

A logo featuring a rainbow arching over a white cloud on the left, and two butterflies (one orange and black, one blue and black) on the right. The text "Catch the Spirit News" is written in a large, black, serif font across the top. The word "Spring 2025" is written in a smaller, green, sans-serif font below the main title.

Catch the Spirit News

Spring 2025

St. Mark's by-the-Lake

Book Sale

board games and puzzles too!

Gently used fiction, non-fiction, children's books, board games and jigsaw puzzles

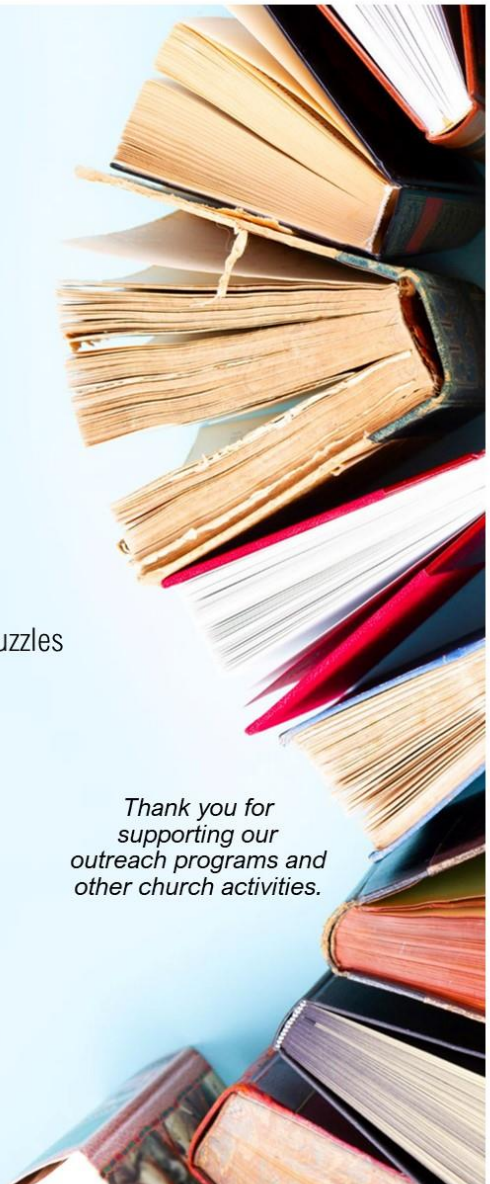
Soft cover \$1.50 Hard cover \$2.00
Puzzles and board games - various prices

Friday, April 25 4:00 pm - 8:00 pm

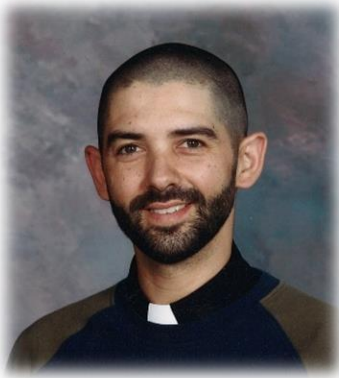
Saturday, April 26 9:00 am - 3:00 pm

150 St. Mark's Rd., Tecumseh (off Riverside Dr.)
519-735-4921

Donations may be dropped off Tuesday through Friday from 9 a.m. - 11:30am.

A stack of several books of various colors and thicknesses, arranged in a fan-like pattern on the right side of the page.

*Thank you for
supporting our
outreach programs and
other church activities.*



RECTOR'S LETTER

What is Lent? It's one of the seasons of the Church year, and specifically the one that precedes Easter. Lent is a liturgical season, outwardly marked by the colour purple (which symbolizes penance, sacrifice, and preparation), and one where we refrain from our usual Glorias and Alleluias. It's the 40 days (not counting Sundays, of course, which are dedicated as little Easters even in the midst of the season) of: repentance, almsgiving, fasting, prayer, giving something up or taking something on, among other things. It's a season of telling the story of Jesus which leads to the most paradoxical good news contained in all the Gospels, even all of Scripture: that the abundant and infinite grace and mercy and love of God is best exemplified and revealed to the world in and through the death of the one and only Son of God. Most importantly, however, and just like Lent is not the end in and of itself, neither is the death of Jesus. Instead, Lent, like the death of Jesus, is always about what comes next: Easter, resurrection, life, new beginnings. If we really live into all that Lent affords us, then by the time Easter comes we will not be the same people that we were 40 days prior on Ash Wednesday. In this way Lent is for us an opportunity to become more and more the people God created us to be; more and more the Church that God created us to be.

Cole Arthur Riley, in her book *Black Liturgies: Prayers, Poems, and Meditations for Staying Human*, writes: "the question of this sacred season is not, What food are you giving up for Lent? It is, What practice of solidarity with the suffering are you choosing? Or, What needs do you need met this Lent? We honor the complexity of hunger and desire, and we find ourselves liberated into a season not rooted in scarcity, but in justice, healing, and the welfare of those who have long awaited their portion."

From the same book, I offer you a prayer for each of the five weeks of Lent (below), which will take us to the beginning of Holy Week, Palm Sunday. It is my prayer for you that you pray these prayers, read the Lenten reflections booklet, read the Bible, attend worship, use anything at your disposal, to seize the opportunity that this Lenten season affords you. God be with you on your journey, and God give you the strength and courage to follow Jesus to the cross and grave, so that you too, may take hold of the promise of new life, both in this life and the next.
Blessings for Lent,

A handwritten signature in black ink that reads "Ryan".

Ryan+

Lent 1 – Hunger

God of deep hunger, We thank you for being a God who is unconcerned with spiritual practices that don't affirm the dignity of the most vulnerable. Keep us from shallow spiritualities that are more concerned with obedience to ritual than how that ritual should bring about justice and restoration in the world. Retrain our appetites toward healing and liberation. If we fast this Lent, let it be in that ancient way, which gives our portions to the hungry and oppressed. And if we have need, let this be a season of reclamation, that we would accept what is owed to us, that we would take all that our dignity demands. Grant that we would find our own healing magnified as we participate in the healing of the cosmos. And let our darkest nights amplify the light, that we would look up and see no less than the very face of God in one another. Amen.

Lent 2 – Mortality

God who died, We are heavy with grief. We've been promised freedom in the divine, but this wilderness reeks of death. The landscape is so thorny that we're beginning to feel nothing at all. We feel betrayed and confused and tired, God. Please, not one more thing. Just let us live. Let us heal. This Lent, instill among us rituals of remembrance that allow space for rest and wailing. Relieve any pressure we feel to resolve our pain before we've truly felt it. And as we're healing, grant us a wisdom to know we don't have to carry every sadness all at once. Walk with us as we protect our minds and bodies from despair. Amen.

Lent 3 – Grief

God who knows loss, We long for the presence of those we've lost—the sound of their voice, their laughter, the way their face moved. A longing so deep, it is difficult to articulate. Keep it from consuming us. Protect our grief from the grip of despair, and guide us into the kind of remembrance that leads to healing and a clarity of self. Keep watch, too, over those of us who endure the complexity of losing the imperfect—those who both loved us and have hurt us. Keep us from that cheap form of remembrance that reduces those we've loved into faultless, polished, uncomplicated caricatures. Let us recall them in the fullness of their humanity. And as we behold their passing into your arms, into the arms of the ancestors, may some portion of their peace find its way to us. Amen.

Lent 4 – Truth-Telling

Honest God, We confess that we, as individuals and nations, have engaged in self-protection and delusion. Let this be a season when we reclaim the practice of telling the truth about our histories, that we would no longer shield ourselves and others from the harm we have caused by coddling our guilt and insecurity. Let our love be made of unapologetic truth-telling. Let those of us who have been gaslit find our stories centered and affirmed in this season. Guide us toward spaces that have grown weary of delusions, desiring to see the world for what it is, in all its complexities, beauties, tragedies, and oppression. And as we cultivate honest communities, let our healing and liberation rise to meet us. Amen.

Lent 5 – Solidarity

God of Solidarity, Thank you for being a God who enters the suffering of the world—who doesn't run from those in pain but rushes to the site of blood, of tears. Release us from empty cravings of unity that come at no cost to the oppressor, and guide us toward a solidarity that demands something of us. Let us learn to risk ourselves on behalf of the vulnerable, believing that when one of us is harmed, we all are. Help us to remember that justice and liberation are not a scarcity, and that our survival and dignity are wrapped up in one another. And God, keep us from those who will demonize the fight in us. Who would prefer us complacent and far from one another. Secure in us the courage to stand, knowing together we will restore what the world has tried to suffocate in us. Amen.

Arthur Riley, Cole. *Black Liturgies: Prayers, Poems, and Meditations for Staying Human* (pp. 251-255). (Function). Kindle Edition.

PAC

There are lots of great activities in the line-up for the spring and summer:

March 30th - Breakfast between services. Great opportunity to feed your body as well as your soul!

April 25/26 - Book sale, including puzzles and games. stock up on your summer reading.

May 3rd - Kentucky Derby Party. Start planning those hats.

May 24th - Spring Market and Plant Sale. Plan to pick up some items to replenish your gift stash and your garden.

Plans are underway for a Murder Mystery night, our Pork Luau and other new events later in the year. Stay tuned for information once these are finalized.

A HUGE shout out to all who contribute to the success of these events by volunteering their time and talents!

Brooke

Warden's Letter

The wardens have met a few times in the month since the annual Vestry meeting. We are grateful for the leadership of Carolynne and Amanda who will continue to offer counsel and support to the current team and who hold a wealth of institutional knowledge. We encourage you to reach out with any feedback, questions, or suggestions.

Sincerely yours,

Daniel Hofgartner, Sharon Pyke, Laura Bird, Barbarann Richards

Happy 98th Birthday Iris



Sunday School

St. Marks by-the-Lake

150 St. Marks Rd, Tecumseh

*is hosting a special program intended for children 4-12 yrs
to better understand the events of Holy Week.*

Join us on Saturday April 12th, 2025

From 2-5pm to

WALK THROUGH



HOLY WEEK

Pasta Dinner to follow for participants and families at 5pm

Using drama, storytelling, and art, we will explore the events of:

- * *Palm Sunday Hosannas as Jesus enters Jerusalem*
- * *Maundy Thursday foot washing and the Last Supper*
- * *Garden of Gethsemane, Jesus' arrest, and trial*
- * *Crucifixion on Good Friday*
- * *Empty tomb and celebration of Easter*



Please pre-register by emailing stmarkschurch@coqeco.net or by contacting the office at 519-735-4921 or Jane (519-818-5263) by Wed. April 9, 2025

Please provide name and ages of children attending as well as any food allergies



Maryvale

IN CONJUNCTION WITH

St. Mark's by-the-Lake

Present a **FREE** Workshop

Understanding and coping with Self-injurious Behaviour

- ✓ Understanding and coping with self-injurious behaviour
- ✓ Understanding the nature of self-injurious behaviours
- ✓ What does it mean and how should adults respond?
- ✓ Signs and symptoms to watch for
- ✓ Planning ahead
- ✓ And, lots of great examples and resources.

When: March 26, 2025

Where: 150 St. Marks Road, Tecumseh

Time: 7:00 p.m. - 8:30 p.m.

Please RSVP to our email: stmarkschurch@cogeco.net to reserve seats.
Call 519-735-4921 and leave a message if you have any questions.

This workshop is intended for parents, caregivers and teachers of youth and will be presented by trained professional Maryvale Staff. Maryvale is a Children's Mental Health treatment Centre in Windsor.

Open to everyone in the Community! Raising our kids is hard work!

NEXT WORKSHOP

April 30, 2025 - Raising Competent and Resilient Kids

BEGINNER YOGA

FRIDAYS - MARCH 14, 21, 28, APRIL 4 AND 11
6:00 TO 7:00 PM

Learn:

- the importance of breath work
- the beginner yoga poses
- how to stretch safely and with purpose
- how to be in the moment



These sessions are open to everyone (over 13 years) even if you've never practiced yoga. Bring a mat and dress in comfortable clothing.

Let us know if you don't have a mat when registering as we have a limited number of extra ones.

Cost: \$35.00 for all 5 weeks. Walk-in rate is \$10

Register: call 519 735- 4921 or e-transfer to stmarksdonate@gmail.com

ST. MARK'S BY-THE-LAKE

St. Mark's by-the-Lake Parish Hall
150 St. Mark Rd. Tecumseh

This course is sponsored by St. Mark's by-the-Lake as part of its Outreach Program.

Holy week and Easter Services:

Maundy Thursday at 7:00 PM

Good Friday at 10:30 AM

Holy Saturday at 7:00 pm

Easter Sunday at 8:00 am and 10:30 am

