

# The Anglican Parish of Holy Cross

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## Happenings around Holy Cross ~ March 2020

### Habits of Devotion ~ A 2020 Holy Cross Lenten Program

*Those who accepted his message were baptized, and about three thousand were added to their number that day.*

*They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved.*

*Acts 2:41-47*

The book of Acts contains a wonderful description of how the early church structured their Christian lives. Having accepted the good news of Jesus as Lord and Saviour, members of this new community lived in a particular way. They structured their spiritual lives around simple habits (or "disciplines" as we sometimes call them). These habits, expressed within the context of a supportive community, opened their lives to the presence of God. Importantly, the four main habits expressed in the book Acts are not complicated by any means. In fact, they are rather quite simple. All it takes is a little dedication and a willingness to engage in these actions on a regular basis.

What would it look like if we purposefully engaged in these disciplines on a weekly basis?

That is the premise of this year's Lenten program: Habits of Devotion. We invite and encourage everyone at Holy Cross to journey through the season of Lent by engaging in these four practices. The intention is that through the season of Lent, you may enter the long-standing biblical practice of "devoting [yourself] to the apostles' teaching, to fellowship, to the breaking of bread, and to prayer." Included in the newsletter is a 6-week Habits of Devotion calendar that you can use to track your Lenten journey. On the reverse of the calendar, you will see a description of each of the habits, and some suggestions as to how you can engage the practice.

If you want the season of Lent to be a time of spiritual renewal, this is perhaps one of the simplest (and most biblically based) ways to go about it.

Blessings on your Lenten journey,  
Reverend Kyle

**TEXT HOLY CROSS!** Holy Cross has been asked to test a text-based ministry platform called "Text.in.Church." This service – free for all users – would allow you to receive reminders, inspirational messages, and announcements as a text-message on your phone. The diocese is interested to know if such a service is helpful to people. Want to sign up? All you need to do is text the word "HolyCross" to 587-600-9072! It's that simple.

**St. Edmund's food bank** is our mission drive for March, and April. Please remember to bring a non-perishable food item and place it in the wooden box in the narthex when you come for worship!



**ACW meeting:** on March 1, following the coffee time after the 10:00 AM service. Speak to Lisa at 403-399-2315 or email [holycrossacw@gmail.com](mailto:holycrossacw@gmail.com) if you have any questions.

This year's **World Day of Prayer** service will be held on Friday, March 6 at 2:00 PM at St. David's United Church. The service has been created by women in Zimbabwe. Holy Cross is one of six neighbourhood churches who have long been involved in this event. We would like to extend an invitation to all Holy Cross members to this special service.

The annual **Soup and Bread Lunch** for the Primate's World Relief and Development Fund will be held after the 10:00 AM service on March 15. Please be sure to save this date in your calendar for a delicious meal, and our church's main fundraiser for the PWRDF.

**Lectio Divina:** on Tuesday, March 10 at 6:30 PM in the St. Michael room. Lectio Divina, i.e. divine reading, is a practice deeply rooted in Christian history. In Lectio Divina, we sit with a Biblical text for the purpose of discerning the voice of Jesus as He speaks into our lives. For more information, please speak to Rev. Kyle.

*I wait for the Lord; my soul waits for him; in his word is my hope.*

*Psalms 130:5*

#### **Curate's Corner: The Rev. Dr. Carmen Maier**

Why observe Lent? If Jesus is risen from the dead, if he made the way for redemption, why should we have to "do" anything at all besides be thankful? Eucharist means thanksgiving – why is coming to church on Sundays not enough?

Salvation is not just a one time event. Salvation needs to be worked out in our lives: from Baptism, to Confirmation, to an integrated faith through all of life. And while Jesus' words are true: "You are forgiven," what does it look like to walk in that reality where we do not earn our status as "good" before God, but receive it as a grace? What does it look like to live like a person to whom salvation has come? Does it just mean we now go to church on Sundays?

Is there more to the Christian life than showing up to church? I once heard a statistic that 80 percent of life is just showing up. That may be true. That kind of faithfulness sustains us through all the ups and downs of life. It enables us to be people on whom others can rely. It enables us to be transformed through the simple obediences of "showing up" to the things we are called to do and be for others.





What about the other 20 percent? Are there some special things we can engage in that are beyond the ordinary practices in our lives? Can we play with the 20 percent during Lent and see if the rest of the 80 percent is working as it should?

Concretely, Reverend Kyle is asking us to consider four practices from the Early Church listed in Acts 2: the apostles' teaching, the fellowship with other believers, the breaking of bread, and prayers. As we together attend to these aspects of Christian life in a more intentional way during Lent, we can return to our everyday lives realizing that the 80 percent and 20 percent have become integrated into a vital life of faith.

# Habits of Devotion Calendar

A 2020 Holy Cross Lenten Program

Simply checkoff the list whenever you have intentionally engaged in one of the following four habits (optionally, you can jot down a note about what you did).

	<b>The Apostles' Teaching</b> 	<b>The Fellowship</b> 	<b>The Breaking of Bread</b> 	<b>The Prayers</b> 
March 1 <sup>st</sup> – 7 <sup>th</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
March 8 <sup>th</sup> – 14 <sup>th</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
March 15 <sup>th</sup> – 21 <sup>st</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
March 22 <sup>nd</sup> – 28 <sup>th</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
March 29 <sup>th</sup> – April 4 <sup>th</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Holy Week April 5 <sup>th</sup> – 11 <sup>th</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**The Apostles' Teaching:** For the early Christian community, devotion to the apostles' teaching meant learning about Jesus from those who had been with him. They discussed Jesus' teachings with one another and explored implications for their own lives. The point was to be influenced by Christ's teaching, example, and Spirit. *Suggested habits of devotion:* commit to reading a Gospel each week, with the intention to have it completed by Easter; work through a 12-lesson Bible study booklet (available in the church library); attend a Lectio Divina evening at the church; during a sermon, takes notes (paper or on your phone) about how the sermon is relevant to you.

**Fellowship:** Fellowship lies at the centre of the faith community because it forces us to recognise the call to a common spiritual life. Fellowship is not just about "hanging out" or "shooting the breeze." Fellowship is about connecting with a fellow Christian for mutual, faith-based, encouragement. In fellowship, we share what is occurring in our spiritual lives. *Suggested habits of devotion:* call someone from the church and invite him or her to go for a coffee, at which you make a point of asking how you can support him in his faith; call one of the clergy and arrange an appointment to talk about where you are in your faith life; sit with someone new at church or coffee time and chat about the sermon. Host some friends for a potluck and give thanks for the gift of friendship, go around the table and share prayer requests.

**The Breaking of Bread:** The New Testament shows several times where Jesus blessed, broke, and gave bread to people; each case was a moment where the Lordship of Jesus was revealed in a particular way (Luke 24:30-32). The greatest example of this is the Last Supper. For Anglicans, we see our participation in the Last Supper through the Eucharist as "the chief act of worship." *Suggested habits of devotion:* take communion every week. There are three communion services per week: Wednesday at 9:30 AM; Sunday at 8:00 AM; Sunday at 10:00 AM. If you cannot make it to church, call the church and arrange for one of the clergy (or a lay reader) to bring you communion (you don't have to be sick or a shut in); explore the meaning of the Eucharist through reading, personal reflection or over coffee with one of the clergy. (If you do not yet take communion, what might it look like to attend one of the above services for the specific purpose of receiving a blessing at the altar rail.)

**Prayer:** Devotion to prayer is not just about having a personal prayer-life. Rather, devotion to prayer for the early Christian community was about devotion to communal prayer. The community gathered together to pray for one another. Prayer was both personal and liturgical. *Suggested habits of devotion:* say the liturgy of Morning Prayer (or Evening Prayer) using the BAS or BCP; take your bulletin home and pray the collect; ask someone to join you in prayer – either in grace before a meal, or in saying The Lord's Prayer; seek out a Christian you trust and look up to, and ask him or her to pray with you; sit in silence for 10 minutes with the intention of listening to God.

Looking for more information about one of the *Suggested Habits of Devotion*?

Look up the Holy Cross website at <http://www.holycrosscalgary.org>, call the church office at 403-289-8497,

email the church office at [office@holycrosscalgary.org](mailto:office@holycrosscalgary.org), or call or text Reverend Kyle at 403-852-4699.

### **Book Club: "Educated" by Tara Westover**

Tara Westover's memoir is her story of triumph over seemingly endless adversity. This unforgettable story evokes a variety of emotions within us - sympathy, disgust, anger, rage & pride. Born to survivalist parents in the mountains of Idaho, her family was isolated from mainstream society. Tara's father forbade hospitals, so Tara never saw a doctor. Her mother was a midwife and prepared herbs as a healer.

Tara's father did not believe in formal education. Tara began to educate herself. She was seventeen the first time she set foot in a classroom.. In 2008 she received a BA in history from BYU. She was awarded a PhD in history from Cambridge in 2014.

This is Tara's story - how she drew on her inner self to have the resilience to carry on.

It is also a tale of fierce family loyalty and grief that comes with severing ties.

This is Tara Westover's first book. She lives in England. The book club members recommend this for both men & women as an adult read. This book can be found in our church library.

Respectfully submitted by Gloria Reid

### **Listen to the Lenten Gospels**

This Lent, PWRDF invites you to join them on an audio journey through the Gospels of Lent. Beginning on Ash Wednesday and continuing each Sunday until Easter, you will receive an email with an audio recording of the day's Gospel and an audio reflection responding to the Gospel by Archbishop Linda Nicholls and six other friends of PWRDF. (Written texts will also be provided.)

On each of the following three days, you will receive emails inviting you to listen to the reading again and enter into your own time of reflection using Gospel-based Discipleship, the practice developed by the Anglican Church of Canada's Indigenous Ministries. This practice asks you to identify how the words speak to you, and what Jesus (the Gospel) calls you to do. Finally, we will invite you to read how PWRDF responds to the Gospel message through our projects and partners.

To sign up, go to <https://pwrdf.org/get-involved/lent2020/>

*God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.*

*John 3:16*

Please submit articles for the **April newsletter** by March 15.

Communication addressed to you from the office or fellow parishioners is placed in the mail cubby slots in the narthex, so please check here when you come for worship.

Last one out? Please ensure that the lights have been turned off if you are here for a function or meeting.

**Check out our website:** [www.holycrosscalgary.org](http://www.holycrosscalgary.org). We are also on Facebook and Twitter.

**Going to the hospital?** Please identify your religion as Anglican as this places your name on the Anglican list at Spiritual Care Services. Please let the church office know if you are in hospital. If you do not inform the office or the clergy, we will not know that either you or your loved one is in the hospital.

# March 2020

March 2020							April 2020						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7	5	6	7	8	9	10	11
8	9	10	11	12	13	14	12	13	14	15	16	17	18
15	16	17	18	19	20	21	19	20	21	22	23	24	25
22	23	24	25	26	27	28	26	27	28	29	30		
29	30	31											

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Mar 1</b> 8:00am Holy Eucharist 10:00am Holy Eucharist 12:00pm ACW	<b>2</b> 9:30am Morning Prayer 1:30pm Craft & Quilt	<b>3</b> 9:30am Morning Prayer 7:30pm GTAA	<b>4</b> 9:30am Holy Eucharist	<b>5</b> 9:30am Morning Prayer 7:00pm Choir Practice 7:30pm AA	<b>6</b> 9:30am Morning Prayer	<b>7</b> 8:00am Cursillo
<b>8</b> 8:00am Holy Eucharist 10:00am Holy Eucharist	<b>9</b> 9:30am Morning Prayer 1:30pm Craft & Quilt 7:00pm Book Club	<b>10</b> 9:30am Morning Prayer 6:30pm Lectio Divina 7:30pm GTAA	<b>11</b> 9:30am Holy Eucharist	<b>12</b> 9:30am Morning Prayer 7:00pm Choir Practice 7:30pm AA	<b>13</b> 9:30am Morning Prayer	<b>14</b>
<b>15</b> Newsletter deadline 8:00am Holy Eucharist 10:00am Holy Eucharist 11:30am PWRDF 12:00pm Theology	<b>16</b> 9:30am Morning Prayer 10:00am PDWA 1:30pm Craft & Quilt 2:00pm H of Newport 6:30pm Craft & Stitch	<b>17</b> 9:30am Morning Prayer 7:30pm GTAA	<b>18</b> 9:30am Holy Eucharist	<b>19</b> 9:30am Morning Prayer 7:00pm Choir Practice 7:30pm AA 7:30pm Scouts (library)	<b>20</b> 9:30am Morning Prayer	<b>21</b> 8:00am Cursillo
<b>22</b> 8:00am Holy Eucharist 10:00am Holy Eucharist	<b>23</b> 9:30am Morning Prayer 1:30pm Craft & Quilt	<b>24</b> 9:30am Morning Prayer 10:15am Fanning Centre 7:30pm GTAA	<b>25</b> 9:15am Statesman 9:30am Holy Eucharist	<b>26</b> 9:30am Morning Prayer 10:00am Boardwalk 7:00pm Choir Practice 7:30pm AA	<b>27</b> 9:30am Morning Prayer	<b>28</b>
<b>29</b> 8:00am Holy Eucharist 10:00am Morning Prayer	<b>30</b> 9:30am Morning Prayer 1:30pm Craft & Quilt	<b>31</b> 9:30am Morning Prayer 7:30pm GTAA	<b>Apr 1</b>	<b>2</b>	<b>3</b>	<b>4</b>