

# Lenten Activities

## Bread & Spirituality Workshop

Water, flour, salt, sugar and yeast. The most common and everyday of ingredients that when combined create something warm, hearty and magical. Bread is the staff of Life, God's gift.

Bread has the ability to nourish, to comfort, to provide a moment of reprieve from all the coldness out there in the world.

Come explore the spirituality of bread making with The Reverend Jan Staniforth while we make a few varieties of bread together. (Jan was a professional Baker before going into ministry) Don't forget your appetite as we will "break bread together" with our oven warm bread, preserves and local honey. Please sign up by February 28th 2020 by calling church office. 613-257-3178 (Registration is required for us to obtain baking supplies)

Workshop is **Tuesday March 3rd 2020. 12 noon to 4 pm.** St James Hall, Carleton Place



## The Peaceful Art of Tangling Celtic Knots

"Celtic knotwork is well-known as an artful way of illustrating everything from gospel manuscripts, and greeting cards, to forearms. But did you know that the act of drawing a celtic knot can be a form of quiet centering meditation? Think of it as being like walking a labyrinth, but with ordinary paper and an ordinary pencil in-hand instead of feet on the ground. If you are interested in learning how to draw beautiful simple celtic knots as an act of centering prayer then this may be the workshop for you. All materials will be supplied. **Workshop 1: Basic Knots** will run on **Tuesday, March 10th from 10 am - Noon.** **Workshop 2: Adding a Few Twists** will build on the skills learned in the first workshop and will run on **Tuesday, March 24th from 10 am - Noon.** Both workshops will be held in the Quiet Room at St James, Carleton Place. Pre-registration is required, so if you would like to attend please add your name to the sign-up sheet on the bulletin board.



## Pysanky

Continuing with our theme of '*...finding holiness in ordinary life...*' come join us for a day of Pysanky, when we will take the humble egg and turn it into a holy and personal work of art. Pysanky is traditional Ukrainian Easter Egg decoration that gives rise to those beautifully designed and coloured eggs you've seen at Easter time. The workshop is being given by Doris Wionzek, an Almonte calligraphic artist, who will lead us in learning this Ukrainian technique. The date is **Saturday, April 4th from 9:30 am - 3:00 pm** and will take place in the Church Hall at St James, Carleton Place. There is a \$25 fee for this workshop. All materials will be provided - but please do bring along an empty egg carton so you can safely transport your treasures home. A lovely big pot of soup will be provided for lunch. The maximum number of participants is 20 persons, so please do sign up soon on the sheet provided.



## Wine Making

Join us for a different kind of activity this Lent - making wine. Really? Yes, really!

To make the wine, we need to:

- clean and sanitize the equipment
- prepare the ingredients
- add the yeast and watch it come to life
- waiting and watching the specific gravity
- clear out the sediment and allow the wine to clarify
- bottle, and then wait - until the time is right

At each step in the process, we'll offer lenten reflections on:

- confessing sin
- preparing ourselves to receive new life
- spiritual transformation
- moving to a new place and leave the old behind
- waiting for the resurrection

The group activity all happens at the end, when sponsors gather and bottle the finished product. Along the way, you (and the rest of the parish) will be invited to follow along online, or see what the batch of wine is doing when you're in the building. Bottling date to be announced - the wine itself gets a say about when it's ready.

To participate, contact the office and let us know you want to join this group. Up to 25 'sponsors' will be able to help bottle the wine and take one, two or more bottles home to enjoy. Donation are requested, and will be used to support the PWRDFs Indigenous Water Project, Pimatisiwin Nipi ("Living Water") Group. More information at <https://pwrdf.org/water-project/>



Seeding the Sacred: Finding Holiness in Ordinary Life

Sign up now to register for any of these activities!