

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

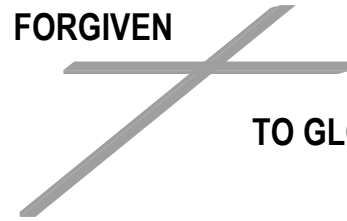
Our baptism is a symbolic dying and rising with Christ. In Lent, we turn with Christ towards these events in his life. Along the way the Spirit gives the opportunity for us to redirect and refocus our lives, and more fully realize our baptismal identity. We recall where we are going and what it cost 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

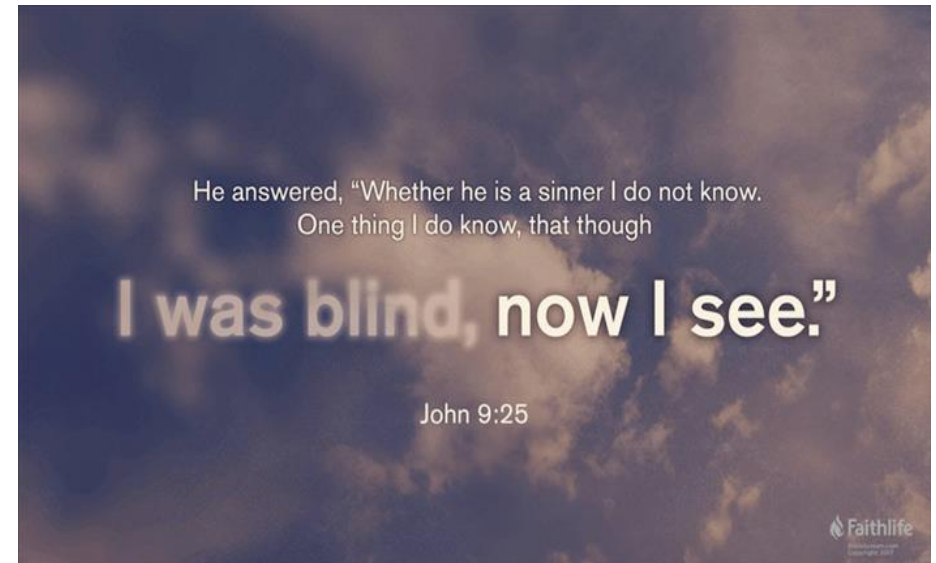
Is there something in my life that needs to die so that I can move toward a new life with Christ?

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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<https://www.facebook.com/groups/521222015471767/>

<https://www.instagram.com/kepc10/>

Established 03rd May 1987

Minister:

Rev. Dr. Mark S. Richardson

Minister in Association:

Rev. Jeff Smith

Music Director:

Sarah Pottier

Sunday 10th 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 4 **BP #173**

Welcome, and announcements:

Lenten Liturgy: on screen

Celebrating the Truth of Forgiveness – We Receive New Life!

Praise: “How great Thou art” **SB #65**

Prayer, and the Lord's Prayer:

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

Scripture: St. John 9:1-41 NLT

Message: “Mud-slingers”

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: “Alas! And did my Saviour bleed” **BP #183**

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 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

Presbyterian Men's Breakfast:

Breakfast will be March 16th at 8:00 am at Knox Waterloo, 50 Erb St. W, Waterloo, ON N2L 1T1. Males of any age, who enjoy pea meal or back bacon, scrambled eggs and hashbrowns are welcome to attend.

Thanks, the men's breakfast team.

Mission Moment – Sunday 10th March 2024:

“We are brave and strong because we learned important information about rights, feelings and participation.” PWS&D supports a human rights program in Guatemala that not only empowers women by ensuring they know their rights but also equips them with essential skills and knowledge about food security and nutrition. Through education on when and how to plant vegetables, grow tree seedlings and how to care for livestock, women have more stable incomes and improve their family’s access to nutritious meals. “We are happy for our project. We sell the trees in the town and use the money to buy food,” shares one of the participants. This program provides women with the resources and skills they need to lift themselves out of poverty and create a more equitable society.

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.

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: 10th – 17th March 2024

- Sunday:** 10:30 am – Lent 4 Sunday Worship Service
- Monday:** 1 pm – Music Therapy
6:30 – 10 pm – GRIPS in the Gray Hall
- Tuesday:** 9:30 am – Bible Study via Zoom
11:45 – 1:30 Music Therapy
6:30 pm – Sparks
7 pm – Presbytery meeting at Doon PC
- 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 5: Sunday Worship Service; Sunday School; Coffee, Cake, & Conversation downstairs.
- Monday:** 7 pm – Elders’ meeting in the Gray Hall

5 local Presbyterian Churches growing together in faith, hope & love!
Doon, Duffs, Kitchener East, Knox Preston & St. Andrew's Hespeler



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.

WORSHIP DURING *Holy Week*

THURSDAY

28

MARCH

MAUNDY THURSDAY WORSHIP

St. Andrew's Hespeler & Kitchener East Presbyterian Churches invite you to share in a special service on this holy night.

- Kitchener East: Worship with Communion @ 7pm
- St. Andrew's Hespeler: An intimate service gathered around the communion table beginning @ 7:30pm

FRIDAY

29

MARCH

GOOD FRIDAY @ 10AM

All are welcome to a joint service between Duffs, Kitchener East, Knox Preston, St. Andrew's Hespeler & Doon - To be held @ Doon Presbyterian Church - 35 Roos Street Kitchener.

SUNDAY

31

MARCH

EASTER SUNDAY!

Easter Morning Worship: Each church will host Easter morning in their own church @ their regular worship time.

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RSVP TO JONI @ JSMITH@STANDREWSHESPELER.CA

GRADE 7-12 YOUTH OF
KW & CAMBRIDGE, YOU ARE
INVITED TO AN EVENING OF:

Pizza & Ukrainian style Easter Egg Decorating

\$25pp

*(All proceed will go toward
PWS&D's support of Ukraine
in these difficult times
(Space is limited to 25 youth)*

**MARCH 22ND, 2024
6PM-8:30PM**

**ST. ANDREW'S HESPELER
CAMBRIDGE, ON**

See you there!

RSVP TO JONI @ JSMITH@STANDREWSHESPELER.CA



519 824 7898 or events@crieffhills.com

Spring is Smiling at Crieff Hills Retreat & Conference Centre

- **Reflect, Release, Renew Yoga Retreat - Friday March 8 to Sunday March 10, 2024**
- **St Patrick's Day Dinner - Sunday March 17, 2024**
- **Good Friday Fish Dinner - March 29, 2024**
- **Stations of the Cross - March 29, 2024**
- **Easter Brunch - March 31, 2024**
- **Spring walks**
- **Lamb Therapy, Anyone?**