

10:00 Holy Eucharist (BAS) Licensed Lay Minister: Stephen Hamlin

Opening Hymn – God, You Spin the Whirling Planets

Gathering of the Community

Trisagion

Collect of the Day: Father of mercy, alone we have no power in ourselves to help ourselves. When we are discouraged by our weakness, strengthen us to follow Christ, our pattern and our hope; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

The Proclamation of the Word:

Exodus 20: 1-17 (Elaine MacInnis)

Psalms 19

1 Corinthians 1: 18-25 (Arnold Hatfield)

Gradual Hymn – Who Will Speak if We Don't?

Gospel: John 2: 13-22 (Gordon West)

Homily – Jon Muers

Apostles Creed

Prayers of the People

Confession and Absolution

The Peace

Offering Hymn – We Sing the Praise of Him Who Died

Prayer over the Gifts: Gracious God, we know your power to triumph over weakness. May we who ask forgiveness be ready to forgive one another, in the name of Jesus the Lord. **Amen**

Celebration of the Eucharist

Sanctus

The Lord's Prayer

Breaking of the Bread #7

Lamb of God

Communion Hymn – In Remembrance of Me

Ablutions Hymn – When I Survey the Wondrous Cross

Prayer after Communion

Doxology

Blessing

Closing Hymn – Lift High the Cross

Dismissal

May the Lord

Chancel Guild: Prue Hansen, Diane MacLeod, Judy Rose, Joan MacDonald

Greeters: Placide Chiasson, Bob & Carol Adams, Neil Harris, Robin Phillips

Altar Flowers are placed to the glory of God and in loving memory of Mary and Jack Rudolph from the family.

ANNOUNCEMENTS:

Tuesday, Mar. 5th – Spiritual Development 7:00 p.m.

Wednesday, Mar. 6th – Choir 6:30 p.m.

Thursday, Mar. 7th – Pastoral Ministry 1:00 p.m.

Lenten Program 7:00 p.m.

Friday, Mar. 8th – Meditation 10:00 a.m.

Lectionary Bible Study 11:00 a.m.

Next Sunday, Mar. 10th – Lent 4 8:00 a.m. Holy Communion BCP

10:00 a.m. Holy Eucharist BAS

10:00 a.m. Sunday School Hour

Join us after worship for **Coffee Hour** today. The next Coffee Hour date is April 7th.

Sunday School dates for the winter/spring term: Mar. 10th, Mar. 24th, Apr. 14th, Apr. 28th, May 12th, May 26th.

Next **8:00 Holy Communion (BCP)** service will be held on Mar. 10th.

Our **Baby Needs 2024 Drive** for the Colchester Food Bank **ends today**. Donations of food, clothing and other essentials for babies and toddlers will be received in the Red Food Cart on Sundays or can be dropped at the parish office. The items will be delivered to the Food Bank this week. Thank you for your support of this initiative of your Chancel Guild. For more info speak to Maria Murphy or Prue Hansen.

Common Cup: As part of our cautionary approach in dealing with Covid 19 and other communicable illness, we continue to offer two options for the receiving of communion wine: the common cup and a second cup from which a medicine dropper is used to place wine upon the host. You are invited to make the choice that is best for you and cross to the appropriate chalice after receiving the host. **Note:** Dipping of the wafer (intinction) is not permitted in the common cup.

Lent has arrived! Again we will have several resources to help you observe the season. An at home online devotion called **Seeds of Joy** will be available for daily reflection and prayer. Sign up now by contacting Rev. Lori to be added to the email list. Do you have musings or questions about your faith? Our Thursday evening Lenten program this year will be **“Big Ideas!”** – a weekly conversation about some of the spiritual things that can fascinate and frustrate us. (Runs Thursday, February 22nd to Thursday, March 21st at 7:00 p.m. in the sanctuary of the church). **The big idea for this week is: MIRACLES.** As always, **Lent Madness** will take us on a daily journey with the saints of the past and present. Sign up to be inspired by these holy lives at www.lentmadness.org and join us as we learn about and vote for our favourite saints. And as we did for Advent, we’ll also be providing a take home, colourable **Lenten calendar** with prayer prompts and ideas for daily observance of the season. So there’s lots to help you on the Lenten road this year!

Our parish office is open Monday – Thursday, 9:00 a.m. – 2:15 p.m.

Looking Ahead: We will be having a **potluck breakfast** on Palm Sunday – March 24th at 8:45 a.m. Join us and bring something to share!

2023 Income Tax Receipts were emailed Monday, January 29th. If you do not see an email in your inbox from stjohnstruro@outlook.com please be sure to check your spam/junk mail folder before following up with the office.

St. John's is responsible for the March **Community Dinner** on Saturday, March 16th. A sign up sheet for the required groceries is at the back of the church. Please help if you can.

Holy Week/Easter Schedule:

Friday, March 23rd – 6:00 p.m. Palm Cross Making (upper hall)

Sunday, March 24th – 8:45 a.m. Palm Sunday Potluck Breakfast
10:00 a.m. Holy Eucharist/Liturgy of the Palms

Tuesday, March 26th – 12:00 noon Holy Eucharist

Wednesday, March 27th – 7:00 p.m. Tenebrae

Thursday, March 28th – 7:00 p.m. Maundy Thursday Holy Eucharist/Stripping of the Altar

Friday, March 29th – 11:00 – 2:00 Self Directed Way of the Cross (upper hall)
11:30 a.m. Liturgy of Good Friday (drama and song)

Sunday, March 31st – 6:15 a.m. Easter Sunrise Service (outside weather permitting/indoors otherwise)
10:00 a.m. Holy Eucharist in Celebration of the Resurrection/Children’s Easter Egg Hunt

Our next **parish book club** meeting will be held **Sunday, April 14th** after worship. The book for discussion will be The Salt Path by Raynor Wynn. All are welcome to join us in the parish hall meeting room for the discussion.

Again this year, we are receiving donations of wrapped **Easter eggs** for our children's Egg Hunt on Easter morning. Thank you!

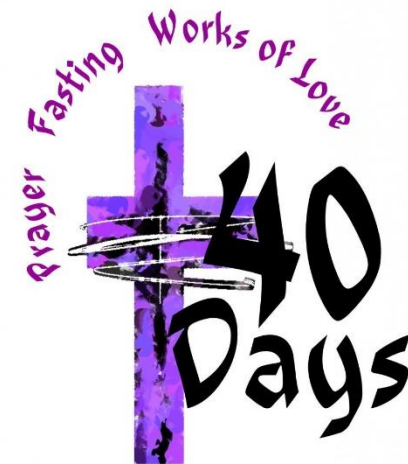
The Town of Truro is running **seniors' programs** at the Douglas St Recreation Centre. All classes will be scheduled between 1:00 – 4:00 p.m., but weekly start time and length will vary based on the activity. Total cost is \$25 (tax incl.) To register, or get more information, please contact Shannon Jarvis by phone (902-893-6093) or by email (sjarvis@truro.ca) or visit: <https://www.truro.ca/winter-programs.html#SeniorProgramming>
Here is a bit more info about each program:

Crafternoon's - Calling all seniors!! Join us for six sessions of fun-filled afternoons of crafting for all skill levels, where instructors will guide you through our project. Whether you're a seasoned pro or a crafting newbie, there's a seat at the table just for you! Expect laughter and surprises; it's an adventure waiting to happen!
Tuesdays March 5, 12, 19, 26, April 2, 9.

Active Aging Adventures - Ready to embark on a journey of movement, joy, and wellbeing? Join our six-week session of seniors try-it classes, where all levels are not only welcome but celebrated! No prior experience needed – just bring your enthusiasm, and we'll provide the rest. Our skilled instructors are here to guide you through a variety of activities designed to boost your strength, flexibility, and overall vitality. Get ready to make new friends and discover the joy of staying active. It's not just a fitness class; it's a celebration of your wellbeing! Thursdays March 7, 14, 21, 28, April 4, 11.



March 3rd, 2024 Third Sunday in Lent



Rector: Rev'd Lori Ramsey



Wardens: Neil Harris and Hazel Sherren

PLEASE TAKE THIS LEAFLET HOME FOR FUTURE REFERENCE