

Lenten & Easter Sower 2025

Christ is risen! Hallelujah!

A Newsletter for the Anglican Parish of Douglas & Nashwaaksis

**“For this is what the high and exalted One says— he who lives forever, whose name is holy:
‘I live in a high and holy place, but also with the one who is contrite and lowly in spirit,
to revive the spirit of the lowly and to revive the heart of the contrite.’” Isaiah 57:15**

Dear Sisters and Brothers,

Lent is a period of 40 days (excluding Sundays) when we intentionally prepare our hearts to celebrate the resurrection of Jesus at Easter. It begins with Ash Wednesday and ends on Thursday of Holy Week. Having our foreheads marked with the sign of a cross, a symbol of our penitence, is an important way to start Lent as we humbly acknowledge that even as believers we are still in a battle with sin. As John reminds us, “If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:8-9)

The length is significant as it matches Jesus’ 40 days in the wilderness, when He was being prepared for his ministry through fasting and through resisting the temptations of Satan. If Jesus had to resist the devil’s temptations, surely, we also need to learn how to do that. Thankfully, we are not left to our own strength. As James tells us, “Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you.” (James 4:7-8)

Our Lenten practices should strengthen us as disciples of Jesus as we adjust our priorities to align more closely with the values of His Kingdom. This may involve a spiritual discipline such as fasting, perhaps in the traditional sense of not eating for a day or more. More often people abstain from a favourite food, such as coffee or chocolate, or from activities such as social media or screen time. The goal is to loosen the grip of material things on our lives.

I think it may be even more important to add something that will have a positive impact on our spiritual lives. Perhaps we can set aside more time for prayer and Bible reading or sign up for the Lenten book study, or maybe we can look for new opportunities to participate in other church activities or find new avenues to serve our community through volunteering. Whatever we do, let’s seek to draw near to Jesus during this season of Lent and experience His love, grace and strength in deeper ways.

God bless,
Nancy Stephens, Warden



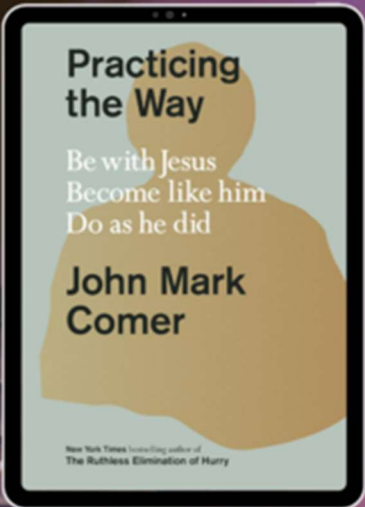
Worship during Holy Week

The chapel offers a space for quiet reflection and prayer during Holy Week. Join us for a time of peaceful prayer when the Spirit moves you.

Lent




Thinking about Lent? Join the diocesan Lenten book study.



March 12 - April 16

LENTEN BOOK STUDY

Two Options
Diocesan Group via Zoom
Or
Two in-person groups at church



The image features a book cover for 'Practicing the Way' by John Mark Comer on the left. The cover is white with a gold silhouette of a person. Text on the cover includes the title, the subtitle 'Be with Jesus, Become like him, Do as he did', the author's name, and a small note at the bottom: 'New York Times bestselling author of The Ruthless Elimination of Hurry'. To the right of the book cover, the text 'March 12 - April 16' is written in yellow. Below that, 'LENTEN BOOK STUDY' is written in large, bold, yellow letters. Further down, 'Two Options' is written in yellow, followed by 'Diocesan Group via Zoom' and 'Or' in yellow, and finally 'Two in-person groups at church' in yellow. On the right side of the text, there is a small, colorful coat of arms featuring a blue and red shield with a gold cross and other heraldic elements.

About the book: *We are constantly being formed by the world around us. To be formed by Jesus will require us to become his apprentice. To live by what the first Christian disciples called a Rule of Life—a set of practices and relational rhythms that slow us down and open up space in our daily lives for God to do what only God can do—transforms the deepest parts of us to become like him.*

About the author: *John Mark Comer is the New York Times bestselling author of Practicing the Way, Live No Lies, The Ruthless Elimination of Hurry, God Has a Name, and three previous books. He is also the Founder and Teacher of Practicing the Way, a simple, beautiful way to integrate spiritual formation into your church or small group. Prior to starting Practicing the Way, he spent almost twenty years pastoring Bridgetown Church in Portland, OR, and working out discipleship to Jesus in the post-Christian West.*

In-person group here at the church – sign-up sheets on the side table

- Wednesday afternoon at 2pm – led by Rev. Keith Osborne
- Wednesday evening at 7pm – led by Rev. David Peer and Minna Harjupanula

OR join the Diocesan Study Group via Zoom – see Diocesan Website for details.

Books are sold out in the Church Office – but available at major retailers.
Contact the Church Office if you need assistance ordering and we can help!



Holy Week Services

April 17 - Maundy Thursday - 6:30pm
at Nashwaaksis United Church

April 18 - Good Friday - 10:00am
at St. John the Evangelist

April 20 - Easter Sunday
7:00am - **Sunrise Service** at Killarney Lake
(Meet at Beach Parking Lot)

8:30am and 10:30am - **Holy Eucharist**
at St. John the Evangelist

“Praise be to the God and Father of our Lord Jesus Christ!
In his great mercy he has given us new birth into a living hope
through the resurrection of Jesus Christ from the dead...” 1Peter 1:3

The earth shook with the news.

**HE IS NOT HERE;
HE IS RISEN!**

And in that moment,

joy REPLACED DESPAIR

hope PUSHED PAST FEAR

life CONQUERED DEATH

not just that day, but for eternity.

We celebrate the *resurrection* of Christ

for what it meant then and
what it means for us every day;

a sacrifice
that brings

FORGIVENESS, RENEWAL, AND PEACE

to any of us
who put our *faith* in **Jesus.**