



Corpus Christi Anglican Church, Garsfontein

Parish Magazine

Lent edition

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Regular Worship Services:**Children's Ministry.****Services to be advised****Other Sundays**

07:00
Holy Communion (Said)

09:00
Holy Communion (Sung)
&

Sunday School / Teen Church
(in Government School terms)

Wednesdays

09:00
Holy Communion (Said)

Dear Friends,

Lent is a time of repentance, and we often take that to be a time for self-examination and renewal. The Gospel assures us of an encounter with the Divine as we do that and strengthens us to withstand the assaults of the enemies of the cross of Christ, as the letter of the Philippians (3:18) tells us. A large part of our Lenten repentance is the rejection of those enemies of the cross, avoiding the incessant focus on bad news and wicked and inept people.

St. Paul, author of Philippians, tells us to remember where our true citizenship is and where we expect our help to come from. Then we have to start living like we believe it as we encourage one another along the way. The early Christians were courageous people; they had to be. There is no reason we cannot imitate them. We need to turn to the actions that help us imitate our Christian forbears as we struggle to free ourselves from the world's focus on chaotic.

Jesus leads the way. In Luke 13 (vs 31-35) he is confronted with the fear of what Herod might do. There is no question that Jesus had already been seen as a threat to Herod's temporal power. Eventually, Herod will be so fearful of Jesus that he will avoid a direct confrontation and send him to Pilate to handle the problem instead.

Jesus stands his ground, assured that he is doing God's business, "casting out [proverbial] demons and performing cures today and tomorrow." Do you know that helping to feed others is casting out the demon of hunger and want? So, whenever you provide a meal or some groceries for someone, you are rejecting the world's demonic tyranny that demands lower taxes often by reduced support for those among us who have no helper.

Do you know that when you offer prayer for someone who is sick, alone or overwhelmed, you reject the world's implicit message that only the strong and powerful will inherit? That whenever you listen, just listen, to someone who is trying to sort out a problem or recover from a broken relationship, you are offering pastoral care in the name of Jesus, who always takes time for his children, even when others reject them as hapless or hopeless.

Doing actions like these brings that prophetic hope to people who need it, and we do these acts in the firm conviction that by bringing the Good News to others, we are bringing God's promises into the world.

Here are some practises that speak powerfully into what we should be doing as we seek to love God, grow in faith and serve the world.

Connect yourself with a faith community that practices ministry to people outside of it as much as to those within it. Both are important, but vitality exists when the promises of God reach beyond the doors of a Church.

Look for opportunities to serve others. Ask God each day what the plan God has for you is – and be prepared to be surprised at what opportunities to minister to others come your way. If you are not able to volunteer outside of your home,



perhaps you can arrange a phone visit or write a card to someone, so they know they are being cared for.

Refuse to watch the news when it becomes disturbing to you – without burying your heads in the sand. We are powerless over much of what happens, but we often let it take control of our lives, and we lose our focus when we do.

Search for stories of Good News. They are often in the feature section of newspapers (if you are still able to get one) or in feature stories after the news on television. You have to look for them, but they are there, brimming with accounts of courage and leadership changing our world for the better.

Focus your charitable giving on things (or one thing) that you perceive are making an impact on the lives of others, including the world of nature that is under so much stress. You will feel a sense of connection with God's creation outside of your immediate sphere. You will also be helping to bring God's work into the world.

Lent is a time to take heart, to bear one another's burdens with grace and care, to take care of ourselves so that we are strong for others, and to be witnesses to the promises of God.

We are invited to the observance of a Holy Lent, by self-examination and repentance, by prayer, fasting, and alms giving.

Many blessings,

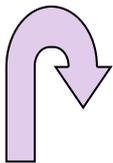
VERNON
(Lent 2019)

CHRIST'S LAST WILL AND TESTAMENT

He left His purse to Judas Iscariot; His body to Joseph of Arimathea; His mother to John; His clothes to the soldiers; His peace to His disciples; His supper to His followers; Himself as an example and as a servant; His Gospel to the world and His presence always with God's children.

Taken from "The Sword Scrapbook"

Diary for March 2019



10th	Confirmation Course begins <i>after the service.</i>	09-00
12th	Lay Ministers Meeting	18-00
13th	Eucharist followed by Lent Course	09-00
13th	Lent Course	19-00
15th	Stations of the Cross	18-00
19th	Executive Meeting	18-00
20th	Eucharist followed by Lent Course	09-00
20th	Lent Course	9-00
22nd	Stations of the Cross	18-00
26th	Council Meeting	18-00
27th	Eucharist followed by Lent Course	09-00
27th	Lent Course	9-00
29th	Stations of the Cross	18-00

WHAT MEANETH THE CROSS?



What does it mean this wood
So stained with blood;
This tree without a root
That bears such fruit?.

This tree without a leaf
So leaved with grief?
What does it its height proclaim
Whose height is shame;

Its piteous arms outspread
Where death lies dead;
And in its midst a heart
Cleft wide apart?

Though blind, I cannot miss
The meaning this;
My sin's stupendous price -
His sacrifice!

Taken from "The Sword Scrapbook"

THE RAIN.



"Bless God for the rain!" the good man said.
And wiped away a grateful tear,
That we might have our daily bread,
He drops a shower upon us here.

Our Father—Thou who dwell's in Heaven,
We thank Thee for the pearly shower!
The blessed present Thou has given
To man and beast and bird, and flower.

The modest grass is fresh and green,
The brooklet swells its songs again.
Methinks an angel's wing is seen
In every cloud that brings the rain.

There is a rainbow in the sky,
Upon the arch where tempests trod;
God wrote it ere the world was dry'
It is the autograph of God

Found in the back of an old diary.

Printed here, Courtesy of "This England Magazine 2004

"Lady- Are You Rich"



Two children huddled inside my doorway
Two children in ragged outgrown coats.
"Any old papers, Lady?"

I was busy. I wanted to say no—until I looked down at their feet. Thin sandals soaking wet from the snow. : Come in and I'll make you a cup of hot cocoa" I said. There was no conversation, their soggy sandals left marks on the hearthstone. Cocoa and toast with jam to fortify against the chill outside.

I went back to the kitchen and started again with my household budget with which I had been working..... The silence in the room struck me, and I looked in. The little girl held her empty cup in her hands, looking at it. The boy asked in a flat voice: "lady....are YOU rich?" "Am I rich? Mercy me . No! I said looking at my shabby chair covers.

The girl put her cup back in its saucer—carefully. "Your cups match your saucers. Her voice was old with a hunger that was not of the stomach.

They left then, holding their bundles of papers against the wind and snow. They hadn't said thank you. They didn't need to. They had done more than that. Plain brown potter cups and saucers. "But they matched". I tested the potatoes and stirred the gravy. Potatoes and brown gravy....a roof over our heads, my man with a steady job...."these things matched too".

I moved the chairs back from the fire and tidied the living room. The muddy prints of small sandals were still wet upon my hearth. I let them be. I want them in case I ever forget "how very rich I really am".

Taken from The Sword Scrapbook"

A Variation of the well know hymn: "Dear Lord and Father of Mankind"

Dear Lord and Father of mankind,
Forgive our foolish ways;
for most of us, when asked our mind,
Admit we still most pleasure find,
*in Hymns of ancient days,
in hymns of ancient days..*

The simple lyrics, for a start
of many a modern song.
Are far too trite to touch the heart
Enshrine no poetry, no art.
*And go on much too long,
and go on much too long.*

O for a rest from jollity
and syncopated praise!
What happened to tranquility?
The silence of eternity.
*Is hard to hear these days,
is hard to hear these days*

Send thy deep hush subduing all
Those happy claps that drown
the tender whisper of thy call
Triumphalism is not all
*For sometimes we feel down
For sometimes we feel down*

Drop thy still dew of quietness
Till all our strumming cease;
Take from our souls, the strain and stress
Of always having to be blessed;
*Give us a bit of peace.
Give us a bit of peace.*

Breathe through the beats of praise guitar
Thy coolness and thy balm
Let drum be dumb, bring back the lyre
Enough of earthquake, wind and fire
*Let's hear it for some calm
Let's hear it for some calm*

Taken from The Monarch Book of Christian wisdom.
Discovered on the Internet in 1996 by Peter Baker.

**ESPECIALLY
FOR THE
YOUTH.**

SOMETHINGS THAT NEVER CHANGE!!

A well known writer MARK TWAIN thought that when he was fourteen, his father was so ignorant that he could hardly stand to have him around. But when he got to be twenty one, he was astonished at how much his father had learnt in seven years.!!

MOTHERING SUNDAY

Mothering Sunday, is on the fourth Sunday in Lent, and although it is often called Mother's Day it has no connection with the American festival of the same name; it does however go by another name, that of Refreshment Sunday because the rules of fasting were relaxed for that day. And originally both Old and New Testament lessons made a specific point : the Gospel reading being "the feeding of the five thousand" . John 6: 10—12

Centuries ago it was considered important for people to return to their homes to visit and attend their mother church, once a year. So each year, in the middle of Lent everyone could visit their 'mother church', the main church or cathedral in the area. It was the day when the children, daughters who had gone to work as domestics servants in the big houses, or sons who were apprenticed to Trades; blacksmiths, carpenters builders and others, were able to go home to their families; it was quite common in that era for children to leave home for work once they were ten years old.

Most of the church historians think that this special day, when they returned to their mother church, led to the tradition for the children, particularly those working as domestic servants, or as apprentices being given the day off, and walking home via the country lanes. They would stop and pick wild flower and especially violets to make a posy to take to church or give to their mothers.



Another thought is that the name comes from one of the Gospel readings for that day, which refers to motherhood in a different way. . See Galatians 4: 26.



Traditional Food. The food item associated solely with Mothering Sunday is the **SIMNEL CAKE** and when made in the traditional way is a fruit cake, with two layers of almond paste, one on the top and one in the middle.

Eleven Marzipan Icing balls are placed on the top representing the eleven disciples (Judas not being included) and usually decorated with sugar violets. To quote a well known phrase: "the eleven who went to heaven".

Quote: "Different sects observe Quadragesima (old terminology) now called Lent, slightly differently, but roughly speaking it's an approximately 40 day period from Ash Wednesday to Easter Sunday, symbolizing Jesus of Nazareth's 40 day fasting marathon in the desert, and his endurance of temptation by the Devil. Many Christians commemorate this with various forms of fasting.

Abstinence can be difficult and that is exactly why it's rewarding. We do many things mindlessly, in particular eating; giving up meat, sugar, alcohol chocolate or whatever is your choice and changes your decision making; and when, at the end of Lent and you taste that first cappuccino for 40 days, it is the best one you have ever tasted.!

And a last thought; in Oaxaca, Mexico, the final Friday in Lent is observed by the people making **Agua Fresca** (cold water) and ice cream and handing it out to passers by, in honour of the Samaritan woman who gave Jesus water on his way back to Galilee."

