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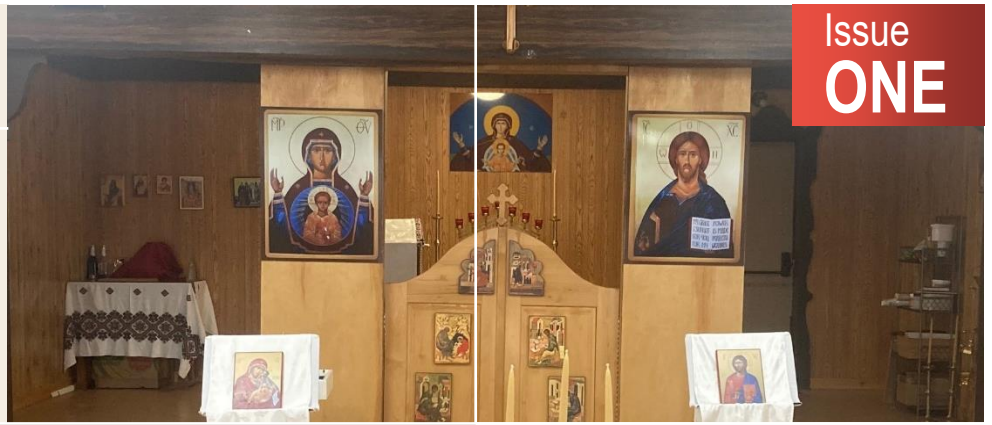
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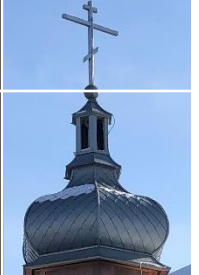
Outreach Ministry Updates



Issue
ONE

St. Aidan Orthodox Church

Faith/Family



Kootenay Spotlight >>>

Coldest Night of the Year

This Canada-wide winterrific family-friendly walk raises money for local charities serving people experiencing hurt, hunger, and homelessness.

**Team up, fundraise, walk and gather ...
because it's cold out there!**

Our team is called St. Aidan's Walkers. Join us on Saturday, Feb. 25th at the temporary church at 4:00pm for a 2km walk that loops back to the church for Vespers at 5:30pm.

Check out the Coldest Night of the Year site by clicking on the picture below, and join the St. Aidan's Walkers team by registering here: [St. Aidan's Walkers](#).

Feb. 25



Father's Desk

February Notes

Whenever we enter a fasting period, I am often asked "How should I fast?"

First of all; if you have any medical or other issues such as blood sugar levels, please do not put fasting ahead of these requirements.

It is good to develop and stick to an intentional fasting rule – but it is not a good idea to invent new rules of fasting for yourself, just stick to the ones given to you

by the Church and work within their outline. The spirit of a fasting period in the church is to keep it simple. Hopefully to use the time saved in not having to prepare elaborate meals, in prayer and scripture reading, and the money saved for increased almsgiving.

You should establish a fasting rule that you feel challenges you, and yet you will be able to keep. Try to avoid meat, dairy and eggs - as you start out, it is better to

You are blessed in proportion to the effort you make, but this is a marathon, not a sprint.

start slowly, and you can then increase your efforts as God leads. Perhaps choose 1 or 2 of them to get going. I believe that my advice would be in keeping with what our beloved

patron St. Aidan advised about feeding people solid food which they couldn't digest, rather than doing as the apostle said and feeding them milk as new babes (1 Cor. 3:3) Fasting should never become the goal in itself. I am always happy to discuss your particular fasting practice with you.....Fr. Andrew.

This Month >>>

Forgiveness Sunday

Why is it that the Church wants us to begin Lenten season with forgiveness and reconciliation?

Forgiveness stands at the very center of Christian faith and of Christian life because Christianity itself is, above all, the religion of forgiveness. God forgives us, and His forgiveness is in Christ, His Son, Whom He sends to us, so that by sharing in His humanity we may share in His love and be truly reconciled with God.

Indeed, Christianity has no other content but love. And it is primarily the renewal of that love, a return to it, a growth in it, that we seek in Great Lent, in fasting and prayer, in the entire spirit and the entire effort of that season. Thus, truly forgiveness is both the beginning of it, and the proper condition for the Lenten season. With the prayer of



St. Ephraim the Syrian, with its prostrations – we ask forgiveness from each other, we perform the rite of forgiveness and reconciliation. And as we approach each other with words of reconciliation, the choir intones the Paschal hymns, filling the Church with the anticipation of Paschal joy. (Fr. Andrew)

Money and Salvation



“Everything we have is from God and is God’s gift. . . this book helps us learn to put our treasure and first-fruits in God’s Kingdom rather than in the world.”

Tuesdays

Book Study, 8pm, at Father Andrew’s or join by Zoom.

For more information go to saintaidan.ca

Upcoming Events >>>



February 2023

Jan. 28 – Great Vespers 5:30pm

Jan. 29 – Zacchaeus Sunday

Jan. 29 - AGM 1:30pm

Feb. 4 – Presentation of the Lord.

Feb. 4 - Great Vespers 5:30pm

Feb. 5 – Sunday of the Publican and the Pharisee

Feb. 11 – Great Vespers 5:30pm

Feb. 12 – Sunday of the Prodigal Son

Feb. 18 – Great Vespers 5:30pm

Feb. 19 – Sunday of the Last Judgement

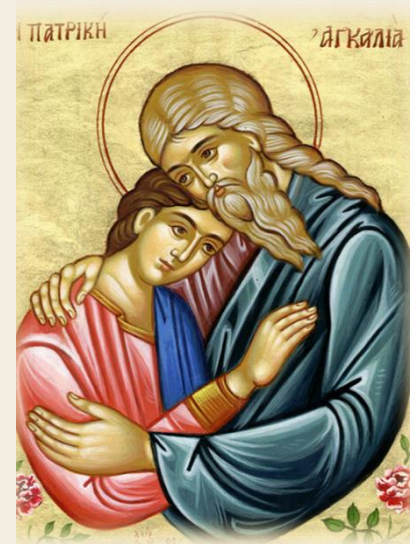
Feb. 19 - Meatfare Potluck after Liturgy

Feb. 25 – Great Vespers 5:30pm

Feb. 26 – Forgiveness Sunday

Feb. 26 - Cheesefare potluck after Liturgy

Feb. 27 – 40-day Lenten Fast begins



Church School

Great Lent is a special gift that the Church gives us in order to help us re-focus our lives on Christ. It is quite the marathon for the faithful, as it's 40 days of fasting followed by Holy Week, which of course ends with the greatest feast of all, PASCHA! There is a story about a mom who would take her children to as many services during Lent that they were able to attend, and after they would get home, she would hand each of them a piece of candy and say "Because Lent is sweet". She wanted her children to have a positive association with attending lenten services. It takes great effort for both adults and children to attend services, so having a sweet reminder or other reward for such an effort makes for a more positive experience. Below are some resources and ideas to help you cultivate a lenten environment in your homes and with your families.



Use the liturgical seasons of feasting and fasting to create lovely rhythms and traditions for your family. For more ideas, follow the link below:
<https://www.asceticlifeofmotherhood.com/blog/lentguide>

If you want some help, please let Rebecca know at thekonkins@telus.net

There are a number of fun ways to do this - for children especially, having a visual of the days leading up to Pascha is not only fun and engaging, but also gives insights into how many days we have left until the Feast of Feasts! There are many ways to visually represent the days of Lent., such as this free [Countdown calendar](#) or a Pascha Passport booklet - in which each child receives a sticker for every service they attend.

Important elements to any fasting period in the Orthodox Church are (1) Prayer (2) Fasting and (3) Almsgiving. According to St John Chrysostom, no one can be saved without giving alms and without caring for the poor. We are stewards of what belongs to the Lord and should share the gifts of His creation with one another as much as we can. Make almsgiving memorable by joining the St. Aidan's Walkers Team with your children as we raise funds for Cranbrook Community Connections Society during the Coldest Night of the Year Walk.



Church Youth

Feb. 5th is the Sunday of the Publican and the Pharisee. The Publican is the repentant tax collector who gives us the most powerful and salvific prayer we have in the Church – the Jesus prayer. "God have mercy on me the sinner."

The Parable of the Publican teaches us that God does not love us more when we manage to do things right or less when we are messing everything up. Christ knows us better than we can ever know ourselves, and loves us more than we can even know how to love. We need to let this knowledge of His all-encompassing love for us sink down into our hearts. We are loved just because we are, as long as we realize our sinful state and in humility turn to Him in repentance.

This month . . .

Cranbrook Bucks Faith Night

Come out to the arena with the Church Youth Group on Feb. 4th when the Bucks play the Vernon Vipers at 7pm. Join the hockey players afterwards as they share their stories. Contact Fr. Andrew for more information.

Ask Father >>>

Q: How often should I come for confession?

A: It is considered a bare minimum requirement if you are coming regularly to communion, to come for confession during the Church's 4 fasting periods (Great Lent, Apostles, Dormition & Nativity). Of course, confession is a great healing sacrament and so whenever we have need we should be coming. I am happy to discuss this issue with you as you pray and seek God's guidance in leading you, with the goal of adopting a confession practice.



Special Days . . .

Three Wedding Anniversaries:



Feb. 2, 23, and 25.

God Grant you Many Years!

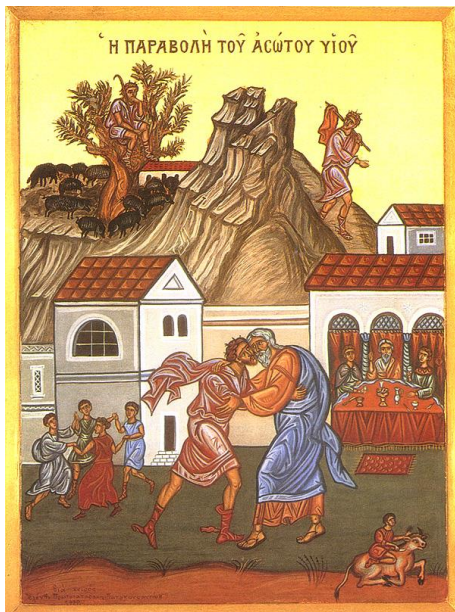
Seven Birthdays:



Feb. 2, 10, 12, 14, 23, and 26

May God Grant you Many Years
and may He always bless the path you walk on.

The Anniversary of Fr. Andrew's Ordination!



Feb. 12 – Sunday of the Prodigal Son

One Names Day:



Feb. 17 – St. Theodore of Tyro

Patron Saint Fundraiser – donations in name of St. Theodore have
been made to the Elevator and Accessible Bathroom Fund. 😊

Outreach Ministry Updates ...

Summer Camp



Saint Aidan's is planning a summer camp for ALL Parishioners and their extended family members.

Camp will be held August 25-28, 2023, checking in at 2:00 pm on Friday, August 25th checking out Monday, August 28th at 11:00 am. Camp will be held at [The Harbour in Riondel](#), BC.

Accommodations include cabins, rooms in the lodge, tents and trailers. Check out this video as well: [The Harbour](#) and imagine us all there!

From reaching out and talking to parishioners we currently have 47 people hoping to attend with lots more room for others to join us.

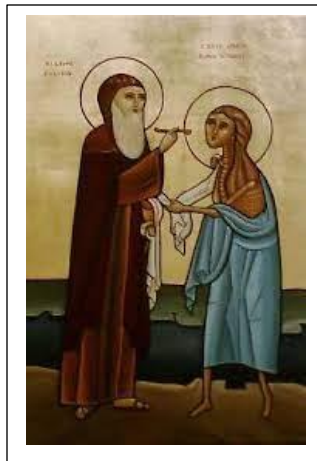
There will be a tentative deadline in May to pay a 50 percent deposit to hold your spot. Price is per person and still to be determined, children are free.

If you have any questions or concerns, please reach out to me at Lesyabasaraba@hotmail.com

Fasting Recipes

As we prepare for the upcoming Fasting season of Lent, please visit our website's St. Aidan Community page for [fasting recipes](#). There are many favorites posted in the past by Presbyterian Jaime, Matka Trish, Cassandra, and Kt.

Please add your favorite recipes of any type at the 'Submit your Recipe' section of the recipe page.



Lenten Reading

We have many blog posts on the Lenten season for you to read as well. Just type your keyword into the [search button](#) and they will come up for you. Topics include:

- fasting
- repentance
- the prodigal son
- the publican and the pharisee
- Zacchaeus
- St. Mary of Egypt
- St. Gregory Palamas
- and many more



coming soon >>>

In The Next Issue

The First Four Sundays of Lent
Memorial Saturday for the departed
Feast of Annunciation of the Theotokos
Youth Group Update
Church School Update
Outreach Ministry Updates



House Blessings

The center of worship for a family is often the home, perhaps the holiest place there is. The home is where you gather with family to eat, to raise a family, to read the word of God. After Theophany, the home also becomes a center of celebration during the annual house blessings.

Check out this idea on our website for [group house blessings](#).

Be sure to book your house blessings with Fr. Andrew.

Contact us at (250) 420-1582 or frandrewaplegate@gmail.com

Saint Aidan Orthodox Church (NEW temporary location)
120 7 Ave S
Cranbrook, BC V1C 2J4

Saint Aidan Orthodox Church (Under
201 7 Ave S
Cranbrook, BC V1C 2J6