

March 15, 2020
LENT 3

Gathering of the Community
 Gathering Prayer
 Acknowledgement of Land
 Penitential Rite
 Opening Hymn: I Heard the Voice of Jesus Say CP #508
 The Collect
 First Reading: **Exodus 17: 1-7**
 Reader: June Jordan
 Psalm: 95 (*The Psalter of The Book of Alternative Services Emended for Contemporary Liturgical Use*)
 Second Reading: **Romans 5: 1-11**
 Reader: Pat Hotte
 Gradual Hymn: Let My People Seek CP #471
 Gospel Chant: CP #549
 The Gospel Reading: **John 4: 5-42**
 The Homily
 Affirmation
 Prayers of the People
 The Peace
 Offertory Hymn: Wind Upon the Waters CP #408
 Prayer over the Gifts
 The Celebration of the Eucharist
 The Lord's Prayer
 Breaking of the Bread
 The Communion
 Agnes Dei CP #745
 The Invitation to Communion
 Communion Hymns: Draw the Circle Wide CP #418
 Be at Rest
 Prayer after Communion
 Blessing
 Children's Talk
 Announcements
 Closing Hymn: The Church's One Foundation CP #525
 Dismissal
CP = Common Praise (Blue book) **S&R** = Sing & Rejoice (Red book)
BAS = Book of Alternative Service (Green book)

NEWS in a NUTSHELL

Julian of Norwich Anglican Church

March 15, 2020



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 The Reverend Deacon Elizabeth December-Lovell 613-224-7178 Office
 *Emergencies only (Mondays & Wednesdays) * 613-293-5628 Cell

WHAT'S HAPPENING AT JULIAN

Bible Curiosi-Tea	2 nd , 3 rd , & 4 th Fri. of each month in the Sanctuary at 10 a.m.
Christian Meditation	Mon's. 3-4 p.m. – in the Sanctuary except Monday holidays
Hildegard's Circle	Call Iris Pearman 829-0407. 1 st Friday of each month
Men's Breakfast	April 8 - 9:00 a.m. at Chances "R" Restaurant
Women's Breakfast	March 31 - at 4 Seasons Cookhouse
Parish Council	March 17 @ 7:00 p.m.
Prayer Shawl Ministry Knitting lessons	Wednesdays Old Forge knitters and Julian Shawl Ministry 12:00 - 2:00 in the Sanctuary
Nearly New Shop Book Nook	Open Thursdays and Fridays 1:00 - 3:30 p.m.
Chapel Service	Thursdays at 10:00 a.m. in the Chapel
Dinner Church	April 2, 16, 30; May 14, 28; June 11, 25
Cooking for One	April 24, May 8, 22; June 5, 19; July 10
Journeying as Allies Book Study	This book study session is Seven Fallen Feathers (Northern ON) March 29, 7 - 9 p.m. in the Sanctuary
Lenten Study	March 18, April 1 st at Julian of Norwich March 11 & 25 th at Faith Lutheran

GUIDELINES FOR THE DISTRIBUTION OF COMMUNION AND SHARING OF THE PEACE

In light of current concerns regarding the transmission of COVID-19 we have established the following protocols for all church services:

Eucharist Protocols

1. The Common Cup will continue to be offered for the distribution of wine. However, you are strongly encouraged to not receive wine if you are concerned about your own wellbeing or that of others. To receive bread without wine is to fully participate in the Eucharist. If in doubt, please choose bread and cross your arms to decline the wine.
2. The dipping of bread in the wine (a.k.a. 'intinction') will be strictly forbidden. If this has been your custom, please know that this is not an Anglican practice as it has the highest rate of disease transmission. Once your fingers enter the cup the cup is then contaminated and cannot be used. The Lay Administrators have been instructed to remove the chalice from reach if a person attempts to dip bread in the chalice.
3. Non-alcoholic wine will no longer be offered. The offering of non-alcoholic has never been an approved practice in the Anglican church and while it has been offered in this community the capacity of disease transmission is considerably higher in a non-alcoholic juice. A reminder that you are receiving the full communion in the bread and do not need to receive wine to fully participate in the Eucharist.

Protocols during the Peace

1. Effective immediately you are asked to refrain from hand-shaking and/or embracing. You are invited to greet others around you with eye contact and your hands in a prayer position.
2. Please consider that it makes it easiest for our whole community if we don't try to break the rules and still shake hands and/or hug; people are put in an awkward position and feel bad when they say no to an embrace or a hand shake. If we all agree to use prayer hands and a beautiful smile and eye- contact than we are all equally participating in offering the Peace of Christ to the community.
3. A Reminder that the passing of the peace has a distinct role in the liturgy. It is a function of us saying to each other; 'God's peace is with you as you now go towards the altar for communion'. It is a ministry that you are participating in - you are verbally reminding the two or three people you share the peace with that they are now reconciled to God and can approach communion confidently and with great blessing. It is not a time for fellowship greeting (we do that before and after the service in a variety of ways).

Thank you in advance for your careful and considerate adherence to the above at a time when many are concerned about vulnerability and risk regarding the spreading of disease.

LENTEN OFFERINGS - 2020

If you haven't already done so, please pick up your Lenten Letter in the Narthex. It contains a special Lenten Donation Envelope for each family in the Parish, accompanied by a description of the organizations that will benefit from the funds that are donated. It also contains a note from Monique with an outline of our Lenten activities. Parish Council has decided that donations received using the special Lenten Donation Envelopes or received in Weekly or Monthly Envelopes marked as "Lent" will be divided equally between:

**The Carlington Community Chaplaincy
Diocesan Youth Internship Program (YIP)
The Black Canadian Scholarship Fund**

LENTEN BOOK STUDY

Our Lent Study this year will use the book 'Surprise the World' by Michael Frost. It is a simple book that talks about tangible ways in which we can reach out to our neighbours for the development of our church ministry and our personal discipleship and formation. Study Nights will be Wednesdays 7 - 8 p.m. throughout Lent and we will rotate between Julian and Faith Lutheran.

March 18 & April 1st at Julian of Norwich ~ March 25th at Faith Lutheran

For more information contact Pastor Monique or Deacon Elizabeth.

WEEKLY CHALLENGE

Our Theme this week is 'Listen'. We will be discussing this chapter of Michael Frost's book Surprise the World on Wednesday, [enter date] at [enter church] starting at 7pm. All are welcome. You can find the book online and a video on our website: www.julianofnorwichottawa.ca

To 'listen' for the Spirit is one of our missional habits. This week you are asked to spend at least one moment this week listening for the Spirit's voice.

BELONG, STRANGERS NO MORE - APRIL 3 & 4

Fostering belonging in the National Capital Region by equipping Ottawa area churches to welcome in Christ's name, neighbours who have experienced marginalization. For information and tickets prices: belongottawa.ca; Phone: 613-742-8500

