

Grace and Peace to you all this week in Lent. It really is one of my favourite times of the Christian calendar since I personally find so much spiritual nurture in these times of deep reflection.

I have also appreciated how many important things in life can be framed and given new meaning by a special period of 5 weeks where the issue gets particular prayerful attention or focus.

For resources, I encourage you to visit The Prayer Bench
<https://prayerbench.ca/>.

Ellen will be leading worship this coming Sunday. The, the following week, March 19th, one of our own members, who is studying at Atlantic School of Theology, will be preaching. There will be a break from Lent on March 26th with a youth-led Celtic theme for worship.

I wish you all a Holy Lent. Here is part of a long poem by T.S. Eliot



ASH WEDNESDAY

Blessed sister, holy mother, spirit of the fountain, spirit of the garden,
Suffer us not to mock ourselves with falsehood
Teach us to care and not to care
Teach us to sit still
Even among these rocks,
Our peace in His will
And even among these rocks
Sister, mother
And spirit of the river, spirit of the sea,
Suffer me not to be separated

And let my cry come unto Thee.

Blessings,
Rose~Hannah