



Lent 2025

Beloved in Christ,

As we enter this holy season of Lent, we are called to a journey of reflection, repentance, and renewal. Lent is a sacred time in the Church's calendar, lasting forty days, mirroring Christ's time of fasting and prayer in the wilderness. It is a season marked by self-examination, fasting, prayer, and acts of charity, all of which help us grow in our relationship with God and one another. This period of preparation leads us toward the celebration of Easter, where we rejoice in Christ's victory over sin and death.

This year, I invite you to walk in humility, following the example of our Lord Jesus Christ, who "emptied himself, taking the form of a servant... and became obedient to the point of death—even death on a cross" (Philippians 2:7-8). Christ's humility is a profound example for us, teaching us that true greatness is found not in status or power but in self-giving love and service to others.

Lent is a time to step away from pride and self-reliance and embrace the humility that Christ so perfectly displayed. The world encourages us to seek power, recognition, and self-importance, yet Jesus shows us a different way—the way of surrender, service, and sacrificial love. His humility was not weakness but strength; it was a love so deep that He gave Himself for the sake of the world. As we meditate on His life and passion, we are reminded that humility is not about thinking less of ourselves, but about thinking of ourselves less, making room for God and for the needs of others.

To walk in humility means to recognize our dependence on God, to seek forgiveness where we have fallen short, and to extend grace to others as we have received it. It calls us to examine our hearts, let go of selfish ambitions, and embrace the servant-hearted nature of Christ. Through prayer, fasting, and acts of mercy, we humble ourselves before God and allow His Spirit to transform us. This transformation is not just for our own benefit but for the sake of the world. As we cultivate humility, we become better witnesses to Christ's love, embodying His grace in our words and actions.

As we journey through this sacred season, may we be mindful that humility is not merely an attitude but a way of life. Christ's humility led Him to the cross, and in His obedience, He redeemed the world. In our own lives, humility allows us to lay down our burdens, our pride, and our fears, trusting in God's mercy and guidance. May our Lenten practices lead us closer to Him, shaping us to be more like Him in love and service.

Let us walk this path together, lifting one another in prayer, encouraging one another in faith, and seeking to embody the humility of Christ in all we do. As we prepare for the joy of Easter, may this season draw us ever deeper into the heart of God, strengthening our faith and renewing our spirits.

Blessings to you in this holy season,

The Rev. Canon Christopher R. Doering

Rector & Lead Pastor





Ash Wednesday

“Remember you are dust, and to dust you shall return”

Ash Wednesday marks the beginning of the Lenten season—a season that begins with dust and ashes—an ancient tradition, symbolizing our humility before God. The Ash Wednesday liturgy calls us to see ourselves as we truly are; to reflect on our attitudes, actions, and priorities; and to return to God through penitence and prayer. Ash Wednesday is the beginning of a 40 day journey—a journey from repentance to restoration, from darkness to light, from fear to love, from mourning to celebration, and from ashes to joy.

Ash Wednesday Worship

**Next Wednesday, March 5, 2025 @ 7:00 PM
Senior’s Centre ~ Frontenac Room**



Lenten TV Nights

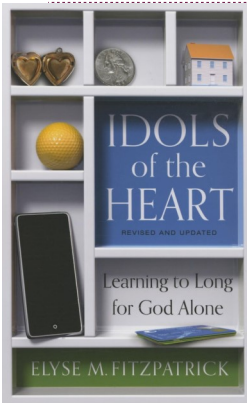
“The Chosen”

Discover “The Chosen,” the groundbreaking, multi-season TV series that brings the story of Jesus and His disciples to life in a fresh and deeply moving way. Through compelling storytelling and rich character development, “The Chosen” portrays the humanity of Christ and the lives He transformed, making the Gospel feel personal and real.

Viewers around the world have been profoundly impacted, calling it “the most authentic and inspiring depiction of Jesus ever filmed” and “a life-changing experience that deepens faith.” Many have found it a powerful tool for spiritual growth and evangelism. Uniquely, “The Chosen” is entirely crowd-funded, allowing it to remain free and accessible to all. Join the millions who are watching *The Chosen* and experience Jesus like never before!



**Thursday evenings in Lent
beginning Thursday, March 13 @ 7:00 PM
The Doering Home ~ 726 Chatsworth Place**



Adult Sunday School

**Do you feel discouraged—even defeated—on your battle against sin?
Are you dismayed or surprised by the situations that bring out your fear,
anger, or distress?**

In her book, “Idols of the Heart: Learning to Long for God Alone,” Elyse Fitzpatrick delves into the heart of the problem: deep down, we’re all idol worshippers who put our loves, desires, and expectations in God’s place—and then suffer the consequences of our misplaced affections. Yet God loves His people and can use even our messy lives and struggles for His glory.

Join Tucker Carrington **Sunday mornings at 9:00 AM in Sir John B**, beginning **Sunday, March 9**, as he leads us in a study of this powerful book that challenges us to examine the things that capture our hearts more than God. Drawing from Scripture, Fitzpatrick reveals how misplaced desires can become idols and shows how we can redirect our affections toward Christ alone. This book promises to offer biblical wisdom, practical guidance, and encouragement for deepening our love for God.



Women’s Lenten Study

What if one word could change your life?

In “If: Trading Your If Only Regrets for God’s What If Possibilities,” bestselling author Mark Batterson explores the power of the word “if” through the lens of Romans 8:31: “If God is for us, who can be against us?” Too often, we dwell on past regrets and missed opportunities, living with an “if only” mindset. Batterson challenges us to shift our perspective, embracing the “what if” possibilities that come from trusting in God’s limitless power and grace. Filled with biblical insights, real-life stories, and practical applications, this book inspires readers to take bold steps of faith and discover the abundant life God has in store. Join Shirley Underhill and the women of Living Waters in reading “If” and step into God’s possibilities for your life!

Wednesday afternoons in Lent

Beginning Wednesday, March 12 (potluck lunch @12:00 Noon)

Shirley Underhill’s home ~ 83 Norman Roger’s Drive

With the Cross of Jesus Going on Before

Daily Bible Readings for Lent 2025



“Come, follow me,” the Saviour spake,/ “All in my way abiding;/ Deny Yourselves, the world forsake,/ Obey my call and guiding./ Oh, bear the cross, whate’er betide;/ Take my example for your guide”

“I’ll teach you how to shun and flee/ What harms your soul’s salvation;/ Your heart from ev’ry guile to free,/ From sin and its temptation,/ I am the refuge of the soul/ And lead you to your heav’nly goal.”

Lent Begins

Ash Wednesday	Up to Jerusalem	Matthew 20:17-19
Thursday	Called to Follow	Luke 5:1-11
Friday	How Hard to Follow	Luke 9:57-62
Saturday	We are the Lord’s	Romans 14:7-9

The First Week in Lent

Sunday	God Provides a Way	1 Cor. 10:1-13
Monday	Redemption in Him	Ephesians 1:3-14
Tuesday	Justified by Faith	Romans 3:21-26
Wednesday	Saved by Grace	Ephesians 2:1-10
Thursday	Reconciled	Colossians 1:13-20
Friday	Following in His Steps	1 Peter 2:21-25
Saturday	Their Deeds Follow Them	Rev. 14:12-13

The Second Week in Lent

Sunday	Take Up Your Cross	Matthew 16:24-26
Monday	Difficult to Enter	Mark 10:17-27
Tuesday	Not as Enemies	Philippians 3:17-21
Wednesday	Get Behind Me	Matthew 16:21-23
Thursday	The Sheep Follow	John 10:22-30
Friday	The Good Shepherd Leads	Psalms 23
Saturday	With the Lord Forever	1 Thess. 4:13-18

The Third Week in Lent

Sunday	Eternal Life for Believers	John 3:16-18
Monday	A Place Prepared	John 14:1-7
Tuesday	At Home with the Lord	2 Cor. 5:1-10
Wednesday	Abounding in Hope	Romans 15:5-13
Thursday	The Lord is With Us	Psalms 46
Friday	Salvation in No Other	Acts 4:8-12
Saturday	Nothing Can Separate Us	Rom. 8:31-39

The Fourth Week in Lent

Sunday	Look to Jesus	Hebrews 12:1-3
Monday	He Suffered For Us	Isaiah 53:4-7
Tuesday	Forgiven By the Cross	Col. 2:13-14
Wednesday	Nothing But Christ Crucified	1 Cor. 2:1-5
Thursday	Boast oi Nothing Else	Galatians 6:14
Friday	The Power of God	Romans 1:16-17
Saturday	Following in the Light	John 8:12

The Fifth Week in Lent

Sunday	Christ Died for the Ungodly	Rom. 5:1-11
Monday	Called and Chosen	2 Thess. 2:13-17
Tuesday	Faithful to Forgive	1 John 1:5-9
Wednesday	God is My Salvation	Isaiah 12:1-6
Thursday	Graven on His Hands	Isaiah 49:13-16
Friday	Crucified With Christ	Galatians 2:15-21
Saturday	Obedient to Death	Philippians 2:1-8

Holy Week

Palm Sunday	Ride On To Die	Matthew 21:1-11
Monday	To Save Sinners	1 Timothy 1:12-17
Tuesday	“Father, Forgive Them”	Luke 23:33-34
Wednesday	“Jesus, Remember Me”	Luke 23:39-43
Maundy Thurs.	Standing By The Cross	John 19:25-27
Good Friday	Christ Crucified!	1 Cor. 1:18-25
Holy Saturday	The Women	Luke 23:44-45
Easter Sunday	Praise the Lamb Forever!	Rev. 5:9-14

