

AROUND THE CROSS

Immanuel Anglican Parish, Regina, is a diverse, open and caring community of people who have come together in fellowship to joyfully live out our love for God and to actively engage in loving our neighbours.



Immanuel Anglican Parish, Regina joins together communities of Jesus' disciples to share the Good News through worship, word and action and to engage the world as a sign of God's blessing and promise.

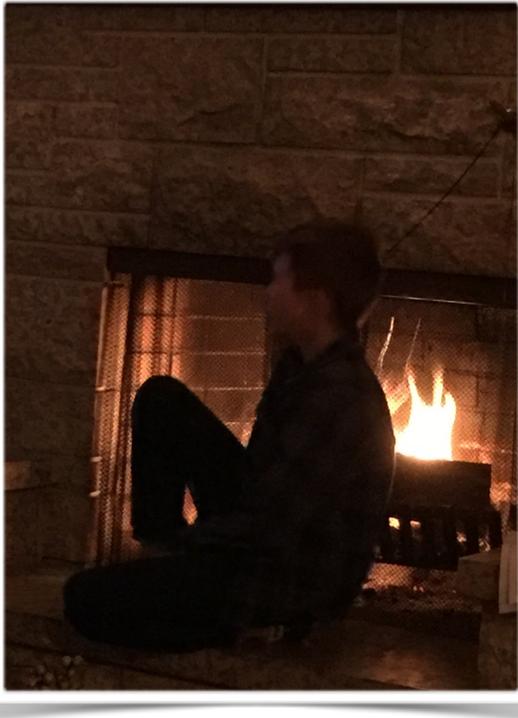
IMMANUEL ANGLICAN PARISH



Good afternoon everyone! I am writing this on a very blustery Wednesday afternoon! My day started on a very chilly note...I went down as usual for my morning shower...turned on the water, and waited...waited...waited...no hot water!!! I then had a very quick...and *very cold*...shower - fastest I am sure I have ever had. Heath Water Heater was out very quickly to fix what turned out to be an easy repair and I am back in business.

This kind of leads into what I want to talk about today... and what I will be talking about at the Thursday evening Lenten Reflections...and that is Light! No, of course you are not getting the connection of my very cold shower to Light, but please bear with me. There are some things we take for granted in life, like hot water when we turn on the tap...and light, the light we turn on with the flick of a switch. And then there is the warmth and beauty of a sunlit day - sunlight bouncing off everything - adding depth, and shadows and bringing out the beauty all around us. The warmth of the sun and the light of the sun, brightens our day, our mood, and how we feel about nearly everything. When we are deprived of that sunlight through some of the long, cold, dark days of winter we can feel down - we lose our energy and our enthusiasm to tackle a lot of every day

tasks and obligations...and we can sink into depression. Then comes the first sunlit days of Spring - the rise in temperatures and the increasing warmth from the sun and just like that our spirits start to rise - we feel better - we have more energy.



There is a Leonard Cohen quote that I just love, and often use as an illustration when people are struggling: "There's a crack in everything. That's how the light gets in." It is of course part of his well known "Anthem". Cohen wrote "Anthem," one of his most beautiful and hopeful songs, in a tumultuous global period. We too are in a tumultuous global period - a global pandemic that has already claimed the lives of so many people throughout the world and has affected all our lives in countless ways. But like the quote - we are people of hope and as Christians we are people of faith. We are about to enter a time in our lives that gave birth to our faith - that brought us out of darkness into light...from the darkness of Good Friday into the glorious radiant light of Easter morning.

We are now in the light filled season of Spring - there is hope and promise all around us. It is springtime. The sun is shining. The ground holds the promise of daffodils and tulips. All kinds of new life is emerging from winter darkness into the bright light of spring.

Did you know that the word Lent is an old English word meaning springtime? Its a time of new life. Its a time to ready ourselves for the greatest event in human history.

The beautiful and sacred scriptures we read during Holy Week are filled with practical spiritual concepts. Every day as we follow along they challenge us to learn more about ourselves. Like my artistically cracked candle bowl above - they challenge us to let the light into all the darkened cracks of our lives.

We are all cracked, all broken, in some way - and darkness can enter and reside in those cracks. That darkness can cast shadows on our lives and on our relationships. Holy Week is the time to look inward and see and experience the Good Friday darkness. What is this darkness...well it can be anything that interferes with a true and real relationship with ourselves, with others and most importantly with God. That threefold relationship is a

central part of Christian life. If we can't love ourselves, we can't love others, and if we can't love others - we can't love God. Its all one package - interwoven and joined together.

The most common darkness - the one that opens up those cracks and starts to fill them, often begins with the painful moments of our childhood and adolescence. Those feelings buried deep inside, that come from real or imagined hurt and rejection, neglect and misunderstanding. Sometimes they come from prolonged conflict, abuse or abandonment. Many people get trapped in the Good Friday darkness of unresolved and unhealed wounds from childhood and adolescence. They carry these wounds, these cracks, into adult life and the cracks start to spread. They are filled with anger and hostility and they don't know it. In their lack of awareness, they are unable to take responsibility for their denied emotional and spiritual injuries and negativity.

When we talk about Good Friday darkness it might be that we think about the darkness brought on by wars, injustice, hate, racism. We might think that that darkness is "out there" and we don't acknowledge or see the darkness that is within. We don't want to look inward, examine those cracks and see our own judgments, entitlements, and our own prejudices and hostilities. Its too scary for us to do that - too hard - too threatening to see the darkness filling those cracks within.

When we are unaware of, or deny the Good Friday darkness its easy to project our negativity outward and hurt others. We can violate boundaries that promote strong and healthy relationships and we can find ways to justify that. Good Friday darkness can spill out onto our partners, friends, work colleagues, neighbours etc. The world around becomes dark - much as it did on that Good Friday so long ago.

But when we start to look at the Good Friday darkness within, when we start to let a little light creep in, we are humbled. We see our flaws and it can open our hearts. We shed the mask. We meet the truth. We face what is crippling us and haunting us. We confess and we ask for forgiveness. We begin to open up to ourselves, others and to God. And guess what happens...the Easter light begins to shine - and it shines brighter and brighter when we stop

projecting our negativity outward and start letting the light fill our cracks - heal our wounds.

This wonderful Easter light calls for an acceptance of what it in our lives. It brings us closer together in community. It awakens our soul and leads to an outward pouring of light and love on others - healing begins and forgiveness is offered and gratefully accepted.

The journey from Good Friday darkness to Easter light is at the heart of what we call the Paschal Mystery. It is at the heart of our hope in the Resurrection. We are still going to have our cracks - darkness will still creep in from time to time - but we are people of Light - we are Resurrection People - we are Easter People - and those cracks...well they are the wrinkles on our souls that say we have lived. Sometimes we haven't lived well or lived wisely but God gave us all a second chance - God gave us Jesus - God gave us hope!



1 Peter 2:24

24 He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed.

My reflection on Thursday night will end with this prayer and I ask you to pray with me this night and each night through the remaining days of Lent.

Let us pray...

Lord, as we end this time together, as we prepare for bed, to sleep, to rest... help us to be people who bring light to others; to all those around us.

Help us to never be the one to snuff out the light of another— even though we have had our light extinguished at times. As we awaken to a new day, may we be light to the world. And as we let our light shine, may others see our light and praise you, our Father in Heaven. Amen.

This Sunday is Palm Sunday, the Sunday of the Passion. I will miss the gathering together in worship but through the miracle of technology we, your clergy, will be with you via You Tube and you are all in our hearts and in our prayers as we battle through this terrible Covid time together.

Here are the readings for Palm Sunday.

At the Liturgy of the Palms

The Holy Gospel of our Lord Jesus Christ according to Mark. When the disciples were approaching Jerusalem, at Bethphage and Bethany, near the Mount of Olives, Jesus sent two of his disciples and said to them, "Go into the village ahead of you, and immediately as you enter it, you will find tied there a colt that has never been ridden; untie it and bring it. If anyone says to you, 'Why are you doing this?' just say this, 'The Lord needs it and will send it back here immediately.'" They went away and found a colt tied near a door, outside in the street. As they were untying it, some of the bystanders said to them, "What are you doing, untying the colt?" They told them what Jesus had said; and they allowed them to take it. Then they brought the colt to Jesus and threw their cloaks on it; and he sat on it. Many people spread their cloaks on the road, and others spread leafy branches that they had cut in the fields. Then those who went ahead and those who followed were shouting, "Hosanna! Blessed is the one who comes in the name of the Lord! Blessed is the coming kingdom of our ancestor David! Hosanna in the highest heaven!" Then he entered Jerusalem and went into the temple; and when he had looked around at everything, as it was already late, he went out to Bethany with the twelve. *Mark 11.1–11*

Psalm

Give thanks to the Lord, for he is good; his mercy endures for ever. Let Israel now proclaim, "His mercy endures for ever." Open for me the gates of righteousness; I will enter them; I will offer thanks to the Lord. "This is the gate of the Lord; he who is righteous may enter." I will give thanks to you, for you answered me and have become my salvation. The same stone which the builders rejected has become the chief cornerstone. This is the Lord's doing, and it is marvellous in our eyes. On this day the Lord has acted; we will rejoice and be glad in it. Hosannah, Lord, hosannah! Lord, send us now success. Blessed is he who comes in the name of the Lord; we bless you from the house of the Lord. God is the Lord; he has shined upon us; form a procession with branches up to the horns of the altar. "You are my God, and I will thank you; you are my God, and I will exalt you." Give thanks to the Lord, for he is good; his mercy endures for ever. Psalm 118.1–2, 19–29

Collect Almighty and everliving God, in tender love for all our human race you sent your Son our Saviour Jesus Christ to take our flesh and suffer death upon a cruel cross. May we follow the example of his great humility, and share in the glory of his resurrection; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

A Reading from the Book of Isaiah. The Lord God has given me the tongue of a teacher, that I may know how to sustain the weary with a word. Morning by morning he awakens — awakens my ear to listen as those who are taught. The Lord God has opened my ear, and I was not rebellious, I did not turn backward. I gave my back to those who struck me, and my cheeks to those who pulled out the beard; I did not hide my face from insult and spitting. The Lord God helps me; therefore I have not been disgraced; therefore I have set my face like flint, and I know that I shall not be put to shame; he who vindicates me is near. Who will contend with me? Let us stand up together. Who are my adversaries? Let them confront me. It is the Lord God who helps me; who will declare me guilty?

Isaiah 50.4–9a

Psalm

Refrain Into your hands, O Lord, I commend my spirit. Have mercy on me, O Lord, for I am in trouble; my eye is consumed with sorrow, and also my throat and my belly. For my life is wasted with grief, and my years with sighing; my strength fails me because of affliction, and my bones are consumed. **R** I have become a reproach to all my enemies and even to my neighbours, a dismay to those of my acquaintance; when they see me in the street they avoid me. I am forgotten like a dead man, out of mind; I am as useless as a broken pot. **R** For I have heard the whispering of the crowd; fear is all around; they put their heads together against me; they plot to take my life. But as for me, I have trusted in you, O Lord. I have said, “You are my God. **R** My times are in your hand; rescue me from the hand of my enemies, and from those who persecute me. Make your face to shine upon your servant, and in your loving-kindness save me.” **R** *Psalm 31.9–16*

A Reading from the Letter of Paul to the Philippians. Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death — even death on a cross. Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every

tongue should confess that Jesus Christ is Lord, to the glory of God the Father. *Philippians 2.5–11*

The Holy Gospel of our Lord Jesus Christ according to Mark. As soon as it was morning, the chief priests held a consultation with the elders and scribes and the whole council. They bound Jesus, led him away, and handed him over to Pilate. Pilate asked him, "Are you the King of the Jews?" He answered him, "You say so." Then the chief priests accused him of many things. Pilate asked him again, "Have you no answer? See how many charges they bring against you." But Jesus made no further reply, so that Pilate was amazed. Now at the festival he used to release a prisoner for them, anyone for whom they asked. Now a man called Barabbas was in prison with the rebels who had committed murder during the insurrection. So the crowd came and began to ask Pilate to do for them according to his custom. Then he answered them, "Do you want me to release for you the King of the Jews?" For he realized that it was out of jealousy that the chief priests had handed him over. But the chief priests stirred up the crowd to have him release Barabbas for them instead. Pilate spoke to them again, "Then what do you wish me to do with the man you call the King of the Jews?" They shouted back, "Crucify him!" Pilate asked them, "Why, what evil has he done?" But they shouted all the more, "Crucify him!" So Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified. Then the soldiers led him into the courtyard of the palace (that is, the governor's headquarters); and they called together the whole cohort. And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. And they began saluting him, "Hail, King of the Jews!" They struck his head with a reed, spat upon him, and knelt down in homage to him. After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him. They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus. Then they brought Jesus to the place called Golgotha (which means the place of a skull). And they offered him wine mixed with myrrh; but he did not take it. And they crucified him, and divided his clothes among them, casting lots to decide what each should take. It was nine o'clock in the morning when they crucified him. The inscription of the charge against him read, "The King of the Jews." And with him they crucified two bandits, one on his right and one on his left. Those who passed by derided him, shaking their heads and saying, "Aha! You who would destroy the temple and build it in three days, save yourself, and come down from the cross!" In the same way the chief priests, along with the scribes, were also mocking him among themselves and saying, "He saved others; he cannot save himself. Let the Messiah, the King of Israel, come down from the cross now, so that we may see and believe." Those who were crucified with him also taunted him.



When it was noon, darkness came over the whole land until three in the afternoon. At three o'clock Jesus cried out with a loud voice, "Eloi, Eloi, lema sabachthani?" which means, "My God, my God, why have you forsaken me?" When some of the bystanders heard it, they said, "Listen, he is calling for Elijah." And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, "Wait, let us see whether Elijah will come to take him down." Then Jesus gave a loud cry and breathed his last. And the curtain of the temple was torn in two, from top to bottom. Now when the centurion, who stood facing him, saw that in this way he breathed his last, he said, "Truly this man was God's Son!"

[There were also women looking on from a distance; among them were Mary Magdalene, and Mary the mother of James the younger and of Joses, and Salome. These used to follow him and provided for him when he was in Galilee; and there were many other women who had come up with him to Jerusalem. When evening had come, and since it was the day of Preparation, that is, the day before the sabbath, Joseph of Arimathea, a respected member of the council, who was also himself waiting expectantly for the kingdom of God, went boldly to Pilate and asked for the body of Jesus. Then Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he had been dead for some time. When he learned from the centurion that he was dead, he granted the body to Joseph. Then Joseph bought a linen cloth, and taking down the body, wrapped it in the linen cloth, and laid it in a tomb that had been hewn out of the rock. He then rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joses saw where the body was laid.]

Mark 15.1–39 (40–47)

From the New Zealand Anglican Prayer Book:

Lord it is night.

The night is for stillness.

Let us be still in the presence of God.

It is night after a long day.

What has been done has been done; what has not been done has not been done.

Let it be.

The night is dark.

Let our fears of the darkness of the world and of our own lives rest in you.

The night is quiet.

Let the quietness of your peace enfold us, all dear to us, and all who have no peace.

The night heralds the dawn.

Let us look expectantly to a new day, new joys, new possibilities.

In your name we pray.

Amen

And to bring a smile to your face...

Easter

An elderly man in Phoenix calls his son in New York and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough."

"Pop, what are you talking about," the son screams.

"We can't stand the sight of each other any longer," the old man says.

"We're sick and tired of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her." And he hangs up.

Frantic, the son calls his sister, who explodes on the phone.

"Like Heck they're getting a divorce, she shouts. I'll take care of this."

She calls Phoenix immediately, and screams at the old man,

"You are NOT getting divorced! Don't do a single thing until I get there. I'm calling my brother back and we'll both be there tomorrow. Until then don't do a thing, DO YOU HEAR ME?" And she hangs up.

The old man hangs up his phone, smiles and turns to his wife.

"They're coming for Easter and paying their own way."

A few other things to take note of...



Spring Bible Study on Women of the Hebrew Scriptures

Please join Rev. Winna Martin for an eight week Bible Study on Women of the Hebrew Scriptures: Part One. We will begin with the Matriarchs followed by Wives and Concubines and ending with Memorable Women. This study is based on **Women Wisdom - A Feminist Lectionary and Psalter** by Miriam Therese Winter. The study will require some lectionary reading ahead of time each week, some questions, shared reflection and prayer in the group setting. The study will begin on **Thursday evening, April 22nd at 7 pm to 9 pm via Zoom (the link is below) and will end Thursday, June 10th**. We will start up again in September with the second part of the study. Our first week will be a "get to know you" and general introduction to our time together - and we will be introduced to **Eve** as the first woman created by God. I would invite you to read Gen 1-3; 4:1-2, 8, 16, 25; 5:1-2 prior to our first meeting. This study is

geared for women and while it was born out of a discussion in our seniors coffee group it is not exclusive to “women of a certain age” or women period - men are also welcome! I hope you consider joining us for an evening of fellowship and learning.

Here is the Zoom link which will remain the same throughout the study:

Zoom Meeting

[https://us02web.zoom.us/j/88064422281?
pwd=ZWRLbjE3Ym9YdUVwV0c2aVFhRkVTQT09](https://us02web.zoom.us/j/88064422281?pwd=ZWRLbjE3Ym9YdUVwV0c2aVFhRkVTQT09)

Meeting ID: 880 6442 2281

Passcode: 621581

Seniors Coffee Zoom Meeting

[https://us02web.zoom.us/j/81151849728?
pwd=UHZVZWt0V0U0dUoxOUw1UGM5VndvQT09](https://us02web.zoom.us/j/81151849728?pwd=UHZVZWt0V0U0dUoxOUw1UGM5VndvQT09)

Meeting ID: 811 5184 9728

Passcode: 946753

OUR NEXT GATHERING IS: FRIDAY, MARCH 26th

We are called “Seniors Coffee” but don’t let that fool you - we like to be called “Friday Fun and Fellowship” - we are a welcoming bunch - sharing our stories and praying with and for each other. No agenda - unless you count lots of laughter an agenda. Come and check us out!

Friday Night Evening Prayer of the BCP Service of Compline

This quiet and reflective prayer service is led by me, Rev. Winna and Father Michael Bruce with the grateful assistance of our ZOOM host, Laura French

Compline Zoom Meeting

[https://us02web.zoom.us/j/89324033051?
pwd=QUxCQjBoQW9xdklEWVIVZIVzak52dz09](https://us02web.zoom.us/j/89324033051?pwd=QUxCQjBoQW9xdklEWVIVZIVzak52dz09)

Meeting ID: 893 2403 3051

Passcode: 701044

Compline is a lovely way to end your day and your week. Please consider joining us...



We, the clergy of Immanuel, hold you all in prayer daily...and we invite you to pray along with us. If you have a specific prayer request please let us know so that together, in community, we can lift your prayers to the Lord. I invite you to send your prayer requests to our Office Manager, Mojgan Shirazi, at officemanager@immanuelanglicanregina.ca Mojgan is keeping a list for us that will be updated regularly. These are some of the prayer requests that I have had this week...

We pray for healing mercies for: Doug O., Rick (Allison), Heather, Jan, Kay, Krystal, Leslie, Ruth, Shawn, Sheila F. (Tom), Theo, T.J., Trina, Wayne, Linda & Lloyd (and family), Bob G., Jessica K., Jackie, Lori, Pat L. (Dennis), Keith, Corrine, Declain, Allan, Marion, Greta, Pat, Pat B., Phillip, Beth, Gwen R. and family, Jeremy S. and his mother Joan, Thereza. We remember in our prayers all those who have passed in the peace of Christ remembering especially Phyllis and Stan...and those who we hold in our hearts....

We pray for Bishop Rob and Lorraine, as they begin this new journey into retirement and relocation with family and friends in the UK. We pray for comfort and strength in the days, weeks and months ahead and may God's peace surround them. We pray for Dean Mike and Archdeacon Catherine and the staff of the Synod Office. For our parish of Immanuel and for the AGM happening this month - that God will place a call of servanthood in the hearts and minds of those who are to let their name stand for the new Vestry of Immanuel; for our Ministerial and Team Leader Father Michael; for Archdeacon Cheryl; for the co-chairs of Parish Council: Mae and Richard and for all members of Council. We pray for Deacon Alexander Campbell who will be ordained to the Priesthood in May. - *Lord hear our prayers.*

May the Father,
who so loved the world that he gave his only Son,
bring you by faith to his eternal life.

Amen.

May Christ,
who accepted the cup of sacrifice
in obedience to the Father's will,
keep you steadfast as you walk with him the way of his
cross.

Amen.

May the Spirit,
who strengthens us to suffer with Christ
that we may share his glory,
set your minds on life and peace.

Amen.



*And the blessing of God the Father, God the Son and God
the Holy Spirit rest and remain with you, this day and
always.*

The Members of the Ministerial and Their Primary Areas of
Responsibility...

***I hope you are enjoying Around
the Cross. As editor I am always
delighted to receive your articles,
information, pictures, etc. -
anything you would like to share.
I do however reserve the right to
"edit" as appropriate or to not
publish anything that I deem
inappropriate. Remember this is
YOUR Epistle so please send me
whatever you think our readers
may enjoy - we would love to
hear from you!***

God's richest blessings....Winna+

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****Until May 30, 2021*** Rev. Nancy Yee (*Family Ministry, Mission,
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ON LEAVE**Pastor Zsofi Schmiedge

****All members of the Ministerial work together on Worship
Services within the Parish - sharing in the Preaching,
Presiding and Assisting.***