

Lent 2021 News Sheet

We are in difficult times, and for many, this third lockdown has been, and is, the hardest. Various conversations and discussions in the media, forecasting what is ahead, have made even the most optimistic among us, despondent. We can only deal with what we have going on right now. "So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today." Matthew 6: 34

Borrowing the seed of an idea from Douglas Union with Frankfield and their Rector, The Ven. Adrian Wilkinson – "Imitation is the sincerest form of flattery that mediocrity can pay to greatness." Oscar Wilde - I am suggesting that in Lent 2021, rather than giving things up, that we could pull together as a parochial group for our mental, spiritual, emotional and physical wellbeing and health, whilst at the same time raising funds for three charities;

In our parishes, we have four spiritual things on each week in Lent, some of which happen throughout the year that are for our spiritual nourishment and growth: Christian Meditation, Midweek Prayer and Chat, Midweek Lenten Reflection, and, of course, there is also our live-streamed service at 10.30 each Sunday. For those who are not on email or who do not 'do online stuff', and who would like a copy of the Midweek Lenten Reflection and/or the Sunday Service Sheet, please contact me, and I would be very happy to post those out to you. In addition, the rchbishop has invited the Diocesan Lay Readers to lead daily reflections online in Lent and details of these are on page 3.

With regard to the Lenten 2021 Challenge, it can be whatever you want. Already some people are going to walk, run or cycle a certain distance each day in Lent; I am going to walk 5km each day. If 5km is too much, set yourself a lower target; if it is too easy, set a higher one! Or you can set yourself whatever challenge works for you: do a lap of your garden each day in Lent; learn the '*Jerusalema*' and dance it every day in Lent; learn sign language, try a new recipe each week, ... it's up to you, but do something that benefits you physically, mentally, emotionally and spiritually, this Lent. Jesus told us 'to love your neighbour as yourself'. If we do not love ourselves, how can we know how to love others, or what kind of love can they hope for from us if we cannot love ourselves. We need to love ourselves in the way that we love our neighbours, so that we can love our neighbours as ourselves. Self-care is as important as caring for others.

Social interaction and connection is even more important now than before. Eleven months ago, we thought that we had to 'batten down the hatches' for a few weeks, maybe, a month or so, and we got on with it and felt that we could get through it without needing to do much to support ourselves. In addition, to encouraging you to take up a challenge, I am also encouraging people to link up so that they can support each other and have that social interaction each day as they discuss how they are getting on with their challenge, or just have a chat. If you would like me to link you up with someone, please contact me and I can very easily do that.

Let us pull together this Lent, upholding and supporting one another as we look forward to new life, in the promise of Easter.

Gillian



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www.booterstownchurch.ie www.mountmerrionchurch.ie

https://www.youtube.com/channel/UCkwQ9cDGC_RMoQNYtJBOM6A

LENTEN CHALLENGE



or...

Gillian intends to walk 5km every day of Lent 2021

Wednesday 17th February – Saturday 3rd April 2021 in aid of:

The Irish Cancer Society Protestant Aid Parish Funds

You can help by sponsoring or donating, and the money raised will be divided equally between the three charities.



Last year, the **Irish Cancer Society**'s major fundraiser, Daffodil Day, was severely affected by COVID-19 and it will be again this year. Each year, on the fourth Sunday of March, we have a Daffodil Service followed by a Daffodil Coffee Morning with a Bring-and-Buy, in aid of the Irish Cancer Society, but, of course, we were not able to have it last year and we will not be able to have it this

year.

Please note that we will be having a Daffodil Service as part of our Palm Sunday Service at 10.30 on

Sunday 28th March 2021.

Protestant Aid (also known as PA) is the Church of Ireland version of St Vincent de Paul. It treats genuine calls for help equally, regardless of religious, ethnic or social backgrounds. It was established as a charity over 180 years ago to relieve deprivation in Ireland. Its primary activities include:

- Grants to alleviate poverty or distress
- Allowances for heating/energy costs
- Annuities for the elderly
- School expenses
- Second-level education grants
- Third-level loans
- Sheltered housing and nursing care for over 200 elderly people through our sister companies, the Brabazon Trust and St John's House

And the third cause to benefit is our parishes.

As we are in lockdown with very limited contacts allowed, we are not asking people to take sponsorship cards, or to handle money. Donations may be made via the GoFundMe page

https://gofund.me/996d06a6

or by online banking to

Booterstown and Mount Merrion Account

IBAN: IE92ULSB 985330 00606072 BIC: ULSBIE2D

or a cheque payable to Booterstown and Mount Merrion Account

Walking With Jesus in the Wilderness

Daily short reflections for Lent 2021

With the Archbishop and Lay Readers of the United Dioceses of Dublin & Glendalough

www.dublin.anglican.org

Ash Wednesday to Maundy Thursday February 17 - April 1

The Archbishop and the Diocesan Lay Readers are inviting you to join them during Lent 2021. Lay Readers from the length and breadth of the United Dioceses of Dublin and Glendalough have gathered virtually to provide a thought for the day online.

These short reflections will be posted daily on the <u>United Dioceses of Dublin and Glendalough</u> <u>YouTube channel</u> (subscribe now so as not to miss a post) and will also be available on the <u>Diocesan Website</u>, <u>Facebook page</u> and <u>Twitter</u>.

Archbishop Michael Jackson will begin the series on Ash Wednesday, February 17, and will provide weekly reflections on Sundays throughout Lent. The Diocesan Readers will take over from Mondays to Saturdays providing hopeful reflections and prayers for our times based on the readings for each day until Maundy Thursday, April 1.



Whilst some of these things go on throughout the year, you might like to try them in Lent. Everyone is very welcome to any or all of the following...

CHRISTIAN MEDITATION

via Zoom

Tuesday

15.30-16.10

Contact Irene on 087-2755423

irene.reid1052@gmail.com

The sense of peace and calm is wonderful.

MIDWEEK PRAYER AND CHAT

WEDNESDAY

10.30-11.00 **via Zoom**

https://us02web.zoom.us/j/82865214531? pwd=Z0hoeVNFWXI1TVZMVVI2a3h5d3Z3Zz09

MIDWEEK REFLECTION IN LENT

Wednesday

20.00 - 20.30 via Zoom

https://us02web.zoom.us/j/89886970351? pwd=dndHamd2M1hIOHNtZitpMFpucVZ1dz09