

CONNECTING MEOTA January 31st , 2024

This newsletter is meant to inspire, engage, and encourage everyone in the Meota Parish to seek God and reach out to one another throughout the week.

Our next church service will be

**Sunday February 4th
10:30 am**

at St George's Diamond Valley, Christ Church Millarville

The people of St. James are welcome to worship with us at Christ Church or St. George's.
We would love to see you and worship with you among us!!



MEOTA PARISH UPCOMING EVENTS

If you have a palm cross from last year, please bring it to church **soon** and give it to Alan or Martyn in preparation for Ash Wednesday.

Pancake/Shrove Tuesday is Feb 13

Please come to St George's for pancakes, 4:30-7pm

Ash Wednesday is Feb 14, 7 pm St. George's

Fiddler on the Roof - Sat Feb 24, 2 pm, St George's

The Robe – Sat March 23, 2 pm, St. George's

Maundy Thursday March 28, 7 pm St. George's

Good Friday (Taize) March 29, St. George's 7 pm

Easter Sunday is March 31, 10:30 am

St. George's, Christ Church and St. James

**Baptize us
with your Spirit, Lord,
your cross on us be signed,
that likewise in God's
service we
may perfect freedom find.**

Are you coming for pancakes?
Did you invite someone? They will likely say no, but they might say yes!

Shrove Tuesday Pancake Dinner



**Join us Tuesday Feb 13 4:30pm - 7pm
@ St George's Anglican Church
200 Main Street SW
Diamond Valley, Alberta**

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins). A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today.


Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. In 2021 Shrove Tuesday will fall on February 13th.


Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the **Lenten fast** and pancakes are the perfect way of using up these ingredients.


The ingredients for pancakes can be seen to symbolise four points of significance at this time of year:

Pancake Tuesday – the Day before the Lenten Fast.

Why Do People Eat Pancakes on Shrove Tuesday?


In the past, people gave up food like eggs and butter at Lent.


The day before Lent began, they would use up all these foods by making pancakes.


That is why people eat pancakes on Pancake Day!

twinkl.co.uk

THERE ARE THREE SPIRITUAL DISCIPLINES IN LENT

FASTING, PRAYER AND ALMSGIVING



Last year we were invited to workshops on **Prayer**.

The year before, Ven Alan taught us about the different ways and means of **Fasting**.

This year, we are examining **Almsgiving**.

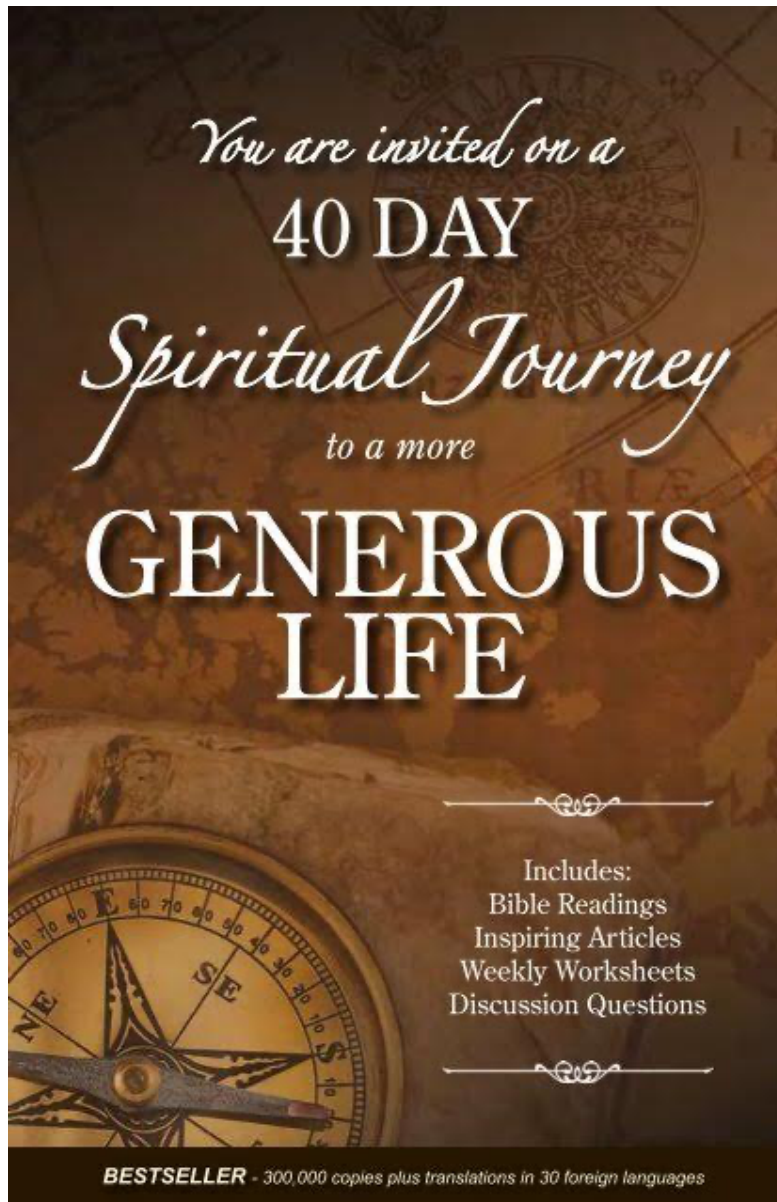
Over the past three years, Ven Alan has been leading us into spiritual maturity by taking on the traditional disciplines of Lent.

I love Venerable Alan's sermons. He always has great insight!!!

Oh look, he is holding a Zoom conversation on Wednesday evenings in Lent and the meaning of Almsgiving.

Please join us.

Check your email the week before for a message from Michelle at Meota Parish. It will contain the Zoom link.



Ash Wednesday the little books will be handed out.

Zoom book conversation on Wed Feb 21,28, March 6 &13, 7ish

It is a way to live out our gratitude for all that God has given us, reflecting the realization that we are the Body of Christ, responsible to love one another.

WHAT'S YOUR FAVOURITE HYMN?

We have looked at *I Come to the Garden Alone*, *I Was Full of Joy*, and *How Great Thou Art*.

Email meotaparish@gmail.com with your choice and I will research it for you!



Jan B has many favourites. This week we examine : **IT IS WELL WITH MY SOUL**

Be prepared: it's a sad story but one of great faith and trust in God. And God is faithful!

It Is Well with My Soul - by Lloyd Newell

Life can be so unpredictable—joys and sorrows, beautiful blessings and distressing difficulties can come unexpectedly. Our life's dreams and plans can change in an instant. We all know this to be true. So how can we find peace amid such turbulence?

Horatio Spafford knew something about life's unexpected challenges. He was a successful attorney and real estate investor who lost a fortune in the great Chicago fire of 1871. Around the same time, his beloved four-year-old son died of scarlet fever.

Thinking a vacation would do his family some good, he sent his wife and four daughters on a ship to England, planning to join them after he finished some pressing business at home. However, while crossing the Atlantic Ocean, the ship was involved in a terrible collision and sunk. More than 200 people lost their lives, including all four of Horatio Spafford's precious daughters. His

wife, Anna, survived the tragedy. Upon arriving in England, she sent a telegram to her husband that began: "Saved alone. What shall I do?"

Horatio immediately set sail for England. At one point during his voyage, the captain of the ship, aware of the tragedy that had struck the Spafford family, summoned Horatio to tell him that they were now passing over the spot where the shipwreck had occurred.¹

As Horatio thought about his daughters, words of comfort and hope filled his heart and mind. He wrote them down, and they have since become a well-beloved hymn:

*When peace like a river, attendeth my way,
When sorrows like sea billows roll—
Whatever my lot, thou hast taught me to know
It is well, it is well with my soul.*²

Perhaps we cannot always say that everything is well in all aspects of our lives. There will always be storms to face, and sometimes there will be tragedies. But with faith in a loving God and with trust in His divine help, we can confidently say, "It is well, it is well with my soul."

IT IS WELL WITH MY SOUL
Horatio G. Spafford, 1873

from www.traditionalmusic.co.uk

When peace, like a river, attendeth my way,
When sorrows like sea billows roll;
Whatever my lot, Thou has taught me to say,
It is well, it is well, with my soul.

Refrain

It is well, with my soul,
It is well, with my soul,
It is well, it is well, with my soul.

Though Satan should buffet, though trials should come,
Let this blest assurance control,
That Christ has regarded my helpless estate,
And hath shed His own blood for my soul.

Refrain

My sin, oh, the bliss of this glorious thought!
My sin, not in part but the whole,
Is nailed to the cross, and I bear it no more,
Praise the Lord, praise the Lord, O my soul!

Refrain

And Lord, haste the day when my faith shall be sight,
The clouds be rolled back as a scroll;
The trump shall resound, and the Lord shall descend,
Even so, it is well with my soul.

Refrain

Sunday, February 4th, 2024. Fifth Sunday after the Epiphany

Readings

ISAIAH 40:21-31; PSALM 147:1-12, 21C; 1 CORINTHIANS 9:16-23; MARK 1:29-39

First Reading

A READING FROM THE BOOK OF ISAIAH

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. To whom then will you compare me, or who is my equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing. Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the Lord, and my right is disregarded by my God"? **Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth.** He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; **but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.**

ISAIAH 40:21-31

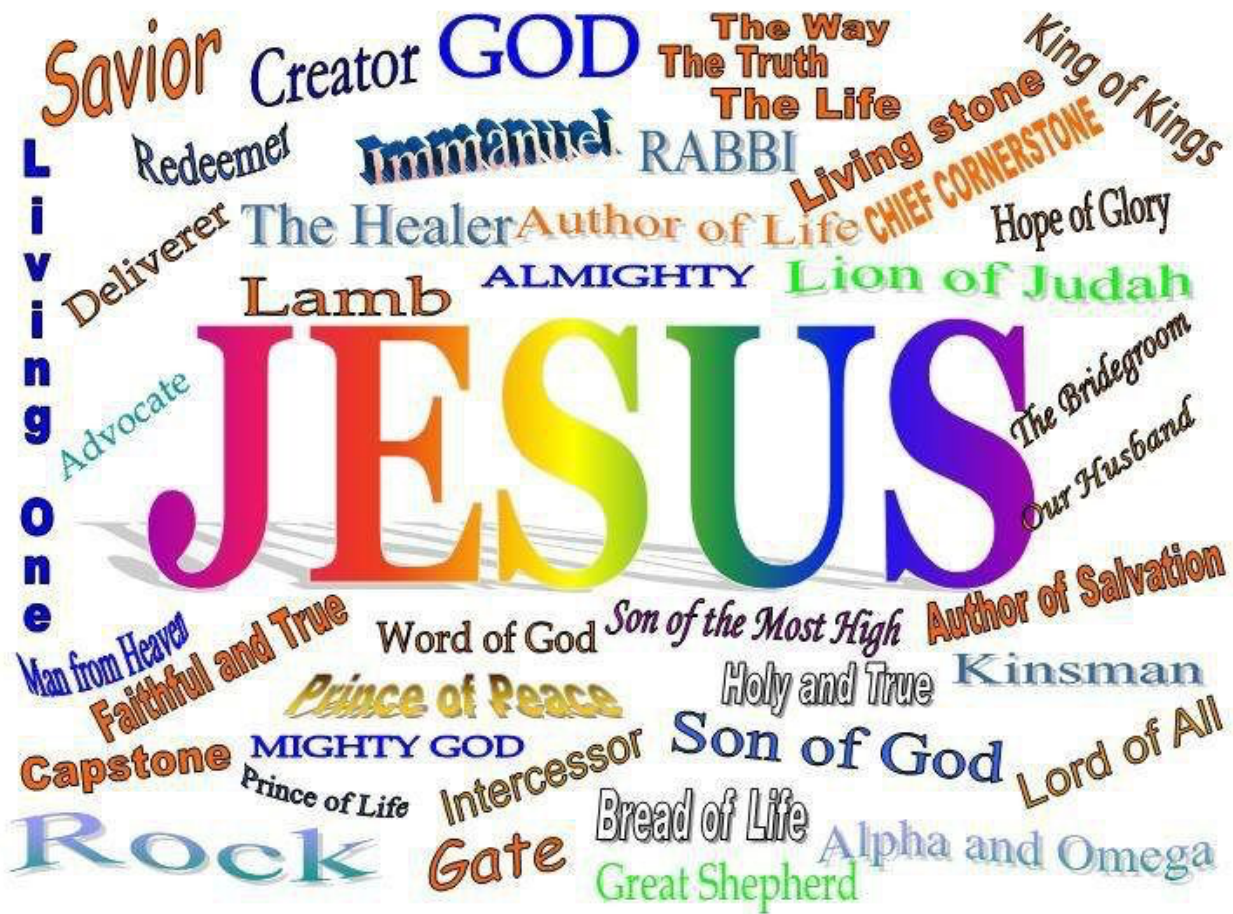


Gospel

THE HOLY GOSPEL OF OUR LORD JESUS CHRIST ACCORDING TO MARK

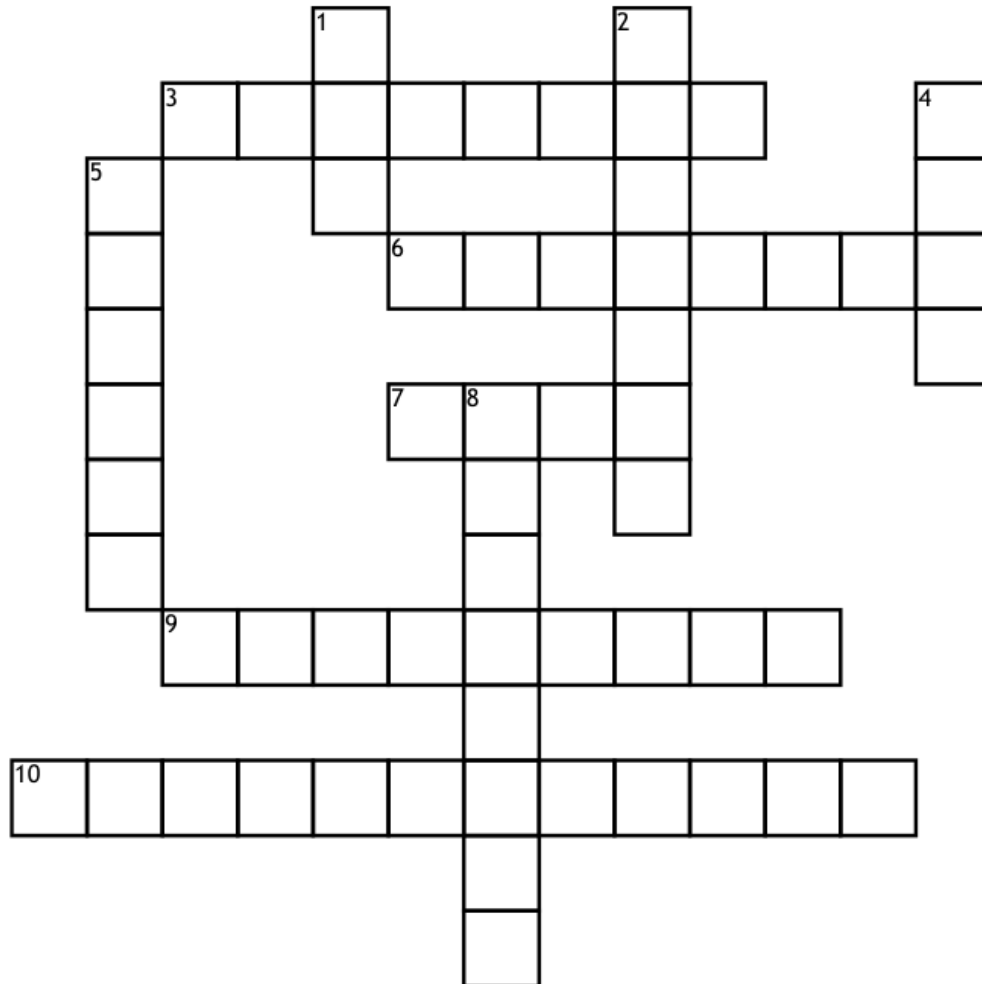
As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told Jesus about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." **He answered, "Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do."** And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

MARK 1:29-39



Name: _____

Jesus, the Son of God



Across

3. The primary disciples of Jesus, there were 12 of them
6. The annual festival in Jerusalem, where Jesus stayed behind in the temple
7. The prophet and daughter of Penuel, of the tribe of Asher
9. students of Jesus
10. The announcement by the angel, Gabriel, to Mary that she would become the mother of Jesus

Down

1. Jesus announced the Good News of the Kingdom of ___ by traveling on foot from place to place.
2. Anointed one, the name given to the promised Deliverer who would someday come to the people of Israel as their great Savior and Redeemer
4. Mother of Jesus
5. Jesus Christ, our Lord and
8. The birth of Jesus

FUNNY BONES



from JoyfulNoiseletter.com
©Ron Morgan
Reprinted with permission



GO IN PEACE TO LOVE AND SERVE THE LORD!

Prayer

to trust more in God's Spirit

~~~~~  
Oh heavenly Lord,  
As your child I know  
The Spirit lives in me.  
This is the promise of God  
Made through Christ.  
Now, oh Lord, help me  
To trust more in your Spirit,  
Even if I don't have  
Confidence in myself.  
Free me from the trap  
Of thinking it all depends on me  
Or my understanding.  
Instead, let me surrender myself  
Unto you.  
Show me how to be humble  
And open my heart to God.  
Bring down the obstacles, oh Lord,  
Pour out your Spirit over me,  
Remove my fear and doubt.  
Allow me to listen and obey.  
This cannot happen without you  
My Lord, my God.  
Form my character  
To give ample room for your  
Spirit to work inside me.  
May your truth and grace  
Take control of my life,  
Since I belong to you.  
In Jesus name,  
Amen.

[prayerforanxiety.com](http://prayerforanxiety.com)

ALLELUIA!