief and Development Fund supports relief and development around the world. Subscribe to receive daily Lenten reflections and prayers on the theme Creation Care: Climate Action.

<https://pwrdf.org/get-involved/lent2021/>

Praying in Colour - www.prayingincolor.com

Download and print handouts from this website. Fill in a space each day with a drawing, a doodle, a prayer concern, or a thought for the day. A visual and interactive way to focus in prayer.

SPECIAL LENTEN ENVELOPE

This edition of Bread for the Saints includes a special Lenten Offering envelope. If you received this issue by email please consider making an extra donation as a Lenten Offering through your regular envelope giving or by e-transfer.

COLDEST NIGHT OF THE YEAR

On February 20, all across Canada, groups are walking in support of charities working to support the homeless and marginalized. At All Saints Westboro, the families of children and youth have formed a team to walk virtually, but

together in spirit, to raise funds for Cornerstone Housing for Women. We are hoping families will provide pictures of themselves during their walk so that we can create a pictorial diary of our parish's participation. You can support one of the individuals or families, or support the whole team with a financial contribution; you will find the **All Smaller Saints' team**.....

As we enter Lent, we are going to concentrate on ways of "giving", rather than "giving up". A wonderful example of that generosity is the tremendous enthusiasm the All Saints' Westboro families showed by joining up for the Coldest Night of the Year Walk, in support of Cornerstone Housing for Women.

Julie is now delivering 22 craft bags to 16 households. The next delivery is due on the Family Day weekend so the children will be ready to make their Mardi Gras crowns or masks to wear during the Shrove Tuesday supper Zoom. The craft bags will carry through Easter Sunday, including Good Friday. Keep sending Father Chris pictures of your children's craft creations and feel free to contact Julie if you have suggestions resources or presentations.

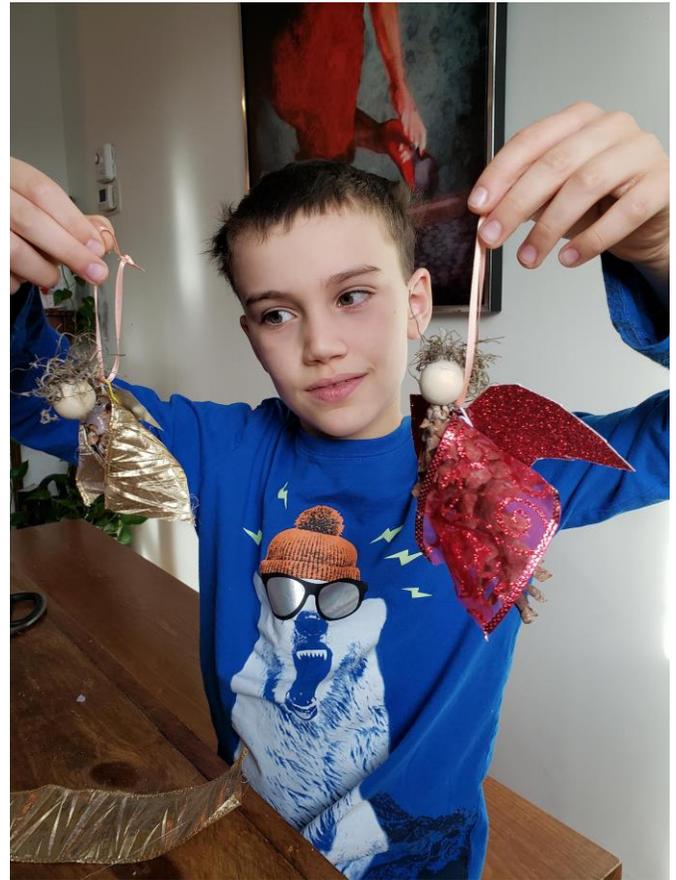
All Saints' Westboro has a vibrant Church School community and we are delighted to hear from you!



Christmas Carol Sing over Zoom

CHURCH SCHOOL NEWS

With in-person Church School still months away, we are looking for ways to keep things interesting. We have been very grateful to Barbara Roberston and Michelle Lascelle for their contributions and are looking forward in the coming months to see more familiar faces help unpack the Good News of the Gospel and lead creative crafts. Stand by!



SHEILA HOWE TURNS 100



All of us at All Saints' Westboro send our love and best wishes to Sheila Howe, who turns 100 on February 15th. God bless you Sheila!



On December 6th, our Young People joined the Youth of St. Helen's Orleans in preparing Backpacks for Homeless Youth on the streets of Ottawa.

PANDEMIC PETS

As many of you are aware, Blanche and I received a new puppy in November. Zoe is a Morkie (Yorkshire Terrier mixed with Maltese). This is how she looked when she arrived at our home in Ottawa on November 6th:



Now three months later and almost 6 months old, Zoe has taken over the household. Here she is today at the dinner table!



FUTURE EDITIONS OF BREAD FOR THE SAINTS

If you are currently receiving Bread for the Saints by mail, but we show an email address for your household, all future Newsletters will be sent to you using email. There are currently 53 households that Chris does not have an email address for, and those households will continue to receive printed copies by mail. Please ensure that Chris has an up-to-date email address for your household. Thank you