

Forty Creative Ways to “Fast” for Lent

by Rev. Mary Lucas

1. **Ash Wednesday** Read Isaiah 58: 6-7
2. Pray for the just sharing of food
3. Set aside a donation to the your local Food Bank or St John’s Cupboard
4. Plan ahead; use as little gas as possible -- walk or use your bike
Sunday – not a fast day
5. Check use of water; turn off tap while brushing your teeth or washing your hands
6. Every sunny day in Lent put a coin in PWRDF coin box: 0.10, 0.25, \$1, \$2
7. Buy local products. Read labels!
8. Pray for farmers and all those coping with climate change
9. Use a new grace before meals each week
10. Turn down the thermostat a degree. Wear a sweater
Sunday – not a fast day
11. Have a meatless meal one day a week
12. Repent for wasted food. Put a loonie in the coin box
13. Visit a farmers market for produce
14. Pray for all trying to raise food in the midst of drought, flooding, climate change
15. Watch one of the documentaries “Why Poverty?” www.tvo.org
16. Turn off and unplug unused electrical appliances
Sunday – not a fast day
17. Compost kitchen scraps and used tissues
18. Put 0.10 in bank each time you have a cookie or candy
19. Be a wise shopper; watch how ads try to influence your choices
20. Pray for all who are forced off their land by “development
21. Don’t buy anything for one day. Can you make it one day each week?

22. Each day you watch TV, pay 0.05 “luxury tax” to the PWRDF bank
Sunday – not a fast day
23. Do you use honey? Check where it comes from. Buy local
24. Pray for Food Banks, their clients, staff, volunteers and donors
25. Think before that impulse shopping. Do you really need it?
26. Did you avoid impulse shopping? If so, give 0.25; if not, give a loonie
27. Look for Fair Trade chocolate, tea, sugar, flowers
28. Pray for millions around the world who are hungry today and tomorrow
Sunday – not a fast day
29. Take reusable bags for shopping
30. Arrange to share a meal with a neighbour or friend
31. Use cold water for laundry
32. What permanent change can you make in your purchasing?
33. From our abundance, share with others. Give to the bank
34. Pray that God may continue to raise your awareness and compassion
Passion/Palm Sunday – not a fast day
35. Pray that as we gather at Christ’s table our hearts may be open to all
36. Advocate against the use of foodgrains (eg corn) for biofuel
37. Use public transit once a week
38. **Maundy Thursday** - Try walking for short errands
39. **Good Friday** - Turn down the thermostat another degree. Wear a sweater
40. As we end our Lenten fast, may we commit to continuing our efforts for justice
Easter Sunday – Alleluia!

St. John's Food Cupboard Update and Lenten Challenge

In September of 2009, St. John's embarked on a simple mission program to offer a bag of non-perishable food items to people in need. Approximately 10 persons from the St. John's neighbourhood were the first clients. The program was offered every Sunday and was operated from the kitchen in Langworthy Hall.

This mission has grown significantly over the past 5 years. In 2013, St. John's Food Cupboard served approximately 3300 people. This outreach ministry has provided food to as few as 30 and as many as 120 on any given Sunday.

The Food Cupboard provides food between the hours of 12:15 a.m. and 1:00 p.m. every Sunday, with the exception of the first Sunday of the month, from the Nursery in Langworthy Hall. Each bag of food contains approximately \$7.00 worth of food items consisting of a portion of pasta that would service 2 individual servings, a can of pasta sauce, a can or package of soup, a can of tuna or salmon, a can of fruit or vegetables, a serving of cereal, 6 teabags or a cup of ground coffee, and packaged sugar and powdered milk. Occasionally, we have been able to provide fresh produce. The original intent of the program was to offer, without judgement, basic food items to people in need and to encourage them to stay for fellowship and church services. This commitment remains foundational to the program. St. John's has several new members whose choice of church was influenced by the exemplary Christian attitude exhibited by the food cupboard initiative and policies.

The Food Cupboard depends totally on the regular and generous donations of our own parishioners. We also receive donations of food items from Immanuel and Hilldale Lutheran churches; St. Thomas's Food Bank; members of the Crossfit 807 Gym; and individual benefactors not associated with St. John's. Recently we received a wonderful donation from Rita and Stephen Ash as a result of a Fundraising Luncheon commemorating their 40th Wedding Anniversary. However, people are hungry, and we are always in need of food and money donations. To that end, we are extending:

A Lenten Challenge to Members of St. John's and their Friends:

During the season of Lent, how about donating a dollar (less than the price of a cup of coffee) a day to the food cupboard to help feed people.

We are still actively developing the process to make the Food Cupboard efficient, both fiscally and operationally. This program is designed to make a difference in a person's life, and every Sunday we see that it **does** make a difference in someone's life. Be a part of that difference and join the team of volunteers associated with this important ministry!!

Contact Jim Bolt or Vicky Kosny.



What an amazing opportunity we at St. John's, a north core downtown church, were given when Rita and Stephen Ash wanted to celebrate their ruby (40th) wedding anniversary by "giving back" in thanksgiving for all the blessings they have had in their married life. With the enthusiastic help of many parishioners Rita and Steve hosted a sit-down turkey and ham lunch with all the trimmings and dessert on Sunday, January 26th, 2014. The Ash's invited St. John's parishioners as well as all those who utilize St. John's Food Cupboard program. Parishioners made freewill offerings honouring the anniversary celebration with all proceeds going to the Food Cupboard support fund. In a joyful atmosphere 163 meals were served. We felt very blessed that day to not only break bread with each other but also with our grateful guests from the neighbourhood. We shared stories and laughs. Reflecting on the day, Rita and Steve commented: "We had the most wonderful day, sharing in a meal that got everyone sitting down together. When that happens, it gives people a chance to get to know each other in a very special way."

St. John's Food Cupboard offers two days of basic food supplies to families in need and it operates every Sunday except the first Sunday of each month. A minimum of five volunteers operate the Cupboard each week providing service to as few as 30 and as many as 120 on any given Sunday. In 2013 the Cupboard provided food to families totaling approximately 19,800 meals. Rita and Stephen's anniversary celebration provided \$965 to the Cupboard. fund. It will be used to purchase food supplementing that donated by parishioners, anonymous givers, and other churches. At the present time the Food Cupboard requires about \$600/month to operate. Unfortunately the need appears to be growing for those with disabilities, on social assistance and the working poor.

We are Friends of Christ, Freely Sharing the Bread of Life
~~John 15:15 + John 6:35~~

Submitted by Linda Rintamaki,
Chair of the Congregational Development Team

The total raised from the Shrove Tuesday Pancake Breakfast for St. Andrews Building Restoration Fund was \$417.38.

David Reid



2014

Tuesday	1	The Toque Project deadline for toques to be turned in Tarime Deanery Fundraiser Meeting 7:00pm—kitchen
Wednesday	2	
Thursday	3	Holy Eucharist 10:00am
Friday	4	
Saturday	5	Anglican Liturgy Book Study 10:00am to noon
Sunday	6	Said BCP Service 8:30am; Sung BCP Service 10:30am; Food Cupboard closed
Monday	7	Kitchen: Pot Pie making 9:30am
Tuesday	8	ACW
Wednesday	9	
Thursday	10	Holy Eucharist 10:00am
Friday	11	Mission to Seafarers 9th Annual Fund Raising Dinner—see ad
Saturday	12	Anglican Liturgy Book Study 10:00am to noon *
Sunday	13	Passion/Palm Sunday; Said BCP Service 8:30am; Sung BCP Service 10:30am; Food Cupboard open
Monday	14	Kitchen: Pot Pie making 9:30am
Tuesday	15	
Wednesday	16	
Thursday	17	Maundy Thursday Holy Eucharist and Stripping of the Altar 7:00pm
Friday	18	Good Friday Liturgy 2:00pm to 5:00pm * Sacred Music for Good Friday Thunder Bay Community Choir 7:00pm Trinity United Church
Saturday	19	Great Vigil of Easter 8:00pm *
Sunday	20	Easter Sunday Said BCP Service 8:30am; Sung BCP Service 10:30am; ; Food Cupboard open
Monday	21	
Tuesday	22	
Wednesday	23	ACW Deanery meeting starting at 9:30am
Thursday	24	Holy Eucharist 10:00am
Friday	25	
Saturday	26	
Sunday	27	Said BCP Service 8:30am; Sung BCP Service 10:30am; Food Cupboard open
Monday	28	
Tuesday	29	
Wednesday	30	
		* please watch for possible changes in the bulletin



2014

Thursday	1	Holy Eucharist 10:00am
Friday	2	
Saturday	3	Camp Gitchigomee—Hall and Kitchen 4:00-8:00pm
Sunday	4	Said BCP Service 8:30am; Sung BCP Service 10:30am; Food Cupboard closed
Monday	5	
Tuesday	6	
Wednesday	7	
Thursday	8	Holy Eucharist 10:00am
Friday	9	
Saturday	10	Tea—tba
Sunday	11	Said BCP Service 8:30am; Sung BCP Service 10:30am; Food Cupboard open
Monday	12	
Tuesday	13	ACW
Wednesday	14	
Thursday	15	Holy Eucharist 10:00am
Friday	16	Tarime Deanery Fundraiser—time tba
Saturday	17	
Sunday	18	Said BCP Service 8:30am; Sung BCP Service 10:30am; Food Cupboard open
Monday	19	
Tuesday	20	
Wednesday	21	
Thursday	22	Holy Eucharist 10:00am; Nearly New Set-up
Friday	23	Nearly New Set-up
Saturday	24	Nearly New Sale
Sunday	25	Said BCP Service 8:30am; Sung BCP Service 10:30am; Food Cupboard open
Monday	26	} ACW
Tuesday	27	} Annual
Wednesday	28	} Sault Ste. Marie
Thursday	29	Holy Eucharist 10:00am
Friday	30	
Saturday	31	
Monday	June 1	Deadline for Camp Gitchigomee registrations
Tuesday	June 10	ACW luncheon

Being Satisfied with Enough

by Rev. Mary Lucas

Several years ago, St John's began a food cupboard, making food security in Thunder Bay an important focus of our efforts for justice in Thunder Bay. Food security can be defined as "the physical and economic access at all times to adequate food or the means for its procurement." Approximately 900 million people, almost 13% of the world's population, do not enjoy this basic right.

One of the major issues related to food security is overconsumption and waste. While so many people are starving, approximately 13% of the food produced in the world is wasted. In our North American consumer-driven culture, well over a hundred billion pounds of food is wasted each year! This has a huge impact in our world in all sorts of ways:

- Food that is wasted cannot be directed to those who are hungry
- Obesity – the most common nutritional disease of Western society – is linked to chronic illnesses like diabetes, heart disease, hypertension and some forms of cancer
- Over-consumption negatively affects the agro-ecological resource base, resulting in land degradation, declining soil fertility, unsustainable water use and overfishing
- Use of land, soil, water and energy to produce food which is not consumed leads to emission of greenhouse gases, adversely affecting the atmosphere, and
- Wasted food piles up in our landfill sites, and is a significant source of methane emissions.

As Christians, we need to address our overconsumption and waste as sinful because it:

- Demonstrates a poor stewardship of God's resources,
- Reflects greed and gluttony on our part, and
- Shows a lack of concern for our neighbour.

Here are some practical things we can do to improve our use of food:

- Store and prepare food carefully so that it is not wasted;
- Use leftovers (see the Stop Wasting Food (Denmark) website for great recipes for leftovers: <http://stopspildafmad.dk/inenglish.html>);
- When you eat out, especially at buffet restaurants, take only what you know you can eat;
- Adopt a sustainable diet (especially consuming less animal protein);
- Download a Waste Trackersheet and monitor your food waste (go to <http://www.ealliance.ch/en/s/food/>, then write "waste tracker" into the search box).

A Short Note from Chancel Guild

The Chancel Guild will be making Palm Crosses and invites others to join us. Time and date will be posted in the bulletin.

Marg Boone

Anyone wishing to donate towards the Easter flowers please call Audrey at 344-4955 with the information you want in the Easter bulletin. If writing a cheque please make it out to the St. John's Chancel Guild. Thank you.

Audrey Love

Nearly New Sale — May 24th 2014

Joan Greene has agreed to be my partner running our Nearly New Sales. Anne will still be helping us when she is around and I would like to thank her for all her hard work over the last 6 years as we worked very successfully together.

Sharon and Bonnie will still be looking after St John's Café and we will have some delicious goodies to enjoy with our coffee and lunch.

Joan and I have scheduled our first sale for the year for May 24th 2014 so it is time to call your family, friends and neighbours to save us all the treasures they would like to pass along to us. I can do some pick ups if you need.

We CANNOT handle big furniture items as they are too heavy to move around. Tables and chairs, bookcases, coffee tables etc would be great. NO TV's PLEASE as they do not sell and are very hard for us to get rid of. Need to be taken to recycling.

If you have anything that maybe of greater value please let Sheila [344 - 9095] know and I will try to sell it privately to get more money for it than we would in the hall.

Due to our aging and tiring helpers last Fall Anne and I tried something a little different with our set up and Joan and I would like to continue with this.

We will need help Wednesday Night 6.30 to bring all the stuff up from the basement and this needs some younger stronger people for about 1 hour. We may try to get the tables all set out that evening too if we have the manpower.

Thursday evening from 630 -900 pm we would like some helpers to empty boxes and bags etc to their various locations and then on Friday the job for all our trusty table people will be to arrange all the donated items and present it as nicely as possible. We will hopefully get this all finished by early afternoon. I will have the book man come by 11am so he can see what he may be interested in.

This went well last year and we were able to get younger helpers who work during the day help us unpack and made Friday a lot less tiring for everyone.

Looking forward to seeing you all and pray we have another successful and profitable sale.

Sheila Douglas

The Mission to Seafarers: Port of Thunder Bay

The purpose of the Mission to Seafarers is to promote the spiritual, moral and physical well being of seafarers and their families world-wide.



Caring for seafarers
around the world

Please help support our ministry to the seafarers!

Calendar of Events

• Events at the Seafarers' Centre, Keefer Terminal, 100 Main St. unless otherwise noted.

• Scheduling of events subject to change.

March 2014

end of March opening of shipping season

April 2014

2 10:00 am **Board of Directors meeting**
2 2:10 pm **Eucharist and Lunch**
11 5:30 pm Symposium, 6:15 pm **Annual Fundraising Dinner** at the Current River Community Centre, 450 Dewe Ave.
3 11:00 am **Annual General Meeting** with lunch at the Seafarers' Center, *rescheduled from April 2*

May 2014

4 2:00 pm **Battle of the Atlantic Commemoration** at the ANCHORAGE, Prince Arthur's Landing Marina Park.
5 **Meat Orders due**
7 10:00 am **Board of Directors meeting**
7 12:10 pm **Eucharist and Lunch**
14 **Meat Orders picked up**

June 2014

4 10:00 am **Board of Directors meeting**
4 12:10 pm **Eucharist and Lunch**
21 10:30 am **Blessing of the Fleet** at the Royal Canadian Navy Pier - Pier 3, Prince Arthur's Landing Marina Park

St. John's Representative is Bernice Richmond. She can be contacted at 807-345-6390 or gbrichmond@shaw.ca.

www.missiontoseafarers.ca/thunderbay

<https://www.facebook.com/missiontoseafarerstbay>

Annual Fund-Raising Dinner Buffet with Cash Bar (Wine) Friday, April 11, 2014

5:30 p.m. Symposium — 6:15 p.m. dinner

Speakers: Bill Skrepichuk-Sligo and Chaplain Rev'd Canon Ed Swayze

Current River Community Centre, 450 Dewe Ave. (off Arundel St.)

Adults \$30.00 and Children 12 and under \$12.00

Tickets must be purchased by April 4 from a Parish Rep or call 344-8241. An income tax receipt for \$10 is available for each ticket.

Please come and support this important outreach.

Meat Fund-Raiser 2014

Revised March 5, 2014. Prices for the upcoming year updated in February. **Meat supplied by European Meats a Thunder Bay company.**

Mild Sausages	5 lbs	\$21.00
Hot Sausages	5 lbs	\$21.00
Cheese Sausages	5 lbs	\$25.00
Pepperettes	8/pkg 1 lb/pkg	\$ 7.00
Chub (Salami)	2 lbs	\$13.00
Baloney Ring		\$ 6.00
Chicken Breast	4 kg	\$50.00
4 oz Beef Patty	42 pcs	\$54.00

Orders must be prepaid, cheques should be payable to the Mission to Seafarers. Orders must be placed by Monday, May 5 and they will be delivered on Wednesday, May 14.

Contact Information

Rector: The Rev. Mary L. Lucas, B.A., M. Div., M.P.A

Home: 807-345-2638

Office: 807-345-6898 Hall:..... 807-345-6088

Fax:..... 807-345-6594

Office Hours: Tuesday — Friday 9:00 am — 12:00 pm

E-mail: church@stjohnsanglicantbay.ca

Rector's Warden..... Margaret Boone

Deputy Rector's Warden Nicole Latour

People's Warden Jim Green

Deputy People's Warden..... David Reid

Websites:

St. John's: www.stjohnsthunderbay.ca

Deanery: www.thunderbayanglicans.com

Diocesan: www.dioceseofalgoma.com

Anglican Church of Canada:..... www.anglican.ca

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