



# Observing a Holy Lent 2023

Anglican Churches of Quinte West

From the Desk of Rev. Lynn+

*I invite you therefore, in the name of the Lord  
to observe a holy Lent.*  
(Book of Alternative Services)

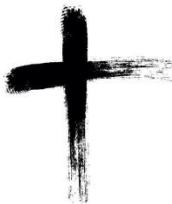
These words of invitation are spoken each year at our Ash Wednesday services, as we join with Christians across the globe in marking ourselves with ash crosses, a sign of our repentance. The 40 days of the season of Lent (not including Sundays, which are always celebrations of Resurrection) are traditionally a time for us to reflect on our lives, our relationship with God, and our relationships with one another.

The practice of “giving something up for Lent” – something which really makes an impact on our daily life – is often observed. Another possibility is to “take something on for Lent”. Perhaps an extra time of prayer, or participating in a study, or reading a book that grows our spiritual life, or engaging in some additional outreach in our neighbourhood, or wider community.

There are many possibilities, and I have included some ideas here. Whatever it is, what is important is that you choose *something*, something that will help you grow in God. This in turn will bring a deeper personal meaning to this Lenten season, as well as being a wonderful preparation for the experience of Holy Week and Easter.

May God bless you on your journey through Lent.

*Rev. Lynn+*



## Ash Wednesday Services

Wednesday, February 22nd

- 10:00am Holy Trinity, Frankford
- 7:00pm St. George's, Trenton



## Living Reconciliation 2.0

The clergy of Hastings Deanery are hosting a second  
Diocesan-wide online Lent Study this year.

Wednesdays March 8, 15, 22 & 29 6:30pm – 8:00pm via Zoom

For more information, see the poster on our website [www.anglicanquinte.ca](http://www.anglicanquinte.ca),  
on FaceBook, or speak with Rev. Lynn+

### Something to do at home!

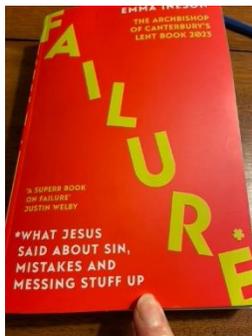
“I intend” helps us to examine how we take care of, or “steward” our lives. Stewardship of the gifts God has given us is a practice encouraged in the Bible, in both Old and New Testaments. This 5-part program, one for every week in Lent, focuses on stewardship of creation & environment, time, talent, treasure, and mental and physical well-being. Straightforward, interesting, and easy-to-follow.

For a copy, please speak with Rev. Lynn+



## I Intend...

A workbook for  
Generous, Faithful and  
Intentional Living



“Failure” by Bishop Emma Ineson is the Archbishop of Canterbury’s Lent Book for 2023. Our Archbishop of Ontario, Anne Germond, will be leading two evenings of study and discussion on Zoom.....Thursday, March 9<sup>th</sup> 7:00-9:00pm, and Wednesday, April 12<sup>th</sup> 7:00 – 9:00pm.

In the foreword to “Failure” the Archbishop of Canterbury Justin Welby writes this about the book, *“This is a very good book, rooted in Scripture: it will disturb us when we are too comfortable, and comfort us when we are too disturbed. It calls us to let God be the judge, and calls us to take comfort in his merciful and hope-filled judgement.”* Says Archbishop Anne, “I have just finished reading it

and it left me feeling hopeful not helpless, and not a failure at all.”

To register, please send an email to [liz.hamel@dioceseofalgoma.com](mailto:liz.hamel@dioceseofalgoma.com)

### *Some other books that might interest you.....*

Grateful: The Transformative Power of Giving Thanks Diana Butler Bass

Inspired Rachel Held Evans

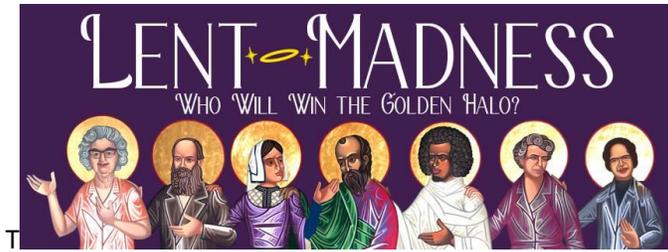
To Bless the Space Between Us: A Book of Blessings John O’Donohue

Love Is the Way: Holding on to Hope in Troubling Times Bishop Michael Curry

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants

Robin Wall Kimmerer

All books are available in hardcopy or Kindle formats through Amazon, from local booksellers, through the public library. You could also ask Rev. Lynn to borrow a copy!



### For something completely different!

Have you ever wanted to learn more about Saints, both well-known and totally obscure? Well, Lent Madness may just be for you! Created by the “Forward Day by Day” folks, it’s lots of fun, it’s interesting, and you get to vote for your favourite saints! Thousands of people join in each year to choose/ “who will win the golden halo”

For more information [www.lentmadness.org](http://www.lentmadness.org)



#### January Birthdays

Al T, Gertrude C, Madge F, Paula P, Wayne M, Marilyn T, Laura R, Pam C, Lloyd G, Betty S, Ina W, Rhonda C.

#### February Birthdays

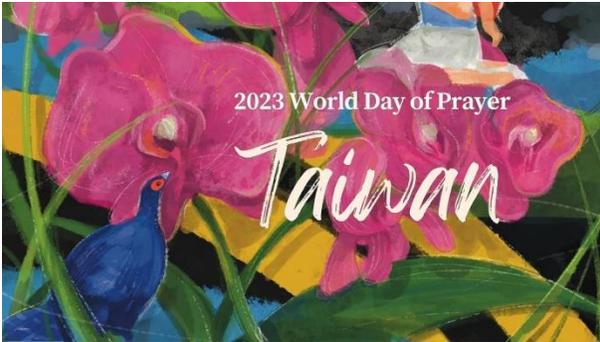
James T, Eve-Lynn B, Jacqueline M, Wayne W, Gail C, Sheila C, Janice S, Bill .

#### March Birthdays

Joan G, Rev Thora, Colleen G, Charlotte C, Heather E, Heather W, Anna M, Rev Lynn, Robert D.



Robert and Rosemary G in **March!**



**A World Day of Prayer Service  
will be hosted by  
Holy Trinity, Frankford**

**Friday, March 3<sup>rd</sup> at 1:30pm**

**Everyone is welcome!**



Friday night is fish night during Lent!  
St. George's invites you to an in-person  
fish & chips dinner on Friday, March 31<sup>st</sup>  
More details to come!

### **Mark Your Calendars**

- Wednesday, February 22<sup>nd</sup> Ash Wednesday
- Sunday, February 26<sup>th</sup> St. George's Annual Vestry Meeting. There will be ONE service at St. George's at 10:00am, followed by the meeting.
- Friday, March 3<sup>rd</sup> World Day of Prayer Service 1:30pm at Holy Trinity
- Thursday, March 16<sup>th</sup> Christ Church's Annual Vestry at 1:00pm
- Sunday, April 9<sup>th</sup> Easter Sunday
- Saturday, April 29<sup>th</sup> Electoral Synod for the Diocese of Ontario - the election of a new Diocesan Bishop
- May 26<sup>th</sup> - 27<sup>th</sup> Diocesan Synod
- Sunday, May 28<sup>th</sup> Diocesan Pentecost Service at St. George's Cathedral 11:00am