

Bulletin: March 22: Lent 3

In this strange time, let's stay spiritually positive. Self-denial, distance from the world, don't these belong to the essence of Lent?

How apt is the Introit, from Psalm 25 (which we also heard last week): 'In Thee have I trusted!' It is in this spirit that the collect asks: 'Stretch forth the right hand of Thy Majesty to be our defence.' We have an example of the power of this 'right hand' in the Gospel (Luke 11, 14-28). Jesus is 'the Stronger,' *ho ischyroteros*, more powerful than all our enemies.



This is why, because we rely on His strength, rather than our own, we can 'hear the Word of God and keep it,' walking as 'children of the light,' as the epistle (Ephesians 5, 1-14) teaches.

Normal services will resume as soon as possible. In the meantime: the church will be open every Sunday from 10-12 for Holy Communion, Confession, Anointing, as well as private prayer. Father David will also bring you Communion at home on request (970 391 1576).



Also, on Fridays at 6.30pm please join with me – spiritually – in saying the Sorrowful Mysteries of the Rosary for an end to the coronavirus, for those who suffer from it, and those who are in the frontline of combatting it.

NB PAN ORTHODOX VESPERS IS CANCELLED THIS SUNDAY AND NEXT

#### PRAYERS

Metropolitan Paul and Archbishop Yohanna; our armed forces, veterans, and first-responders; Jean; Mary-Jo; Dru; Katie; Olivia; Grace; Joanie; Kathleen; Kh Beth; Kh Andrea; Liam; Chris; Jordon; Celeste and Ryan; Paul, Elizabeth, and family; Phoebe; Brandon; Megan; Christophe; Chanel; EJ; Mike; Heather; Kris; Fr Bernard; Holly; Carole; Sarah; Stella, Bill, and family; Earl; Pat, Axton and family; Fr Michael; Ken; parish of Emmanuel Warren; all those afflicted by the coronavirus; all those combatting it: doctors, nurses, scientists

+ DEAD

Mother Sophia; Metropolitan Philip, Priest Edwin, Priest Bernard, Priest Justin, Subdeacon Lawrence, Monk Paul, Robert, Victor, Homer, Joseph, Kenneth, Helen, Kathrine, Valerie, Joanne, Chuck, Adrien, William, Brian, Marc; all those who have died of the coronavirus

Wednesday (March 25 – nine months before Christmas) is the Feast of the Annunciation. Maybe a good thing to do would be to read the Gospel for that day and reflect on it: Luke 1, 26-38. As this Gospel shows, far from being disparaging about Our Lady, *today's* Gospel holds her up as the one who exemplifies hearing and obeying God's Word.

Wednesday is also the birthday of Emery Waggoner.



Parting Thought (On the Annunciation): He is made 'a little lower than the angels.' She is made 'higher than the heavens.' But so are we. The Lord's abasement is our exaltation!