

Lent and Holy Week at Emmanuel

Ash Wednesday: We will have two services of Holy Communion with Imposition of Ashes on Ash Wednesday, March 2, at 11:00 am and 7:00 pm (with music at 7).

Mid-Week Services: We will have Holy Communion on Wednesdays in Lent at 11:00 am, March 9, 16, 23, 30, April 6.

Study: It's Time to Stop, Pray, Work, Play & Love A study from the SSJE brothers. How do we use our time? Is time a blessing or a curse? Or sometimes both? Join us and the brothers as we explore how to recapture time as a gift. There is a very short daily video, a workbook and we will gather after the mid-week 11 am service, starting Ash Wednesday, to watch the videos again and discuss them together. Feel free to bring your lunch.

PWRDF Appeal: We are once again raising money for the Primate's Fund. The theme this year is Climate Action. Our goal this year is \$1500. You can collect coins in the boxes or hearts, maybe for every time you turn up the heat? Or drive your car? Or you can write a cheque to Emmanuel and use one of the PWRDF offering envelopes, and write PWRDF on the memo line, along with your envelope number. Almsgiving has traditionally been one of the Lenten disciplines and the PWRDF is a good place to give extra alms.

Online Programs: Many of us add a daily devotional or a daily Lenten program. There are many good ones available online. The NSPEI website has a lot of them (nspeidiocese.ca). The PWRDF site also has some. There are lots of good resources online and in our parish library, which you are free to borrow.

Holy Week

Palm Sunday, April 10: Liturgy of the Palms and the Passion reading, 8:00 am and 10:00 am.

Monday in Holy Week, April 11: 11:00 am, Stations of the Cross

Tuesday in Holy Week, April 12: 11:00 am, Stations of the Earth, a new service exploring the suffering of creation and humanity in the context of Jesus' suffering, and signs of hope.

Wednesday in Holy Week, April 13: 11:00 am, The Great Litany, with healing and anointing (if desired)

Maundy Thursday, April 14: 7 pm, Maundy Thursday liturgy in the church. There will be opportunity afterwards if you want to watch and pray quietly.

Good Friday, April 15:

- 10:30 am Good Friday Prayer Walk sponsored by the Spryfield Ministerial. We will walk around Spryfield and pray for our community, with other Christians.

- 1:30 pm Good Friday Liturgy in the church, with the reading of the Passion.

Holy Saturday, April 16: 8:30 pm Easter Vigil.

Easter Sunday, April 17: Feast of the Resurrection! 8 am and 10 am.