

TRINITY-ST. ANDREW'S UNITED CHURCH

**The United Church of Canada
An Affirming Congregation**

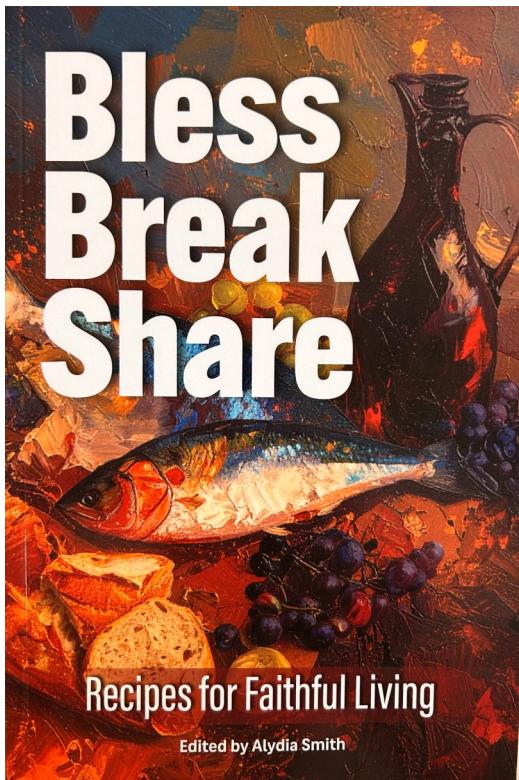
**Lent
2026**



Lenten opportunities.

On February 18 we will officially begin Lent. Sometimes people give something up as a way of marking Lent. Do you think you can give up chocolate this year? The important thing is to mark this season in a meaningful way. I'm not sure I could give up chocolate, but I know I can give some time to new activities. Will you join me? Have a look at what's going on, and let us know what is calling you!

- Rev. Wanda Stride



Lenten Book Study

The United Church of Canada has published a new book called *Bless, Break, Share: recipes for faithful living*.

We plan to engage this food and hospitality inspired resource during Bible Study, Wednesday mornings at 10:00. You are welcome to join us! Books are available in the office for \$15 or you can order a book here: <https://ucrdstore.ca/collections/bless-break-share/>

The National Church is also holding an online study based on this resource, and if Tuesday afternoons work better for you, you can sign up here: <https://churchx.ca/local/shop/product.php?id=363>

You can also read the daily devotional on your own if none of these times works for you.

Times apart for reflection

Saturday with the Spirit: Feb28 from 2:00 - 4:00

join us as we explore various spiritual practices that you could take home and incorporate into your life throughout Lent, or maybe even beyond! RSVP at the office by replying to this email.



Sunday March 22 after church join us for Star Words and Shepherd's Pie. OK those two don't normally go together! But early January you might have picked up a yellow star that had a word on it. There were ten words handed out, so others got the same word as you! Join us on the 22 to hear how your word has been helping, challenging or comforting your fellow members of TSAUC! Share

your own experiences. And through our one hour gathering, the youth will have shepherd's pie prepared for a donation, as part of the three Sundays of PIE with the Affirm and Equity Committee. Please RSVP to the office so we know how many to prepare for.

Lenten Concert Series returns

Join us Fridays at noon for to hear local musicians reflect on the themes of Lent. We have a diverse group of incredibly talented people volunteering their time this year!

Admission to the half hour concerts is free, but we will accept donations to help replenish our benevolent fund.

Bring a bagged lunch, and we will provide drinks, dessert and fellowship!

Friday February 20	Dan Clost
Friday February 27	Treble Threat (Ken McClintock & friends)
Friday March 6	Scott Pennington
Friday March 13	Dan Koets and Marie Lachner
Friday March 20	Ray Herbert
Friday March 27	Frank Blanchet

Suggested Spiritual Practice for Lent (or forever!)

The Daily Examen

This practice of reflection and prayer was created about 500 years ago, and it holds up! Ignatius of Loyola encouraged the members of his order to see God at work in every aspect of their lives. They lived their ministry in the world, serving the poor and those in need, healing, teaching, following

Christ in every way. They did not tire, because they knew they did not work alone.

Can you imagine being that sure that you didn't bear full responsibility for the things unfolding around you? Being confident that if you only stepped up, did what you could, that God would use all your loving work to change the world forever?

The daily Examen is a beginning. Set aside time each evening, even if it's only a few minutes! Reflect back on your day to notice the times God was at work helping you. Notice the times you felt you were on your own. Notice how you felt. That's all it is!

You can use the daily Examen to help in your work becoming a better steward of God's good creation. Reach out to the office for links for variations of this practice, including ecospirituality, discernment, and raven an app that might replace your gaming for Lent!

If you want to do it the old fashioned way, here is one framework for the Daily Examen.

First, is there a place in your home that feels special, that could become your prayer place? It's good to have a routine as you mark the beginning of your prayer time. Establish a regular place, and

maybe bring a candle or some other way to mark that you have begun your prayer time.

Ask God for the grace to see the light in our lives. A simple prayer will work as you rest in silence and trust that God is with you.

Gratitude. Give thanks for all the gifts you have, and if it helps, make a list of a few that you need to remember.

Review your day. This can be as thorough or surface as you can manage. Look at the events of morning, afternoon and evening. You are looking for the light, or absence of it. What stands out? Why do those things stand out? How do they make you feel? How does it feel right now, to be remember those things? If it helps, you can Write your reflections in a journal.

A) Are there things you wish you had done differently or not at all? Trust that God is watching these events with you, loving you despite anything you have done. Do you need to say anything to God? B) Are there things that went well? Give thanks to God for the blessing of clarity and love in your life. Whether regrets or joys, hold all the events of your day honestly, trusting that in looking openly at your own shortcomings or blessings, you are in the presence of God.

Look forward to the day to come. Give thanks to God for life.





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