

# **The People's Pulpit**

## **Lent 2023**



**St Thomas sets its heart toward being a Christian Home which welcomes, encourages, and seeks to inspire people.**

**St. Thomas Anglican Church**

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People's Warden	John Bottriell
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## THE RECTOR: Rev. Lee Lambert

Friends,

I believe it's important that we regard Easter not as a time when Christ *will* rise from the dead, but as a time we remind ourselves that he *has* risen from the dead and the time is fulfilled. The Kingdom of God is at hand. Jesus, while he spoke of many things, was always speaking about His Father's Kingdom.

Looking around the world, it's easy to ask: is this it, then? Is this the Kingdom of God? Because this doesn't look like I expected. And I agree: it doesn't. That is, if you are looking for a perfect human kingdom. And you are not alone. Christians have wrestled with this for Millennia.

But I think it's important to remember that every term and standard we apply to ourselves and then to God bear only the faintest resemblance to each other: our sense of justice, forgiveness, forbearance, love are only pale, shadowy versions of God's justice, forgiveness, forbearance, and love. We have, even the greatest of us, timelines and limits in virtually everything: we only forgive so much, bear so much, give so much – and then we don't. God's Kingdom is eternal and endless. His love and his forbearance are eternal if we but turn to him and accept the Son as our savior. The tension we live in is that we enter The Kingdom here in this life and continue to be in The Kingdom past our death here on earth; we are tempted and pulled around by this life, even when our eternal life has already begun. We waste time on fears and frustrations that ultimately mean little when we consider eternal life.

I recently watched a video of a reporter following a man down the street holding a microphone in the man's face. The man was angry, tense and harassed. The reporter, focused on his job, walked hard into a lamppost, and was brought up short with an exclamation of pain. The man he was following stopped immediately and asked the reporter: "Are you alright?"

On a deep level we all understand there are very few things in this life that stand up to what is most important – life itself. To the Christian, it is eternal life. Life here is the single most important thing after our eternal life - which never ends. Our service in God's Kingdom is more important than anything in our lives. If it is not, I ask you to reprioritize. We do this by daily devotion and asking for God's daily bread, which is the Grace, he affords us to see and to do His will.

Christ is Risen. If it seems otherwise, it's because he is merely waiting for all of us to catch up and join Him.

Blessings this coming season.

Rev. Lee

## People's Warden: John Bottriell

As spring approaches, I am beginning to appreciate the hint of light in the eastern sky as I pick up the morning newspaper from the front verandah. Unfortunately, the warmish weather and lack of snow accumulation has diminished our enjoyment of our favourite winter sport of cross-country skiing. Hopefully we'll get another good snowfall before the end of this winter.

One advantage of this winter so far is that keeping the entrances to the church snow & ice free has been reasonably easy. Our biggest challenge was the week of ice-cover that made the parking lot treacherous. Ongoing maintenance has kept our Facilities Team busy. With the regular use of our church for services and meetings and with added rentals there always seems to be some issue to deal with. Thank to those who take the initiative to pitch in when needed.

At this time of the year, we are earnestly preparing for our annual Vestry Meeting (**March 3<sup>rd</sup> 2024**). Along with reports on all Parish Ministries and successes we will review the final results of last year's finances and prepare our plans for the next year. Our challenge is to balance the budget and to meet all our obligations and aspirations for the upcoming year. We are looking forward to increased activities to build our church community.

As we move out of the season of Epiphany and into Lent, I wish you a thoughtful Lenten journey.

John Bottriell  
People's Warden



M.A. Reinhard

## A NOTE FROM THE EDITOR: Mary Anne Reinhard

The celebration of Easter is early this year. It seems as if we have just wrapped up our joyful Christmas and Epiphany and Lent will begin this week!

As I am looking at the submissions for this edition, I am seeing a theme of outreach and service running through a number of them. Many of the on-going functions in the Church continue and a few new initiatives and possibilities are coming along.

Lorna Graham has drawn my attention to the continuing Ministry of sending birthday cards to the members of God's Garden. There are currently 26 names on the birthday list, (only nine are girls) and these include grandchildren of some of our parishioners.

You will have heard of the Gently Used Clothing sale that the A.C.W. are coordinating to assist patrons of the Food Bank. If not, then more information can be found later in this edition. If you have any hangers or bags that you can donate, they would be appreciated as well.

Ryan Dallaway and other volunteers will have served up a scrumptious Pancake Supper on Shrove Tuesday and Morning Prayer services will be offered Wednesday mornings at 10 am during Lent.

Please add March 3<sup>rd</sup> for the Vestry Meeting after the 9:30 service to your calendars as well.

I have heard that there are plans to hold a Spring Yard Sale so if you are sorting through your household items or downsizing stay tuned for more information about this.

As always, I thank the many groups and individuals who has contributed items to this edition. I am pleased to share these articles with you.

The next edition of the People's Pulpit will be ready for Pentecost, May 19<sup>th</sup>. **The final date for submissions will be May 6<sup>th</sup>.**

Mary Anne



Almonte waterfall in the Spring-M.A. Reinhard

## Pastoral Care Team

I was given two items from this team to share with you. First is Merilee Clarke's Vestry Report for the Spiritual Care Lay Visitors at the Queensway Carleton and the second is an invitation to upcoming courses for new members of the Team as well as information about a continuing education workshop for current members.

### Merilee's Report

We are called Spiritual Care Lay Visitors at the hospital. To me that sounded like big shoes to fill. But for some reason I felt called to this ministry. I have always had a shy side to me. I never know what to say in a group setting and I have real trouble making phone calls. Small talk just isn't easy for me. So, about 6 months ago, when this opportunity came up at one of our meetings, I was more surprised than anyone when I felt this was for me. There was a course to take and one or two classes and shots to get. I was shown the 'ropes' twice and then I was on my own.

I go once a week. First, I get a list of all the Anglicans who are in the hospital. I visit as many as I can, usually 5-7 patients, during my 2 hour shift (often longer). I love it!! My words seem to come naturally from the time I introduce myself to the time I leave. We talk about their families, pets, travels, problems, happy and sad times. If they want to talk about their faith, then I listen and say a prayer for them. My goal is to leave everyone with a smile on their face. I say a blessing if they want (99% say yes). When I finish the blessing, they will hold my hand a little longer, look into my eyes and say, Thank you. My goal is to leave them smiling and in God's hands.

I thank God for directing me into this ministry. I know, with God's help, that I am making a difference in their hospital stay.

There are only a few of us visiting our Anglican patients. If you want to join us, give me a call.

Blessings Merilee Clarke  
[godsgardenstt@gmail.com](mailto:godsgardenstt@gmail.com)  
613-591-9351



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# INVITATION: Pastoral Care Training

This spring we are again offering the **Basic Training Course** both in-person (afternoons) and online by Zoom (evenings). Both courses begin Monday, March 11, 2024 and run weekly until May 13, 2024 (including Easter Monday). Our Spring 2024 Basic Training Course brochure is available at <https://ottawapastoralcare.com/wp-content/uploads/2023/11/Spring-2024-.Basic-Course-Brochure.pdf>

We are also excited to present a **Continuing Education** event on Tuesday April 9th from 7- 9pm by Zoom. This session will be led by Lisa Boulay, retired psychotherapist, and Lay Chaplain at the First Unitarian Congregation of Ottawa. Join us as she leads a session called Emotions 101—The Power of Being Heard, Seen and Valued. This workshop will look at how emotions affect our work as pastoral care volunteers and will build on new material which was recently added to the Pastoral Care Basic Course in September 2023. Find the program brochure at <https://ottawapastoralcare.com/wp-content/uploads/2023/11/Spring-2024.Con-Ed-Brochure.pdf>

We invite you to share this information in your bulletins and newsletters. Spaces are limited so take a few moments and register today. For more information about these and other programs, visit our website's home page at [www.ottawapastoralcare.com](http://www.ottawapastoralcare.com)

We take this opportunity to wish you a Happy New Year and we look forward to having you join us this spring.

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# YOU

If every single person who has liked you in your lifetime, were to light up on a map, it would create the most glitteringly beautiful network you could imagine. Throw in the strangers you've been kind to, the people you've made laugh, or inspired along the way and that star-bright network of you would be an impressive sight to behold. You're so much more than you think you are. You have done so much more than you realise. You're trailing a bright pathway that you don't even know about. What a thing. What a thing indeed.

DONNA ASHWORTH

Submitted by Bonnie McNally and used with permission from the author. For more of Donna's work visit [Donna Ashworth – Sunday Times Best Selling Author](#)

Poem for a winter day-Mary Anne Reinhard

*Winter frosty morning  
birds sitting on the feeder  
peace in the silence*



## PRAYER MINISTRY AT ST THOMAS

*Is any sick among you? Let them call for the elders of the church and let them pray over them, anointing them with oil in the name of the Lord: and the prayer of faith shall save the sick.*

James 5:14,15a

Prior to Covid we had a very vibrant prayer ministry at St Thomas.

Over the past four years we have been able to continue with our Prayer Chain as well as the 'prayers for those in need of healing' during our 'Prayers of the People' Sunday mornings.

We are now ready to resume the second half of our Prayer Ministry.

Let me reintroduce all four parts:

**PRAYER CHAIN:** There is a very dedicated team of about 15 pray-ors who commit to praying regularly for the people on our list. You can have yourself or someone you care about included by contacting Sylvi Dawes at 613-492-0218 or [sylvidawes@gmail.com](mailto:sylvidawes@gmail.com). Names and information are kept strictly confidential.

**PRAYERS OF THE PEOPLE:** If you wish to be included in the Intercessions during the 'Prayers of the People' on Sunday morning, you simply let Carolyn know and she will add your name.

**PRAYER JOURNAL:** Once again, we have a prayer journal just inside the entrance to the church next to the font. Names written in that journal each Sunday will be included in the Prayers of the People.

**PRAYER MINISTRY:** We are now feeling comfortable about resuming our Sunday Morning Prayer Ministry. During Communion, two members of our Prayer Ministry Team will be available to pray with anyone regarding concerns they may have for themselves or someone else. Simply, once you have received the Eucharist, come back to the little alcove on the right-hand side of the church. The curtains will be closed to allow for privacy and, again, anything discussed or prayed for will be kept in strictest confidence. On the 4th Sunday of each month, anointing with oil (a sacrament and thus performed only by a priest) will be available.

Submitted by Bonnie McNally



Reverend Lee spoke in a homily about how each of us can have dry spells in prayer. At times we don't have the words or even the inclination to offer up prayers. I came across this poem, as I was looking at some old books on my bookshelf. I'd like to share it with you because it seems to sum up what prayer life looks like.

"The important thing about prayer is that it is almost indefinable. You see it is:

hard and sharp  
soft and loving    deep and inexpressible  
shallow and repetitious    a groaning and sighing  
a silence and a shouting  
a burst of praise  
digging deep down into loneliness, into me  
loving  
abandonment to despair  
a soaring to heights that can only be ecstasy  
dull plodding in the greyness of mediocre being  
laziness  
boredom  
resentment  
questing and questioning  
calm reflection  
meditation  
cogitation  
a surprise at sudden joy  
a shaft of light    a laser beam  
irritation at not understanding    impatience  
pain of mind and body hardly uttered or deeply  
anguished  
being together  
a stirring of love shallow, then deeper, the deepest  
a breathless involvement  
a meeting  
a longing  
a loving    an inpouring  
a drowning  
a swooning  
more\*



## PROJECTION TEAM – WHAT IS IT ANYWAY?

Each Sunday, and on special annual services such as Christmas, the Lenten Season and Holy Week, a visual version of the Order of Service as printed in the bulletin is presented on two screens in the Sanctuary.

This is the practice today at most churches and offers a hands-free experience to the worshipper. New members for the projection team are most welcome. Written instructions and hands-on training for projection or preparation are provided.

It is not onerous and is delightfully challenging, as each service has a distinct pattern but within it there are unique aspects as well – no two are alike!

Team members are tasked with either advance preparation, and projection, or as a projection member on the Sunday only. Members rotate being on duty, and the more team members there are the better!

The presentation consists of two parts – the preparation of the Order of Service using ‘Easy Worship’ software, then the actual showing of the service, as it mirrors the flow of the Liturgy described in the printed bulletin.

Interested? Please contact any of the team members.

The team members for 2024 are:

Moira Reade, Ryan Dallaway, Gabe Dallaway and Pat McNally

# GOD'S GARDEN

Hello everyone.

God's Garden is the perfect place for your children and grandchildren and their friends to Grow in Faith!!

During class time we hear the story of the day then sing a song that reinforces the lesson. Our older children have a special room just for them called The Faith Room. Bonnie McNally and I take turns teaching there. The younger class stays in the Rainbow Room with Karen, Merri or Ewan.

After the lesson, the children do a craft that reinforces what we have been talking about. Just around 10:00 one of the Sides People come down to let us know it is time to join the service for communion. We gather them together and say a prayer. Then each child has the opportunity if they wish to carry the cross to the altar with the children following.

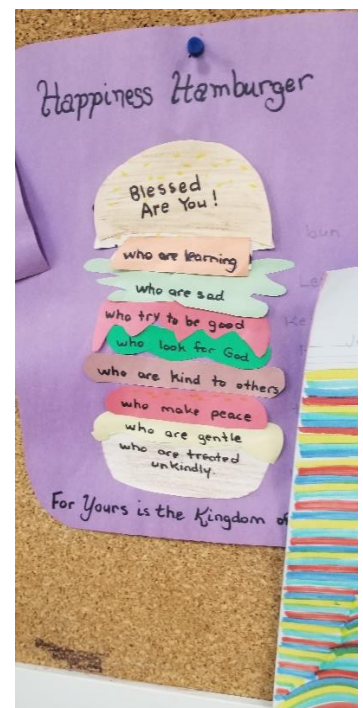
Our online presence began as a way to reach out to the families of children who could not come to our churches due to the Covid restrictions in 2020. And it continues now. So, if you are unable to come to church, the story, activities, and songs are right there for them to enjoy at home. We also make a video of the story, song, and crafts each week.

I love sharing all the stories and activities with everyone through Facebook and our own website: [stthomasstittsville.ca](http://stthomasstittsville.ca)

If you would still like me to continue sending you the activities, I will be more than happy to do so. Please reply to [godsgardenstt@gmail.com](mailto:godsgardenstt@gmail.com) and let me know. ☺

Blessings to you and yours

Merilee Clarke, Church School Co-ordinator



## CHOIR REPORT

What a wonderful time of year with advent and Christmas and Epiphany all rolled into glorious music and a wonderful choir.

Many thanks to our regular members - Barbara Bottriell, Sylvia Stephens, Linda Noble, Jennifer Stipetic, Susan Chapman, Naomi Watson-Laird and Tanya Drew - and our wonderful "extras" - Sylvi Dawes, Christine Ritchie, Darci Naomi-Laird - and our flautist Crystal Payne. All of these voices made for some very beautiful music over the month of December and your support was very much appreciated.

On December 10, we also were joined by the Piano Trio "Interlude" who played some beautiful Christmas music for our service. That service was a highlight for me.

We continue to meet on Thursday evenings from 7-8:30 and would love to have some new voices join us. We are preparing music for future services and will start working on Easter music as Easter is March 31.

Yours in music:

Bonnie MacDiarmid

## MINISTRY OF HOT CHOCOLATE

We were delighted this year to be able to serve steaming cups of delicious hot chocolate to the Stittsville community, at the annual Parade of Lights on Sat 2<sup>nd</sup> December 2023. We enjoyed supporting the St Thomas float in the Parade. It was a busy evening !

We started serving at 5.45 pm and were finally all cleared up by about 8.30pm. A big thank you to St Thomas ACW for the gift of the chocolate and the cups. Fun Facts: We served 310+ cups of chocolate, used 3 big bags of small marshmallows and handed out 200+ small candy canes. We also passed out invitations to our weekly and Christmas Services along with our smiles.

A BIG thank you to our amazing team: Pierre & Mary Anne Reinhard, Steve & Sue Dow, Pat & Bonnie McNally, Andrew, Nancy & Josh Hall, Darlene Sparling & Jaxon, David & Judy Dallaway and William & Mary Passmore.

Respectfully submitted by Mary Passmore.



## CHRISTMAS COMFORT BAGS

Just in time for Christmas, 200 Christmas Comfort Bags were delivered to 'The Well' to be gifted to homeless folk at the downtown ministries. Each bag contained a handknit toque, two pairs of warm socks, winter gloves and handwarmers, a poncho, toiletries, treats, and a personalized handwritten Christmas card with a hand crocheted heart. The bags themselves were reusable, made of a sturdy cloth material.

Again, this year, St Thomas contributed to the Christmas Comfort Bags. The A.C.W. donated \$150 towards the bags and our Outreach Committee designated the proceeds from the 'Loonies for Lent' for this ministry. As well, many individuals generously supported the Comfort Bags.

I would love to have been 'a fly on the wall' to watch the reactions as 200 people received an actual Christmas present and realized there are folks 'out there' who value them and want to share the love of the Christ Child with them.

Submitted by Bonnie McNally





# THE STITTSVILLE FOOD BANK

The guest speaker at the January meeting of the A.C.W. was a representative from the Stittsville Food Bank, Theresa Qadri. I found this presentation very informative and enlightening. Although I am aware of the tremendous amount of new construction around the Stittsville area I hadn't considered that it might be contributing to an increase in people needing assistance from the Food Bank. That along with many other factors have contributed to a large increase in requests. As an example, she mentioned that in December 2023 the Food Bank prepared six and a half times more Christmas Hampers than they had in 2023.

Teresa also explained some of the work that the volunteers perform: checking the food donations for expiry dates, stocking shelves, and pulling the items that are requested by the clients. The Food Bank is thankful for the donations received but she did note that summer can be a time when the shelves may be rather sparse. There is usually a greater need in September as the children return to school. The Food Bank also accepts basic school supplies to help at that time.

Here is a list of the items that the Food Bank likes to have available for the clients:

Canned corn, peas, beans, tomatoes, or mixed vegetables  
Boxed potatoes  
Rice: Instant, bagged or rice sidedishes  
Ramen noodles, Sidekicks noodles  
Canned pasta: Zoodles, Spaghetti, Ravioli  
Kraft dinner  
Hamburger Helper  
Canned tuna, salmon, other meats  
Tomato paste, Tomato sauce  
Pasta sauce  
Baked beans  
Canned or dried: red or white kidney beans, lentils, chickpeas, black beans, six beans, or assorted beans  
Chili: Meat or Vegetarian  
Crackers  
Soup: Mushroom, Chicken Noodle, Vegetable, Minestrone or Tomato  
Chunky chicken or beef soup  
Pea soup with or without pork  
Assorted 19oz. soups  
Broth: Chicken, Beef or Vegetable  
Condiments: Ketchup, Mustard, Miracle Whip  
"No nut" butter or Peanut Butter  
Cereal, Jam  
Pancake Mix, Syrup  
Instant Oatmeal  
School snacks  
Cookies  
Fruit cups or cans  
Applesauce in jars or cups  
Granola bars

## Food Bank (continued)

Drink boxes  
Assorted Juice  
Coffee  
Orange Pekoe Tea  
Sugar, Flour, Oil  
Baby Formula, diapers, and wipes  
Baby cereal, snacks, fruit, and vegetable pouches for under 2-year-olds  
Soap bars, shampoo, toothpaste, feminine sanitary supplies

The Food Bank would appreciate donations of any of these items and they can be left at the back of the Church. Brown's Independent, Megan and Brandon's No Frills, Food Basics and Giant Tiger all have donation boxes as well. Monetary donations are welcomed, and cheques can be sent to this address: **The Stittsville Food Bank, P.O. Box 878, Stittsville, ON K2S 1B1.**

Submitted by Mary Anne Reinhard



# Stittsville Food Bank



## THE CHOSEN

is a Christian historical drama television series. Created, directed, and co-written by filmmaker Dallas Jenkins, it is the first multi-season series about the life and ministry of Jesus of Nazareth.

It is focused on the people who encountered Jesus and views Him through their eyes. Jenkins has stated in interviews that he sought to present Jesus in a way that was more "personal, intimate, and

immediate". It is based on the true stories of the gospels of Jesus Christ. Some locations and timelines have been combined or condensed. Primarily set in Judaea and Galilee in the first century, the series centers on Jesus and the different people who met and followed or otherwise interacted with him. Back stories and some characters or dialogue have been added. However, all biblical and historical context and any artistic imagination are designed to support the truth and intention of the Scriptures. Viewers are encouraged to read the gospels.

Reading these stories in the Bible again and again makes it easy to become detached from the fact that these were real people living real lives dealing with real struggles, going to work, hanging with friends, making jokes and eating lunch but Jenkins has brought it all to life in an engaging and relatable way. Jesus is played by actor Jonathan Roumie. He portrays Jesus with an unflinching kindness and empathy that makes him instantly relatable, trustworthy, and lovable. He says that he always aims to "empty out as much of himself as possible" to allow the Holy Spirit to work in him through both the script and his performance onscreen. In describing his preparation for the role, Roumie said that he does "a good bit of reading and rereading the source material" but that most of the preparation is "in the spiritual department".

The series had completed three seasons, and the fourth season starts this month.

A total of seven seasons is planned. This series is truly inspiring and has impacted the faith of millions of people. It brings to life the gospel stories and the people with whom Jesus interacted.

It is not to be missed!!

The Chosen can be viewed for free on The Chosen app or at <https://www.thechosen.tv>

It is also available on Netflix, PrimeVideo, Peacock, Google Play, Roku, and Firetv.

COME AND SEE !!

Submitted by Maureen Anderson

(Note that the logo pictured above is from The Chosen. [The Chosen | Facebook](#))

# DIOCESAN INITIATIVE-CONTEXTUAL MISSION

A TIME OF PRAYER: LISTENING FOR DIVINE SPARKS IN OUR MIDST.

This is an extract from the Diocesan website. We are being asked as a parish to explore how we can reach out to community in new ways.

## PRAY

Individuals and parishes are asked to pray for God's wisdom as we listen for how God calls us to engage in the world. Here is a suggested prayer for the coming month. Parishes are invited to include this in their Prayers of the People and as an intention for their prayer groups.

*Living God, as we listen for your divine sparks in our midst, strengthen us for your service by your grace. Help us remember that we are like trees planted by your life-giving water and keep our hearts and minds open to hear your desires for our diocesan church, our parish, and our community. Give us your wisdom so that we might bear fruit worthy of your kingdom. In Jesus' name we pray. Amen.*

## LISTEN

### Psalm 1

#### [Bible Study Guide](#)

#### [Modifiable PowerPoint Slides](#)

*A Time of Prayer* is a Spirit-led time of listening to how God is calling our diocesan church and parishes to cooperate with God's loving action in the world. The bible study guide and accompanying slides present a *Lectio Divina* approach to animate reflection.

*Lectio Divina* is an ancient practice in the church which combines an attentive reading and praying of a Scripture passage with periods of silence to create space for the Holy Spirit to speak to our hearts.

The guide and slides contain opening and closing prayers, the scripture passage, reflection questions to stimulate discussion and links to some brief commentaries on the passage.

Parishes are encouraged to bring together people who feel called to listen for divine sparks in their parishes and local communities to share in *A Time of Prayer*. These resources can also be used to open meetings or groups in the community such as Parish Council.

Capturing important reflections as they emerge from the monthly bible study will enable a fuller discernment as this prayer initiative unfolds, as well as facilitate participation in diocesan-wide meetings for prayer and sharing of insights.

## CONSIDER

### What does data tell us about the religious landscape in Canada?

This [Statistics Canada infographic](#) depicts the most current picture of the state of religion in Canada.

[Please find here](#) a summary of researcher Louis Cornelissen's *Statistics Canada Insights on Canadian Society* analysis, an examination of overarching trends in religiosity in Canada between 1985 and 2019 based on data from the General Social Survey.

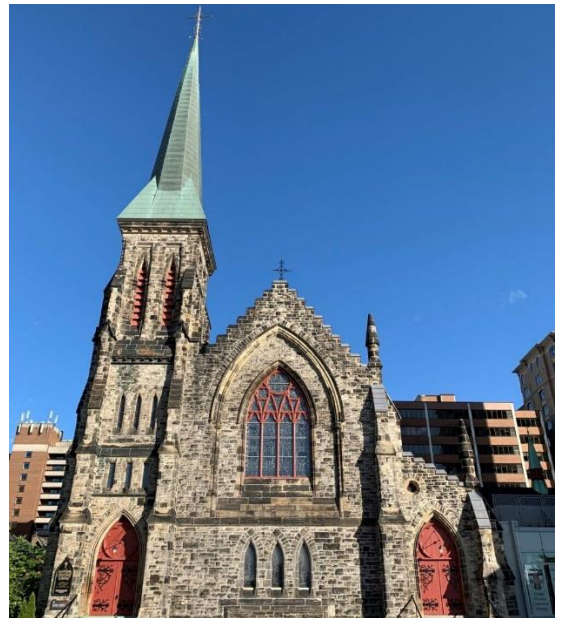
The brief overview provides insights on the key findings about the diverse relationships Canadians have with religion and includes a link to the fuller report for more detailed graphs, charts and analysis.

## INSPIRE

How have other parishes approached contextual mission and the creation of new worshipping communities? These examples from our diocese, as well as other parts of Canada and the world are offered as food for thought.

In this brief [video](#), Kitty Galt of Epiphany Anglican Church tells the inspiring story of the origins in 1983 of what would become Cornerstone Housing for Women. It is a testament to the fruitfulness of humble yet determined efforts to serve others in the local community!

Submitted by William Passmore, Synod Delegate







## WINTER A LOVE/HATE RELATIONSHIP

Submitted by Sue Lomas

As I write this, we are entering the third week of January. This last week has been cold with highs of minus 18 degrees Celsius. While this is seasonal, my body was not ready for it. We had two snowstorms, one last weekend and one the previous Tuesday. So, it really looks like winter and the trees are spectacular and the skiing at Calabogie Peaks is good. There is a road around our lake, and it is usually well protected from the wind, so we enjoy our trips around the lake on sunny days. It is about 5 km around and usually takes an hour. If any of our “granddogs” are visiting, they love these walks as it means they can be off the leash.

The lake has frozen over and you can cross country ski or snowshoe around it. Prior to Christmas we had a brief freeze, and you could skate on the ice. It was like glass. A thaw in early January resulted in slush which is now under 6-8 inches of snow. So, maintaining a rink is a major undertaking. When I wake up in the morning and sit on the side of my bed, I look out at another spectacular view (which is even better in summer). I give thanks for the beauty of nature and God’s blessings. Trees, sky, and water – it does not get better than this.



## Cat Heaven



A cat died and went to heaven. God met her at the Pearly Gates and said, “You have been a good cat all these years. Anything you want is yours for the asking.”

The cat thought a minute and said, “All my life I lived on a farm and slept on hard wooden floors. I would really like a real fluffy pillow to sleep on.”

God said, “Say no more.” Instantly, the cat had a huge fluffy pillow.

A few days later, six mice were killed in an accident, and they all went to heaven together. God met the mice at the gates of heaven with the same offer he made to the cat.

The mice said, “Well. We have had to run all our lives from cats, dogs and even people with brooms. If we could just have some little roller-skates, we would never have to run again.”

God answered, “It is done.” All the mice had beautiful little roller-skates.

About a week later, God decided to look in on the cat. He found her sound asleep on her fluffy pillow. God gently awakened the cat and asked, “Is everything OK? How have you been doing? Are you happy?”

The cat replied, “Oh it is WONDERFUL! I have never been so happy in my life! My pillow is fluffy, and those little Meals-on-Wheels you have been sending over are delicious!”

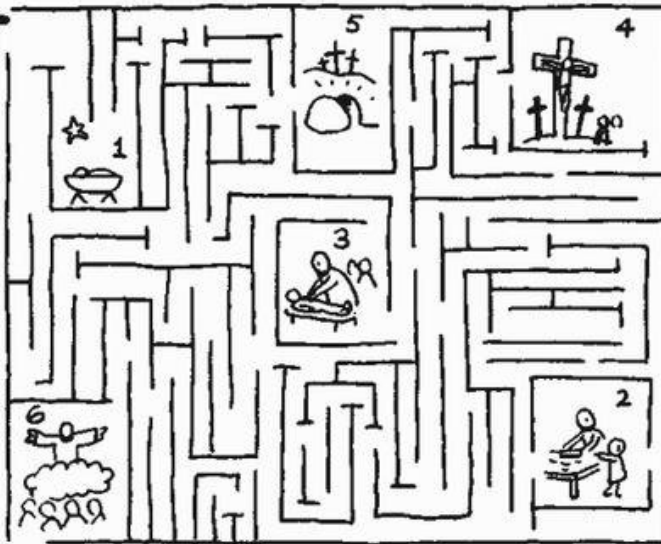


Submitted by Rev. Jane McCaig

## KIDS PAGE

### CAN YOU FIND YOUR WAY?


**START**




**END**

You must travel right through each event in Jesus' life in the right order!

1. Jesus is born at Bethlehem.
2. Joseph teaches Jesus to work as a carpenter.
3. Jesus heals a little girl.
4. Jesus is crucified.
5. Jesus is alive again.
6. Jesus ascends to heaven.

 I am unique like a Snowflake...



because I: \_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_

**God Made Me**  
(Tune: Farmer in the Dell)

God made me unique,  
 God made me unique,  
 Just like a little snowflake,  
 God made me unique!

There's no one like me,  
 There's no one like me,  
 God made me the way I am,  
 There's no one like me!



# THE LAST WORD

January/February is often a hectic time for me. A little less so now that I have retired but then again, I have begun to fill my time with volunteer work, and I am also more available to help my two “single mom” daughters with their tweens and teen. There are Cheer leading competitions to attend, requests to transport young ones to swimming lessons, etc.

I can begin to feel slightly overwhelmed with planning and trying to be in more than one place or feeling guilty if I turn down a request.

So, I decided to search for a prayer about peace. I thought that I had found one but as I scanned up the page, I was led to this one:

## Push My Buttons Prayer

Lord, it's likely that sometime today  
someone will push my buttons  
challenge my good will  
misread my intentions  
tick me off  
try my patience  
rattle my cage  
judge me in haste  
test my kindness  
or do all of the above...

Give me the grace I'll need at such times  
to respond with patience  
to trust and accept  
to listen carefully  
to reach out in peace  
to be fair and just  
to anticipate goodness  
in all my words and deeds...

I know this is a lot to ask, Lord,  
but I need your help  
to do for others  
as I'd have them do for me...

Amen.

- Rev. Austin Fleming from Xavier University, Cincinnati, OH [Home - Xavier University - Jesuit Resources](#)

Reflecting on this prayer will be the beginning of my Lenten journey as I look forward to the arrival of that glorious Easter morning!

Mary Anne



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