

# Lenten Newsletter

## It Takes Two... or Maybe More.

Communication. It is a powerful word and when done well is one of the most powerful tools we have in life. The problem is while communication may be easy to say it is actually a complex process, with many ways for it to go awry. That doesn't mean we don't keep striving to improve how we communicate. I have heard indirectly that there are people who have felt disconnected from St Paul's especially during the last 2 years of pandemic life. While this makes me sad, I can't change the past, but we can move forward. So here is our communication plan for 2022. Weekly communication will still occur via e-news (this is also posted on church webpage), we have a wonderful team of younger members who have been posting information on the churches Facebook and twitter accounts, and we will be adding several newsletters. If you do not have access to a computer but would like a copy of the e-news, please call the office to arrange for our office administrator Meghan to print one off for you.

We need each member to help in this plan to improve communication, by reading the information that comes out, by encouraging people who you know who are feeling disconnected to reach out (we only know what we are told) and by doing what you can to bridge communication and connection gaps with little measures such as taking an extra bulletin for your neighbour, print out the e-news for a friend. This year, St Paul's will be engaging in some big projects, ensuring we all know what is happening will be vital.



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### New around the Church

- Office hours are 8-3pm Monday-Friday.
- There is a secure drop box at the York Street Door and the door has been replaced.



## Minister Message: Lent Is Here

I know many people don't like Lent, with its roots of reflection and repentance. But I love the season of Lent, it is historically been a time of contemplation seeking forgiveness and reorientation. It seems to me that right now the world might just need these Lenten practices. With the divisions and stress we are seeing locally, around Canada and internationally, Lent offers the perfect opportunity to ground

ourselves not in things of this world but in God. I truly believe that the model of love Jesus teaches us is what is needed for our world to heal. To offer this love, we need to first experience it ourselves. So let us lean into God over the next 40 days, taking our practices of prayer, reading scripture and service to heart, and after 40 days lets see where God has taken us!

*“Lent is a time to focusing on the heart, a time for asking questions about our spiritual health” Craig R. Higgins “ from On Keeping a Holy Lent.*

### Property Committee and Trustees.

These two groups have been hard at work this year addressing concerns with the church building. This past fall ,a major concern was the leaking of the roof in the sanctuary. While exploring the cause, the extent to which the roof has been patched was identified. While work has gone on to stop the immediate concern, the roof will need to be replaced.

## United Property Resource Corporation—UPRC

The UPRC is a corporation created by The United Church of Canada to bring professional real estate expertise to communities of faith to provide them with all the information needed to make faithful decisions about their property. They focus on how best to use the churches real estate assets to renew it's mission and sustain a lasting legacy in the local neighbourhood. They help identify all the options and their feasibility and continue to work with the community of faith to make visions a reality. They do some of the heavy lifting around accessing capital, coordinating and monitoring the project and managing the development and procurement. Their goal is long-term engagement and financial health for congregations. They have already worked with congregations across the country, including in Saint John!

In December, the board, trustees and property had a meeting with one of the coordinators of UPRC and have submitted a letter of intent for consideration. We are currently waiting to hear back about he prospects of St. Paul's working with UPRC on helping our abundant resource of land and buildings work for us more.



*Downtown United Summer Worship 2018*

## Downtown United Project

As we look towards the time when the pandemic no longer controls much of our lives, we recognize that churches will be different. The last 2 years and this truth present both opportunities and challenges for congregations around the world, as we strive to be faithful disciples of Christ. We have been working with Wilmot United for many years, sharing special services. However, thanks to a generous donation by J.W. Bud Bird, who grew up at Wilmot and in later years took up membership at St. Paul's, our downtown churches have the opportunity to undertake a joint project, to see how we can better sustain the presence and mission of the UCC in our community. This project proposal was first shared at the congregation meeting on January 24th and was approved at the first part of our annual meeting on February 27th.

The project will be led by a joint committee consisting of 3 representatives from each congregation and the ministers from each community of faith. The plan will include engaging a consultant to be a project lead. Our representatives are Mel McGuigan, Ralph Simpson and Derrick Grant. Wilmot's representatives are Hilary Drain, Craig Frame, and Dana Hanson.

This committee will continue to provide updates as the work gets underway. As we explore the opportunities, our engagement will be vital to make the most of this amazing opportunity.

## Church Data Base

Rev. Michelle and our office administrator Meghan rely on the church data base for making contact with you. The Church uses the data for various statistics. However, we know that over the last few years it has not always been fully updated. So we are reaching out asking for your help. If you could send an email with your current address, email and phone number that would be most helpful. Also if you were part of the Phone Tree early in the pandemic and one of your contacts asked to be removed/have information changed please let Meghan know so we can ensure that we have accurate records.

Thank you!

## Did you know?

It wasn't until the Protestant Reformation that the Lord's Prayer became known as such, before that time it was known by the names Our Father. Though slightly different, the prayer we know today has its roots in Matthew 6:9-13 and Luke 11:1-4. While it seems like a simple prayer, there are 7 petitions included within the prayer.

Alternative wording for this prayer can be found in VU 918. Praying this prayer can change your life and perspective.

Our Father,  
who art in heaven,  
hallowed be thy name.  
Thy kingdom come, thy  
will be done on earth  
as it is in heaven.  
Give us this day  
our daily bread;  
and forgive us our  
trespasses, as we forgive  
those who trespass against  
us; and lead us not into  
temptation, but deliver us  
from evil. For thine is the  
kingdom, the power, and  
the glory, forever and  
ever. Amen.

## The Power of Prayer

Prayer is a central practice of our faith. In its most basic description it is a conversation with God. The way we raise up our concerns, our hopes, our thanks, and it can be a time when we listen for God to speak back to us.

However, prayer is as much about changing us as it is about talking with God. Through dialogue, God opens our hearts. We all know the Lord's prayer, spending a few minutes every morning or night praying it can change your life. Just ask Barbara Cull-Wilbey, who since the beginning of the pandemic

has been joining her voice to the prayers of people all over the world at 8am every day.

Barbara shared with me how this morning practice has helped ground her during the pandemic and how the time of prayer first thing in the morning helps to frame her whole day as being God's gift. It has also been a way to claim her faith and share it with others as she invites others to participate with her.

There is power in praying together. So Barbara and I extend the invitation to you to join us at 8:00am from wherever you are!

## Who is Your 2022 Board

At the first half of the Annual meeting held on February 27th, several nominations for board took place. Roger Millar and Tammy Coughlan were made part of the board. Added to their number was Debbie Allison, Erin Hayes and Barbarah Cull-Wilbey. We are grateful to those who have offered to serve. At the same meeting there was a motion to a position to the board for past chair who would serve for 1 year to ensure a smooth transition of leadership. As we approach the second half of the annual meeting there are still several vacancies to be filled. As we undertake critical discussions about what the future will hold for St. Paul's strong leadership is needed as is good representation of the congregation. Currently there is a lack of male representation on the board, as well as older senior and UCW member. If you fall into these categories, we ask you to seriously consider if God is calling you to participate in setting the direction for our congregation. We are also in need of a treasure who would work the newly reestablished finance committee.

## Meet Meghan Roebuck

If you have not met Meghan it is time, Meghan is our office administrator and bookkeeper.

Meghan came to us from a small town West of Ottawa, Ontario. She is married with 2 adult children and 2 grandkids. She loves the outdoors, gardening, cooking, reading, and spending time with her Australian Shepherd Bailey. Meghan was the Director of a non-profit youth organization for 22 years and has post-secondary education in Corrections and Bookkeeping. Her passion is helping people and communities and she is excited to lend a hand and help St. Paul's grow and thrive over the coming years.



*"The Lord has done great things for us, and we are filled with joy." Psalm 126:3*

## This Year St. Paul's is Turning 190!

It is not every church who gets to celebrate 190 years of ministry! This November we will be looking toward a joyful and large celebration. But we don't want to just confine the festivities to one day. So in this year, leading up to big day, we will be hosting a variety of celebrations and opportunities to be together and have fun.

The first will be a coffee time to chat and mark out our memories of the last 190 years. This will help us see all we have been through and help tell the story of St. Paul's

to those who will be checking us out. So I hope you will join us after worship on April 3rd for this first event as we document and remember all the things we have to celebrate.

Do you have an idea for an anniversary event? Ron Naugler, put before us at the annual meeting, the goal to celebrate... so lets rise to the challenge. Contact Rev. Michelle today so that we can activate as many of the ideas as possible. Let's fill this year with fun, connection and faith in action!



## Contact us

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## Lenten Activities Calendar

March 13	Lent 2: World Day of Prayer Service	10:30am
March 20	Lent 3:	10:30am
March 27	Lent 4:	10:30am
April 3	Lent 5:	10:30am
	Memory Sharing Event	11:30am
April 10	Lent 6: Palm Sunday	10:30am
April	Maundy Thursday @ Wilmot	6:00pm
April	Good Friday	10:30am
April 17	Easter Sunrise Service @ Pedway	7:00am
	Easter Communion Service	10:30am
Wednesday's	Pantry	9-11am
	Bible Study	11:15am

## Church Wide Lenten Prayer Practice: The Daily Examen

The Daily Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience. It is a way to prayerfully reflect on the events of the day so that we can detect God's presence and discern God's direction for us. The method presented is adapted from the Spiritual Exercises of St. Ignatius Loyola. Follow the simple practice below as often as you can, aiming for daily during Lent.

In the evening light a candle, take a few deep breaths to center yourself and then reflect on the following questions.

- What raised me up today?
- How did I experience or show God's love today?
- What lowered by spirits?
- What am I least grateful for today?
- For what am I most grateful today?

Pray about one aspect of your day.

Pay attention to your feelings through the process

Look forward to tomorrow—offer prayer that God meet you in tomorrow and give you light for tomorrow's challenges.

## the DAILY EXAMEN

Decompress and process your day in a framework of gratitude.



Make time at the end of each day to do the 5 steps.



Consider adding a lunchbreak Examen to your day.



The Daily Examen can be done through prayer and/or journaling.



### 5-step prayer of gratitude

1. Become aware of God's presence.
2. Review your day with gratitude.
3. Pray about one aspect from the day.
4. Pay attention to your emotions.
5. Look toward tomorrow.