

NOTICES

Episcopal Election this May - Archbishop Ron Cutler has announced that he intends to retire as Diocesan Bishop of Nova Scotia and Prince Edward Island, effective July 31st. An Electoral Synod has been called for May 30th to elect his successor. A search committee, consisting of Daphne Beeler, Robert Sheppard, Jordan Waterbury, Edith Marshall (secretary) and the Reverends Brianna Andrews, Colin Nicolle and Laura Marie Piotrowicz, has been appointed to discern and propose a slate of candidates for election. Please pray for the committee, the Diocese, and our Synod delegates, Sandra King, Evelyn Lewis, and Rev'd Benjamin, who will represent Trinity at the Synod.

ALMIGHTY God, the giver of all good gifts: Grant thy blessing, we humbly beseech thee, to the clergy and laity about to assemble for the election of a Bishop; and give them the spirit of wisdom and understanding, that a chief Pastor may be chosen who shall minister before thee to the glory of thy Name, the good government of the flock committed to his charge, and the welfare of thy holy Church; through Jesus Christ our Lord. Amen.

On observing a holy Lent: Abstinence, Prayer, and Acts of Charity -

Just as our Lord Jesus fasted forty days and forty nights in the wilderness, for the forty days of Lent (this excludes Sundays) we seek to imitate His example by self-discipline, by the use of abstinence from food: we attempt to eat simpler and smaller meals than usual, and perhaps give up some luxury. This restraint of our physical appetite is complemented by a renewed commitment to prayer: some may choose to attend a service of Morning Prayer at church on any weekday, others may decide to set aside extra time for daily private prayer, self-examination and intercession for others. These disciplines should be matched by acts of charity: the principle here is that the doing of good works is the fruit of a lively faith, and that by actually practicing charity we cultivate charity as a habit of the soul. The evening reading appointed for Ash Wednesday defines the true meaning of the fast in this way:

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(over)

*Is this the kind of fast I have chosen,
only a day for people to humble themselves?
Is it only for bowing one's head like a reed and for lying in sackcloth
and ashes?
Is that what you call a fast,
a day acceptable to the Lord?
"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?
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? (Isaiah 58:5-7)*

These are all matters for personal discernment, and in our Anglican tradition there is no "one-size-fits-all" when it comes to keeping Lent. But it is important that we do this together as a church community, each according to one's sense of calling and capacity, holding one another accountable and providing mutual support. I encourage you to find at least one person you trust, so as to discuss your Lenten discipline and to check in with one another from time to time. If anyone desires counsel, help in discernment, or would like to talk about any other matter, the Rector is available and more than happy to meet; please feel free to contact him in person, by phone or by email (902-221-7441), benjamin.lee78@gmail.com

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