



Living the Liturgical Calendar: Lent

By Amanda McCrimmon

It all began three years ago during Advent. Our family was growing older and we had a deep desire to integrate Biblical concepts into our lives. We wanted our boys to learn Bible stories and how to pray for others. Since they were still young (3 and 1.5 years old), we read a lot of stories and did a few crafts to bring home the Christmas story. The boys enjoyed learning about baby Jesus, yet Dan and I yearned to teach them more.

Lent was approaching and our desire to teach our boys the Easter story grew. We made three goals for Lent that year. One was for the boys to learn the Easter story, and the second was to pray for people that we loved but we didn't always pray for, and the third was to do an activity or craft everyday to help learn the Easter story. We enjoyed it so much, we decided to do it again the following year.

As time has gone on, our Lent traditions have evolved and changed with our growing family. We hang a Passion Week timeline up every year, to help the boys understand what happened each day leading up the resurrection. We read a portion of the Easter story, broken up into 40 little snippets, every evening. If we feel motivated, we may do a craft or Easter activity.

But by far, our favorite part of Lent has been to pray for people. Every evening, each child pulls a name that we've printed on a paper flower out of a bucket, and we place that name on the cross and pray for that family. This year, there will be over 100 families that we will be praying for since all three boys want to choose a name each evening. (We've been told explicitly that taking turns choosing a name is NOT an option). It is wonderful to see the plain cross become filled with flowers over time. This year, we plan to pray a standard prayer that the boys will learn during the 40 days of Lent. We did a similar thing during Pentecost, Thanksgiving and Advent last year, using different prayers for each season.

Lent and Easter is my favorite time of year. I love the anticipation of what is coming. The sorrow of Good Friday and the grace it brings. The joy of Easter morning and the empty tomb. I love that there is less chaos and consumerism around this time of year. I love that there are DAYS worth of celebration. I love that this time of year is about Christ, and Christ alone.

I look forward to the beginning of Lent. I look forward to 40 days of Scripture readings and praying this for our family and friends:

"God and Father of our Lord Jesus Christ,
you have sent your Son to be our Savior:
our light in the midst of darkness,
our hope in the face of despair.
our peace amid turmoil.
As we journey towards the cross,
we pray that you would reach out into the darkness with your
hope, truth and light.
We pray that _____ would find hope in the cross of
Christ and be strengthened by the knowledge of your love."



Humans of Emmanuel



Interviewed
by Karmen Sawatzky

What is a hobby of yours that not many people know about?

I'm a fairly good chess player.

Have you ever witnessed a miracle?

All of life, and creation itself, is a miracle. Exactly how and when God intervenes supernaturally in our daily lives these days is a mystery. Even Jesus prayed, "not my will".

What Bible character do you best relate to?

My favourite peacemaker is Solomon. There was a better way than splitting the baby in two!

**Newsletter theme for April:
The Resurrection**

The maximum suggested length for submissions is 800 words. Submissions may be edited for length or clarity, and due to limited space, less time-sensitive submissions may also be held over to the next issue.

To ensure we have a well rounded publication each month, you are invited and encouraged to submit your news, stories and photos to karmensawatzky@yahoo.com

"Is not this the kind of fasting I have chosen:
to loose the chains of injustice

and untie the cords of the yoke,

to set the oppressed free

and break every yoke?

7 Is it not to share your food with the hungry

and to provide the poor wanderer

with shelter—

when you see the naked, to clothe them,

and not to turn away from your

own flesh and blood?

8 Then your light will break forth like

the dawn, and your healing will quickly

appear;

then your righteousness[a] will go before you,

and the glory of the Lord will be

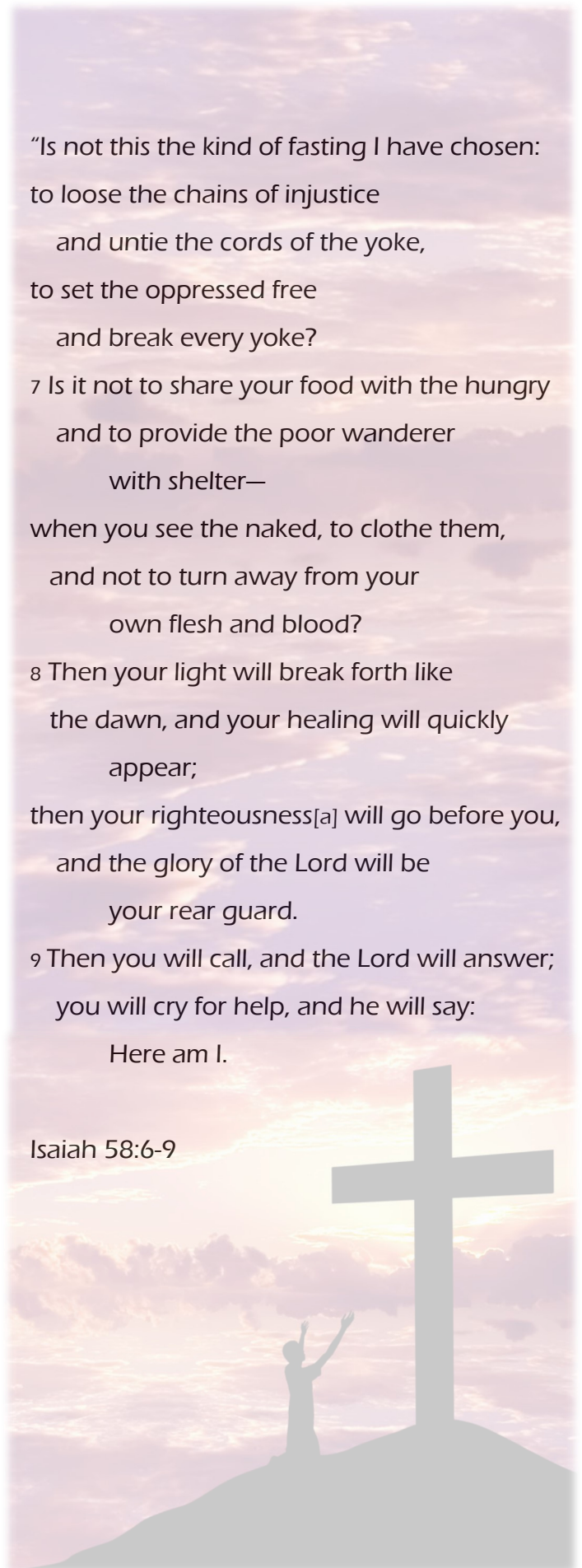
your rear guard.

9 Then you will call, and the Lord will answer;

you will cry for help, and he will say:

Here am I.

Isaiah 58:6-9





Creation Care Chat

With Stan Olson

What should I give up for Lent this year?
How about reducing your use of plastic, as much as possible?!
Here are some tips to help sort it all out.

Plastics by number:



Are you confused about which plastic articles go in recycling and which go in the trash?

Recyclable plastics are labelled with a number inside three arrows that form a triangle. Sometimes you will also see letters beside the symbol to identify the type of plastic (e.g. PET, LDPE). Only #1, #2, #4 and #5 are recyclable in Abbotsford's curbside pickup service.

The safest plastics to reuse are #2, #4, and #5. That means articles marked #1, #3, #6, or #7 are best avoided if you can, and should be recycled or disposed of after ONE use.

1.PET (polyethylene terephthalate) **DO NOT REUSE** DO RECYCLE
In most water and pop bottles, and some packaging. Hard to de-contaminate. Proper cleaning releases harmful chemicals. May leach carcinogens like DEHA. *Just avoid bottled water!!*

2.HDPE (high-density polyethylene) **REUSEABLE** THEN RECYCLE
In milk, detergent and oil bottles, toys, and plastic bags. Considered one of the safer forms of plastic, though additives and softeners in this plastic have never been tested for safety.

3.PVC (vinyl/polyvinyl chloride) **DO NOT REUSE** NOT RECYCLABLE
In food wraps, food oil bottles, teething rings, pet toys, and blister packaging. The most toxic plastic -- produces toxins from manufacture through to disposal. Avoid microwaving (use glass or microwave-safe crockery instead); wraps made from LDPE (#4s) are safer.

4.LDPE (low-density polyethylene) **REUSEABLE** THEN RECYCLE
In shrink wraps, garment bags (from dry cleaners), squeezable bottles, and plastic bags. Less toxic than other plastics. Degrade very slowly, presenting a burden on the environment for centuries.

5.PP (polypropylene) **REUSEABLE** THEN RECYCLE
In bottle tops, disposable diapers, carpeting, bags, food wraps, yogurt and margarine containers. Considered one of the safer plastics, though additives and softeners in this plastic have never been tested for safety.

6.PS (polystyrene) **AVOID USE** NOT RECYCLABLE
In plastic cutlery and foam packaging. Give off extremely toxic flame retardants over their whole lifetime and may leach into food products.

7.Other (LEXAN, polycarbonate, BPA a.k.a. bisphenol A) **DO NOT REUSE** NOT RECYCLABLE
Usually layered or mixed plastics. BPA, contained in many of these #7's, mimics the effects of the hormone estrogen, and is linked to infertility and developmental damages.

I welcome your ideas or feedback at creationcarechat@gmail.com



WHAT'S HAPPENING AT EMMANUEL

To see all meeting and events, check out our [online calendar](#)

March 7, 7:30pm— Education committee meeting—fireside room

March 11, 18 & 25: 9-10am— Christ Is for Us Lenten Group—
fireside room

March 14: 7:30pm— Worship committee meeting—library

March 14 & 16: 12:30-2:30pm —Open Gym —gym

March 29: 10am— Chai & Chat—fireside room

March 29: 7pm - Rosemary & The Sweet Sound Revival
Have a little Faith Canadian Tour!
Tickets house of James and <http://bit.ly/RosemaryInAbbotsford>
Tickets: \$20 at the Door: \$25
Special guest Juno nominated: Warren Dean Flandez

March 31: 7pm—Mennonite Church BC presents The Panic Squad! - Bring your family to this Fresh, Clean, Funny, Family friendly event! Emmanuel Mennonite Church—tickets at the church office (see full ad below).

MCBC Presents a Live Comedy Event

The Panic Squad

Improv Comedy - Fresh, Clean, Funny.

March 31st - 7pm
Emmanuel Mennonite 3471 Clearbrook Road
12 & under-FREE
\$10-Youth/Young Adults(13-21)
\$20-Adults(22+)

Tickets available at the church office or at www.mcbbc.ca

VOLUNTEER OPPORTUNITY

At Prison Fellowship Canada, we share a deep faith in Jesus Christ and wholeheartedly believe in His transformative power to heal broken lives.

We have been invited to launch a **new weekly program on Monday evenings** at the **Fraser Valley Institution for Women** in Abbotsford. The program is run in a small group format with a group of 8-10 inmates and focuses on restoration and healing from a Christian perspective.

We are **looking for 3-4 women** who would be willing to be **trained to facilitate this program** as PFC Volunteers. These new volunteers would need to be mature in their Christian faith, possess a solid understanding of the Scriptures, and have a heart of compassion toward those incarcerated.

Anyone who is interested in this opportunity would need to begin by completing the *PFC Volunteer Application* available online at: <http://prisonfellowship.ca/volunteer/>

Thank you for considering these requests. If you have any questions, please do not hesitate to contact me at 1-844-618-5867 x.225 or jmiller@prisonfellowship.ca.

AROUND TOWN

March 16 & March 17, 9am-3pm

Grow Green: Day Camp (Surrey, BC)

A Spring Break Creation Exploration! \$75

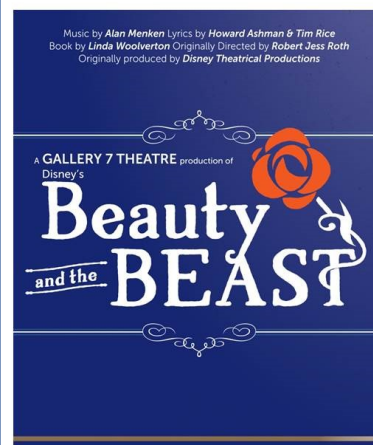
Discover new life close up in the garden and forest. Explore cooking with garden food and forest food! Kids can look forward to music, skits, games and hands-on outdoor activities. Join us from 9am – 3pm on Thursday and Friday during Spring Break (March 16 & 17).

- Kids ages 6 – 12 welcome.
- Come dressed to be outside for the day.
- Bring your own lunch & water bottle.
- Yummy snacks provided!
- More info and register at www.aocha.ca/event/grow-green/

March 25: 7pm—BRIAN DOERKSEN is holding a concert for the first time in 4 years in support of LifeBridge Ministries - the group that restores hope and transforms the lives of people in recovery through relationships that demonstrate God's Love.

To be held at Level Ground Church, this concert will provide Brian's amazing praise worship as well as focus on the work LifeBridge does in the community. This fundraising event will allow us to continue to provide life-giving hope to the recovery community.

Tickets \$20 at House of James \$25 at the Door.



Be Our Guest...

March 24 & 25, 29 – April 1, 2017 @ 7:00PM
Matinees: March 25 & April 1 @ 2:00 PM

ABBOTSFORD ARTS CENTRE
2329 Crescent Way, Abbotsford

TICKETS – HOUSE OF JAMES:
2743 Emerson Street, Abbotsford
604-852-3701 | 1-800-665-8828

TICKETS & INFO - ONLINE:
www.gallery7theatre.com

Production Presenting Sponsors:



STUDENT JOB OPPORTUNITY

Jesters Theatre (Youth Unlimited) in Mission BC is hiring again!
We are looking for students aged 15 and up, both in secondary and post secondary school and planning to return to school again next year. Of particular interest to us are applicants with experience in theatre, music, dance or teaching. For more information, please visit our website. www.Jesters.ca