

Archway Counselling presents "**Food and Mood**": Explore the connection between the food you eat and how you feel. Have the winter blahs? Join our Nutrition Coach for a discussion on what to eat when you... feel sad, feel anxious, feel like winter will never end. **Wednesday March 6th**, 7:00 p.m. \$10. Register at 902-893-3991 or info@archwaycounselling.ca.

An evening of song, desserts, coffee, and fellowship will be held at a **Music Café** at Immanuel Baptist Church (295 Young Street, Truro) on **Saturday, March 2nd** at 6:30 p.m. It will feature The Scriptures (Bob and CJ Prest). The freewill offering and silent auction will benefit TREY (Trauma Recovery for Exploited Youth), a Colchester County faith-based charitable foundation. Please email treyns2015@gmail.com with questions; or to request additional information, call Kevin at 902-324-0094.

Fung Loy Kok Taoist Tai Chi (910 Prince St., Truro) - Open House Monday, February 18th at 6:30 p.m. and Tuesday, February 19th at 1:00 p.m. **Beginner classes** on Monday, February 25th from 6:30 – 8:30 p.m. and Tuesday, February 26th from 1:00 – 3:00 p.m. For further information please call 902-893-8500.

Chowder Lenten Lunches every Friday, starting March 8th ending April 12th from 11:30 a.m. to 1:00 p.m. at Immaculate Conception Church. \$8.00 corn chowder or \$10 fish chowder. Meal includes roll, dessert, tea/coffee. Children under 12 eat free. Take out available – pick up only. Please note, on April 19th (Good Friday) from 4:30 – 6:30 p.m. there will be a \$10 meal including fish pie, salad, roll, dessert and tea/coffee.



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6th Sunday after Epiphany

February 17th, 2019



Rector: Rev'd Lori Ramsey

Associates: The Rev'd Gary Yetman and The Rev'd Dorothy Tay



Wardens: Michael Stokoe and Hazel Sherren

PLEASE TAKE THIS LEAFLET HOME FOR FUTURE REFERENCE

FEBRUARY 17th – 6TH SUNDAY AFTER EPIPHANY

9:00 a.m. – BAS Holy Eucharist

Layreader: Gordon West

Processional Hymn (screen) – Gather Us In

Gathering of the Community *p. 185*

Gloria *p. 186*

Collect of the Day (*in unison*): Almighty and everliving God, whose Son Jesus Christ healed the sick and restored them to wholeness of life, look with compassion on the anguish of the world, and by your power make whole all peoples and nations; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

The Proclamation of the Word:

Jeremiah 17: 5-10 (Jeanne Matheson)

Psalms 1 *p. 705 BAS*

1 Corinthians 15: 12-20 (Maria Murphy)

Gradual Hymn 560 (CP) – God Whose Almighty Word

Gospel: Luke 6: 17-26 (Paul Murphy)

Homily

Prayers of the People

Confession & Absolution *p. 191*

The Peace *p. 192*

Offertory Hymn (screen) – Blest Are They

Prayer over the Gifts: Eternal God, you are the strength of the weak and the comfort of sufferers, receive all we offer you this day; turn our sickness into health and our sorrow into joy. We ask this in the name of Jesus Christ the Lord.

Amen

Celebration of the Eucharist #5 *p. 204*

The Lord's Prayer

Breaking of the Bread #2 *p. 212*

Lamb of God, you take away the sin of the world: have mercy on us

Lamb of God, you take away the sin of the world: have mercy on us

Lamb of God, you take away the sin of the world: grant us peace

Communion Hymns (*Congregation receives first, followed by the choir*)
(screen) – I Am the Living Bread; 438 (CP) – Oh Jesus, I Have Promised

Prayer after Communion *p. 356*

Doxology *p. 214*

Children's Hymn (screen) – Jesus Put this Song into Our Hearts

Blessing

Recessional Hymn 384 (CP) – Praise to the Lord, the Almighty

Dismissal *p. 215*

(screen) – May the Lord

In lieu of altar flowers, a donation has been made to the glory of God and in loving memory of our departed friends of St. John's Parish from Carla and Placide Chiasson.

Praying for our Parish Families: We pray for Sherry & Roy Raymond, Wayne & Donna Jenkins, David & Betty Teed, and Bev & Robert Gunderson.

Diocesan Prayer: Parish of the Resurrection, Sydney (The Rev'd Peter Rafuse and Mary, The Rev'd Roslyn MacLeod, Associate Parish Priest, and The Rev'd Jackie Warren, Associate Parish Priest).

Provincial Prayer: Ecclesiastical Province of Ontario (Archbishop Anne Germond and the Provincial Council). Give thanks for Synod Arrangements team, new members of Parish Corporations and the many committee members serving on Diocesan Committees (MON); Archdeacons and ministry of lay readers (FRED); Having purpose in our lives and the capacity to share the gospels of Christ and a time of renewal and reflection as we begin the season of Lent (QUE). Please pray for parish vestries as they meet and make important decisions (MON); Theological students (FRED); Food bank shortage and the homeless with no shelter (CNL); Congregations as they prepare for annual vestry meetings, church wardens and treasurers, for greater awareness in our churches of our role in environmental issues, and the Pastoral Care Ministry in Quebec City, Coordinator, the Rev. Edwin Stretch (QUE).

Greeters: Harold Wilson, Ina Major, Mike Stokoe, Murray MacCormick, Bill & Judy Wesley

Chancel Guild: Sylvia Jeffery, Lynn Rawlinson, Debbie McNutt, Carol Adams

ANNOUNCEMENTS:

Tues., Feb. 19th – Parish Council 7:00 p.m.

Wed., Feb. 20th – Holy Eucharist 12:00 noon
Choir 6:30 p.m.

Thurs., Feb. 21st – Nursing Home Communion 10:30 a.m. (Elk Ct., Debert Ct.)
Widower's Supper 4:00 p.m.
Youth Bible Encounter 8:00 p.m.

Fri., Feb. 22nd – Meditation 11:00 a.m.

Lectionary Lunch 12:00 noon

Sat., Feb. 23rd – Community Dinner 3:00 – 5:00 p.m.

Next Sunday, February 24th: 7th SUNDAY AFTER EPIPHANY

8:00 a.m. Holy Communion (BCP)
10:00 a.m. Holy Eucharist (BAS)
10:00 a.m. Sunday School
11:15 a.m. Coffee Hour
12:00 p.m. Book Club
2:00 p.m. Sunday School Sledding/Games
2:00 p.m. Nursing Home service - Townsview
6:30 p.m. Evening Sunday School

Today, our annual meeting takes place following the worship and a finger food/sandwich luncheon in the upper hall.

Evening Sunday school: We know Sunday mornings can be busy for children. How about a Sunday evening instead? We will be offering an evening Sunday school February 24th from 6:30 – 7:30 p.m. in the church hall. The story will be the Parable of the Good Samaritan and all are welcome!

Sunday, February 24th - Join us for an afternoon of **sledding** at the Truro Legion at 2:00 p.m., followed by hot chocolate and treats at the church hall. All are welcome. Bring your own sled and helmet. Children must be accompanied by an adult. ***In the event of poor weather or no snow, we will meet at the church hall at 2:00 p.m. for an hour of games and treats instead.

Youth Bible Encounter: Ever sit in church on Sunday and wonder what the scripture readings are all about? Or what they have to do with your life? Us too! We are starting an evening bible encounter once a month, beginning **Thursday, February 21st** at 8:00 p.m. for youth ages 12-19. This will be one hour long, and will start with some running around games such as dodge ball. Then, we'll move into a look at the readings for the following Sunday, asking what we see in them and how they relate to our lives. Oh, and don't forget, snacks will be provided. Hope to see you there!

Looking Ahead to Lent: Ash Wednesday falls on March 6th this year and begins the Lenten season. Our Lenten Program this year takes the form of a Sunday sermon series on the spiritual disciplines of Lent. We're calling it "**Lent – Just Do It.**" Each week's sermon will give us guidance on how to practice one of the Lenten disciplines, with a take home resource which will also be accessible on our parish website. **Each Thursday** during Lent, there will be an **informal drop-in** hour in the parish hall parlour from 7:00 – 8:00 where folks can come to discuss their practice, ask questions and get support. Also during Lent we will again participate in **Lent Madness** as we learn about the lives of exemplary Christians from around the world and throughout the ages. Watch also for information about a program called **40 Days – 40 Items** which will help us simplify and focus during these Lenten days.

The Pancake Supper scheduled for March 5th has been **cancelled**.

Bookworms and Church Mice will meet next on **Sunday, February 24th** after the 10:00 a.m. worship. The book for discussion will be The Storyteller by Jodi Picoult, held over from January's session which was cancelled due to weather.

"Coldest Night of the Year" Walk (in support of Hub House, Truro's Homeless Shelter) takes place on **Saturday, Feb. 23rd**. Anyone interested in joining our St. John's team please speak up now!! Pledge forms are now available!

Once again the Chancel Guild will sponsor, throughout the month of February and first week of March, a **"Baby Needs Drive"** as our contribution to the Colchester Food Bank. Items such as clothing, diapers, wipes, soaps, lotions, shampoo, and baby food are most gratefully accepted and will be delivered at the end of the month. Thank you in advance for contributing to this much needed project. Contacts: Prue Hansen (893-3526) and Maria Murphy (895-3270).

Anyone with **good usable furniture** that could be used to furnish an apartment for a single man is asked to speak to Rev. Lori.

Pancake Breakfast every Saturday in February at Slate Youth Centre (883 Prince St., Truro) from 8:00 – 10:30 a.m. \$6.50 small, \$8.50 regular

Join us in celebrating African Heritage Month on **Saturday, February 23rd** at **First United** in Truro, with two free events sponsored by the Province of Nova Scotia. At **3:00** there will be a **"History of African Nova Scotia Music Demonstration"** (this workshop has received rave reviews and is suitable for all ages!) and at **7:00**, join us for **"Rhythms of Life", a multi-media concert** featuring the Moja Makani Band. Attendance is free for both events (free-will donations will be accepted) and CD's will be for sale.

This year **The Salvation Army** is the host church for the **World Day of Prayer service on Friday, March 1st at 7:00 p.m.** The program was written by women in Slovenia, one of the smallest countries in Europe. The theme - "Come - Everything is Ready!" The invitation is grounded in the parable that Jesus told about a great dinner which was attended by the ones called off the streets, as the ones invited excused themselves, The community formed around the table is not enough to fill the house - there is still room. Who is missing from the table in your community?

Seedy Saturday: Feb. 23rd 10:00 – 2:00 at Douglas Street Recreation Centre. Free admission, free workshops, info, free sharpening of your gardening tools, family activities, Lee Valley on site. Come and join with other gardeners to celebrate the coming season!