



Lent 2020

CLOVERDALE AND HAZELMERE UNITED CHURCHES

Entering the Passion of Jesus

Print out the Order of Service, and prepare your Bible, offering, offering plate, and a candle to light (if you wish) before the service starts at 10:30 am.

~ 4th Sunday in LENT | March 22, 2020 ~

ENTERING THE STORY

Welcome and Announcements

We give thanks for our ministry. / Thanks be to God.

Lighting of the Christ Candle

Call to Worship

The Passing of the Peace

May the Peace of Christ be with you. / And also with you.

Gathering Time

Hymn: * MV 92 – Like a Rock

Like a rock, like a rock, God is under our feet.

Like the starry night sky God is over our head.

Like the sun on the horizon God is ever before.

Like the river runs to ocean, our home is in God evermore.

Prayer Practice – The Examen (on page 2)

TELLING THE STORY

Scripture Reading: **Mark 12:28-34**

- Reader: Greg Best

One of the scribes came near and heard them disputing with one another, and seeing that he answered them well, he asked him, 'Which commandment is the first of all?' Jesus answered, 'The first is, "Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength." The second is this, "You shall love your neighbour as yourself." There is no other commandment greater than these.' Then the scribe said to him, 'You are right, Teacher; you have truly said that "he is one, and besides him there is no other";

*and "to love him with all the heart, and with all the understanding, and with all the strength", and "to love one's neighbour as oneself",—this is much more important than all whole burnt-offerings and sacrifices.' When Jesus saw that he answered wisely, he said to him, 'You are not far from the kingdom of God.' After that no one dared to ask him any question.
(Word of God, Word of Life. / **Thanks be to God.**)*

Scripture Reading: **Mark 12:41-44**

*He sat down opposite the treasury, and watched the crowd putting money into the treasury. Many rich people put in large sums. A poor widow came and put in two small copper coins, which are worth a penny. Then he called his disciples and said to them, 'Truly I tell you, this poor widow has put in more than all those who are contributing to the treasury. For all of them have contributed out of their abundance; but she out of her poverty has put in everything she had, all she had to live on.'
(This is a story of our faith. / **Thanks be to God.**)*

Sermon

Time for Silence

LIVING THE STORY

Offering

Offering Prayer

God of all good gifts, we thank you for showing us how to enter your story. May these gifts further that story and lead to fullness for those who are hungry, protection for those who need shelter, and enhancement of your dream that all of Creation live in peace and justice. Give us grateful hearts, O God, in the name of the one who entered the passion on our behalf, Jesus Christ our Savior. Amen.

Prayers of the People

The Lord's Prayer

**Our Father, who art in Heaven, hallowed be thy name,
thy kingdom come, thy will be done on earth as it is in Heaven.
Give us this day our daily bread, and forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil,
for Thine is the Kingdom, the power and the glory, for ever and ever.
Amen.**

Commissioning and Benediction

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WEEK FOUR: PRAYER PRACTICE – THE EXAMEN

**** We will repeat the Examen prayer once again for this week. ****

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God’s presence and discern God’s direction for us. The Examen is an ancient practice in the Church that can help us see God’s hand at work in our whole experience. This practice is attributed to St. Ignatius of Loyola. One of the few rules of prayer that Ignatius made for the Jesuit order was the requirement that Jesuits practice the Examen twice daily — at noon and at the end of the day. It’s a habit that Jesuits, and many other Christians, practice to this day. Some people use this prayer at the end of a week, or a particular life event or specific period in their life, or at the end of every year. Begin by committing to practicing this every evening during Lent.

① **What moments during this day did you feel connected to God?**

- Offer gratitude to God.

② **What moments did you feel least connected to God?**

- Offer your regrets to God. Ask for healing.

③ **Ask God for whatever help you need today.**

- Ask the Holy Spirit for the graces you need for this day.

Please go to our website to see the full version of previous weeks.

✝ SUMMARY OF WEEK 2 – THE PRACTICE OF 3 ESSENTIAL THINGS

There is a Celtic tradition of discerning what 3 essential practices or principles one must focus on for this time in your life. Set aside a good chunk of time to pray about this. Ask what God wants you to focus on throughout the season of Lent. Some examples are forgiving, tolerance, prayer, rest, hospitality. Review your words each day and ask God to help you focus on them.

✝ SUMMARY OF WEEK 1

– PRAY FOR OTHERS AND YOURSELVES, INCLUDING YOUR ENEMIES

***Christ behind me, Christ before me,
Christ above me, Christ below me.
Christ on my left, Christ on my right,
Christ surrounding me,
Christ within me.***



✝ DAILY DEVOTIONAL (ONLINE)

If you would like a daily devotional to come to your inbox free of charge go to https://www.ucc.org/daily_devotional and subscribe to their daily devotional OR Google ‘Still Speaking Devotional’ and subscribe from there. You can unsubscribe at any time.

✝ WHAT ARE YOU GIVING UP FOR LENT?

One Lenten practice is to give up something that keeps you from being who God intends you to be.

If you want to change your **body**, perhaps carbs or candy is the way to go. But if you want to change your **heart**, a harder fast is needed. This narrow road is gritty. It will make room in ourselves to experience a love that can make us whole and set us free.

Plug into the Power of Prayer and Fasting

Choose ONE thing to fast from this Lent. Choose only one. That will give you 6 weeks to anchor the practice. Spend some time in prayer so that God can help you decide what to choose. This may take a few days.

Once you have chosen, begin by identifying one behavior that you will put in place to help you with your fast.

You might:

- set aside some time each day
- wear something to help you remember your fast
- keep a journal
- each evening, take time to review your day
- expect to make mistakes, God forgives you

“Behind every fitting choice of abstinence lies the question:

What do I do to excess?

What attachments, compulsions control me?”

- Marjorie Thompson, Soul Feast

Forms that this kind of “fasting” could take:

- abstain from constant cellphone use
- abstain from buying anything new in this season
- abstain from critical thoughts or unkind words
- abstain from vilifying another
- abstain from over packaged, over processed foods
- trim an over packed schedule

The more ancient purpose of fasting is to be reminded of our dependence on God. As you fast, ask God to give you the strength and discipline to stay on track.

🌀 Announcements for March 22, 2020 🌀



CLOVERDALE & HAZELMERE UNITED CHURCHES

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A WEEK AT A GLANCE:

Sun, Mar 22: Fourth Sunday in Lent

Online Worship Service at 10:30 am

Mon, Mar 23: HUC Council Meeting – 9:30 am (Conference Call)

Tue, Mar 24: Online Lenten Bible Study – 9:30 am (via Zoom)

Thu, Mar 26: Online ELL Class – 10 am (via Zoom)

Sun, Mar 29: Fifth Sunday in Lent

Online Worship Service at 10:30 am

< Mission Statements >

Hazelmere: *To praise God together, celebrate our heritage, grow in faith and reach out to others.*

Cloverdale: *To thrive in faith through relationship with God, one another and the community. To serve others as Jesus would.*

- ✚ The church building at CUC will remain opened for our staff to work in and any user groups to use, especially the addiction groups who have been anxiously awaiting our decision.
- ✚ Worship will still go on, on a weekly basis, through an online platform. You will receive email information on how to participate.
- ✚ Bible study, Council meetings, ELL meetings, will all go on through online meetings venues.
- ✚ Robyn is working on providing Sunday School and ways for the youth to meet online as well.
- ✚ HUC Council Meeting will be on March 23 at 9:30 am via conference call. Details will be emailed on Monday morning.
- ✚ Council reminds that we will need weekly offerings more than ever – to continue our ministries and keep our church going, especially in light of our rental tenants having to cancel their contracts.

✚ Thank you so much for those who have requested to go on PAR during this time (Pre Authorized Remittance). This is a big help to our church community. You may also continue your donations to the church by mailing them or donating through our church website (TBA). Please contact the church office if you wish to go on PAR.

✚ Please email or call the church office and let us know...

1. If you are self-isolating and living alone, or if you are feeling overwhelmed;
2. If you need help in any way - e.g. groceries picked up, prescriptions filled, or just someone to talk to;
3. If you could be a volunteer to help do errands for others who can't get out;
4. If you would be willing to be on a team of people who would keep in touch with those who are self-isolating by having periodic visits over the phone.

♥ Thank you for those who already signed up to volunteer!

✚ If you wish to contact Rev. Lori confidentially, here's her email address: lori.megley-best@telus.net

