

Observing a Holy Lent

I invite you, therefore, in the name of the Lord, to observe a Holy Lent by self-examination, penitence, prayer, fasting, and almsgiving, and by reading and meditating on the word of God.

Burning of the Psalms

Shrove Tuesday, March 4th following the Pancake Supper

Ash Wednesday March 5th

Services at Noon and at 7:00pm

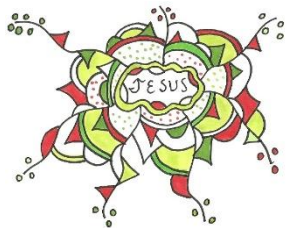
Learning & Growing During Lent

Each week St. Paul's offers a number of "learning and growing" opportunities. (Please see This Week at St. Paul's) In addition, these are being offered this Lenten season.

Saturday, March 15th 1:00 – 3:00pm Parish Hall

PRAYING *in*

COLOUR



Drawing and colouring as a way of centering our prayer and meditation. No artistic talent required! Led by Rev. Lynn+



Saturday, March 29th
1:00–3:00pm Parish Hall
Planning My Funeral

Have you ever thought about your funeral service? We think of Estate planning, Wills, POAs, but often not our own funeral service.

What kind of witness would you like it to be? This is an opportunity to think of what kind of service you'd like to have, the hymns, the scripture readings....

This will be led by Rev. Lynn+, who did her first funeral planning workshop when she was 35.

Tuesdays in Lent with Good Shepherd Lutheran Church

Once again, we are invited to join with our companion church, Good Shepherd Lutheran for worship, reflection, and fellowship over delicious food.

Our focus this year will be on the five senses. It is intended to center our five senses as a way of exploring the significance of the incarnation of Christ throughout our Lenten journey. We are made in the image of God, who chose to share our humanity by joining in our embodied experience.

Tuesdays March 11th, March 18th, March 25th, April 1st, and April 8, beginning at 3:00pm.



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