

SOME ASSEMBLY REQUIRED

St. James United Church Christian Education Committee Magazine

Welcome!

From Pamela Norman, Chair of the Christian Education Committee

After rounding the corner on the first full year of *Faith: Some Assembly Required*, we took the time to pause and reflect on our inaugural year. Born of a need to connect with people, we had wanted to create a vessel through which people could nurture their faith formation.

A magazine, by definition, is a periodical publication with contributions from multiple authors. To that end, we compiled a lengthy group of offerings designed to be savoured in bite size servings throughout the season rather than devoured in a single sitting. We will continue to offer inspiration for people to examine and grow in their faith throughout the liturgical calendar. Publications are focused around the themes of Lent, Easter, Pentecost, Creation, Advent and Christmas.

Currently available as an e-magazine being forwarded around the world, there are plans to distribute print copies to those unable to avail of a digital edition. If you know of anyone who would like to browse through our e-magazine, please forward it on. If you know of anyone who would like a printed copy, please contact the church office or email us at info@stjamesuc.org

We invite you to follow along in the Faith Formation Lenten Magazine with the inspiration and activities to prepare our hearts and our souls for Easter. Let the *Lenten Calendar* and the *Social and Environmental Awareness Calendar* spur you on a path of reflection. Enjoy the journey!

Pamela

self-denial

self-de·ni·al | \ ,self-di-'nī(-ə) \

noun

- a restraint or limitation of one's own desires or interests

Remember the Lenten 'Self-denial cards', where you would deny or give up a dime or more recently a quarter each day of lent. Some people go further than this small amount of money and give up such things as smoking, alcohol, and desserts. Here are some other things you might want to consider "giving up": social media, cynicism (replace with wonder, compassion, and hope), perfectionism, legalism, TV, sugar, reading authors and bloggers who tend to look and think like you, comparing yourself to others, etc.

- Susan Sheppard



Weekly Readings for Lent 2022

March 6, 2022 Lent 1

- Deuteronomy 26:1-11
- Psalm 91:1-2, 9-16
- Romans 10:8b-13
- Luke 4:1-13

Practice Gratitude

As we begin the Season of Lent and prepare to journey into the depths of spiritual life, we are encouraged to remember - like the people of Israel - moments of survival and gifts of "milk and honey" in the past.

March 13, 2022 Lent 2

- Genesis 15:1-12, 17-18
- Psalm 27
- Philippians 3:17-4:1
- Luke 13:31-35

Ritual of Promise

In ancient times, rituals helped to remind the people of God's promises and gave reason to trust what seemed to be impossible. Today, rituals start and keep us on our journeys of faith.

March 20, 2022 Lent 3

- Isaiah 55:1-9
- Psalm 63:1-8 1
- Corinthians 10:1-13
- Luke 13:1-9

Open Invitation

God invites us to open ourselves to the sound and sight, and to the presence and call of God's generous goodness all around us and within us.

March 27, 2022 Lent 4

- Joshua 5:9-12
- Psalm 32 2
- Corinthians 5:16-21
- Luke 15:1-3, 11b-32

Welcoming Grace

The story of the prodigal son reminds us that God's welcome intends to leave no one on the outside looking in.

April 3, 2022 Lent 5

- Isaiah 43:16-21
- Psalm 126
- Philippians 3:4-14
- John 12:1-8

Gracious Ministries

Jesus comes to minister to others and becomes the one ministered to in surprising ways and by surprising ones, revealing the possibilities of God's grace.

April 10, 2022 Lent 6

Liturgy of the Palms

- Luke 19:28-40
- Psalm 118:1-2, 19-29

Liturgy of the Passion

- Isaiah 50:4-9a
- Psalm 31:9-16
- Philippians 2:5-11
- Luke 22:14-23:56 or Luke 23:1-19

Palm, Passion Sunday

We recall Jesus' triumphal entry into Jerusalem followed by his suffering and death. But Jesus is not a passive victim. He acts with defiance and trust, speaks truth to power and extends grace to sinners.

Waste-Free Lent

<https://ignatiansolidarity.net/ignatian-carbon-challenge/lenten-food-waste-fast/#toggle-id-7>

Food security, supply chain issues and rising food costs have become a greater concern over the past 2 years so this year instead of a daily lenten calendar consider a weekly food waste challenge. Say farewell to food waste this Lent, with weekly mini challenges. Challenges are tailored toward:

1. people who have control over their food choices
2. people who have little or no control over their food choices (ex: college students, members of religious orders, assisted living residence etc.).

Week 1 - Intro to a Food Waste-Free Lent

Individual Challenge:

Start Lent with a clean slate. Use all foods that are on the edge of spoiling in meals this week, and clean out any foods that have already spoiled.

Community Challenge:

Where does your food waste go? Ask someone from food services what happens to food scraps from food preparation and where leftovers go.

Week 3 - Meal Planning

Individual Challenge:

Before you shop this week, survey your kitchen to see what you already have and use Meal Prep Mate (<https://savethefood.com/meal-prep-mate/>) to help you plan your meals.

Community Challenge

When selecting food at your institution, be mindful of not taking more than you can finish, and practice mindful eating at least once a day.

Week 2 - Organization/Storage

Individual Challenge:

Organize your fridge and store your food in a way that will prevent it from spoiling.

Community Challenge:

Organize one new way to share food throughout this week at your school, church, or organization.

Week 4 - Gratitude and Mindfulness

Shared Challenge:

Practice mindfulness and gratitude as you prepare and eat meals this week.



Week 5 - Food for Thought

Shared Challenge:

Part 1: Clean out your fridge now that we're halfway through Lent. If you already cleaned your fridge out, take stock of how your system is working and what food has been wasted, if any, along the way. Where is there room for new creativity and/or awareness?

Part 2: Food waste goes far beyond your kitchen. Take some time to learn more about the supply side of food waste.

Week 6 - Compost

Shared Challenge:

If you don't already compost, start a compost at your house, or find a local organization that collects compost. If you already compost, try to find at least one new item to add to your compost bin.

Week 7 - Grow Food

Shared Challenge:

Begin growing at least one piece of food inside your home this week, or plan your outdoor garden.

Prayer Beads

Since the earliest of times, people have used pebbles or a string of knots or beads on a cord to keep track of prayers offered to God. Virtually every major religious tradition in the world uses some form of prayer beads.

Prayer beads help bring people into contemplative (meditative) prayer by use of mind, body and spirit. The touching of the fingers on each successive bead is an aid in keeping the mind from wandering, and the rhythm of the prayers leads into stillness.

The prayer beads are made up of twenty-eight (28) beads divided into four groups of seven called weeks. In the Judeo-Christian tradition the number seven represents spiritual perfection and completion. Between each week is a single bead, usually larger or of a different shape. These four beads are called the cruciform beads as they form a cross. The fifth large bead, between the cross and the circle of beads is known as the invitatory bead.

To pray with your beads begin by holding the cross and saying the prayer you have assigned to it, (example below) then move to the invitatory bead. Enter the circle and move to the right saying the prayer for each bead.

Pray through the beads repeating three times in an unhurried pace to enable your mind to rest and your heart to become quiet. Follow your prayers with a period of silence to reflect and listen.

Here is an example of a prayer to use with your prayer beads. Other prayers can be found at <http://www.kingofpeace.org/prayerbeads.htm>

A Celtic Prayer

The Cross

In the Name of God, Father, Son, and Holy Spirit. Amen.

The Invitatory

O God make speed to save me (us),
O Lord make haste to help me (us),
Glory to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and will be forever. Amen.

The Cruciforms

Be the eye of God dwelling with me,
The foot of Christ in guidance with me,
The shower of the Spirit pouring on me,
Richly and generously

The Weeks

Pray each phrase on a separate bead.
I bow before the Father who made me,
I bow before the Son who saved me,
I bow before the Spirit who guides me,
In love and adoration.
I praise the Name of the one on high.
I bow before thee Sacred Three,
The ever One, the Trinity.

This prayer was created by Sister Brigit-Carol, S.D.

Closing your Prayers

The following ending can be used after three circuits around the prayer beads, you may finish as follows:

Last time through:

Invitatory Bead

The Lord's Prayer

The Cross

I bless the Lord.

Or, in a group setting:

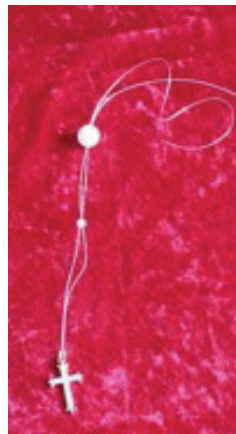
Let us bless the Lord

Thanks be to God.

How to Make Prayer Beads

Materials:

- 5 large beads
- 28 smaller beads
- one cross
- seed beads for spacers (optional)
- scissors
- paper clip
- Fishing line (catgut) length will vary depending on the size of your beads but 1 metre (or yard) will do.



Step 1

Thread the cross onto your fishing line and centre. If using spacer beads thread both ends of fishline through a single bead.

Next thread both tails through one of your large beads.



Step 2

Add another spacer bead followed by another large bead, and a spacer bead, threading both tails through each bead.

Divide tails and place one spacer bead on each.



Step 3

Working one side at a time thread 7 small beads on one side followed by a large bead. (If using spacer beads add one between each main bead as shown)

Add another 7 small beads (and spacers) after the large bead. Hold beads in place with a paperclip or clothespin as you work on the other side.



Step 4

Continue the same pattern of beads on the other side. At the end of the second section of small beads add your last large bead.



Step 5

Tie the ends of the fish line together with a square knot. Leave a little room for the beads to slide.

Finally work the remaining ends of the fish line back through several beads on either side of the knot to hide the ends.

Cut off excess line and you are done.

Watch my instructional video on YouTube at <https://youtu.be/zsNQJApKDBM>



Dear Friends...

From Rev. Ettie Gordon-Murray, Member of the Christian Education Committee

Dear Friends,

As a member of the Christian Education Committee, I am glad, again this year, to share some words and thoughts with you as we prepare for and move toward our Lenten journey.

My mind suggests to me that in church and in life in general we are always in some way preparing or getting ready for some event or another. It is a common theme in Advent when we prepare and wait for a new beginning manifest in the babe born in humble beginnings - a tiny life for whom there had been great expectations for a leader of people in hostile circumstances. This babe grew from infancy to adulthood and gave the people of his origin and the world not the leadership anticipated but a leadership of the ilk that shows folks how to love themselves and others in new and dynamic ways. ...in ways that are inclusive, in right relations steeped in respect, compassion, and justice.

Jesus of Nazareth ~ Jesus the Christ is a leader who invited and continues to invite those who follow the Way he imparted to turn the world upside down - to see the world from the perspective of the big picture - of the Divine who shares humankind's hopes and dreams for peace, within and without, for balanced, harmonious relationships...

In our Lenten journey we join Jesus and his first followers on a pilgrimage of discovery. Like those first disciples/followers who accompanied Jesus on the road to Jerusalem - to his end/death we are shown the way to new beginning places in the pilgrimage of life and the fulfilment/promise eternal life.

In this Lenten season I invite you to uncover some new insights into who you are as a spiritual being and follower of the Way of Jesus...

Imagine you are amongst the first pilgrims and you hear these words from Matthew 17:22-23. ²²"As they were gathering in Galilee, Jesus said to them, 'The Son of Man is going to be betrayed into human hands, ²³and they will kill him, and on the third day he will be raised.' And they were greatly distressed."

Through introspection I invite you to make a response to the following:

1. I invite you to wonder with me: What might your intuitive response be to Jesus' words? Consider what you learn through your emotions, senses, and intellect.
2. Now, imagine how you would respond from the perspective of your 21st century vision. What would you say to those first pilgrims who were distressed.
3. What have you discovered about yourself? - Through emotions, senses, intellect, and spirituality.
4. Knowing what you have learned would you continue to be one of the pilgrims? Why? Why not?



Many times Jesus spoke to those in his midst in less than a gentle manner to prepare his followers – another instance is accounted for in Matthew 6:19-21” ¹⁹Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; ²⁰but store up for yourselves treasures in heaven, where neither moth nor rust* consumes and where thieves do not break in and steal. ²¹For where your treasure is, there your heart will be also.”

Pondering the words from Matthew 6:19-21 what insights do you gain about yourself and your spirituality?

I invite you to sketch, draw, doodle, and/or write in prose or poetry to express yourself.

May the Spirit accompany you and bless you on the journey.

Peace health love

Ettie

A Lenten Prayer

God of love,
as in Jesus the Christ you gave yourself to us,
so may we give ourselves to you,
 living according to your holy will.
Keep our feet firmly in the way
 where Christ leads us;
help our lips speak the truth that Christ teaches us;
fill our bodies with the life that is Christ within us.
In his holy name we pray. Amen. VU110

Social and Eco Action Committee

From Rev. James Ravenscroft


During lent we are usually invited to give up something. This year we invite you to do something! Sew the seeds of awareness as you engage with this calendar prepared by the newly formed St. James Social and Environmental Action Committee. This calendar is an opportunity to reflect on the impact of our lives on others. Keep a tally and donate the proceeds to the Mission and Service Fund.

Please see Calendars on the following two pages.





March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1.	2. Ash Wednesday Start a journal. Reflect on what resonates most with you in the ideas presented.	3. World Wildlife Day Take a walk in nature. Be mindful of the animals you see and what they need to thrive.	4. Commit to going meatless each Friday of Lent. Think about how most meat that we buy is raised.	5. School supplies are a luxury in many countries. Donate \$0.05 for each pencil and pen you have.
6. 1st Sunday in Lent Reflect on the impacts of the pandemic on us as a nation and with neighbors.	7. Spend 30 mins. learning about how residential schools affected the children and their families.	8. International Women's Day Show solidarity in the fight for gender equality. Support women-owned business.	9. Many Indigenous communities are under boil water advisories. Donate \$1 for every tap in your home.	10. Housing insecurity impacts many in our community. Support agencies that are trying to find solutions.	11. Research plant-only diets and the benefit. Donate \$2 if you ate meat but deduct \$1 if meals were plant based.	12. Reach out to a loved one you don't see often. Well done if you follow healthcare protocols to do so.
13. 2nd Sunday in Lent LGBTQI+ people face bigotry in many churches. Give thanks for inclusive spaces	14. Reflect on what you have learned the last 2 years. Donate \$0.10 for each thing COVID has taught you.	15. Make a list of all the items that you throw out today. Consider what alternatives that there were.	16. Consider your use of energy. Donate \$0.10 for any light bulbs in use after 9 pm. \$0.20 if the room is not in use	17. St. Patrick's Day Think green and make plans to put in a vegetable garden if you don't already have one.	18. Plan a game night with your family. Make some pizza together. Donate \$0.50 for every game you play.	19. Buy local! Subtract \$.10 from the tally for every item you bought from Atl. Canada. \$0.25 if produced in NL
20. 3rd Sunday in Lent "Do unto others as you'd have done unto you." Is this something you try to live?	21. International Day to End Racial Discrimination Spend 30 mins. learning about racism, bias and microaggressions.	22. World Water Day Water is a right, yet treated as a commodity. Use a refillable water container today.	23. Research the impact of rising sea level on low lying nations. Donate \$.10/km you drove today.	24. Donate to a food bank. Feminine hygiene products and pet food are great ideas and not often donated.	25. Make homemade meals; use local ingredients for a recipe. Give \$0.05 for each non-local ingredient used.	26. Earth Hour at 8:30 PM Remember to turn off the lights and appliances for an hour this evening. Enjoy the quiet.
27. 4th Sunday in Lent Learn about the Calls to Action of the TRC; reflect on what you can do in solidarity.	28. Education is a way to lift people out of poverty. Donate \$0.10 for every year of education in your household	29. Always Reduce, Reuse, Recycle. Donate \$0.10 for each trash item that may have been reused.	30. Using the dryer for laundry accounts for 15% of your electricity use. Try to put clothes on the line this week.	31. Go for a walk near a river, a pond or the ocean. Think about the gift of water and how we can protect it.		



April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1. April Fool's Day Do some research on the impact of mass production of food on our environment.</p>	<p>2. Take a walk and pay attention to any litter you see. Collect it as you go. Donate \$1 if you choose not to.</p>
<p>3. 5th Sunday in Lent Many people are displaced due to conflicts in their homelands. Pray for all refugees</p>	<p>4. Take a walk in the community. Give \$5 for someone in need. Reflect on what contributed to their situation.</p>	<p>5. If you are getting new clothes, try buying gently used; be sure to donate instead of throwing away</p>	<p>6. Conserve power. Check your water heater to ensure it is on the lowest setting. Check on your fridge as well.</p>	<p>7. Making your own compost is a great way to reduce how much you throw away. Spend 30 mins. learning how</p>	<p>8. Eat together as a family today. Talk about your day and tell each other something that you're grateful for.</p>	<p>9. Visit a farmers' market in your area. Purchase at least 1 item from a local vendor there</p>
<p>10. Palm Sunday Pray for peace in Israel and Palestine, and elsewhere in the Middle East.</p>	<p>11. Spend 30 mins. studying about a Guaranteed Living Income and other ways we can end chronic poverty.</p>	<p>12. Consider where garbage goes, esp. in terms of recyclable items. Donate \$2 if you don't recycle.</p>	<p>13. When shopping for food, note where it came from. Calculate how many kms it took to get here.</p>	<p>14. Maundy Thursday Like Jesus who washed the feet of his disciples, offer an act of service to someone today.</p>	<p>15. Good Friday Pray for those who face execution in many places in the world. Fast as an act of solidarity.</p>	<p>16. Holy Saturday Pray with those grieving the death of a loved one. Go to an Easter Vigil service if you can.</p>
<p>17. Easter Sunday Give thanks for the resurrection, celebrate the gift of growth and new life! Alleluia!</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>



KIDS EASTER WORD SEARCH

S I N S O X R E S U R R E C T I O N G
 P R E M E M B E R A S U N D A Y S X
 P A S S O V E R G A L S H S P I R I T
 R F A J F O M X V F M I D Y K R H C I
 O G U E Q Y D Z S A I P L O V E G H X
 M V K S E G D K A T G T O M B I O R Z
 A S L U Z H O M C H H U R D X A O I S
 N M A S O N L D R E T H D G K C D S K
 S I A V I F I F I R Y O P D I A F T M
 M U P R P Q V O F U Q L I F N L R S B
 B A L S Y E I R I C W Y S S G I I D S
 V C E I Q Z N E C I R S V A Y V D C A
 Y R N P W P G V E K K O Y P V E A M L
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FATHER
 SPIRIT
 HOLY
 CHRIST
 CROWN
 THORNS
 ROMANS
 SACRIFICE
 SINS
 LIVING
 TOMB
 ALIVE

LORD
 GOD
 CRUCIFIXION
 SON
 FOREVER
 SALVATION
 SAVIOR
 LAMB
 LOVE
 JESUS
 EASTER
 CROSS

RESURRECTION
 ALMIGHTY
 MARY
 FASTING
 GOOD FRIDAY
 SUNDAY
 LENT
 LAST SUPPER
 PASSOVER
 RISEN
 REMEMBER
 KING