

# THE FIRST SUNDAY IN LENT

March 10, 2019

*You shall worship the Lord your  
God; and him only shall you serve!*

## **8:30 a.m. – Morning Prayer:**

✠ Psalm 38 | Genesis 13 | St. Matthew 9:1-17

## **9:00 a.m. – The Holy Eucharist**

Introit: Psalm 91:1-8: *page 448*  
The Ten Commandments: *page 68*  
*The Gloria is omitted during Lent*  
The Collect: *page 140*  
The Old Testament Lesson: Genesis 3:1-6  
Psalm 36:5-9: *page 373*  
The Epistle: *page 140*  
Gradual: Psalm 91:9-16: *page 448*  
The Holy Gospel: *page 141*  
The Creed: *page 71*  
The Homily  
The Prayers of the People: L: Lord, in your mercy;  
C: **Hear our prayer**  
The Consecration: *page 82*  
Post-Communion Prayer: *page 85*

**9:45 a.m. – Sunday School: Parish Hall  
Time with Fr. Stockall**

## **10:30 a.m. – The Holy Eucharist**

♪♪ **PROCESSIONAL HYMN:** **105** (Heinlein)  
The Ten Commandments: *page 68*  
*The Gloria is omitted during Lent*  
The Collect: *page 140*  
The Old Testament Reading: Genesis 3:1-6  
♪♪ **PSALM:** *please see the bulletin insert*  
The Epistle: *page 140*  
♪♪ **GRADUAL HYMN:** **500** (Song 46)  
The Holy Gospel: *page 141*  
The Creed: *page 71*  
The Homily  
♪♪ **OFFERTORY HYMN:** **802** (The Solid Rock)  
The Prayers of the People: L: Lord, in your mercy;  
C: **Hear our prayer**  
The Consecration: *page 82*  
♪♪ **HYMN DURING COMMUNION:** **221** (Unde et Memores)  
Post-Communion Prayer: *page 85*  
♪♪ **RECESSIONAL HYMN:** **593** (Rockingham)

*Please join us in the Parish Hall  
following the 10:30 Celebration for  
Coffee & Conversation.*

\*

## *From the Rector* \_\_\_\_\_

It's likely that you've heard of the Great Barrier Reef off the coast of Australia, a 2300 km long ecosystem comprising thousands of reefs and islands made of more than 600 types of coral. It is, as you can imagine, one of the great wonders of the natural world. And it's huge: totalling an estimated 350,000 square kilometres, it is said to be observable from outer space. But I suspect that it's also likely that many of you have never heard of the Great Pacific Garbage Patch, even though it may be four times as large.

A 2018 article in the journal *Scientific Reports*, published online at nature.com, summarised the results of research into what is rapidly becoming an immense environmental problem. The researchers attempted to characterise and quantify a major ocean plastic accumulation zone which has formed in the Pacific Ocean between California and Hawaii. According to their research, there are an estimated 80,000 tons of plastic floating inside a 1.6 million square kilometre area, an area many times larger than previously reported. While nearly half of the mass was comprised of fishing nets, 94% of the estimated 1.8 trillion pieces floating in the area were microplastics, small plastic particles suspended at or just below the surface, evading detection by aircraft or satellite. Other oceans have similar garbage accumulation areas but none rivals the GPGP for size. And the most troubling discovery was the fact that the GPGP is increasing at a faster rate than in surrounding waters. As we can imagine, large ocean accumulations of plastic and other debris pose long term ecological risks all through the food chain as birds, turtles, and fish mistake the plastic as a food source. And animals can also become trapped in plastic nets and rings.

All of this serves as introduction to a challenge that I wish to place before you for Lent this year. Following the **Green Churches Network 2019 Lenten Calendar**, copies of which are available on the table in the Narthex, I'm looking at ways in which I can reduce, and maybe even eliminate, the frequency of single-use (non-recyclable) plastics in my life. I'm also hoping that we can do the same here at St. Mary's, both in our Parish events as well as in the programmes offered by our community user groups. It seems to me that if I am to take seriously the responsibility that I've been given as a steward of God's creation, as we are reminded whenever we read the opening chapters of the Book of Genesis (as we've been doing in recent weeks), then I have to be willing to make changes and sacrifices in my personal life. I can't just sit back and assume that it's someone else's job to fix the problem.

So I invite you to join with me this Lent in taking a very serious look at our lives to see how we might better use, and not abuse, the good gifts of creation with which God has blessed us. Single-use plastics seems like a very good place to start.



## *The Anglican Church of Canada* *The Diocese of Fredericton* THE PARISH OF ST. MARY, YORK



---

Do you want to fast this Lent?

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your heart with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

---

*Priest and Rector*

The Revd. Canon Kevin M. Stockall, B.A. (Hons), M.Div.

Rectory: 770 McEvoy Street, Fredericton NB E3A 3B7

454.0245 (rectory) | 472.4661 (office) | 461.7685 (cell) | kevin.stockall@bellaliant.net

Visit us at: <http://www.stmarysfredericton.ca/>

## *Parish Notices and Updates* \_\_\_\_\_

**SINCERE THANKS ARE OFFERED TO ALL THOSE WHO WORKED** to make last week's Shrove Tuesday Supper such a great success. An excellent team worked hard to prepare and serve the meal, as well as to set up beforehand and clean up afterwards. Thanks to all those who were able to join us!

**THE MEMBERS OF ST. MARY'S A.C.W.** invite members of the congregation and friends to a presentation by Chief Leanne Fitch of the Fredericton Police Force on **Monday, March 11<sup>th</sup>** starting at 1:00 p.m. in the Parish Hall. Chief Fitch will speak on the issue of *Faith and Life: the intersection of faith and her career in policing*. Those who know Chief Fitch, and those who witnessed her professionalism and strength during last summer's tragedy, will have some sense of her personal courage. As a life-long Fredericton Anglican, she knows both the community and the role of faith in difficult times. A time for questions and refreshments will follow the presentation.

**OUR FOUR-WEEK LENTEN FAITH AND FILM** series begins this **Tuesday, March 12<sup>th</sup>**, with a showing of *The Boy in the Striped Pajamas*, a 2008 film set in the context of the Second World War. We'll be starting at 7:00 p.m. **at the Rectory**; and for those who can join us, we warmly invite everyone to come along for a light supper of soup and rolls starting each Monday at 6:00 p.m. Our film series will explore the intersection of faith and life, providing a place where we can discover how God's Grace is shaping our own lives. **So, feel free to come along each Tuesday for supper and a movie; or, if it's better for you, just supper or just the movie!**

**ST. MARY'S WEEKLY BIBLE STUDY** is held each **Friday, at 10:00 a.m.** at the Rectory. We're looking at the Gospel according to St. Luke. Everyone is warmly invited to join us; and if your schedule only permits you to attend occasionally, please plan to join us whenever you can.

**MEMBERS OF THE PARISH CORPORATION** (Wardens and Vestry members) are reminded of the meeting *which is scheduled for next Sunday, March 17<sup>th</sup>*, starting at approximately 12:15 p.m. Those who are unable to attend are asked to convey their regrets to the Rector or the Vestry Clerk.

**OUR FRIENDS IN THE PARISH OF MARYSVILLE** are challenging the people of St. Mary's, and other neighbouring parishes, to share in their 3<sup>rd</sup> annual Bowling Tournament. The event will be held on **Saturday, April 6<sup>th</sup>**, at Bowl-a-Drome starting at 12:30 p.m. It's hoped that St. Mary's can again organise a team, so please speak to the Rector if you're interested. The funds raised at the Fredericton event will go to the Fredericton Community Kitchen to help with their student hunger programme. A signup sheet is available on the table in the narthex; and sponsorship sheets are available for those who plan to bowl. *Please help to make this fun project a success by volunteering to bowl or by supporting our bowlers with a donation!*

**THE FIRST OF A SERIES OF DIOCESAN SPONSORED DISCIPLESHIP DAYS**, offered to encourage growing together in our knowledge of and love for Christ, is scheduled for **Saturday, March 16<sup>th</sup>**, at St. John the Evangelist Church, from 9:30 a.m. to 3:00 p.m. Bishop David Edwards will lead a tour of the Old and New Testaments. Everyone is welcome. The cost is \$30, which will provide resource materials and lunch. Pre-registration is required: please go to [nb.anglican.ca/events/calendar](http://nb.anglican.ca/events/calendar). For more information contact Shawn Branch at [sbranch@diofton.ca](mailto:sbranch@diofton.ca).

**IT WAS INDEED A COLD NIGHT ON JANUARY 23<sup>RD</sup>** but warmth abounded as many supported the Coldest Night Walk in Fredericton. Archdeacon Cathy Laskey thanks the many members of this parish family for sponsoring her in support of the work of Youth in Transition and The John Howard Society. Your generosity is indeed a reflection of our Lord's concern and care for one another in our community. Team Anglican Energy raised \$2,825, contributing to the overall \$25,825 raised in Fredericton by 33 teams. Mark your calendars for the last Saturday in February and plan to join Anglican Energy next year!



### SCHEDULE OF SERVICES

**MARCH 13: COMMEMORATION OF ST. PATRICK** (antic.)

6:30 p.m. – Evening Prayer

7:00 p.m. – Holy Eucharist

**MARCH 14: LENTEN FERIA**

8:30 a.m. – Morning Prayer

*Followed by time for personal prayer in the Church*

**MARCH 15: LENTEN FERIA**

6:30 p.m. – Evening Prayer

7:00 p.m. – The Stations of the Cross

**MARCH 16: THE SECOND SUNDAY IN LENT**

4:30 p.m. – Evening Prayer

5:00 p.m. – Holy Eucharist

**MARCH 17: THE SECOND SUNDAY IN LENT**

8:30 a.m. – Morning Prayer

9:00 a.m. – Holy Eucharist

10:30 a.m. – Holy Eucharist

*Followed by Coffee and Conversation in the Parish Hall*