

St Martin's Anglican Church
North Vancouver BC



Lych-gate, St Martins, North Vancouver

LYCH GATE *forum*

Lent 2009



LOVE
LIFE
LIVE
LENT

Under the Lych Gate
this month

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Oh No She Didn't!

What happened in the Laundry
in old Peking? See page 5



Don't you just love this amazing poster that was designed by the creative types at AMV BBDO for the Museum of Childhood in London, England? The invitation is to those who are caught up in all the serious grown-up business of life to take a break, kick back, have some fun. Visiting the museum gives us permission to recall the simpler pleasures of childhood, to revisit some familiar toys - either the ones we had, or the ones (like the James Bond Aston Martin DB5 with ejector seat, revolving license plates and shootable missiles) that you were not allowed to have but aren't bitter about really.

The emotions run deep!

In this edition of the Lych Gate Forum, we have gathered some thoughts, resources and activities which can help you to pause in all the business and get in touch.

Get in touch with the stirrings of God deep within us. Make space to have half a chance of hearing the whisper of that still small voice.

With all the talk of gloom and depression in our world, Lent is the perfect time to get some perspective, to tap into the sources of abundant life, and to find new ways of sharing that abundance.

Rather than focusing on 'giving things up' say hello to your inner child and let them lead you by the hand into the Kingdom of God. ✠

Parish Matters

Our worship touches people's lives at important times. In the rich tradition of our liturgy, we are given a framework to celebrate the greatest joys and the deepest sorrows. When we run out of words and only silence is possible, the depth and spaciousness of the liturgy can carry us on as we join our hearts and voices with all those who have gone before us, all those who worship with us and all the saints and angels.

Baptisms

February 24 Sienna Lilly Lawrence
March 2 Rachel Adia Scott
March 30 Rutger Richard Reaveley
May 4 Katrina Bancroft
December 21 Olivia Kristin Diana Ferre
December 21 Lucy Alexandra Diane Ferre
December 21 Sadie Hunter Conroy

Confirmations

May 4 Katrina Bancroft
Marc Jeffrey Ellam
Ian Douglas Harvey
Charlene Anne Pointer

Weddings

March 29 Celia Magraw and Marc Ellam
April 26 Brittany Salway and Curtis Fullerton
August 16 Barbara Dennis and Victor Sytnick
October 18 Sarah O'Neill and Michal Stefanski

Deaths

January 27 Arthur Ernest Ruegg
March 25 Mary Bridgman
July 9 Dilbund Marjorie Doris Gaya
July 24 Nikola Cuk
August 13 Margaret Catherine Smith
November 30 Irene Knapp
December 15 Phyllis Victoria Ethel Bailly
December 22 John Robb Tolmie Andrews

It Snowed

Thank you to Max, Joe, Jill and everyone who helped clear the paths to enable people to get to church this winter. We were one of very few churches that did not cancel services due to the weather. Our numbers were very reduced, but those who were able to get through the snow filled the church with their worship and good cheer. For many people it was an odd Christmas, several people have told us that it was the first time that they ever missed the Christmas services. But don't worry, given that we have the Olympics here next year, there will probably be no snow at all!



1910 ~ 2010 Centenary Celebrations

We are beginning to put plans together to celebrate a major milestone in the history of our church community. In 2010 we shall have been a worshipping serving presence here for 100 years. A group is forming around Charlotte Nelson to co-ordinate our celebrations. She would be happy to hear from anyone else who would like to be part of the group or who has suggestions for events. We will be celebrating alongside another North Shore church - St Agnes; and it was just last year that St Clement's had their 100th.

Coffee, Cakes & Conversation

Hosted by the Women's Guild on the first Wednesday of each month. You are warmly invited to drop by the meeting room at 10.30am





Diocese of New Westminster

ANGLICAN CHURCH OF CANADA

#580 – 401 West Georgia Street, Vancouver, BC V6B 5A1

St Martin's Anglican Church
North Vancouver, BC, V7N 1V2

Dear Friends,

I was very pleased to receive your \$735.00 donation for the Al Ahli Arab Anglican Hospital. As of this morning we have received over \$50,000.00 for this ministry and money continues to arrive.

The funds that we are collecting here in the Diocese of New Westminster are having an immediate and profound impact on the relief of our brothers and sisters half-way around the world.

The Bishop of Jerusalem writes:

I wish to express my personal appreciation for the Diocese of New Westminster. The situation for innocent citizens of Gaza continues to be harsh. Our hospital continues to accept a large influx of patients regardless of ability to pay.

Many have recently ventured in when the travel was safer. The hospital is overcrowded and relief physicians are coming in through the border to assist the exhausted staff.

We are dependent on our Christian brothers and sisters to assist us with the financial obligation incurred in this humanitarian crisis and we very much appreciate your partnership in this endeavour. We all represent the One Body in Christ, working together in this mission to alleviate the suffering of people in need.

This comes with my personal thanks for your wonderful generosity and for the gift of your prayers. I have been profoundly touched by the response from you and those throughout our diocese. I will continue to pray for peace for this broken part of our world and ask you to continue to offer the same.

Kindest regards,

The Right Reverend Michael C. Ingham
Bishop

We received this letter from our Bishop expressing his thanks and those of the Bishop of Jerusalem for our share in the tremendous fund-raising effort for the Anglican -run hospital in Gaza. For more information about the hospital and the work that is being carried out there, please see the page on the diocesan website at www.vancouver.anglican.org

Diocese & Deanery

Deanery MAP

Representatives from all the parishes in North Vancouver met at St Agnes' church on Saturday, 14th February. With the skilled facilitation of our mentor, Alisdair Smith, we worked in parish groups to discover the values and hopes for our parishes and our deanery.

In pairs, we interviewed one another, asking:

What is the best experience you have had at your church?

What do you value:

About yourself?

About your church?

What do you think the core value of your church is?

What would be your three hopes for your church?

We then shared these with the rest of the room, noting both the many similarities and the important differences. Next we had some time to name the challenges that face us. Again there were several things that most of us named. Finally, we began thinking about the questions we need to ask of ourselves to discern where God is calling us, and then move in that direction overcoming the challenges.

It was a very positive meeting building trust and a spirit of co-operation between the churches rather than a feeling of competition that is often a sad feature of neighbouring churches. It is in this framework that the hard questions can be addressed about our stewardship of resources in the service of mission.

Our MAP parish team, commissioned on the 22nd February, is open to new members! ✠

Aladdin & Jasmine

This year's SMP pantomime production 'Aladdin & Jasmine' was a great success with many sold-out performances. We were delighted to have so many newcomers on board and we really concentrated our efforts on the singing and dancing elements. The sets were truly 'magical' and the costumes were a wonderful array of colours and Chinese influence. There were characters larger than life, as well as the introduction of some skilled pyrotechnics and lighting. Well done everyone, it was a fabulous run!

Nicky Pratt Co-Producer





Painting the scenery, preparing the props, creating the costumes, practicing the pyrotechnics and even learning the words meant a very busy Autumn and a very successful show.



For more info about the SMPDS go to www.smpdramatics.com

Engaging in God's Mission



An interview with
Archbishop Fred Hiltz
Primate of the Anglican
Church of Canada

by Lisa Barry

Published in the resources
supporting Vision 2019

Partnership in Mission

Q. What are the Five Marks of Mission?

A. Marks of Mission are not new. They go back to the early 1980's; 1984 in fact. The Anglican community adopted those five marks for its worldwide mission.

The Marks of Mission are to proclaim the good news of the Kingdom so that's all about evangelism. To nurture, baptize new believers so that's all about nurturing people and their life in Christ and in community in Christ.

The third Mark of Mission is to respond to human need by loving service so that takes us into many parts of the world, both in crisis situations and in long-term development work.

The fourth Mark is to transform unjust structures of society. That takes us into issues of injustice at home here in Canada as we ad-

dress matters of poverty and aboriginal issues. It also takes us into the world as we stand in solidarity with others around the Millennium development goals, for example.

The fifth Mark of Mission is to safeguard or to work at safeguarding the integrity of creation, sustaining and renewing the earth.

It gives us a bit of a framework for all of our work as the church. Mission for Anglicans is not just about individual or personal salvation and my relationship with Jesus. It's all of that, but it's much more than that too.

For us mission is an understanding of society being totally renewed and transformed under the just and loving reign of God. The Marks of Mission give us some parameters for how we go about living the gospel.

Q. I understand the Marks of Mission as they relate at the national level. How do the Marks of Mission affect me at the parish level?

A. You could take any one of those Marks of Mission and say what are we doing about that Marks of Mission in our midst?

That's exciting I think, because it's taking something, which we often think of, as you say, as worldwide Marks of Mission and bringing it home, but most parishes I think could look at each of those five Marks and say what are we doing with this one?

I think that most parishes would be able to say this is what we're doing about it; for example responding to human need by loving service.

There's probably not a parish in the country that wouldn't be able to say well, we think that's about outreach and this is what we do in terms of outreach; supporting the food bank or supporting shelters for people who are abused, programs for people who are addicted; offering our facilities for AA meetings, for example; our support of the Primate's World Relief and Development Fund. Most parishes I think would be able to say yes we live that Mark in this particular way.

Q. How does looking at something like the Marks of Mission do anything for the parishes that are suffering or struggling?

A. In many respects I think it's an opportunity for them to renew themselves. The five Marks of Mission hold us together as Anglicans around the world and we hope across the country.

One of the things that I find refreshing about some focus on the Marks of Mission is that at a time

*Draw your church together, O Lord,
into one great company of disciples,
together following our Lord Jesus
Christ into every walk of life,
together serving him in his mission
to the world and
together witnessing to his love on
every continent and island.
We ask this in his name and for his
sake. Amen*

exactly as you described, when we're facing all kinds of challenges with declining membership and diminishing resources, the economic climate for what it is right now and the clouds that are kind of hanging over us and they say for the next couple of years; it's kind of refreshing for the church to say, "well what are we really all about?"

If we're a gospel people, then

what do we stand for? The Marks of Mission help us to get at that. That we are a people who worship, we have good news to share with one another and the world, we care about the needs of humanity and we try to respond in the name of the prophets and Christ Jesus.

We go about the work of justice and building the kingdom of God on earth.

Speaking of the earth, we care about creation. We care about what we have done to the beauty of God's creation and we're trying to reverse some of the bad trends, the bad tracks on which we've been as humanity for far too long. It's a time to refocus. It's almost a case of ... Let's go back to basics and then go forward with those fundamentals. These are the defining marks of who we are as Christian people. Each of the mission studies includes a very brief bible study, some reflection on the Mark of Mission that we're considering and some really interesting stories about how that Mark of Mission is being lived out, either in the Canadian context or in a context where we're in partnership with other churches in the Anglican community.

It's bible study, theological reflection and story telling. ✝



Our vision at Parish, Deanery, Diocesan and National levels is also taking into account these targets set as the **Millennium Development Goals**. For more information about how you can engage with this global program, see the UN site at:

<http://www.un.org/millenniumgoals>



Vocation



Edited from articles by
**Kathleen Staudt &
Christine Whittaker**

*My life is but a weaving between my
Lord and me,
I cannot choose the colors He worketh
steadily.*

*Oft times He weaveth sorrow,
and I in foolish pride
forget He sees the upper but I the under
side.*

*Not till the loom is silent and the shuttles
cease to fly,
shall God unroll the canvas and explain
the reason why.*

*The dark threads are as needed in the
Weaver's skillful hand,
as threads of gold and silver in the pattern
life has planned.*

Frederick Buechner has described vocation as the place where our great joy meets the world's deep hunger. I am convinced that our aim in life should be to live and work in a way that brings us joy, rather than makes us glum and dispirited. But it is not always easy to figure out what we are called to do. Often the challenge is not so much the question of the world's hunger but our own gifts and talents.

The Quaker author Parker Palmer writes that it can take a long time to become the person one has always been. In his words, "Vocation does not come from a voice 'out there' calling me to become something I am not. It comes from a voice 'in here' calling me to be the person I was born to be." He quotes a Hasidic tale "that reveals, with amazing

brevity, both the universal tendency to want to be someone else and the ultimate importance of becoming one's self: Rabbi Zusya, when he was an old man, said, 'In the coming world, they will not ask me: "Why were you not Moses?" They will ask me: "Why were you not Zusya?"'"

Vocation is actually where we experience the grace of God. Martin Luther and Dietrich Bonhoeffer are clear on this: Our calling is the expression of God's grace in our lives; obedience to God's call is our faithful response to that grace – not something we have to earn or even fully understand, not even something that makes us "better people," though technically it is what makes us "saints." This is hard to grasp but it is a beautiful mystery. Vocation is ultimately less about "what

shall I do with my life” than it is about “how shall I respond to the relationship with God that I’m already in, perhaps without knowing it? The stirrings and restlessness that come with that experience of call are really already responses to God’s grace, active in us and in our world and relationships. This is what makes reflection on vocation something different from simply career counseling or self-awareness, even though our feelings and yearnings about work and our understanding of our identity help us in discernment. But vocation is the good news that God invites us to participate in the divine work of transformation in the world. So our honest questions about where our real work and our real heart’s desire lies are a form of prayer, really, “responding to God”.

In the Anglican tradition, all Christians are encouraged to discern their vocation in life.

Some people are called to serve the world and church as ordained ministers. Some whilst remaining in their secular occupations serve as Deacons; some become priests and share with the Bishop the leadership of sacramental ministry.

There is a fairly lengthy process of discerning this vocation. It aims to bring together both the internal and external aspects of call and places discernment firmly in the midst of community. People who want to explore a possible call to ordination begin by spending several months in conversation both with their parish priest and also with a committee of lay people. The lay group looks for the particular gifts that are needed for ordained ministry – not only committed faith but also leadership skills and the ability to build up vital Christian communities that reach out in mission to those in need. If, after several months of deep

conversation, the priest and the lay people believe there is a vocation to ordained ministry, the applicant’s name is sent forward to the bishop. The next stage of discernment involves review and interviews by the bishop. Those whose particular gifts and abilities fit the needs of the Church and the diocese are invited to become postulants and start a three-year period of formation that includes seminary study, practical experience and spiritual disciplines.

It is a lengthy process but so is discernment and preparation for a vocation of any sort. It takes most of us years to sort out where our talents truly lie and to seek the sort of life that will allow us to make the most of them. It is immensely helpful to have the support of a community as we try to answer the question asked by the poet Mary Oliver: "Tell me, what is it you plan to do with your one wild and precious life?"✠



Vivaldi Chamber Choir

Director: David Millard

The British Orpheus and the Saxon Devil

2009 marks both the 250th anniversary of the death of Handel and the 350th anniversary of the birth of Purcell. This concert will celebrate English choral music from 1659 to 1759, focussing on the work of these two giants. The feature work of this programme will be the anthem *Let God Arise*, written by Handel during his service to the Duke of Chandos.



This concert will be presented in collaboration with the *Company of Instruments Baroque Orchestra*.
 Friday March 27th - St. Philip's, off Dunbar; **Saturday, March 28th - Gloria Dei Lutheran, North Vancouver**
 Tuesday, March 31st - Redeemer Lutheran (on Laurier, Granville & W. 24th)
 All concerts are scheduled for 7:30



Councillors Mike Little and Alan Nixon flank Mayor Richard Walton, Fr Jeremy and Nancy Paul as they accept awards from the Heritage Commission of North Vancouver District Council for 'Landscape in a Heritage Context'.

A Design Evolution

The Memorial Garden

by Nancy Paul MBCSLA

When first asked to look at the redesign of the Memorial Garden at St. Martins Church late in 2004 I had no idea that the evolution of this project would span more than four years and would ultimately involve structural engineers, geotechnical engineers, crane operators, micro-pile installers, stonemasons, paving specialists and carpenters.

The Memorial Garden is situated one storey below the main entrance to St. Martins Church, a beautiful example of a Craftsman adaptation of the Gothic Revival style of architecture built in 1922. The garden is a source of great pride for the parishioners but was bounded along its northern edge by a wooden piling wall that was rotting and beginning to fail. The

request to tie the upper level entrance to the garden below seemed logical and straight forward and that's where it all began.

The first scheme was presented to the Church and the District of North Vancouver Heritage Commission in early 2005. This scheme included a stone staircase with a series of small viewing platforms connecting the upper patio entry area with the edge of the garden. It allowed visitors to view the garden while walking down to the Church office entrance. It was important that visitors be allowed to get close to the garden without actually entering it because the Memorial Garden contains the ashes of deceased parishioners. Relatives might enter the garden to leave flowers for a loved one, but wandering through the garden was not encouraged.

Once the initial scheme was approved by the Heritage Commission as well as the parishioners, an application for Building Permit was the next step. The District of North Vancouver advised that a structural engineer be retained to review the working drawings for the stone staircase. The structural engineer, who was familiar with the site at St. Martins Church, immediately recommended consulting with a geotechnical engineer due to the precarious nature of the soils in the area and the existing slope. The geotechnical engineer set about drilling test holes, one at the top and bottom of the slope. The soils report indicated that soils were unstable to a depth of eight feet, too deep for the shallow footings shown on the working drawings of the stone staircase.

What started out as a simple stone staircase became an engineering puzzle. How does one anchor a staircase in unstable soil? The answer isn't that complicated but it is very expensive, and it involves sending piles or columns down to bedrock or stable soil. At one point in the evolution of the design the structural engineer recommended more than one dozen columns to support the staircase and the new patio directly in front of the church. The columns alone were going to cost \$100,000. Needless to say, an alternative solution to the stone staircase had to be found.

Working with both the structural and geotechnical engineers it was decided that a flexible system needed to be introduced into the design as the cost of too many columns would be prohibitive. The staircase was abandoned in favour of a retaining wall made of large boulders, local granite outcroppings known as 'Glacial erratics'. Behind the boulders a segmented retaining wall, also flexible, supported the upper patio. The patio itself was constructed of interlocking pavers, each of these elements was ideal for the unstable soil conditions at St. Martins Church. Only the garden overlook, constructed with a poured concrete base required two micro-piles.

One of the items on the Church's wish list was improved access for wheelchairs to the Church forecourt and a viewing platform for the Memorial Garden. Father Jeremy, St. Martins' priest, felt that moving the Lych Gate closer to the church would allow a ramp to be built into the Church forecourt and would eliminate a treacher-

ous concrete stair. Moving the Lych Gate was another engineering feat that resulted in a much improved courtyard space in front of the Church. From a design perspective it was the key to the entire composition, the winning move in a chess game.

Almost three years had passed when the revised scheme was ready to be submitted for a building permit in 2007 and construction did not begin until April of 2008. The design process was complicated by the physical constraints of the site and its impact on the overall budget for the work. In spite of the delays, the final design has proven to be a superior layout allowing universal access to a space that welcomes and enhances the beauty of this Primary listed Heritage building.

Thanks to the dedication and professionalism of all the participants: the engineers, contractors, trades people and the wonderful Church community at St. Martins the redesign of the Memorial Garden at St. Martins Church is a success.

Special Thanks to:

Father Jeremy Clark-King
Rockingham Engineering Ltd.,
structural engineers
Horizon Engineering Inc., geo-
technical engineers
Highland Pavestone and Retain-
ing Walls, contractors



World Day of Prayer 2009

by Dana Bowman

**North Lonsdale
United Church,
3380 Lonsdale Avenue
will be hosting
WDP2009 on
Saturday, March 7th
at 11 a.m.**



Papua New Guinea, this year's host country, occupies half of the second largest island in the world after Greenland. The other half is occupied by West Papua, formerly Irian Jaya, which is a part of Indonesia.

Papua New Guinea (PNG) is also comprised of 600 other smaller islands. It lies below the equator on the south-west side of the Pacific Ocean. Its neighbours are: Micronesia to the north; the Solomon Islands to the east; and Australia to the south.

PNG has: luxuriant tropical forests; rugged mountains; active volcanoes; geothermal springs; exotic plant and animal life; and a monsoon climate year round. It is one of the world's least explored countries and it is believed that there are many plant and

animal species that are yet to be discovered.

The first European contact was in 1511 when Antonio d'Abreu of Portugal named the island New Guinea for its resemblance to the Guinea coast of West Africa. Its history of annexation and occupation of all or part of it is: Spain 1545; Britain 1793; Holland 1828; Queensland 1883; Britain 1884; Australia 1905; Germany WWI; Australia 1920; Japan 1942; Australia 194; and finally independence in 1975. Like Canada, PNG is a member of the Commonwealth of Nations.

Due to the rough terrain and the lack of access to many communities, there are more than 1000 separate cultural groups and 800 linguistic groups. English is taught in the schools. Port Mo-

resby, the capital, is a modern city but 85% of the population is rural with many living in primitive conditions. While it is believed that some tribes practiced head hunting and cannibalism up into the 1980s, of the approximately 5,000,000 people in PNG, 3,000,000 are protestants and 1,300,000 are catholics.

The traditional matrilineal system where property and names are passed through the female line, has broken down. Few women are literate and most lack economic skills. PNG is one of only four countries in the world which has no form of paid leave for new mothers. The other three countries are Swaziland, Liberia and the USA.

There is a high rate of violence against women which is exacerbated by the spread of HIV/Aids and human trafficking. The churches and community organizations are trying to help with spiritual support, skills training and the teaching of reading and writing to adults.

The women of Papua New Guinea invite us to have the confidence of Ruth, who left what was familiar to her and went with Naomi to another land. They call us to ponder the mystery of our oneness in Christ in their context and our own. Papua New Guinea has one of the most heterogeneous indigenous populations in the world. More than 800 languages are spoken. Their diversity is expressed in this saying, "For each village another culture." Yet, the bilum, a traditional string bag is found nearly everywhere. Bilums come in many colors, sizes, shapes, and styles and often the

creative designs identify where the bilums were made. Men usually prefer a long handle style that is worn over the shoulder. Women carry their babies and their market produce. Bilums are also used as a hanging cradle for a sleeping baby.

The World Day of Prayer graphic brings the symbols of the cross and bilum together. By placing the bilum on the cross, the women of PNG seek a unity where they are not merely held together as though they were gathered into a string bag. They seek a vibrant unity where love is genuine, and where the many, many communities of Papua New Guinea are of one heart and soul.

We are also invited to reflect on the collaborative networks among women. In Exodus, the story of deliverance from bondage begins with women's non-violent intervention. Their actions ignore the social forces that are rooted in the fallacy that one group is superior to the other and is entitled to exploit them. To-

gether, the women overcome evil with good. So, too, in the context of Papua New Guinea, we are given examples of women's intervention in Bougainville and in the Highlands. And we are called to identify women's intervention in our own context.

We thank you, God, for directing our lives. As women united as one in your body, with your love and your power in us, we pray that we would be your instruments for peace and reconciliation.

The following recipe come from the kitchens of Papua New Guinea to your kitchen.

Sweet Potato Crisps

1. Wash and peel sweet potatoes.
2. Slice thinly.
3. Soak in water for 1-2 hours to remove the starch.
4. Dry slices on towels.
5. Fry in oil until golden and crisp.
6. Sprinkle with salt or dip in your favourite sauce.

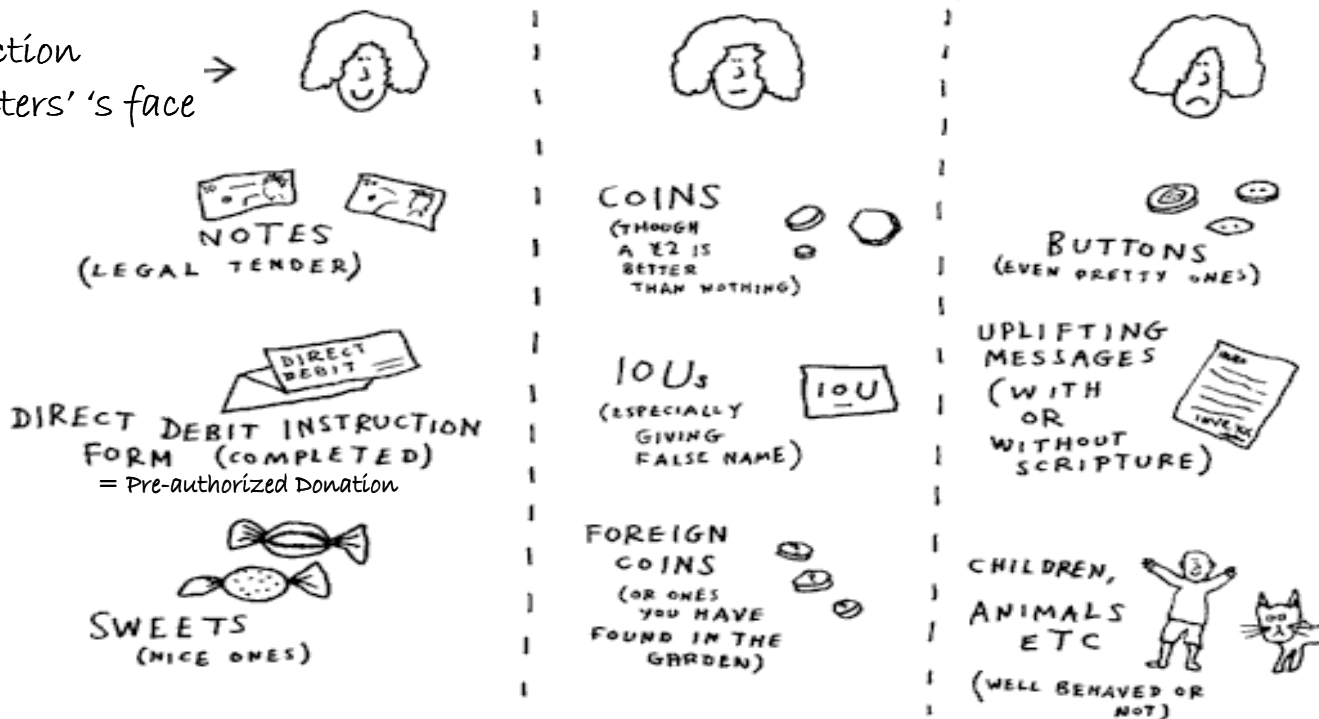
'Hamamas tru' ('Enjoy' in Port Moresby pidgin). ✝



THE COLLECTION

WHAT SHOULD YOU PUT IN?

Collection
Counters' 's face



CartoonChurch.com

LOVE

LIFE

LIVE

LENT

What is Lent?

Lent is the period of seven weeks before Easter when Christians prepare to remember the death and the resurrection of Jesus Christ, the Son of God. It is a time to remember our faults, a time of penitence and reconciliation. For some it is also a time to get ready to affirm their individual Christian faith through baptism or confirmation.

Celebrating Lent in Church

In the Old Testament, it rained on Noah's ark for forty days, and Moses and Elijah also spent forty days in the wilderness. In the New Testament, after Jesus was baptised by John the Baptist, he spent forty days in the wilderness; Jesus was tempted by the devil, but he resisted. The story is in Matthew chapter three. Lent lasts forty days too and people use the time to overcome their own personal temptations to sin, as well as repenting for the times they have given in to that temptation.

Living Generously

People began to fast through Lent from the fourth century AD, eating only one vegetarian meal a day. Today, as well as giving up food or treats, people 'fast' spiritually by giving more time than usual to prayer and reading spiritual books, and through generous acts of kindness to individuals and to charities. Even a small action made generously can make a difference to someone's life. This Lent why not give generously to ourselves, to our neighbours and to the world?

On the following two pages you will find a Lent calendar filled with all sorts of ideas to set you on the path of living generously, taking care of others, the world we live in, and yourself. Cut it out, stick it on the fridge or board.



LOVE LIFE LIVE LENT

Be generous to yourself, your neighbours & the world

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>This calendar is for children and those who will help them to live generously this Lent. See other side for more ideas.</i>		24 February Have a Pancake Party	25 Offer to do a job someone else normally does	26 Lend a friend a good book, CD or game	27 Share a treat with someone else	28 Help a parent with the shopping
1 March Thank God for your dinner today	2 Tidy your bedroom	3 Tell your best friend a joke or make them laugh	4 Chat with someone you know from a different culture	5 Put a coin in a charity box	6 Make something and share it with someone you love	7 Feed the birds
8 Read the Bible for 5-10 minutes	9 Make sure you say please and thank you	10 Don't watch TV today	11 Give something to a local charity shop	12 Save trees – Use both sides of a piece of paper	13 Listen to a friend's story without interrupting	14 Write a letter or draw a picture for someone
15 Say a prayer for someone who is unwell or in need	16 Phone a relative you don't see very often	17 Say something nice to 5 people at school	18 Don't waste water – turn off the tap while brushing your teeth	19 Don't drop litter	20 Read or tell a story to another child	21 Pick up some litter
22 Thank God for creation – especially mums!	23 Help a bug out of your house – don't squash it!	24 Give a treat to someone who helps at your school	25 Think of a new act of kindness and share it with some friends	26 Plant some seeds where the flowers can be seen	27 Write a letter to someone who has helped you and thank them	28 Hug someone you love
29 Light a candle to remember children in other countries	30 Sweep the path to your home	31 Save hydro – Turn off lights when you don't need them	1 April Cheer up a classmate who looks sad	2 See how many people you can make smile today	3 Give a small Easter gift to your teacher	4 Say something nice to a member of your family
5 Make a palm cross and give it to a friend	6 Make an Easter card for a neighbour	7 Talk to someone you know who is much older than you	8 Forgive someone who has been unkind to you	9 Tidy up an area of your garden	10 Good Friday Get together with a friend and tell the story of Easter	11 Do a chore for someone who looks after you

12
Alleluia! Go to church – celebrate and join in the fun. Christ is Risen! He is risen indeed, Alleluia!

LOVE LIFE LIVE LENT

Be generous to yourself, your neighbours & the world

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>This calendar is for adults and older youth. See other side for younger children.</i>		24 February Have a Pancake Party	25 Spend some time in silence	26 Give up your place in a queue to someone	27 Have a meat-free day	28 Note how far your food has travelled
1 March Light a candle and pray for someone	2 Give someone an apple	3 Tell your best friend a joke or make them laugh	4 Visit your local park and then write to thank the council and make suggestions	5 Go for a walk around your block	6 Say something nice about someone behind their back	7 Feed the birds
8 Talk to someone you don't know at church today	9 Phone or text someone to say goodnight	10 Don't watch TV today	11 Save energy – put on a sweater instead of turning up the heat	12 Save hydro – get a low-energy light bulb	13 Leave a toonie in the shopping basket where someone will find it	14 Write a letter or draw a picture for someone
15 Watch the news and pray about what you see	16 Phone a relative you don't see very often	17 Buy something at a thrift store and reverse haggle	18 Don't waste water – turn off the tap while brushing your teeth	19 Buy a fairly-traded product	20 Have a conversation with someone from a different generation	21 Pick up some litter
22 Ring a loved one.	23 Plant some seeds where the flowers can be seen	24 Find an open church and spend 5 minutes in silence	25 Hug someone who needs it	26 Give a friend a good book or CD	27 Find out about blood or organ donation	28 Don't leave the TV, DVD or chargers on stand-by
29 Talk to someone about why you go to church	30 Buy something for someone anonymously	31 Save hydro – Turn off lights when you don't need them	1 April Miss a meal and pray instead	2 See how many people you can make smile today	3 Find out about a local church community project	4 Bake something and share it
5 Make a palm cross and give it away	6 Make an Easter card for a neighbour	7 Use a buy one get one free – and give the free one away	8 Find out about CO2 offsetting schemes	9 Do a chore for someone	10 Good Friday Walk the Stations of the Cross or read John 19	11 Do a chore for someone who looks after you
12 Alleluia! Go to church—join the celebration Christ is Risen! He is risen indeed, Alleluia!						

If you're so smart...

These are real answers given on British quiz shows! The world needs more Canada.

Allinson: What international brand shares its name with the Greek goddess of victory?
Contestant (after long deliberation): Erm, Kellogg's?

Anne Robinson: Oscar Wilde, Adolf Hitler and Jeffrey Archer have all written books about their experiences in what: prison, or the Conservative Party?
Contestant: Conservative Party

DJ Mark: For 10 Pounds, what is the nationality of the Pope?
Ruth from Rowley Regis: I think I know that one. Is it Jewish?

Phil: What's 11 squared?
Contestant: I don't know.

Phil: I'll give you a clue. It's two ones with a two in the middle.
Contestant: Is it five?

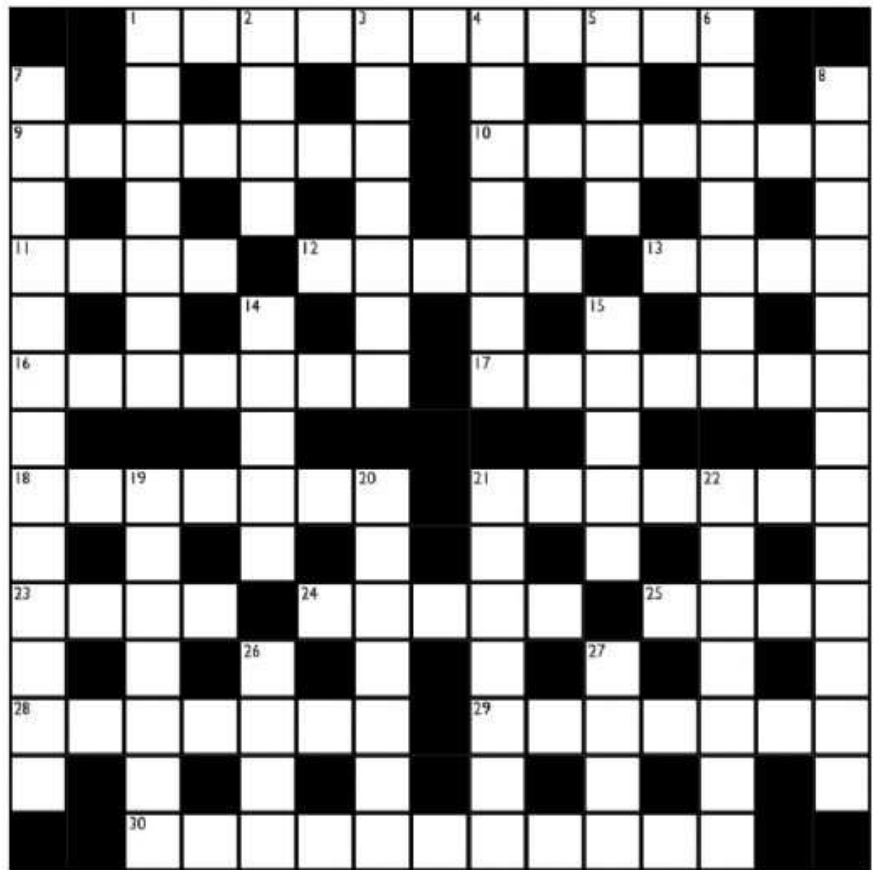
Eamonn Holmes: There are three states of matter: solid, liquid and what?
Contestant: Jelly.

Eamonn Holmes: Dizzy Gillespie is famous for playing ... what?
Contestant: Basketball.

Melanie Sykes: What is the name given to the condition where the sufferer can fall asleep at any time?
Contestant: Nostalgia.

Steve Wright: Johnny Weissmuller died on this day. Which jungle-swinging character clad only in a loincloth did he play?
Contestant: Jesus.

Crossword and Humour



Thanks to the Church Times

Across

- 1 What may be cut by someone showing discretion? (6,5)
 9 Excited tribe volunteers to make hat for priest (7)
 10 Wrong gen held by your junior (7)
 11 Egyptian deity goes through Oxford (4)
 12 Take a big look — see the ice-house (5)
 13 Sort of charitable (4)
 16 Futile advice on how to save water (7)
 17 New York politician upset the precocious damsel (7)
 18 Taint of guilt surrounding American support (7)
 21 Providing plant is a blunder (7)
 23 Maybe Bambi's back in the long grass (4)
 24 Elegant, but it can be painful (5)
 25 Kingdom rightly protects Ahab's father (4)
 28 Relative starting golf? Secure and skittle (7)
 29 Work, having a career in glass (7)
 30 Lady hems cot roughly — such may delight young sailors (5,6)

Down

- 1 Aggressive — resembling Evelyn, we hear? (7)
 2 Fourth man, rigid husband (4)
 3 Dutch house's fruit (7)
 4 Youngster harbouring yen, wanting own little fantasy community (7)
 5 Burden borne by you and me (4)
 6 Adonijah's mother gets the food they have in Anguth! (7)
 7 One inclined to provide bit of website address? (7,6)
 8 Could make corrupt red empire tend to be inflexible after initial planning? (13)
 14 Abraham's father has broken heart (5)
 15 Enemy of Israel appearing here in the morning one day (5)
 19 Breastbone turns me off (7)
 20 So-called 'Iron', man out of the ordinary (7)
 21 Peter in the pub with Joan, getting drunk (3-4)
 22 But many of the Egyptian ones were daddies! (7)
 26 A page editor copied (4)
 27 Curse coming from boathouse (4)

The Gift of Time

The Almighty and merciful God grant unto you, being penitent, pardon and remission of all your sins, time for amendment of life, and the grace and comfort of his Holy Spirit.

The wonderful phrase *time for amendment of life* is the prayer thanking God for the grace to make amends, to discover ourselves and others made whole.

I read the following on the blog of an English Bishop, and I thought in the spirit of our nation, we should have the text in both official languages:

Je te souhaite du temps...

Prends le temps de penser,
c'est la source de pouvoir.

Prends le temps de jouer,
c'est la secret de la jeunesse.

Prends le temps de lire,
c'est le source du savoir.

Prends le temps d'aimer et d'etre
aimé, c'est une grace de Dieu.

Prends le temps de te faire des
amis, c'est la voie du bonheur.

Prends le temps de rire,
c'est la musique de l'ame.

Prends le temps de donner,
c'est le role de l'adulte.

Prends le temps de travailler,
c'est le prix du succès.

Prends le temps de prier,
c'est la force de l'homme.



I wish you the gift of time...

Take time to think,
it's the source of power.

Take time to play,
it's the secret of youth.

Take time to read,
it's the source of knowledge.

Take time to love and be loved,
it's a gift from God.

Take time to make friends,
it's the way to happiness.

Take time to laugh,
it's the soul's music.

Take time to give,
it's the grown-up thing to do

Take time to work,
it's the price of success.

Take time to pray,
it's the strength of humanity.

New Parish Council

At our Annual Vestry Meeting on Sunday 22nd February we elected a new Warden and three new Parish Councillors. Under our system, each member serves for three years and then has to have at least one year off.

The people providing leadership in our parish for 2009 are:

Wardens

Janet Harris	T, D
Ian Harvey	T
Jennifer Duholke	T

Council

Colleen Wright	T, D
Chris Locher	AltD
Sally Husken	D
Rob Pratt	T
Charlotte Nelson	AltD
Darlene Clarke	T
Christine Parkes	AltD

Jane Brewer

Philip Pettengell

Marc Ellam

Louise Brewer YD

Matt Blockberger AltYD

We reappointed Jim Duholke as Treasurer. Ann Hasle was appointed as Envelope Secretary.

Thank you to those who retired this year, especially Audrey Grisdale after 12 years' service.

*T = Trustee, D = Synod Delegate
AltD = Alternate Synod Delegate
YD = Youth Synod Delegate*



Many Congratulations to Dan and Jill

On Wednesday 18th February, in the company of family and close friends, Jill and Dan were married at St Martin's in a quiet celebration of Holy Eucharist. Dan's nephew, Benjamin, was the ringbearer and Jill and Dan's daughter, Lelia played a piece on the violin and read one of the readings.

Our best wishes and prayers go with them as they begin this new chapter of their lives together.

Calendar of Services for March and April

March

- 1st First Sunday in Lent**
 8.00 am Holy Eucharist
 10.00 am Holy Eucharist
- 4th Lenten Feria
 7.00pm Holy Eucharist & Stations of the Cross
- 5th Lenten Feria
 10.30 am Holy Eucharist
- 8th Second Sunday in Lent**
 8.00 am Holy Eucharist
 10.00 am Choral Matins
 Guest Preacher:
 The Rev'd Alisdair Smith
 Deacon, Christ Church Cathedral
- 11th Lenten Feria
 7.00pm Holy Eucharist with Stations of the Cross
- 12th Lenten Feria
 10.30 am Holy Eucharist
- 15th Third Sunday in Lent**
 8.00 am Holy Eucharist
 10.00 am Holy Eucharist
- 18th Lenten Feria
 7.00pm Holy Eucharist & Stations of the Cross
- 19th St. Joseph of Nazareth
 10.30 am Holy Eucharist
- 22nd Fourth Sunday in Lent**
 8.00 am Holy Eucharist
 10.00 am Holy Eucharist
- 25th Lenten Feria
 7.00pm Holy Eucharist & Stations of the Cross
- 26th Lenten Feria
 10.30 am Holy Eucharist



April

- 1st Lenten Feria
 7.00pm HE & Stations
- 2nd Lenten Feria
 10.30 am Holy Eucharist
- 5th The Sunday of the Passion**
 8.00 am Holy Eucharist
 10.00 am Holy Eucharist
- 6th Monday in Holy Week**
 7.00pm HE & Stations
- 7th Tuesday in Holy Week**
 7.00pm HE & Stations
- 8th Wednesday in Holy Week**
 7.00pm HE & Stations
- 9th Maundy Thursday**
 No Morning Eucharist on this day.
 7.30pm Maundy Liturgy
- 10th Good Friday**
 11.00am Stations of the Cross
 1.00pm Stations of the Cross with Hymns
 2.00pm Liturgy for Good Friday
- 12th Easter Day**
 5.30am Easter Vigil
 8.00am Holy Eucharist
 10.00am Holy Eucharist
- 16th Thursday in Easter Week**
 10.30am Holy Eucharist
- 19th Second Sunday of Easter**
 8.00am Holy Eucharist
 10.00am Holy Eucharist
- 23rd George, Patron of England
 10.30am Holy Eucharist
- 26th Third Sunday of Easter**
 8.00am Holy Eucharist
 10.00am Holy Eucharist
- 30th Marie de l'Incarnation**
 10.30am Holy Eucharist

Contacts

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 Home (604) 904-7746
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Administrator:

Sandra Stevenson
 admin@saintmartins.ca
 (604) 985-5919

The Church Office is open between 9am and 1pm Monday to Friday and you will speak to either Sandra or Heather.

Wardens:

Janet Harris 988-3778
 Ian Harvey 929-7745
 Jennifer Duholke 986-0067

Honorary Assistants:

The Reverend Charles Walters
 (604) 988-0745
 The Reverend Walter Bayley
 (604) 272-5083

Youth Coordinator :

Michael Nelson 787-1441
 Sunday School Coordinator:
 Sheri Johnson 986-0735

Organist & Choirmaster:

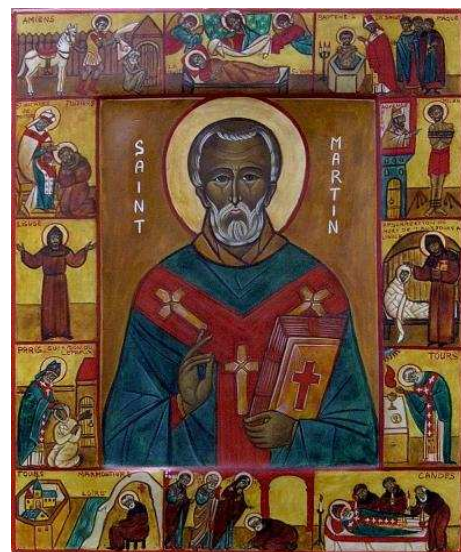
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 Envelope Secretary:
 Ann Hasle

Anglican Church Women:

Teresa Pallant 986-8969

Women's Guild

Margaret Pate 987-5903



NEITHER
THE HAIR SHIRT
NOR THE
SOFT BERTH
WILL DO.



THE
PLACE GOD
CALLS YOU TO
IS THE PLACE
WHERE
YOUR DEEP
GLADNESS
AND
THE WORLD'S
DEEP
HUNGER
MEET.
FREDERICK
BUECHNER

Ember Days

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In each quarter of the year there are three days set aside to pray of the ministry of the church. The Ember Days for Lent this year fall on Wednesday 4th, Friday 6th and Saturday 7th March.

Originally they were seasonal pagan festivities praying for various aspects of agricultural life. As the church spread, these celebrations were given new meaning. One

development was a link to vocations to ministry and ordination (maybe linking to the saying of Jesus to pray for workers to go out into the harvest).

The English name, "Ember", derives from the Anglo-Saxon *ymbren*, a circuit or revolution (from *ymb*, around, and *ryne*, a course, running), relating to the annual cycle of the year. The word *imbren*

makes it into the acts of the "Council of Ænham" (1009): *jejunia quatuor tempora quae imbren vocant*, "the fasts of the four seasons which are called imbren".

See the article on vocation on page 8.

Use these often overlooked days in our cycle of prayer to pray for people to respond to what God is calling them to in their lives. ✠

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