

## A Time Called ... LENT

*Some of us grew up thinking that Lent was a time to keep personal enjoyment in check and to focus on personal guilt. That emphasis was to ensure we appreciated what Jesus suffered and accomplished in Holy Week. But Lent can also reveal the great blessings of being a Christian.*

### Historical Roots of Lent

In the early church, Lent was a time of training and preparation for baptismal candidates at Easter. By the fourth century, it developed into a 40- day period, following the biblical pattern of 40 days or 40 years of preparation and anticipation. In its early form, elements of penitence were included. Lent, in our tradition, is a time to re-examine and re-affirm our identity as people baptized into Christ's body, the church.

### Finding Meaning in the Tradition

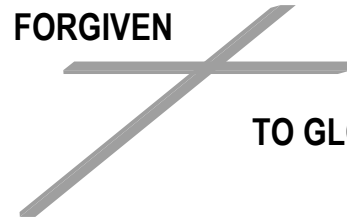
Our baptism is a symbolic dying and rising with Christ. In Lent, we turn with Christ towards these events in his life. Along the way the Spirit gives the opportunity for us to redirect and refocus our lives, and more fully realize our baptismal identity. We recall where we are going and what it cost God for us to become resurrection people. We become open to the possibilities of new beginnings all around us. The season of Lent points us to Easter.

### Questions for Personal Meditation

Is there something in my life that needs to die so that I can move toward a new life with Christ?

What are the important ingredients in my Lenten journey? If I am not baptized, might this become preparation for a step of faith?

FORGIVEN



TO GLORIFY, WITNESS & SERVE



### KITCHENER EAST PRESBYTERIAN CHURCH

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**Established 03<sup>rd</sup> May 1987**

Minister:

Minister in Association:

Music Director:

Rev. Dr. Mark S. Richardson

Rev. Jeff Smith

Sarah Pottier

**Sunday 03<sup>rd</sup> March 2024 10:30 am**

**The Church of Jesus the Saviour  
Celebrates the Good News  
of God's Love for the World  
Made Manifest in Jesus His Son  
as we learn to share Christ's Love with everyone**

*Celebrating the Truth of the Presence of God – Alleluia!*

Call to Worship:

**Praise: “And can it be” vs 3** **BP #173**

Welcome, and announcements:

Lenten Liturgy: on screen

*Celebrating the Truth of Forgiveness – We Receive New Life!*

**Praise: “A man there lived in Galilee”** **BP #168**

Prayer, and the Lord's Prayer:

*Celebrating the Truth of God's Word! - We are Listening!*

Scripture: St. John 3:1-21 NLT

Message: “Reason & logic, awe & mystery”

*Celebrating the Truth of God's gifts to us – We Are Accountable*

Presentation of our Tithes and Offerings:

+ Offertory

Doxology: “When I survey” vs 4 **BP #78**

Prayer of Dedication

**Praise: “O sacred head sore wounded”** **BP #181**

*Celebrating the Truth of our Going Forth – We Leave for Ministry*

Benediction:

**Interpersonal Benediction: “Sanctuary”**

**SB #44**

**WORSHIP AND SACRAMENTS TEAM: PRAYER REQUESTS**

Warnock Aitken – St. Joseph's Life-Care Centre, Brantford

Frank De Vries – at home

Pearl Howden – Trinity Village LTC

Bob Kenzie – Sunnyside Home

Mary Master – Conestoga Lodge

Dolly McCormack – Court at Laurelwood Retirement Home

Marg McCorriston – at home

Terry McCorriston – at home

Julie Phoenix – Southbridge London Long Term Care Home

Curt Ryan – AgeCare West Williams LTC

Shirley Steinberg – Highland Place Retirement Residence

Glen Verheye – at home

**Sunday School:**

We are having bi-weekly Sunday School running in 2024:

**March** 3, 17, & 31; **April** 14, & 28; **May** 12, & 26; **June** 9, & 23.

We have split the group: Grade 5 and under, and Grade 6 and up, to create a more engaging experience for our older children.

We are looking for more Sunday School teachers, helpers, or back-ups to join the team. If interested, please contact Cathrine (gcejtaylor@gmail.com), Nicolene (nclemens7@yahoo.ca) or Johnson (srikanthjohnson@gmail.com).

We can't wait to share and grow with the children this year.

Peace and Joy, Cathrine, Nicolene, & Johnson

**The Worship & Sacraments Team is meeting on Tuesday  
05<sup>th</sup> March at 7 pm in the McLean Fireside Room.**

### **Mission Moment – Sunday 03<sup>rd</sup> March 2024:**

As part of a Caring Community Initiative, the Presbyterian Music Camp piloted a Mental Health Workshop program during the summer of 2023. The program included mental health support and workshops run by a qualified health professional on the topics of anxiety, depression, ADHD, self-harm, suicide and other mental health topics. The opportunity for attendees to express themselves in a caring and safe environment with professional leadership took safety to the next level for the camp and provided an opportunity for individuals to explore some of their struggles with support. The program continues to grow by providing Mental Health First Aid training to staff and volunteers as well as exploring ways that art and music therapy can be offered in a camp setting.

### **From the Finance Team: Offering Counters:**

We'd like to add a few team members and provide full training & support to help new team members become established. We hope you will consider offering your talent for this role at a KEPC and can contact Barb Cook (519-998-2183) or Rob Gloin (519-781-4379) to discuss further.

### **From the Finance Team: options for financial giving to KEPC:**

- 1) **Canada Post:** send your offering envelope in an envelope addressed to the Church: 10 Zeller Dr, Kitchener, ON, N2A 4A8
- 2) **E – transfer:** This involves using your online banking application using the e-transfer option & sending the transaction to the Church email: kepc@golden.net
- 3) **PAR: pre-authorized remittance.** This is set up once and an amount is withdrawn from your bank account monthly until you choose to stop it or change the amount. Contact Chris Clemens clemensc78@yahoo.ca and he can set you up.
- 4) **Tithe.ly** on our website, (click on the menu “Donate Now”) and donations can be through your Visa, Mastercard, or Debit.
- 5) The locked, **black box** on the wall of the sanctuary by the main doors for your offerings.

### **Thank-you for your ongoing and prayerful support of the mission and ministry of KEPC.**

**Offering Envelopes:** If you are interested in having assigned envelopes for 2024 and are not on PAR, please reach out to Chris.

For anyone that changed addresses in 2023, please let Chris and Mark know so that we can check our records and update them as required.

### **Grocery Cards:**

We are participating in the grocery gift card program in our Region. If you would like to purchase grocery gift cards for the PC group of stores, and/or the Metro group of stores, please speak with Barb Cook, Rob Gloin, or Emmie Richardson. They are available every week. We receive a small amount back from the Community Charity Services, for each card we sell.

### **2023 Tax Receipts:**

have been prepared. Please check your hanging files. For those without files, they are in the mail and should arrive next week.

For those of us not yet retired, please check to see if your employer offers a Donation matching program, this can help make your donation go even further. Although I am not able to check on particular companies, do reach out if you have any questions. Thanks, Chris Clemens.

**From the KEPC Annual Meeting** last Sunday: At the Annual Meeting we outlined that the 2024 KEPC Annual Report budget pages were an earlier version and that the expense shortfall for the year was actually about \$7400. We have reprinted the actual 2024 budget pages and have copies on the table in the Narthex for anyone who would like the updated pages.

If there are any further questions, please feel to speak to a member of the Finance & Stewardship team.

## **EVENTS THIS WEEK: 03<sup>rd</sup> – 10<sup>th</sup> March 2024**

- Sunday:** 10:30 am – Lent 3: Sunday Worship Service;  
Sunday School;  
11:30 am – Coffee & Conversation, in the Gray Hall
- Monday:** 1 pm – Music Therapy
- Tuesday:** 9:30 am – Bible Study via Zoom  
11:45 – 1:30 Music Therapy  
6:30 pm – Sparks  
7 pm – Worship & Sacraments Team meeting
- Wednesday:** 7 – 9 pm – Scouts in Gray Hall
- Thursday:** 9 am – Sonshine Corner in the Gray Hall
- Friday:** 10:30 am – 12:30 pm Music Therapy
- Sunday:** 10:30 am – Lent 4: Sunday Worship Service

### **VBS 2024:**



Hello everyone:

We are starting to plan our VBS at KEPC this summer and I just wanted to check in to see who would be interested and available in volunteering again this year.

Dates are July 8-12 9am-noon. The theme is SCUBA.

Please let me know so I can get an idea of interest/availability of volunteers, and we will start putting out announcements, etc to further our planning. Kindly, Sarah.