

Why Ashes?

Ashes are an ancient sign of penitence. From the Middle Ages it became the custom to begin Lent by being marked in ash with the sign of the cross. The reminder that we are dust turns our attention to the creative power of God, and God's ability to heal the brokenness in our lives when we offer that brokenness to God. That turning to God is the work of Lent, preparation for the celebration of Easter.

We offer "ashes to go" in churches and in the street today because we're reminded that need, humility, and healing shouldn't be confined to a church building. We probably need it more when we are in the middle of our daily business! The ashes we receive here are to remind us throughout the day of our need for God, and of God's call to us.

There is much more to the beginning of Lent than ashes alone, and we encourage you to make time for worship with a community of faith, for the support of others and of the great traditions of faith in our work of repentance and renewal.

But God meets us not just in worship, but in the midst of life, and we offer the opportunity to remember our faith to those whose schedules make it hard to stop and pray with others today.

God loves everyone.
No exceptions.

Love God
Love Your Neighbour
Change the World

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Why Ashes?

Journey Through Holy Week

Holy Week April 14 - 20, 2019

- Palm Sunday 8:30 am Palm Procession + Family Eucharist
- Holy Monday 9:30am Morning Prayer
- Holy Tuesday 9:30am Morning Prayer
- Holy Wednesday 9:30am Eucharist
- Maundy Thursday 9:30am Holy Communion + Footwashing
6pm Agape Meal, Footwashing, Vigil
- Good Friday 8:30am Solemn Eucharist
- Holy Saturday Open 10am to 2pm for Stations of the Cross and Labyrinth Walk

Easter Sunday April 21

- 5:30am Lighting the New Fire, Eucharist, Renewal of Baptismal Vows
- 8:30am Celebration of Easter Eucharist with Renewal of Baptismal Vows

Regular Services through Lent

- Sundays 8:30am Family Eucharist
- Wednesdays 9:30am Holy Communion

The church is open most Tuesday, Wednesday and Thursday mornings for private prayer and reflection.

Poetry of Lent Discussion Group

- Wednesdays 10:30am + 7pm



AN INVITATION TO A HOLY LENT

From the early days of our faith, Christians have observed the remembrance of Christ's passion and resurrection. It became the custom to prepare for that observance with a season of prayer and fasting, and reconciliation of those who had been separated from the community of faith.

In keeping the season of Lent, we take to heart God's call to repentance (turning around), the assurance of forgiveness, and we practice reconciliation in our daily lives.

So we invite you to observe a holy Lent, with self examination, fasting, study and prayer in which we hear the call to new life.

We begin today with the marking of ashes as a reminder of our mortal nature and of God's invitation to receive life giving way of Jesus. The season of Lent culminates with Easter, the joyous and hopeful celebration of resurrection.

If you would like to talk about the Lenten journey, the church, faith or life, please call, email, drop in or find us on Facebook. We wish you a holy Lenten season.

fast from feast on

Fast from judging others
Fast from emphasis on differences
Fast from despair
Fast from thoughts of illness
Fast from words that destroy and pollute
Fast from discontent
Fast from anger
Fast from being negative
Fast from pessimism
Fast from worry
Fast from complaining
Fast from hostility
Fast from bitterness
Fast from constant activity
Fast from disrespect
Fast from lethargy and boredom

Feast on seeing the best in people
Feast on the unity of life
Feast on hope
Feast on the healing power of God
Feast on words that build and encourage
Feast on gratitude
Feast on patience
Feast on being positive
Feast on optimism
Feast on trust
Feast on appreciation
Feast on peacemaking and non-violence
Feast on forgiveness
Feast on slowing down
Feast on recognizing the sacred in all life
Feast on enthusiasm