

# *The Parish Light*

Trinity of Parishes – Parishes of Athabasca, Lac La Biche and Northern Lights  
February 2021



**Ash Wednesday** marks the start of **Lent** in the Western church and takes place 46 days before Easter. As the date of Easter is calculated on the cycles of the moon, the date of Ash Wednesday will vary from year to year.

**Ash Wednesday** is a Christian holy day of prayer and fasting and falls on the first day of Lent, the six weeks of penitence before Easter. Ash Wednesday is traditionally observed by Western Christians. It is observed by Catholics in the Roman Rite, Anglicans, Lutherans, Methodists, Moravians, and Independent Catholics, as well as by many from the Reformed faith (inclusive of the Congregationalist, Continental Reformed, and Presbyterian traditions).

**Ash Wednesday** derives its name from the placing of repentance ashes on the foreheads of participants to either the words "Repent, and believe in the Gospel" or the dictum "Remember that you are dust, and to dust you shall return."<sup>[6]</sup> The ashes are prepared by burning palm leaves from the previous year's Palm Sunday celebrations.



## **Living in the pandemic can be like making banana bread**

I just got back from a walk in the sun. It was clear, blue skies, calm and only -17 C. I know that this time of the year can be the coldest time of the year, but for me the days are getting longer and with the sun shining brightly, I convince myself we are heading in the right direction. I look forward to shedding the parka and long johns and enjoying the warmth on my face. But not yet. I put my hood down for a minute. Enjoyed the sun on my face, but soon the chill drove my hood back up.

I guess if I am honest, I feel the same way about these pandemic restrictions. I know why the distancing, I know why the masks, I know why the closing of Church building, I even understand the limiting or banning of family visits. But I do not like it. I miss the conversations, I miss the presence of others, I miss the touch of others, I miss the fellowship, the worship, the prayers and the songs. There is something in the DNA that the creator gave us when He created us that that makes us need to be together. That why we have marriage, families and communities. So when the ability and right to be together is taken away from us, **WE DO NOT LIKE IT.**

You know what? That's okay. It is a normal human feeling. It is neither right nor wrong, it just is. The real question is how do we respond when to these feelings? One way is to rebel. You know those who refuse to wear the mask, deny it is happening. I met a man who believed that this pandemic was a hoax created by the government. All these deaths?? Well the government lied about the real reason for their death. Others try to run away from the problem. But with all the travel restrictions that is becoming harder to do. Others become stubborn, they are going to endure it and out last it.

Others look for the positive in all things, even the things you do not like. It is like buying a bunch of bananas only to find out they are over ripe and can't be eaten as is. Some will throw them out; others will eat them any way and hope for better next time. But the one who thinks positively gives thanks to God for the bananas and proceeds to make banana bread looking to enjoy the lovely food. So will the restrictions be lifted so we can use our Church building again?

It would be nice, but I do not think it will happen for awhile. So let's plan to be the church without the building, let's figure out how to grow and learn and pray with socially distancing, while meeting virtually. Let's see what we can do while these restrictions are in place. Games night, bible studies, movie nights, crafts night can all be done virtually. Let's learn to bake banana bread. And while we are at it, what else can we do with this mushy stuff? Banana bread sounds good. Can't you smell it coming out of the oven?

**Bishop Larry**



For God so “Loved” the world that he gave his one and only Son,  
that whoever believes in him shall not perish  
but have eternal life. John 3:16



The month of February is commonly known as the month of **Love**: flowers, candies, romantic gestures of affection which includes being taken out for dinner, etc....

Every single year since I've been married, my George will ask me, “What do you want for Valentine's Day?”

I will respond in turn, “If this is the only day you want to shower me with **love**, don't bother. I want to be loved every day of the year.”

*(George has given me permission to share)*

Our little song and dance may seem abrupt to some, but not so. He asks me this because he loves me and wants to shower me with pretty things. I respond this way because he loves me, and I want his **love** every day of the year. Plus, gifts mean nothing to me. We have spent our lives trying to convey a deeper meaning of “**Love**” to each other. **Love** is so much more than flowers or candy. It is about giving of ourselves daily to the other. Yes, even when we don't want to! Yes, we bicker. Yes, we sometimes fail to show our love and only think about ourselves. This is true, but we are still here after 34 years of marriage so we must be doing something right. And I might add, showering a person with gifts is wonderful things too if that is your **Love** language!

Gary Chapman in his book, “The Five Love Languages: How to Express Heartfelt Commitment to Your Mate”, conveys to his reader that we need to learn how to show our love to another person in a meaningful way to the person receiving that love. He says there are basically five **love** languages:

- ♥ “Words of affection”
- ♥ “Quality time”
- ♥ “Receiving gifts”
- ♥ “Acts of services”
- ♥ “Physical touch”

This book goes way beyond a “how-to book” for a good marriage. Its main principle is to discover we are made in the image of God and see each other through the eyes of the Father. He has made each one of us uniquely. Who is the person in front of you? How can you express your **love** to them in a way that shows “them” that they are **loved**? Giving flowers to a person who craves your attention is missing the person in front of you. This basic principle should be applied to your spouse, your children, a family member, church member, employee and so on.

I have discovered for myself that I need words of affirmation, quality time, and physical touch. When one of these actions are missing for extended period of time, I start to wane in my spirit. This has taken me years to discover this truth and applies in every aspect of my life, including my relationship with God.

When I think of the word “**Love**” it is the very core of our God and is expressed through his Son, Jesus! By sending Jesus for us, we experience all aspects of love:

- ♥ When I am in need of a word of encouragement, his word will jump up from the pages of his Book and speaks to my life in that moment.
- ♥ When I am in need of his time, by the Spirit, he will come and sit with me.
- ♥ When I am in need of his gifts for service to others, The Holy Spirit fills me with the special abilities for that moment.
- ♥ When I am in need to feel his touch, I can feel a gentle (and sometime, not so gentle) brush of wind across my face

Submitted by Rev. Rose Howell



The Father Created me!  
I am fearfully and wonderfully made!  
And So Are You!



### **Not everything is cancelled**

Sunshine is not cancelled  
Love is not cancelled  
Relationships are not cancelled  
Reading is not cancelled  
Naps are not cancelled  
Devotion is not cancelled  
Music is not cancelled  
Dancing is not cancelled  
Imagination is not cancelled  
Kindness is not cancelled  
Conversations are not cancelled  
**Hope** is not cancelled

## GOD

An eight year old asked to 'Explain God'. Here's how he answered -

"One of God's main job is making people. He makes them to replace the ones that die, so there will be enough people to take care of the things on earth. He doesn't make grown ups only babies. I think they are smaller and easier to make. That way, He doesn't have to take up his valuable time teaching them to talk and walk. He can just leave that to the mothers and fathers. God's second most important job is listening to prayers. A lot of this goes on, since some people like preachers and things, pray at times besides bedtime. God hasn't have time listen to the radio of tv. There must be a terrible lot of noise in His ears, unless He has thought of a way to turn it off. God sees everything and hears everything and is everywhere, which keeps Him pretty busy. So, you shouldn't be wasting His time by going over your mom and dad's heads asking for something they said you couldn't have. Atheists are people who don't believe in God. I don't think that there are any in Chula Vista. At least there aren't any that come to our church. Jesus is God's son. He used to do all the hard work like walking on water and performing miracles and trying to teach people who didn't want to learn about God. They finally got tired of His preaching to them and they crucified Him. But He was good and kind like His father and He told His Father that they didn't know what they were doing and to forgive them and God said OK. His Dad (God) appreciated everything He had done and all His hard work so He told Him He didn't have to go out on the road anymore, He could stay in Heaven. And now He helps His Dad listening to prayers and seeing things which are important for God to take care of, without having to bother God - like a secretary, only more important. You can pray anytime you want and they are sure to hear you, because they got it all worked out so that one of them is on duty at all times. You should always go to church on Sunday, because it makes God happy and if there's anybody you want to make happy, it's God. Don't skip church to do something you think will be more fun like going to the beach. This is wrong, and besides the sun doesn't come out at the beach until noon anyway. If you don't believe in God, besides being an atheist, you will be very lonely because your parents can't go anywhere with you, like to camp, but God can. It is good to know He's around you when you are scared in the dark or when you can't swim very good and you get thrown into really deep water by bad kids. But you shouldn't just always think of what God can do for you. I figure God put me here and He can take me back anytime He pleases. And that is why I believe in God."

# IMPORTANT NEWS



Rev. Rose Howell has a new cell number -  
**(780)-213-0439**

Bishop Larry Robertson ..... 780-213-4099  
Rev. Bill Creaser ..... 780-213-0094



## **Holy Communion Stations**

Feb 04 – All Saints', Athabasca  
Feb 11 – St. Andrew's Zion, Colinton  
Feb 17 (Ash Wed) – All Saints', Athabasca  
Feb 24 - St. Andrew's Zion, Colinton

These dates are by set appointment only and will be  
between 15-20 minutes long.

Please call or email me to make your appointment.

**(780) 213-0439**  
**Roseh777@telus.net**